



January 2010

NEWSLETTER

Some Like It Hot

Marilyn (we're talking of course about "the" Marilyn) starred in a 1959 comedy called *Some Like It Hot*. This has nothing to do with bicycling in winter, but does provide a nice entry line as well as little piece of film history. This was one of the best films in which Marilyn starred; if you haven't seen it, it is well worth watching. She co-stars with Tony Curtis and Jack Lemmon, whose performances as female impersonators is hilarious as they flee from the mobster Spats Colombo, played by George Raft. Marilyn is at her most loveable in this film, but perhaps not her most accomplished as an actress. She required 47 takes to get "It's me, Sugar" correct, instead saying either "Sugar, it's me" or "It's Sugar, me". After take 30, Billy Wilder had the line written on a blackboard. Another scene required Monroe to rummage through some drawers and say "Where's the bourbon?" After 40 takes of her saying "Where's the whiskey?", "Where's the bottle?", or "Where's the bonbon?", Wilder pasted the correct line in one of the drawers. When Monroe became confused about which drawer contained the line, Wilder had it pasted in every drawer. Oh well, I can't remember stuff either.

Winter bicycle riding can provide multiple challenges. We talked about winter riding in an earlier *Paceline*, but this time I thought we could talk specifically about dressing for winter weather (though not like Curtis and Lemmon). One of the biggest mistakes we can make in cold weather riding is overdressing. Exercise generates heat, so when we pile on the clothing to be comfortable at the start of the ride ("Some Like It Hot",), we are soon bathed in sweat as we warm up and then overheat. Best to start out a little on the chilly side and allow your body to warm up. This approach will require carrying an extra layer or two in case you cool off from sitting or the air temp goes down while riding. I think most of us know to avoid cotton; cotton quickly loses its ability to insulate as it absorbs sweat. Wicking fabrics are a gift to cyclists and are sold under trade names such as Capilene, Thermax, etc. This is one area where "cycling specific" is not important- wicking fabrics made for hikers, runners, and other outdoor sports will work just as well and possibly cost less. Think winter socks and polar fleece jackets in this category as well.

Cycling has its own specific challenges. For one thing, layering doesn't work as well in cycling. It's difficult to remove layers of clothing while riding; use clothing with front zippers as much as possible, in order to make adjustments on the fly. We can also regulate our body temperature by level of effort: too cold-speed up, or too hot, slow down. There is also the wind factor- we are always in a wind chill situation, so what works for walking will be inadequate for cycling- especially those little gaps around the throat, wrists and ankles. Summer bike shoes are a bad bet in winter due to ventilating holes. If you must use them, tape over the ventilation and wear thick wool socks (Thorlo is good) and booties. Ski gloves work well for cycling, especially when paired with thin silk or wool liners. The head is very exposed (especially mine). Hence the saying, "If your feet are cold, put on a hat". Think balaclava if very cold, or a good fleece skull cap if not. Remember, shivering is the first stage of hyperthermia. When shivering starts, stop immediately and get warm. Go inside a store (or stop at a house). Change to dry clothing or more clothing if you have it. Get a cup of cocoa. The next stage is loss of coordination and confusion- not good on a bike.

Well, there's loads more but I'm out of space. I hope you'll get out on your bike this winter- it's a lot of fun. Do take care of yourself.

All for now,

Mike Smith

President, Siskiyou Velo

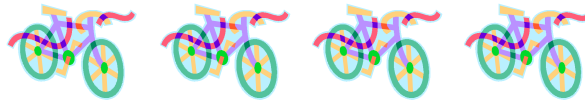
SEE SPECIAL NOTE ON PAGE 3 about the next Velo Meeting!



Quote of the Month

"Bicycling is the nearest approximation I know to the flight of birds. The airplane simply carries a man on its back like an obedient Pegasus; it gives him no wings of its own."

Louis J. Halle, Jr in Spring in Washington



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.

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 2010

P. O. Box 974 Ashland, OR 97520

Officers

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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

Marty Stratton
Joann Pinder

RENEWING MEMBERS

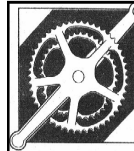
Wil Thomson
Bob Korfhage & Cindy Roche
Carol Lee Rogers
Jodi & Wayne Marthaller
Edgar & Karen Hee
Gary Shaff
Tom Burnham
Larry Wolfson

Click link below to join or renew your Membership.

<http://www.siskiyouvelo.org/join.php>



785 Rogue River Hwy.
541-476-4935

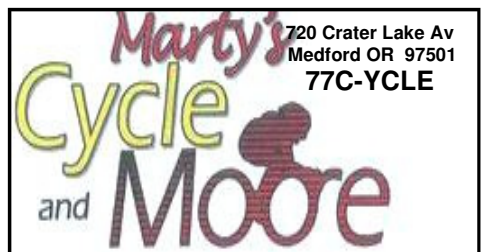


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Cycle Sport, Inc.

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



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77C-YCLE

1632 Ashland St.
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541-4888-5813



www.ashlandbicycleworks.com
Open 7 days a week
Mon-Sat 9:30 - 6 pm and Sunday 10-5

NEXT CLUB MEETING

January 13th, 6:00 PM (one hour earlier), we will meet at the Harley Davidson shop just north of Phoenix on Hwy 99.

Topic: Jackson County Road Department bicycle plan modifications - Community meeting

Director John Vial and Special Projects Manager Jenna Stanke will be asking for community input to make changes to the Jackson County bicycle plan for the next few years. Your input could help direct the future of cycling in Jackson county, as well as attract state and federal dollars for adding bicycle amenities to upcoming road improvement projects.

Jack Buster's Southern Tour Update

Tucked away on a side street off a side street away from the main street in a huge street market in Buenos Aires, Argentina is a little shop called La Bicicleta Naranja (The Orange Bicycle). Like its sister company in Santiago, Chile La Bicicleta Naranja provides 70's style, single speed, beach cruiser bikes in guided tours around the city. Our little group of 6 paying customers and a guide were treated to a 4 hour, 14 mile tour by bike of some of the more interesting sights in the northern part of the city including a stop at the Recoleta Cemetery where we visited the tomb of Eva Peron made famous in the stage show and movie *Evita*. An interesting and fun way to do some sightseeing for about \$35. Check it out at www.labicicletanaranja.com.ar



Attorney:
Carlyle F. Stout III

Secretary:
Remedy Hovermale

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541-776-2020 .

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



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Siskiyou Velo Ride Schedule January 2010

🚲 **Approved helmets required on all club**

🚲 **Unless otherwise noted, rain/wet pavement cancels ride**

Date	Time	Start Location	Route	Pace	Miles	Contact
Sat. January 2	11AM	Dog Park in Ashland	J-ville via Orchards, Capenter, Cady, Dark Brisk Hollow		45	Charlie
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

Please see the website for weekend rides in January.

<http://siskiyouvelo.org>

CYCLE

analysis

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





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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.