



January 2007

# NEWSLETTER

## Holiday Party and Annual Meeting

A wonderful, festive evening was enjoyed by many of the club members at Pioneer Hall on December 16. Food, wine, beer, live music and lots of dancing kept us entertained for hours. A very brief business task was taken care of between dinner and dessert as nominations for most officer positions were announced and one nomination was made. The slate of officers was heartily affirmed with a rousing chorus of 'yeas'. Most of the gullible victims are pictured at left.

Great *thanks* are due to Bobbi Plummer and Gwen Haynes, who did so much to organize the evening and make it the best Velo Christmas Party ever. **THANK YOU!**



### 2007 Siskiyou Velo Officers

*back* - Dan Wooton, Touring; Ron & Elizabeth Zell, Events; Glen Gann, President; Jodi Weber, Newsletter; James Williams, Secretary; Don Parker, Membership; *front* - Chris Haynes, Advocacy; *not shown*: Edgar Hee, Advocacy; Bill Tout, Treasurer; Spencer Gray, Webmaster

## President's Paceline

By Glen Gann

Well some may say that club riders are a bit slow on the bike, but when it comes to voting in a new club president, my sprint would be no match for the speed at which they voted me in. I first heard my name brought up by Tish Harlow, and before I could swallow the food in my mouth, a motion to stop the nominations had been called out from a far corner of the room. Then came the "second" from another voice and in the blink of an eye, the voting was over.

All joking aside, I believe 2007 should be a great year for the club and I'm more than happy to take on the challenge. I thought I would take the time in this first newsletter to give those club members that don't know me as well, a little background on myself. I have lived in Medford all my life and started riding (racing) with the club back in '84. My wife, Theresa, and I have just made it through our first year as business owners after purchasing Central Point RV Center from great friends of ours, Cliff and Marianne Fowler. We have two children,

Amanda (19) and Stephen (12), a son-in-law, Brandon Matlock, and a beautiful year old grand daughter, Chloee.

I have probably had more than my share of success in racing, and though my passion still lies in that aspect of bicycling, I feel I will have a lot to add to the club and all of the aspects that cycling encompasses. Two things that will be at the top of my list to improve on for the club in 2007 are more ride leaders and more participation on the club rides. I find it hard to believe that a club of this size still has a calendar of rides that Bob takes the time every month to put together and no leaders. It would be great to get more people out on these rides. The larger the group of riders on the road, the larger the voice the club will have when we are asking for bike lanes and other items that will improve the quality and safety of riding in the Rogue Valley.

Best wishes in 2007, **Glen**

### What's Inside?

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### Siskiyou Velo Club Officers 2007

P. O. Box 974 Ashland, OR 97520

**President:** Glen Gann 779-6986 [ggann9@charter.net](mailto:ggann9@charter.net)  
**Advocacy:** Chris Haynes 772-9220 [cghaynes@simsycle.com](mailto:cghaynes@simsycle.com)  
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**Racing:** Glen Gann 779-6986 [ggann9@charter.net](mailto:ggann9@charter.net)  
**Membership:** Don Parker 488-1924 [membership@siskiyouvelo.org](mailto:membership@siskiyouvelo.org)  
**Secretary:** James Williams 857-9037 [jbsequoia27@msn.com](mailto:jbsequoia27@msn.com)  
**Treasurer:** Bill Tout 482-7080 [treasurer@siskiyouvelo.org](mailto:treasurer@siskiyouvelo.org)  
**Newsletter:** Jodi Weber - 301-6880 [newsletter@siskiyouvelo.org](mailto:newsletter@siskiyouvelo.org)  
**Webmaster:** Spencer Gray - 621-3743 [webmaster@siskiyouvelo.org](mailto: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.

#### PLACE YOUR AD HERE

3.5 x 2" \$15

1/6 page 2.25 x 4.5 \$20

1/3 page vertical 2.25 x 9" \$25

1/2 page horizontal 7 x 4.5 \$40

2/3 page vertical 4.5 x 9" \$50

#### SISKIYOU VELO MEMBERS

Show your membership card and receive 10% discount on parts and accessories in the bike shops listed in the newsletter.

### Chris Haynes Selected for Bicycle Transportation Alliance Board

The Bicycle Transportation Alliance, one of the nation's leading bike advocacy groups, recently elected Medford's Chris Haynes to its Board of Directors.

Haynes, co-owner of Sims Cycle, is the first Southern Oregon Board member for the BTA, whose main offices are in Portland. Haynes has served on the City of Medford Bicycle Task Force, the Jackson County Bicycle Advisory Committee, and the Bear Creek Greenway Foundation Board.

The BTA, a statewide nonprofit organization that works to create healthy communities by making bicycling safer, more accessible, and more convenient. It has received national awards for its work on bike education, and national recognition for its advocacy efforts. It serves the Rogue Valley with bike safety education classes, its Bike Commute Challenge, and statewide advocacy for better bike laws and more funding for bike facilities.

More information about the BTA is available at [www.bta4bikes.org](http://www.bta4bikes.org).

#### New Members

Robin Mc Kenzie  
Dave Sinclear  
THE OUTDOOR OUTPOST  
Maria Geigel & Stephen Weyer

#### Renewing Members

Eugene Anderson  
Rick Berlet  
Jeff Davis  
Edgar & Karen Hee  
Randy Mason  
Carol Lee Rogers  
Helmut Schroeder  
Carlyle & Barbara Stout  
Dan & Leslie Wooton  
MARTY'S CYCLES & MOORE  
SISKIYOU CYCLERY  
Cindy Roché & Bob Korfhage  
Linda & Larry Scott  
ASHLAND STREET BICYCLES  
Spencer Gray



### Looking for a Fellow Velo Member?

You might not realize it, but you have access to a list of club members through the Siskiyou Velo website. There is a hitch, however. In order to access the names and addresses, you need to contact Don Parker, our Membership VP, for a password. If you notice on the application (see page 8), there is a section that says *Information Blocking Options*. This is where you can choose what you want to be available to other members. You won't find all the good juicy stuff like age, marital status or astrological sign, but you may get someone's email address if you want to see if they're up for a ride this weekend.

### Toys for ACCESS

The first annual Toy Run was a booming success, especially considering the high temperature that day was about 36 degrees. 33 dedicated cyclists faced the elements, toys on their bikes, and rode to Pony Espresso in Jacksonville to deliver enough toys to pretty much fill up an ACCESS van. The toys are going to children in need throughout the Rogue Valley.

*Thank you* to all who contributed to this great event, and in particular to Angela Lane for organizing it.

## The Person Behind the Cycle Analysis

"I love this shop. I love my customers." Jana Jensen bought Cycle Analysis in January 1996 from Catherine Henderson Swatland, who'd started the shop in downtown Medford in 1987, then moved to the present location in Jacksonville in 1994. Jana always loved riding her bike and says that in high school she probably put a good hundred miles a week on her bike, using it both for transportation and recreation.

After the birth of her third child, Colin, she bought a bike from Catherine to get back into shape. Jana went to United Bicycle Institute and then worked for Catherine on and off for about five years. When Catherine decided to sell the shop, she asked if Jana was interested. Jana was. She says it was a great opportunity for her because it provided a healthy environment for her to raise kids in. Wonderful friends, including her Significant Other, Vern Niehaus, help her out in the shop, but she has no employees.

Jana feels a great loyalty to her customers and is now seeing some of her earliest customers bringing their children in for their first bikes. She says that seeing a child's joy of getting his first bike or the excitement of an older adult who hasn't been on a bike for 50 years makes all this worthwhile for her.

Each Wednesday night at 6:00 throughout the year, Cycle Analysis hosts a mountain bike ride on some of the technical local trails. Afterwards, Jana serves soup, pasta, salads or stew to hungry riders. She's even been known to babysit while parents are riding and the chili is cooking.

Community involvement is important to Jana. She is part of the Multiple Use Trails Coalition, in which hikers, equestrians, motorcyclists, snowmobilers and cyclists are all able to work together, keeping the



*Jana of Cycle Analysis, Jacksonville*

lines of communication open between groups that might otherwise be at cross-purposes with each other.

Perhaps what Jana is most proud of is the annual series of cyclocross races that Cycle Analysis sponsors each year. The series of five races is a fund-raiser for Josephine County Search and Rescue. Six years ago Jana's 20-year-old son, Nick, drowned. Nick was very gregarious, always willing to try anything new. Watching the rescue team trying to find her son's body was a traumatic experience that Jana says no one should have to watch. The cyclocross races are in memory of Nick and to help save others. In the last six years, the races have raised between \$25,000 and \$30,000. With Jana's keen shopping skills, she has managed to purchase \$130,000 worth of equipment for Search and Rescue, including a truck to use as a command post.

Why is Jana at Cycle Analysis? Because she loves it.

*This article is the first of a series by the Editor of the people behind the member bike shops in the Valley.*

## January Trivia

In 1817 Baron Karl von Drais of Baden, Germany invented a new style of bike. The bicycle was wooden with two wheels, a seat and handle bars. It was the fastest thing of its time with speeds of 10 miles per hour. However, the bicycle had no pedals. One had to use his (her?) feet and push while the wheels rolled on the ground. Drais' machine was

patented on the 12th of January 1818. The new vehicle was called the "Draisienne".

<http://library.thinkquest.org/J002670/past2.htm>

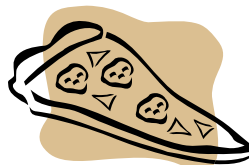


**CYCLE**  
—analysis

535 N. Fifth St  
Jacksonville, OR 97530  
899-9190

## Monthly Velo Meeting

**Just a quick reminder** that the monthly club meeting will be held Wednesday, January 10th at Angelo's Pizza in Phoenix at 7:00 pm. Come and give your input, see what others look like in real clothes, and if that's not enough, there's free pizza!





## **An Ex-President's State of the Union Report**

*The following is a letter to the Editor from Rick Berlet.*

Some have suggested that my departure from the esteemed ranks of the officers of the Siskiyou Velo Club was abrupt. I would be the first to acknowledge that it was intended so. Fading into the woodwork of Angelo's Pizzeria (if there is any) is not what I wanted to do, either while the Club's president, or as I left office. I always wanted to leave a footprint. But, that is only possible if one is walking on something malleable, like sand or soft clay. Cured concrete does not offer much opportunity to leave an impression. So, I will convey these parting thoughts as my final attempt to make a dent in the facade.

When I lived in the Chicago area, I rode with a group that prided itself on the fact that they were not a club – no meetings, no newsletter, no by-laws – nothing but rides and the attendant camaraderie. It worked – to a point. This group proudly invoked the hang-or-drop rule on the rides (with an occasional exception for a mechanical breakdown – if it happened to one of the “leaders”), obeyed traffic signals when it was convenient, and generally ignored most notions of common courtesy to other people on the road (except if the memory of being pulled over by the cops was a fresh one). If you get a picture of anarchy on two wheels, it isn't too far from the truth. This was the “un-club” in a fairly pure sense, but it was fun.

So, how does a real club differ? I would say that the essence of a real club is in the standards or principles to which its members subscribe. It is a group of people that agree to bend themselves, in some limited fashion, to the will of a greater whole, for the purpose of creating some enhanced level of satisfaction and value. A true club would attempt to set some expectations for behavior on rides which are more accommodating to motorists, and to a wider range of participants, than the “club” I described above. Similarly, a true club would use its collective voice to influence the cycling environment, and this requires that it speak in resounding, 300-strong, unison, rather than 300 individuals with their personal messages. A viable club extends its hands in an expression of mutual good will to the bicycle shops, because that unified expression of support is good for the cycling environment and for the businesses. And, a true club works together in the labor of staging an annual fundraising event, because the event creates the right kind of positive visibility in the

who make a difference in our cycling experience.

But this all breaks down when a club becomes nothing more than a group of individuals who neither acknowledge nor bend to any collective will or set of principles. Participants in club rides selfishly join in, and then ride “their own way”. They justify themselves with the notion that they, intermittently, become part of the group during the ride – when it suits them – but they refuse to acknowledge the destruction they wreak on the “group”, and on the enjoyment and satisfaction of other members in the group.

When it is club policy to require (either explicitly or implicitly) that retailers give a 10% discount to club members, it is nothing short of extortion, and it destroys goodwill that is crucial between cyclists and their local bike shops. And if, for some, the discount becomes the dominant reason for membership in the club, it is difficult to counterbalance the cost of these memberships with the annual dues of \$15. If the shops want to reward their frequent customers with a better price, that should be their choice, not something imposed, or even endorsed, by the club.

Because the Club is supposed to be about an enjoyable activity, we should make every effort to minimize the administrative burden, and as we get bigger, things have to change, and we need to think beyond the moment. Without change, and the disruption that is inherent in any of it, there is stagnation. And, stagnation means going backwards. Yet, if members confronted with proposals for change exercise the petty tyranny of critique, without offering constructive alternatives, and without looking beyond their personal interests, they are, in essence, rejecting leadership. And, that is very close to the nature of the club I described first.

Siskiyou Velo has a fairly long history, and from what I understand it is also a bumpy, erratic one. There is good reason. It has no principles to which its members subscribe – written or otherwise – about how to ride in a group or how to conduct any of its other activities. And, without principles, any attempt at leadership is hollow. Think about a proposal for even the simplest of changes in format: if there are no principles against which to test the proposal, a leader trying to make positive changes is left naked to the buffeting of individual opinion and bias, with each opinion given equal weight. Fortunately, the Club has a core of dedicated people who seem willing to do the work, neither exercising, nor deriving gratification from, leadership. And, so the work gets done.

I truly enjoy riding with members of the club. But, in its current mode of operation, it does not warrant that moniker. It is nothing more than a group of individuals whose personal cycling interests occasionally and

*(Continued on page 5)*





**Rogue Valley  
Cycle Sport, Inc.**

<b>Ashland CYCLE SPORT</b> 191 Oak St. Ashland OR 97520 (541) 488-0581 Fax: (541) 488-3802 E-mail: info@roguecycle.com	<b>Medford CYCLE SPORT</b> 1390 Biddle Rd. #107 Medford OR 97504 (541) 857-0819
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### Mountain Lakes Challenge 2007

MLC 2007 is off to a roaring start. The Team is mostly together, and we are running right on schedule getting things done. The Team is as follows:

Publicity: *Gwen Haynes*

Sponsorships: *Dave Oliver*

Food and Equipment: *Jonathan Williams, Sam Simpson*

Rest Stops: *Pam Wooton*

Post-ride Meal: *Russ Rickert*

Registration: *Don Parker*

Volunteers and T-shirts: *Bobbie Plummer*

Routes, maps and signs: *Mike Smith*

Reservations and Permits: *Bob Korfhage*

SAG: *Dan Wooton*

Equipment Clean-up: *James Williams*

Please look at the list above, and contact the chairperson if you are interested in helping out in any way, particularly the day of the event. If you want to volunteer, but aren't sure who to contact, just call us or Bobbie Plummer who will be coordinating volunteers.

We are excited about this team and the event, and thank everyone for their hard work.

*Elizabeth and Ron Zell*



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(Continued from page 4)

randomly intersect – sometimes even constructively. This group has created the infrastructure for a real club, but it has little interest in bending collectively to any direction or purpose. If I were to leave one word of advice to the next leader, and to the Club as a whole, it would be to start with principles, get agreement on those, write them into the Constitution and then move on. That is no small task, given the instincts of the members, but it is the only way that the Club can grow and mature as an organization, and thereby make participation in its administration something positive and gratifying.

### Winter Training Plan

*By Bill Heimann*

#### Resistance Trainer

Recommend that you do a program of:

12 reps at a level 5

10 reps at a level 6

8 reps at a level 7

6 reps at a level 8

12 reps at a level 9

You should pause at least 1 minute between each level but no more than 2 minutes. This routine will apply to all exercises. The weight you use will determine the level. Do not exceed a level 9, with level 10 being maximal effort for the number of reps.

You should work lower body one day, aerobic exercise the next and the next upper body and then aerobic, then the lower and the sixth day aerobic. Rest on the 7<sup>th</sup> day. You can go for a bike ride but only an easy one or a light run, just to have fun and not so much for the development benefit.

You may select exercises for each body part, adding others that work that part of the body and vary them as you feel the need. It is important that you work each part of the body, though. Each exercise works the body part in a slightly different way, so some variation is good. You may also change the lower body day for the upper but only on the first day of each week.

It is important that you determine your max heart rate. You can do this in 3 ways listed in the most accurate to the least.

1) Have a max heart rate test.

2) Through exercise, biking, running treadmill, etc, exercise to max effort and note heart rate, recover and repeat until heart rate will not increase.

3) Subtract ½ your age from 210.

Remember to exercise six days a week, while taking one day off. The off day is as important as the on days.

#### Exercise bike schedule:

Warm up at a level 4 for 5 mins

Start at a level 5 (*your* level 5 not the one on the bike) for 1 min; increase to level 6 for 1 min, then level 7 for 1 min, then levels 8 and 9 for a min each. Repeat for a total of 3 times.

*Bill Heimann, an Ashland cyclist, toured Central Europe for 2 1/2 months last year.*



## Velo Executive Meeting Summary December 6, 2006

Rick Berlet expressed his appreciation and thanks to all officers - incoming and outgoing - present. The meeting provided an opportunity for officers to discuss several potential changes in how the club works.

The first topic of discussion was the monthly club meeting. Many feel that the regular club meetings should be more social in nature. Possibilities include having social meetings at some venue where we have a program that may be a presentation on some facet of cycling, a cycling related movie, or other event that provides an opportunity for members to gather together in a more engaged or social manner. Business meetings could be alternated with the social meetings, or the business portion of the meeting could be held a half hour before the social event each month.

Membership renewals was also discussed. It has been proposed that all club memberships be due on one specified date. For example, all memberships could be due May 1. Existing memberships could be prorated in some way in the initial change-over in order to get all members to the same annual start date. This would have the advantage of having all members renewed for the prime riding season and eliminate the need to send out renewal reminders throughout the year. The option of multi-year discounts was also discussed. This will require a change in the bylaws as the current bylaws say that renewals are on the member's anniversary date.

There is also an interest in changing the ride schedule format. Many would prefer more special organized rides such as the Cinco de Mayo or Velo Vino rides, perhaps once a month. Rides that do not have a specific ride leader and destination would have an individual to contact for a particular date. This would allow the leader to change route based on who's coming, weather and other such factors. A reminder was given that we have a message board forum on the club website (thank you, Spencer), where members can post rides they'd like to do after the schedule is out.

There is debate about whether or not the club should continue to ask the bike shops to give the 10% discount to club members. There was no clear consensus on this issue.

If you have opinions on any of these topics, please contact any of the officers of the club to share your thoughts and ideas. All current club officers are listed on

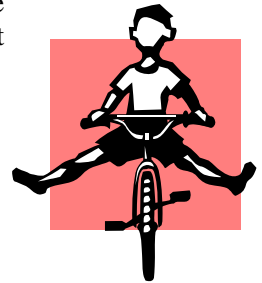
page 2. Better yet, come to the next club meeting on January 10 at Angelo's Pizza in Phoenix at 7:00.



### Quote of the Month (Imagine!)

“As a kid I had a dream — I wanted to own my own bicycle. When I got the bike I must have been the happiest boy in Liverpool, maybe in the world. I lived for that bike. Most kid left their bikes in the backyard at night. Not me. I insisted on taking mine indoors and the first night I even kept it by my bed. Funny, although it was important to me then, I can't remember what finally happened to it.”

*John Lennon*



Attorney:  
Carlyle F. Stout III

Secretary:  
Remedy Hovermale

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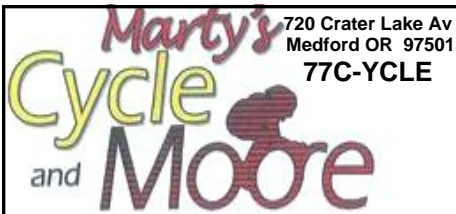


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215 Laurel Street, Medford

FAX: 541-776-9841



**SISKIYOU VELO RIDE SCHEDULE – January 2007**

🚲 **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
Jan 6 Saturday	10:30 AM	Colver Park	TBD	TBD	TBD	Jerry Rhoads 512-2155
Jan 7 Sunday	12:00 PM	Roasting Company Ashland	Fixed Gear Bikes Only Ride TBD @ start	TBD	TBD	Helmut 482-8390
Jan 7 Sunday	12:00 PM	Bi Mart, W. Main Medford	TBD	Tandems+	20+	Dan Wooton 779-9248
Jan 13 Saturday	10:30 AM	Roasting Company Ashland	TBD	TBD	Group C4	Bill Tout 482-7080
Jan 14 Sunday	12:00 PM	Roasting Company Ashland	Fixed Gear Bikes only Ride TBD @start	TBD	TBD	Helmut 482-8390
Jan 14 Sunday	12:00PM	Bi Mart, W. Main Medford	TBD	Tandems+	20+	Dan Wooton 779-9248
Jan 20 Saturday	10:30AM	Colver Park	TBD	TBD	TBD	Jerry Rhoads 512-2155
Jan 21 Sunday	12:00 PM	Bi Mart, W. Main Medford	TBD	Tandems+	TBD	Dan Wooton 779-9248
Jan 27 Saturday	10:30 AM	Colver Park	TBD	TBD	TBD	Bill Tout 482-7080
Jan 28 Sunday	12:00 PM	Bi Mart, W. Main Medford	TBD	Tandems+	TBD	Dan Wooton 779-9248
Every Saturday	9:00 AM	Bike Path behind Bad Ass Coffee Co	All Valley Training Ride	Race Pace Training	Varied >20	Glenn Gann 779-6986
Every Sunday	9:00 AM	Bike Path behind Bad Ass Coffee Co	All Valley Training Ride	Race Pace Training	Varied >20	Glen Gann 779-6986
Every Monday	11:00 AM	Colver Park	Jacksonville coffee ride	Group B4	25	Bob Korfhage 535-5276
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	Bob Korfhage 535-5276

**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, regroup at specific points 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.





## Siskiyou Velo Membership Application

<b>Name</b>			<b>Age</b> <input type="checkbox"/> 18-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-55 <input type="checkbox"/> 56-65 <input type="checkbox"/> 66+	<b>Type of Membership</b> (check one box in each cell below)	
<b>Street Address</b>			<input type="checkbox"/> Individual – \$15/year <input type="checkbox"/> Family – \$20/year <input type="checkbox"/> Business – \$25/year	<input type="checkbox"/> New <input type="checkbox"/> Renewal	
<b>City</b>	<b>State</b>	<b>Zip</b>			
<b>E-Mail Address</b>			<b>Phone</b>	<b>Any new information included?</b> (e.g., street address, e-mail address, phone, NL distribution) <input type="checkbox"/> Yes <input type="checkbox"/> No	
<b>Information Blocking Options</b> (items checked will <u>not</u> be available on the secure pages of the web site)* <input type="checkbox"/> Phone Number <input type="checkbox"/> E-mail Address <input type="checkbox"/> Residence Address <input type="checkbox"/> All <small>* Access to roster on web will require member ID and password</small>			<b>Newsletter Distribution Election</b> <input type="checkbox"/> Snail mail (cost borne by Club) <input type="checkbox"/> Electronic (via web site – notification by e-mail)		
<b>Make Checks Payable to:</b> <b>Siskiyou Velo</b> <b>P.O. Box 974</b> <b>Ashland, OR 97520</b>			<b>Volunteering</b> <input type="checkbox"/> Committees (MLC, etc.) <input type="checkbox"/> Newsletter <input type="checkbox"/> Ride Leader <input type="checkbox"/> Officer position <input type="checkbox"/> Other _____		
<b>Waiver</b> 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.					
<b>Signature(s)</b> Applicant _____ Date _____ Parent or Guardian of Minor _____ Date _____					

Rev. 11/08/200

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