



November 2009

NEWSLETTER

President's Paceline: Winter Riding

With the first cold and wet days of winter, many of us put away our bikes for the season. This makes good sense if it is time to move on to winter sports, such as skiing, basketball or cage fighting, but if the option is no exercise at all, well, that's just not right!

Many of us ride all winter long. Like football in the mud, it can be a little miserable at times, but in general the cooler air is invigorating and we feel just wonderful after a winter ride. That is, it feels very good to climb into a warm car, get rid of the biking clothes, and head for the shower. It's all part of the joy of living on the edge.

Winter riding is a little different than summer or even late fall. Clothing is more an issue. Bill Tout looks at the temperature and dresses accordingly. His system is something like this. Above fifty degrees, no extra clothing. Forty to forty-five degrees, arm warmers, maybe a vest. Forty to forty-five degrees, add a windproof coat, full finger gloves, head protection and tights. Thirty-five to forty degrees add booties, long sleeve shirt and insulated gloves. Below thirty-five degrees, forget it.

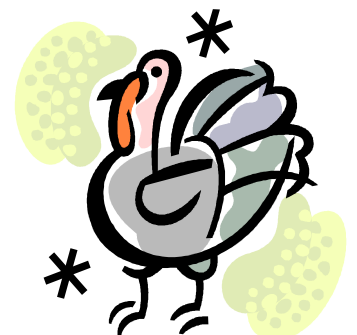
Riding safety is a little different as well. Assuming you will not ride below thirty-five degrees, ice or snow should not be a problem. But rain brings wet road surfaces. Riding on wet pavement requires more attention and a slower pace. Rain after a few dry days can make oil on the road more slippery. Visibility may be down. To increase your vision, wear clear or yellow glasses. To help motorists see you, install and use a rear flasher and use a headlight in any low light situation. Bright clothing is a plus as well, especially a hi-viz jacket. It's a good idea to ride with friends. Not only are you more visible in a group, but if something should happen, your buddies will be there for you. After all, it was they who dragged you out of a warm house in the first place.

Your bike may need a little extra care as well. There will be more grit on the road, and it will cling to your bike, especially when wet. Do the following to protect your precious bicycle.

- Use fenders. These will keep you and your bike clean.
- Lube your chain and moving parts once a week.
- Check your brakes. They wear more quickly in the winter due to grime on the rim surface. If you let them go too long, they will wear down to expose metal, which will gouge your rim. Wipe off your wheel rims if they have obvious gunk on them.
- Even if you normally patch your flats while on the road, it's a good idea to carry a spare tube rather than patch a tube in bad weather.
- Consider using a beater bike in winter months. You might consider an older model with fewer parts and fenders.

Dress accordingly. Ride safe. Do your maintenance. How hard can it be?

Rubber side down,
Mike Smith
President, Siskiyou Velo Bicycle Club



Next Club Meeting

Wednesday, November 11

7:00 pm @ Angelo's Pizza in Phoenix

Club meetings are held the second Wednesday of each month—except for December. December is our annual elections meeting, along with good food, dancing, and a great time of socializing at the Velo annual Holiday Party. See details on page 4.

Why Do I Ride?

Because I feel like a kid when I'm on my bike. If I ride my bike to work, I feel like a kid going off to play instead of an adult going to work.

Anonymous club member



Jerseys!

Club Jerseys are available to purchase in both men's and women's sizes. They are \$55.25 each. Please contact Elizabeth at 482-4815 or email ecrawfordzell@yahoo.com if you are interested in buying one.

Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

Officers

President:	Mike Smith 855-1531	michaelmail@earthlink.net
Advocacy:	Edgar Hee 734-4872	ejhee@juno.com
Events:		mlc@siskiyouvelo.org
Touring/Rides:	Dan Wooton 779-9248	touring@siskiyouvelo.org
Racing:	Glen Gann 779-6986	ggann9@charter.net
Membership:	Anna Arispe 944-3669	aarispe@golfsavingsbank.com
Secretary:	James Williams 857-9037	jbsequoia27@msn.com
Treasurer:	Dave Oliver	treasurer@siskiyouvelo.org
Newsletter:	Jodi Weber 301-6880	newsletter@siskiyouvelo.org

Webmaster Spencer Gray 621-3743 webmaster@siskiyouvelo.org

Visit us on the Internet: <http://www.siskiyouvelo.org>

Newsletter contributions accepted until the 15th of the month. Contact the editor for further information. **Members are welcome submit letters, stories, opinions, cartoons, recipes, tips or other notices of interest to the club.**

Support Our Member Shops

The bike shops with ads in the newsletter are business members of the Siskiyou Velo. Show them your membership card and receive a 10% discount on parts and accessories.



1729 Siskiyou Blvd
Ashland, OR 97520
(541) 482-1997

www.siskiyoucyclery.com
info@siskiyoucyclery.com

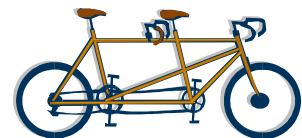
New Members

Jeff Giese
Mike & Melissa Moorman
Mike Flippo & Kate Newgard
Whit Ross
Dale & Kimberly Rooklyn

Renewing Members

Azelie L. Coviare
Curt, Faith, & Matt Dooley
Dana Bandy
Diana & Larry Stumpf
Jenna Stanke
Mike & Marion Karpinski
Paul Murphy
Reider Peterson
Tami Bowker
Helmut Schroeder & Janet Joyer

Click link below to join or renew your Membership.
<http://www.siskiyouvelo.org/join.php>



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Open 7 days a week
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Fall Colors: John Harlow Photo by James Williams



Velo Vino Ride—Trium Winery

Siskiyou Velo Meeting

October 14, 2009

This was a social activity meeting only. No business items were discussed. 50 people showed up to listen to Elizabeth and Ron Zell talk about their cross country bicycle tour and watched their Power Point presentation. If you weren't there, you missed a fascinating story of highs and lows during their three month ride this past summer. Well done Elizabeth and Ron!

James Williams

Siskiyou Velo Executive Committee Meeting

October 7, 2009

Seven officers present.

Mike Smith gave a brief synopsis of Google Group and Wild Apricot. There was a long discussion regarding the pros and cons of changing to Wild Apricot or retaining our present website with modifications. Don Parker felt the membership registration would be simplified by the Wild Apricot option but that family registration would be complicated. Spencer Gray said we'd have to start from scratch using WA and it would take time to get it to look like our current website. Spencer said he could work the SV website to do a like system for memberships. Don felt this was a workable solution. A motion was made: Shall Spencer meet certain timelines for configuring communication, membership and events on our present website? After a discussion, Glen Gann seconded the motion and the committee voted in favor of retaining Spencer.

There was a lengthy discussion of Google Group for riding information. Mike said there were about thirty active members who would be available to start the process, followed by all the club members at a later date. A motion was made and passed to go forth with Google Group.

There was a short discussion regarding who might be available to run or continue to serve as officers for 2011. It appears there will be several candidates to assume vacated positions with the possible exception of Vice President of Events.

James Williams

Attorney:
Carlyle F. Stout III

Secretary:
Remedy Hovermale

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Evictions/FEDs

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Siskiyou Velo Holiday Party

Dear Members,

It's an Irish holiday party this year! And it's time to get your reservations and checks in for this year's new and exciting event at the 4 Daughters Irish Pub in Medford. We really hope you will join us at this celebration. We will have the entire pub all to ourselves, and plenty of Irish music.

The scrumptious buffet dinner will offer pot roast and gravy, fish and chips, roasted chicken, havarti-stuffed Portobello mushrooms, mashed potatoes, fresh green beans, salad, and bread pudding dessert with chocolate and caramel sauce.

When: **Sunday, December 6th**

6-7 p.m. no-host cocktails and many great microbrews on tap

7-9 p.m. dinner and club meeting

The dinner cost is \$12.00 per person for a club member and guest. Additional nonmember guests pay \$22.00 each. **Reservations and checks must be received no later than November 23rd. Sorry, we are unable to take late, day-of, or walk in reservations.**

1. Checks should be made payable to "Siskiyou Velo" and sent to:

Bobbie Plummer

3368 Siskiyou Blvd.

Ashland, OR 97520

2. Specify your entree preference (*pot roast, fish and chips, chicken or stuffed Portobello mushrooms*) on your check or in an email to

Bobbie: boborbobbie@yahoo.com

Questions?

Email Cheryl French at cherylannfrench@gmail.com or

Elizabeth Zell at ecrawfordzell@yahoo.com

Elizabeth, Cheryl & Bobbie



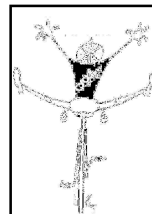
Why Do I Ride?

For my health primarily & for social reasons.

Sam Simpson

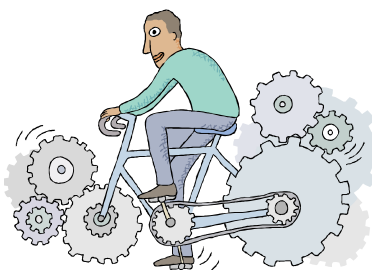
CYCLE
—analysis

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Second Summer Tours
Rob Templin

541.517.7578

1262 Tropicana Lane
Santa Ana, CA 92705
secondsummertours@gmail.com

California Dreaming Holiday Tour (December 26th - 31st / with optional New Years Century ride)

Maui Triple Challenge Tours: Deluxe (December 31st - February 6th / 2010) and **Basic** (February 7th - 13th / 2010)

New Zealand "Southland Express" (March 7th - 20th)

Tour de Andes - Custom group and club tours (April)

Oregon Challenge Tours (First week in August and September)

Amgen Tour of California (May)

Letter to the Velo

(Debbie Cheevers fell and broke her collarbone on the Fall Colors ride in Klamath.)


I have thought of the many ways one can say thank you. Simply, I want to acknowledge the members of the Siskiyou Velo Bicycle Club who profoundly touched me by their tireless kindness and caring. Carol Lee and Jonathan for letting me squeeze the s--t out of their hands. Katie (not sure if she is a Velo member or from Klamath) for sitting on the road and letting me tell her how scared I was. Lilo for her amazing help until my daughter-in-law and sister could arrive from California. Truly she is amazing. Ed and Jack for taking care of my bicycle, waiting for my discharge from the K Falls emergency room, going to the pharmacy and driving me home to Jacksonville from K Falls. Aryn for the excellent soup and sandwich's which fed myself, my daughter in law and grandson. Also, Aryn thank you for helping me with the perfect sling to support my arm until surgery could be performed. Thank you all for the phone calls, e-mails, and good thoughts to check on me and offer help. Thanks to Wil for moving firewood up to my porch. Finally, thanks to the members of the Siskiyou Velo Club for the humorous gift and card. Smiling and kindness really does ease the pain.

I am getting better each day. I miss my bike and the many friends I have made in the short time I have been a member of Siskiyou Velo. I have been given medical clearance to spin; so I will make my Wednesday night spin classes, yippee.

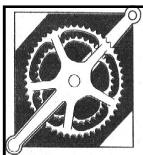
Thank you all.
Debbie Cheevers



Velo Vino Ride Photo by Jodi Weber

SISKIYOU VELO RIDE SCHEDULE – November 2009
 **Approved helmets required on all club**
 **Unless other wise noted, rain/wet pavement cancels ride**

Date	Time	Start Location	Route	Pace	Miles	Contact
Sun. Nov 1	9:30AM	Colver Park in Phoenix	Meadows-Antioch Loop	Moderate	70	Jerry Rhoads 512-2155
Sat, Nov 7	10:00 am	Ashland Dog Park	J'ville via orchards	Mellow	40	
Sun, Nov 8	9:30 am	Hawthorn Park	Eagle Point	Moderate	40	
Sat, Nov 14	10:00 am	Colver Park	TBD			
Sun, Nov 15	11:00 am	Ashland Dog Park	TBD			
Sat, Nov 21	10:00 am	Colver Park	J'ville via Old Military	Moderate	30—35	Jodi Weber 301-6880
Sun, Nov 22	11:00 am	Hawthorn Park	TBD			
Sat, Nov 28	10:00 am	Colver Park	TBD			
Every Saturday	10am	Cycle Sport	TBD	Race Pace	Varies >20	Alex Hayes 857-0819
Every Saturday	10am	Varies	TBD	Mellow	20+/-	Phil Gagnon 488-4289
Every Sunday	9am	Bike Path behind Bad Ass Coffee	TBD	Race Pace	Varies >20	Glen Gann 779-6986
Every Monday	10:30am	Colver Rd Park	Jacksonville coffee ride	Group B4	25	No Ride Leader
Every Wednesday	10am	The Roasting Company	Show N Go	Regroup C4	25-40	No Ride Leader
Every Wednesday	6pm	Hawthorne Park	Cruiser Ride	TBD	TBD	Marty's Cycles 772-9253
Every Monday	10am	Varies		Mellow	TBD	Sarah Paul
Every Thursday	10am	Varies		Mellow	TBD	Sarah Paul


**Rogue Valley
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Fax: (541) 488-3802 E-mail: info@roguecycle.com


Ride Rating:

A- Basically flat with no steep hills.

B- Gently rolling terrain with one or two short steep hills

C- Moderate terrain, with rolling short, steep hills or moderate sustained climbs.

D- Difficult terrain with longer, steeper hills.

E- Extreme terrain with steep sustained climbs.

Ride Pace: (average range on level ground)

1- Slow < 10 mph

2-Leisurely 10—12 mph

3-Mellow 12- 15 mph

4-Brisk 15 -17 mph

5-Hammer 18+ MPH

Group - Riders will stay together.

Regroup - Riders will spread out and regroup along the route.

 765 Rogue River Hwy.
541-476-4939