



SISKIYOU

VELO

NEWSLETTER



June 2008

MLC 2008 – JUNE 21

Mountain Lakes Challenge 2008 is upon us. The big day is June 21, and there is a lot of new and exciting stuff going on. First of all, there are the new Valley Floor routes: The Southern Oregon Subaru Scenic Cycle that will take riders from Ashland to Talent, Jacksonville and Medford before returning them on the Bear Creek Greenway (50 miles); the Orchard Spin (25 miles) that will take riders through the orchards east of the freeway before returning them to Ashland via the Greenway and Jack and the Rogue - a ride for kids accompanied by adults that will do an 8-mile ride through downtown Ashland to the Greenway and return. These new routes mean new rest stops, and new rest stops require more hands to get the work done.

The really exciting news concerns the registration. As of May 8, registrations on Active.com are 96. That compares to the 2007 registration during the same time period of 53. That is an increase of 80%. If that relationship holds, we will have 380 Active.com registrations, and if we register 100 the day-before and day-of the event (low projection) we will have nearly 500 for our event (We had 365 in MLC 2007). The more folks we have, the more work we have and the more hands we need.

Some other exciting news - we are donating the net proceeds from the new routes to the Greenway projects (Rogue River and Bear Creek), and the level of participation shown above will put us in a position to donate more than the \$7000 we donated as result of MLC 2007. That impact on the community and the voice it gives the Valley's cyclists is motivating, to say the least. So, please come out and help.

What's in it for you? Well, a lot: a free t-shirt (see it on mountainlakeschallenge.com), a free lunch the day of the event, a volunteers ride and barbeque from Lake of the Woods the weekend following the event and the self satisfaction of having made a difference - a difference in the quality of the event, a contribution to the Greenway projects and many contributions to the community. Such a deal this is!

It is also important to note that one of the key ways an event like this grows is by "word of mouth" - friends telling friends about how great the ride and support are. You are the support, so you have a direct impact on the success of

future Mountain Lakes Challenges by your participation this year. We need to fill the following positions:

- 3 – Corner Monitors in downtown Ashland. Requires about 4 hours work.
- 1 – Helper at the Greensprings Rest Stop – about 4 hours work.
- 1 – Helper at Lake of the Woods Rest Stop – about 4 hours.
- 2 – Helpers at Lily Glen Rest Stop – about 4 hours.
- 1 – Helpers at the Edenville Winery Rest Stop – about 4 hours.
- 3 – Helpers at the Alba Park (downtown Medford) Rest Stop – about 4 hours.
- 1 – To assist with the organization and distribution of the

(Continued on page 3)



Siskiyou Velo Club Officers 2008

P. O. Box 974 Ashland, OR 97520

Officers

President: Glen Gann 779-6986 ggann9@charter.net
Advocacy: Edgar Hee 734-4872 ejhee@juno.com
Events: Ron & Elizabeth Zell 482-4815 mlc@siskiyouvelo.org
Touring/Rides: Dan Wooton 779-9248 touring@siskiyouvelo.org
Racing: Steve Maluk 512-1368 steve@malukcoaching.com
Membership: Don Parker 488-1924 membership@siskiyouvelo.org
Secretary: James Williams 857-9037 jbequoia27@msn.com
Treasurer: Bill Tout 482-7080 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.



NEW MEMBERS

Barb O'Donnell
Josh McGinnis
Paul Markwell
Dan Zaklan
John Fricker

RENEWING MEMBERS

Mark Spector
Don & Roslyn Parker
David Oliver & Mary Pritchard
Jack Buster
Alan Galka
Amy Lepon
Sidney Copilow
Georgene Richardson

TIME TO RENEW

Steve Juul
Randall Iverson
Rabbitt
Darin Todd
Tom Sheets
Susan Prufer
Phil & Ann Dollison
George & Debra Stevens
Bill & Harriet Dorris
Dave Bennett
Marc Heller
Patrick Henderson
Chris Wagenet
Anna Arispe
Sherrie Ingle & Steve Gasper
Barbara Hurd
Alex Mete
Teresa Hogan
Paul & Lynn Nylund
Duc Ly
Richard & Dianne DiVita
Nicki Simmons Ford
Richard Graybeal

Members' Ads

For Sale: One can of Cytomax. Sealed, never opened. Flavor is citrus. Size 4.5 lbs. \$20 Cheapest on the web is \$25 plus shipping. Email: Cheryl.French@opendoor.com

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.

Trivia of the Month

Europe is the world leader in bicycle use. In Amsterdam, 33 percent of all trips are made by bicycle. In Copenhagen, one third of all commuters bike to work. ... [In the U.S.] the number of children biking or walking to school has dropped 75 percent within a generation, and only 1 percent of all trips are taken by bicycle. ... In 1998, 60 percent of Beijing's work force biked to work. By 2002, that number had plummeted to 20 percent.

By Elizabeth Mygatt, www.earth-policy.org

Exercise the Mind

I went into a bike shop where the pricing was done at the whimsy of the owner. A saddle was \$20, a tire was \$11, a light was \$14, and a pedal was \$18. What would I expect to pay for a derailleur?

Answer? See next month!

May's question: **A CYCLIST CAN NEVER HAVE TOO MANY SOCKS.**



(Continued from page 1)

food for the rest stops, 5 hours.

1 – Helper for the Post Ride Meal, about five hours.

4 – Course Marking on Friday before the event, about half a day.

2 – Signing and picking up signs on Saturday, most of the day, but time to ride in the middle.

3 – SAG drivers, most of the day

1 – Equipment cleanup, about three hours at the end of the day – you can ride the event.

**PLEASE CALL BOBBIE PLUMBER AT 488-5003 OR E-MAIL AT BOBORBOBBIE@YAHOO.COM
TO VOLUNTEER FOR ONE OF THESE POSITIONS**

The success of MLC starts with the planning, and that starts with the MLC Committee. This group of hard working people has been planning since November to make all this happen. They are deserving of a lot of recognition and thanks.

Thanks for all your help, support, and enthusiasm,

Elizabeth and Ron Zell

What's the latest on advocacy and road hazards?

Please check out the website:

<http://siskiyouvelo.org/advocacy.html>

Volunteer Ride and Barbeque - June 28th

So you've made the commitment to volunteer your time for the Mountain Lakes Challenge on June 21st. Now, as a reward for all your hard work; and so you can get a chance to ride a part of the beautiful century route, we are putting on this fun ride and BBQ at Lake of the Woods. There will be two organized rides for this event; both starting at Lake of the Woods. There will be the 65 mile Cascade Highlands Loop and a shorter 30 mile loop. Of course, there is always the option of just riding around the lake if you want something even shorter. A delicious BBQ lunch will follow the rides. So, if you haven't yet signed up to help out with MLC, it's not too late. Sign up now. We'd like to see you at the Volunteer Ride and BBQ. If you have any questions, please contact me at:

ecrawfordzell@yahoo.com

My thanks, *Elizabeth*



Quote of the Month

"What I discovered I liked best about striking out on my bicycle was that the farther I got from home, the more interesting and unusual my thoughts became. I discovered I could think things in a new landscape that never would have occurred to me at home or in my own well-traveled neighborhood."

Richard Russo *Bridge of Sighs*

Club Meetings

Siskiyou Velo club meetings are open to all members. Meetings are held each month at 7:00 pm on the 2nd Wednesday of the month at Angelo's Pizza in Phoenix. You are welcome to come and listen, eat pizza and add your two cents worth. Find out what's happening with cycling and advocacy in the area, share your expertise and join in!



A “Thank You” to our MLC Supporters

By Mike Smith

With the advent of the 2008 Mountain Lakes Challenge on June 21, it is timely to give recognition to all those who make this ride possible, as well as recognizing the various purposes this event will serve.

Many people contribute time, talent and treasure to this annual bicycle ride. First are the volunteers, who begin meeting in early November to plan for such various needs as sponsorship, route changes, rest stops, publicity, meals, brochures, website, permits, registration, equipment, sag, course marking- it's a huge job requiring many helping hands over many months. Then there are the sponsors who have contributed nearly \$7000 in cash and gifts. We owe a special vote of thanks to all of the following: Ashland Diagnostic Imaging, Ashland Physical Therapy, Ashland/Medford cycle Sport, Baxter fitness, Bear Creek Cycle, Costco, Cycle Analysis, Dermatology and Laser Associates, East Main Dental Center, Eugene Anderson –Attorney, Flywheel Bicycle Solutions, Hammer Nutrition, Marty's Cycle and Moore, Nimbus, Opus One, Rising Sun Farm, Siskiyou Cyclery, Southern Oregon Subaru, Sunday Afternoons, and Velocity Wine Cellars. These sponsors have given generously toward what they see as a good cause, and we are grateful.

And finally there are the riders, the 500 or so bicyclists who will ride on one of the six courses we offer this year. Riders range from advanced cyclists who can climb thousands of feet over one hundred miles, to recreational cyclists, pedaling 50 miles among the orchards, to families with small children, trying a first short ride in Ashland. It goes without saying that there would not be a Mountain Lakes Challenge without our wonderful riders, but without a cause, this would just be a pleasant bicycle ride.

The cause is bicycle advocacy: the promotion of safe bicycling as a means of exercise, recreation and enjoyment, transportation, and fellowship. The MLC promotes cycling through its widespread promotion in the community; an event of this size will draw new people into cycling for its many benefits. It also raises money through sponsorship and ridership; funds contributed to the many bicycle related causes in our community, including but not limited to Access, Bear Creek Greenway maintenance, Rogue River Trail, Bicycle Transportation Alliance, junior racing programs, bicycle safety education, and patrol bikes for the Medford Police. We thank all of you who care enough to support the MLC, and assure you that this is a cause worthy of your support.



A Bit of Japan

Share the Sidewalk—yep, even in the heart of Tokyo at rush hour, pedestrians and cyclists share the sidewalk. But remember to stay *left*—they drive, ride and walk on the left in Japan. Unfortunately, there is an increasing number of traffic deaths with cyclists hitting pedestrians—especially the elderly, which is beginning to cause discussions at the governmental levels.



Morning commute in Okayama, Japan: Businessmen in black suits, school kids in uniforms, women in 5" spiked heels, often a cell phone or umbrella in hand, perhaps a child in back and maybe another in front. The toddlers at least had helmets on.

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Jack Christman



Calling all Tandem Teams

By Edgar Hee

The North West Tandem Rally (NWTR) Steering Committee awarded our Rogue Valley group the NWTR 2010 event scheduled for the July 4th (of 2010) weekend. Our **NWTR 2010 Rogue Valley** Organizing Committee has some openings for Tandem (and Single) riders interested in helping with the early planning stages of the 2010 event.

Why do it? First, having a mass start with a 1000 cranks (almost 500 tandems) riding through town is good publicity for all cyclists. The message is, we (cyclists) are here and represent an economic factor for the good of the Rogue Valley. Second, it's our opportunity to show off the Rogue Valley as a nice place to cycle. Lastly, by showcasing cycling as an economic force, we might get a little more respect when we advocate for bike facilities and the rights of cyclists.

Cyclist interested in helping to plan **NWTR 2010 Rogue Valley** should contact:

Edgar and Karen Hee (734-4872, ejhee@juno.com, khee@juno.com) or Dan and Leslie Wooton (779-9248, touring@siskiyouveelo.org)

PS. Join us in Victoria during the American July 4th NWTR 2009 to help promote NWTR 2010 Rogue Valley. It's not too early to start planning ahead.



Attorney: Secretary:
Carlyle F. Stout III Remedy Hovermale

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215 Laurel Street, Medford FAX: 541-776-9841

Letter to the Velo:

Green Springs Inn on Hwy 66 is reopening on June 1 with new management and a welcoming attitude, particularly with regard to bicyclists. Let us know if we can help with the Mountain Lakes Challenge.

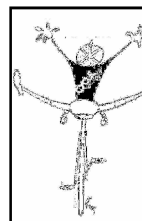
The new operators are Sean and Vanessa Vicino. I own the property again but will not be involved in day to day operations.

We hosted a couple of porta-potties for your event in past years and would be happy to do so again. Please pass this message on to anyone in the club who might be interested.

Best regards,
Diarmuid

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Siskiyou Velo Minutes

May 14, 2008

- 1.Nine members present
- 2.Minutes of last meeting: Approved
- 3.Treasurer report: There was no treasurer report as Bill Tout was out of town. An estimate offered was around \$11,600.
- 4.Advocacy: There was no advocacy report.
- 5.Racing: Glen said three or four teams would be doing time trials near Corvallis on May 31. He also said Paralympics trials would begin June 6 with Glen and Stan Moore attending.
- 6.MLC Report: Ron Zell said they discussed the need for more volunteers during their meeting on May 12. He also mentioned that the Greensprings Inn is bicycle friendly again and would be sponsoring the rest stop at the Greensprings and that a masseuse will be available at Walker during the MLC. The committee will place a quarter page ad in the Mail Tribune thanking the sponsors and advertising the ride. Ron said he'd like to run the ad in the Outdoors section of the Thursday edition of the Tribune. An estimate of 500 riders for this year's MLC was offered by Ron with the possibility of more. He said the new MLC t-shirt wasn't attracting as much attention this year as last. He also estimated the net proceeds from the ride would be around \$13,000.
- 7.Rides: Dan Wooton said the Cinco de Mayo Ride went very well this year with 51 riders attending. The food was great and so was the weather.
- 8.Old Business: James reported that Medford-Rogue Rotary was likely to contribute \$500 towards the money the club had previously dedicated for helmet purchase for Access. He made a motion that the amount of \$1000 that had been set aside be increased to \$1500. The motion was seconded and approved.
- 9.New Business: Glen asked if members were interested in attending Central Point's Fourth of July Parade again this year. He said he will place an article in the newsletter to generate interest. Elizabeth Zell got approval for a \$400 allowance for the Volunteer Ride scheduled the weekend after the MLC. Glen Gann advocated better car pooling when going on out of town rides. He said Spencer Gray is willing to set up a "Southernoregonracing.org" site for car pooling purposes. A motion was made and carried for Spencer to set up a chat link.
- 10.The meeting ended at 8:00 PM.



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Check out METAL COWBOY'S "ONE MILLION BICYCLES", an attempt to double federal funding for bikes and creating one million riders.

Find out more by watching at YouTube Video:

<http://www.youtube.com/watch?v=7wCz68vaNJw>

or

<http://bikeportland.org/2008/04/17/a-national-movement-for-a-million-new-riders-begins-in-portland/#more-7044>

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SISKIYOU VELO RIDE SCHEDULE – June 2008

🚲 **Approved helmets required on all club**

🚲 **Unless other wise noted, rain/wet pavement cancels ride**

Date	Time	Start Location	Route	Pace/ Rating	Miles	Ride Leader/ Contact
June 1 Sun	10:00 AM	Hawthorne Park	Brownsboro Loop	TBD	TBD	No Ride Leader
June 7 Saturday	9:00 AM	Collier Rest Stop	Irongate Loop	Moderate	62	Rick Berlet 488-0036
June 8 Sunday	10:00AM	Colver Park	Murphy & Return	TBD	60	Mike Smith 855-1531
June 14 Sat	10:00 AM	Hawthorn Park	Eagle Point & Return	TBD	40	No Ride Leader
June 14 Saturday	8:30AM	Ashland Dog Park	Family & Kids Ride	Kids Pace	15 Flat	Jonathan W. 488-0330
June 15 Sun	10:00 AM	Colver Park	Gold Hill & Return	TBD	40	No Ride Leader
June 21 Sat	MLC	MLC	MLC	MLC	MLC	MLC
June 22 Sunday	10:00 AM	Hawthorne Park	Table Rock/Sams Valley Lunch at Rainey's/BBQ	Tandems+	40 +/-	Dan Wooton 779-9248
June 28 Sat		Lake of the Woods	MLC VOLUNTEER RIDE			No Ride Leader
June 29 Sun	10:AM	Colver Park	Show & Go	TBD	TBD	No Ride Leader
Every Saturday	10:00 AM	Medford Cycle Sport	TBD	Race Pace	Varies <20	Alex Hayes 857-0819
Every Saturday	10:00 AM	Varies	TBD	Mellow	20 +/-	Phil Gagnon 488-6986
Every Sunday	9:00 AM	Bike Path behind Bad Ass Coffee Co	Determined by Group	Race Pace Training	Varied >20	Glen Gann 779-6986
Every Mon	9:30AM	Colver Park	Jacksonville coffee ride	Group B4	25	No Ride Leader
Every Tues	6:00 PM	Grotto in Talent	TBD	Regroup Moderate	25	No Ride Leader
Tues, Thurs., Friday	Call	Colver Park	Show & Go	Group B4	Varied	Rick Berlet 488-0036
Every Wednesday	10:00 AM	Roasting Company Ashland	Show & Go	Regroup C4	25-40	No Ride Leader

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-Moderate 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.

Other Ride Opportunities – NOT SPONSORED BY SISKIYOU VELO

Wednesdays—6PM Mountain Bike rides. Meet @ Cycle Analysis –Jacksonville
Lights and helmets required. Jana will have pasta after ride.



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Siskiyou Velo Membership Application

Name			Age [] 18-35 [] 36-45 [] 46-55 [] 56-65 [] 66+	Type of Membership (check one box in each cell below)	
Street Address			[] Individual – \$15/year [] Family – \$20/year [] Business – \$25/year	[] New [] Renewal	
City	State	Zip			
E-Mail Address			Phone	Any new information included? (e.g., street address, e-mail address, phone, NL distribution) [] Yes [] No	
Information Blocking Options (items checked will <u>not</u> be available on the secure pages of the web site)* [] Phone Number [] E-mail Address [] Residence Address [] All * Access to roster on web will require member ID and password			Newsletter Distribution Election [] Snail mail (cost borne by Club) [] Electronic (via web site – notification by e-mail)		
Make Checks Payable to: Siskiyou Velo P.O. Box 974 Ashland, OR 97520			Volunteering [] Committees (MLC, etc.) [] Newsletter [] Ride Leader [] Officer position [] Other _____		
Waiver In consideration of my participation in Siskiyou Velo, I hereby waive, release, and discharge any and all claims for damages, death, personal injury, or property damage which I may have, or which hereafter accrue to me, as a result of my participation in said organization or their activities such as club organized rides and events. This release is intended to discharge in advance, the Siskiyou Velo organization or officers, and any involved municipalities or other public agencies, from and against any and all liabilities arising out of, or connected in any way with, my participation in said organization. I further understand that serious accidents occasionally occur during bicycle riding, and that participants occasionally sustain mortal or serious personal injuries and or property damage as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby assume those risks and do hold harmless all persons or entities related to the Siskiyou Velo Bicycle Club who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk, is to be binding on my heirs and assigns. I acknowledge that an ANSI certified helmet is required to be worn by me at all times while riding a bicycle in any Siskiyou Velo event. By signing this release, I hereby agree to the terms of this release.					
Signature(s) Applicant _____ Date _____ Parent or Guardian of Minor _____ Date _____					

Rev. 11/08/200

RETURN SERVICE REQUESTED

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Siskiyou Velo
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June 2008 Newsletter

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