



# SISKIYOU VELO

## June 2010 Newsletter

Picture a young fir tree, growing straight and tall on a hillside. Then picture winter rains, which cause the earth above our young tree to let loose, cascading down the hillside into our tree and causing its roots to partially dislodge. Our straight and tall youngster is now leaning at quite an angle. Over time its roots will dig deeper and re-establish themselves, but a far stranger thing will happen as well. Our tree will soon stand vertically again, as if by magic. But magic is not the cause; what has happened is that the wood on the downhill side of our leaning tree has grown at an abnormally rapid rate, creating a bend at the base of the tree which slowly returns the tree to its preferred vertical position. This is all caused by some complex chemical process within the tree, triggered by the leaning process itself. The important thing, as far as this paper is concerned, is that living organisms react to stress with an adaptive and corrective response.

"Pssht, so what," I hear you saying, and admit that this is an odd opening for a bicycle article. But here's the thing...we humans adapt to stress as well, finding corrective responses to recurring challenges. If it's cold, we shiver to get warm. If we bleed, we clot. Low blood sugar triggers hunger pangs. And for cyclists, deliberately stressing the cardiovascular and structural muscle systems causes strength gains.

I saw a sign on a gym the other day for "Iron and Oxygen" classes. That about describes it: more strength (muscle mass) and more oxygen (cardiovascular gains) through use of the training cycle.

So here's how the training cycle works. At the beginning of a workout, you feel strong and fresh, but as it progresses, you become increasingly fatigued. This is known as overloading the body and it is a requirement for athletic development; you need to push just past your current fitness level in order to stimulate fitness gains. Upon completing the workout, recovery begins as your body restores depleted energy reserves and rehydrates, while repairing structures and tissues that were damaged during the workout. Beyond mere restoration, however, lies the concept of super compensation, whereby the body's fitness "bounces back," or recovers to a level above where it was before the workout. Over time, this effect is manifested through increased power and/or endurance.

If we exercise at the same level for each workout, or wait too long between workouts, no change will occur.

We'll stay at the current level of power and endurance. Which may be just fine, depending on goals. But if we exercise too much, over time, we will lose power and endurance. This is because the body needs adequate rest and recovery to rebuild damaged muscle tissue.

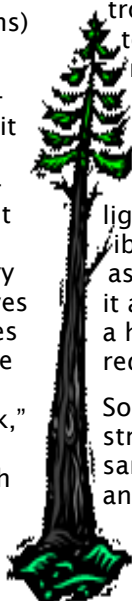
Rest and recovery are two different concepts. Rest is the act of refraining from exercise, or at least the form of exercise that has caused our current fatigue. Recovery (active recovery) is doing the same exercise that caused our fatigue, but at a very light level, for the purpose of promoting blood flow and loosening stiff muscles.

The best rest happens when we sleep; following a hard workout, it is important to get 8 hours sleep or so, depending on age. Older athletes will require more sleep. Skimping on sleep is harmful to athletic performance, because during sleep the body secretes human growth hormone (HGH), which is a powerful agent of recovery and adaptation to training. Less sleep means less HGH and therefore less freshness for the next day's workout. Treat yourself to an extra half hour or hour of sleep each night and you'll feel ten years younger.

Recovery serves several functions. A hard workout will deplete the body of glycogen and other nutrients, which must be replaced. The structural muscle tissue will be overloaded with lactic acid, which must be flushed and replaced with fresh oxygen and nutrients. Water, electrolytes, carbohydrates, and protein are needed most to rehydrate the body, restore muscle glycogen, and repair tissue damage. Antioxidants, those vitamins and vitamin-like compounds that protect against and repair free-radical damage, are important as well. Vitamins C and E are especially helpful to athletes. Damaged muscle tissue will be sore and stiff; without light activity and muscle-specific stretching, loss of flexibility will occur. Older athletes can frequently exercise as hard as when they were younger, but they cannot do it as often. An 18 year old may be able to recover from a hard workout within 24 hours, but a 50 year old may require 72 hours to recover from the same workout.

So...After "Iron and Oxygen," sleep more, eat well, stretch, and don't over-train. After all, our goal is the same as the fir's: to rebound straight after bending... and not to tumble off the cliff.

*Rest,  
Recovery,  
and the Little Fir Tree*



*Regards,*

*Mike Smith, President, Siskiyou Velo Bicycle Club*

## Organized Rides around the Region

Check out the Siskiyou Velo's and other regional groups' rides!

### June

#### **19- Mountain Lakes Challenge**

<http://www.mountainlakeschallenge.com>

### July

#### **17- Tour des Chutes, Bend**

<http://tourdeschutes.org>

#### **24- Ride through Paradise, Klamath Falls**

<http://klamathfallscasa.org/events/cycling>

#### **31- Black Berry Jamboree family ride, Eugene**

<http://edu.eugenegears.org/bramble>

#### **31- Santa Cruz Mountain Challenge**

<http://www.santacruzcycling.org/scmc>

### August

#### **1- Black bRamble Century, Eugene**

<http://www.eugenegears.org/bramble>

#### **7- Eight Lakes Bike Ride, Spokane**

<http://www.lcsnw.org/events/8Lakes2010.pdf>

#### **21- Crater Lake Century Ride**

<http://www.craterlakecentury.com>

### September

#### **11- Cycle Umpqua 2010 Vineyard Tour**

<http://www.cycleumpqua.com>

## Multi-distance Cancer Benefit Ride

July 17 in Bend

The 6<sup>th</sup> annual Tour des Chutes cycling event benefiting the Lance Armstrong Foundation and the St. Charles Cancer Survivorship Program sets off July 17<sup>th</sup> in Bend, Oregon. Registration forms and more information are available at:

[www.tourdeschutes.org](http://www.tourdeschutes.org).

Routes of 7, 25, 48, 70, and 90 miles will be offered, starting and ending at Bend's High Lakes Elementary School.

Participants have the opportunity to ride as a cancer survivor, in memory of a loved one, or in honor of a loved one. Pre and post-ride festivities will include live music, lunch, a vendor expo, and much more!

Cost: \$45/rider before July 12<sup>th</sup>, \$55/rider after July 12<sup>th</sup>. Early registration fee includes a t-shirt and lunch. All entry fees go to the Lance Armstrong Foundation and the St. Charles Cancer Survivorship Program.

Last year, the Tour des Chutes raised over \$87,000 and attracted over 1000 riders of all levels!

Tour des Chutes is a celebration of life, cancer survivorship, and remembrance of those touched by cancer, through cycling.

## CASA's 7th Annual Ride Through Paradise Cycling Event!

Saturday, July 24, 2010

Mazama High School, 3009 Summers Lane, Klamath Falls, Oregon

CASA's Ride includes:

- Four routes (13-Mile, 30-Mile, 62-Mile, 100-Mile) for every level of cyclist
  - Well marked courses
  - Well supported rest stops
  - Sag wagon
- Gorgeous Scenery along country roads
- Friendly people
- Live music and beer garden



This year, CASA received a Klamath County Tourism grant that will allow us to do extensive advertising throughout the Pacific Northwest. Our goal is 400 cyclists. The following is a link to our cycling page:

<http://www.klamathfallscasa.org/events/cycling>.

Please check the site for more information and reservation details.

PS - Want to check out the ride's glorious scenery?

Click "Slide Show" at: [http://www.hearingoffice.com/2006\\_CASA\\_Ride.htm](http://www.hearingoffice.com/2006_CASA_Ride.htm).

# Siskiyou Velo Ride Schedule

| Date                       | Time    | Start Location                  | Route                    | Pace       | Miles      | Contact  |
|----------------------------|---------|---------------------------------|--------------------------|------------|------------|--|
| Every Saturday             | 10 am   | Cycle Sport                     | Varies                   | B          | Varies >20 | Alex Hayes<br>541-857-0819                     |
| Every Saturday             | 10 am   | Varies                          | Varies                   | ME         | 20 +/-     | Phil Gagnon<br>541-488-4289                    |
| Every Sunday               | 1 pm    | Bike Path behind Bad Ass Coffee | Varies                   | B          | Varies >20 | No Ride Leader                                 |
| Every Monday               | 9:30 am | Colver Park                     | Jacksonville coffee ride | Group B2   | 25         | No Ride Leader                                 |
| Every Wednesday            | 10 am   | The Roasting Company            | Varies                   | Regroup B3 | 25-40      | No Ride Leader                                 |
| Every Tuesday and Thursday | 5:30 pm | 2200 Hull Rd., Medford          | Varies                   | MO / B     | 25 +/-     | John Harlow<br>541-245-8598 or<br>541-821-4167 |

**Group:** Riders will stay together. **Regroup:** Riders will spread out & regroup along the route.

## Ride Rating

| Letter | Ride Type  | Average Speed | Description  |
|--------|------------|---------------|--|
| L      | Leisurely  | 7-9 MPH       | A great opportunity for a family ride. Minors should be accompanied by an adult.   |
| ME     | Mellow     | 10-12 MPH     | Easy pace, frequent stops to regroup. No one will be dropped.  |
| MO     | Moderate   | 12-14 MPH     | Fewer stops than a mellow ride, steady pace for experienced riders. Should know how to fix a flat. Might ride at a 15-18MPH on the flats. No one is dropped.   |
| B      | Brisk      | 15-17 MPH     | For stronger riders who want to ride in a fast pace line or in tight packs (18-25MPH on the flats) occasional sprints. Riders must be confident in a group and pace line. Not recommended for moderate riders. |
| BP     | Brisk Plus | 17+ MPH       | Constant pace lines, brisk climbs, only for experienced, fast, riders. Check with ride leader if this is your first BP ride.   |

## Terrain Difficulty:

| Number | Terrain Description | Example  |
|--------|---------------------|--|
| 1      | Flat                | South Stage Road, Colver Rd.                           |
| 2      | Some hills          | Orchard Loop, Gold Hill                                |
| 3      | Hilly               | Dark Hollow, Adams, Old Military Rd.                   |
| 4      | Mountainous         | Lakes Loop, Woodrat Loop, Greensprings Rd., Callahan's |

Check out the online ride schedule:  
<http://www.siskiyouvelo.org/schedule.php>.  
 If you click on the "Meet At" link, you'll get a map of the ride start location. Clicking the "+" to the right of a ride's date brings up a dialog including the terrain (flat, some hills, etc.) and miscellaneous ride notes (where to park, the need for lights, etc.).

**The online schedule is the authoritative source for information on scheduled rides.**

**Be sure to check it out online prior to showing up for a ride you see in the newsletter.** We'll still have a schedule in the newsletter, but due to the lead time in producing it, changes in rides may occur after production.

regardless of the temperature and inclement weather conditions. Our groups have often boasted over 20 riders.

Many of our Club members went down to the Chico Wildflower Century on the last weekend of April. The weather was perfect with temperatures in the 70's and very light winds. The event's namesake wildflowers were abundant, along with the pollen count. We all, of course, had a great time at the Sierra Nevada Brew Pub the night before the ride. A few diehards chose to come back for yet a second meal, and more beer tasting, the night after the ride. There, we relived and recounted in detail the various climbs and descents of the ride.

Approved helmets required on all club rides.

Unless otherwise noted, rain/wet pavement cancels the ride.

When going for a ride, we encourage you to select a ride along your cycling and fitness level. If you do not find a ride that is at your level, this is the perfect opportunity to start a ride of your own!

Our thanks to our illustrious Ride Leaders for April and May:

**Ron & Elizabeth Zell**  
**Mike Smith**  
**Jerry Rhodes**  
**Dave Oliver**  
**Jack Buster**  
**Dennis Cramer**  
**Helmut Schmidt**  
**Dan Wooton**  
**Pam & Randy Wooton**  
**David Gibbs**

\*If I have neglected to acknowledge someone for leading a ride, please let me know.

And lastly, please sign up to lead a ride in June. We especially need Brisk leaders. We have moderate rides for Saturdays but would love to see some scheduled Sunday rides as well. Contact Elizabeth Zell at [ecrawfordzell@yahoo.com](mailto:ecrawfordzell@yahoo.com).

## Ride Committee Report by Elizabeth Zell

April and May have been great months for riding, even though we have experienced some very variable weather. We are pleased to see that our Velo members are showing up and willing to ride



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## 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 [ecrawfordzell@yahoo.com](mailto:ecrawfordzell@yahoo.com) if you are interested in buying one.

*Anne & Stanley Muth in their Siskiyou Velo jerseys*

## SISKIYOU VELO IS "PROUD!"

- P = Prepared for everything
- R = Routinely safe
- O = Out to have fun
- U = Undauntingly a defensive rider, respectful of all road users
- D = Dedicated to positively representing cyclists

### New Members

Art & Kathy Coolidge  
Karen Taylor  
Linda Willett  
Scott & Cindy Coash  
Raine Stublaski

### Renewing Members

Rich & Dianne DiVita  
Marlene Fazio  
Jim Greer  
Susan Dallas  
Frederick Von Tress  
Georgene Richardson

Click link below to join or  
renew  
your membership.

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

## Siskiyou Velo Club Officers - 2010 P.O. Box 974, Ashland, OR 97520

| Office        | Name(s)  | Contact Information  |
|---------------|--|--|
| President     | Mike Smith   | 855-1531; <a href="mailto:michaelmail@earthlink.net">michaelmail@earthlink.net</a>   |
| Advocacy      | Edgar Hee  | 734-4872; <a href="mailto:ejhee@juno.com">ejhee@juno.com</a>                         |
| Events        | Jonathan Williams  | <a href="mailto:mlc@siskiyouvelo.org">mlc@siskiyouvelo.org</a>                       |
| Touring/Rides | Charles Whitaker, Elizabeth Zell, Phil Gagnon, & Charlie Carlson | <a href="mailto:touring@siskiyouvelo.org">touring@siskiyouvelo.org</a>               |
| Racing        | Glen Gann  | 779-6986; <a href="mailto:ggann9@charter.net">ggann9@charter.net</a>                 |
| Membership    | <i>vacant</i>  | <a href="mailto:membership@siskiyouvelo.org">membership@siskiyouvelo.org</a>         |
| Secretary     | Cheryl French  | <a href="mailto:Cherylannfrench@gmail.com">Cherylannfrench@gmail.com</a>             |
| Treasurer     | Dave Oliver  | <a href="mailto:treasurer@siskiyouvelo.org">treasurer@siskiyouvelo.org</a>           |
| Newsletter    | Bess Perry   | <a href="mailto:newsletter@siskiyouvelo.org">newsletter@siskiyouvelo.org</a>         |
| Webmaster     | Spencer Gray   | 621-3743; <a href="mailto:webmaster@siskiyouvelo.org">webmaster@siskiyouvelo.org</a> |

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

Newsletter contributions accepted until the 15<sup>th</sup> of the month. Contact the editor at [newsletter@siskiyouvelo.org](mailto:newsletter@siskiyouvelo.org) for further information. Members are welcome submit letters, stories, opinions, photos, cartoons, recipes, tips, or other notices of interest to the club.

## Next Club Meeting

Join us at 7:00 pm, June 9<sup>th</sup>, at Angelo's Pizza in Pheonix! Siskiyou Velo club meetings are open to all members. Meetings are held each month at 7:00 pm on the 2<sup>nd</sup> Wednesday of the month. Come join us!



## Cinco de Mayo! by Elizabeth Zell

May 8th was the annual Cinco de Mayo Ride at the Wooton's home in Medford. Almost 70 members showed up for the three rides. Again, the weather gods complied and gave us near perfect riding conditions. All three rides managed to make it back to the Wooton's home at around the same time for a delicious meal of tamales, rice, beans, salad, and mixed fruit, along with sumptuous desserts made by Velo members. Special thanks to Dan and Leslie

Wooton for hosting this event. In fact, Siskiyou Velo and its members extend many thanks to all the Wootons (Dan, Leslie, Randy, Pam, Tom, and Jenny) for making this such a fun

event. Also, thanks to our ride leaders: Dan Wooton for the hilly Cinco with 16 riders in attendance, Pam and Randy Wooton for the Flat Fifty with 35 riders, and David Gibbs for the mellow Half Cinco (who may someday be forgiven for taking his group over Payne Hill) with 16 riders. What a great event. And a final thank you to Oliver, just for being so cute and entertaining.



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FAX: 541-776-9841





**By Jack Buster**

We start at Hawthorne Park in Medford, continue out on Table Rock to Highway 234, then go down to Gold Hill and Rogue River. There's a 10 minute break scheduled for the Gold Nugget Wayside. See the map and plan.  
(Larger copies are available on the 'Net at [www.adr-2.com/200k/200kplan.jpg](http://www.adr-2.com/200k/200kplan.jpg) and [www.adr-2.com/200k/200kmap.jpg](http://www.adr-2.com/200k/200kmap.jpg). Print them out and carry with you.)

We emerge from the loop at Murphy and take New Hope Road back to Grants Pass, crossing the bike bridge at the Sports Park. From there, we follow the Ride the Rogue path to Rogue River (where we have a 30 minute snack break on the schedule) and Gold Hill. Then up Stage Road, where we meander back to the starting point.

For riders desiring less distance, there are three other alternates available:  
Hawthorne Park to Gold Hill and return - 45 miles  
Hawthorne Park to Rogue River and return - 61 miles  
Hawthorne Park to Grants Pass and return - 81 miles

[illegible]

Map and Route Details for the Summer Solstice. Click on each image to go to the larger image on the web.

# PHIL'S A CRAZY GUY! (SERIOUSLY!)

Check out this awesome site:

[www.crazyguyonabike.com](http://www.crazyguyonabike.com)

that records tour journals and touring articles. Once there, click on "Directory" and then "G" for Gagnon.

Phil Gagnon's recent tour journal is there for your perusing pleasure. Phil credits this site and talks with George Stevens for perking his interest in trying a tour! Maybe you'll get enthused about being a crazy guy (or girl) as well!



**CYCLE**  
—analysis

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## Fellow Velo

By Ron Zell

We are back out on our "Fellow Velo Ride," and you pull up alongside a nice looking woman kitted out to the nines in the garb of a local bike builder. She is a really strong rider and you are enjoying staying up with her. You turn to say something and out of no-where an image flicks into your brain of this dazzling damsel riding a stylish city bike while decked out most fashionably in a flowery sun dress, white gloves, and a helmet with colorful ribbons flowing in the breeze. (Since she is with Siskiyou Velo, she would never consider riding her bike without a helmet.) When your head clears, you find yourself riding alongside a young, very fit, racer-type who is just oozing testosterone and confidence. As you glance at him, your eyes blur a bit and suddenly you see this macho guy on a mountain bike, sloppy shorts and jersey, mud-spattered, sweaty, and a little bloody, seemingly having a great time. What is going on here?

What is going on is your brain is picking up the subtleties of the cycling alter-ego; we all seem to have multiple cycling desires. Specifically, we all own, not only multiple bikes, but many totally different bikes. From our Membership Database, we learn the following:

| What Do You Ride? |                  |
|-------------------|------------------|
| Bike Type         | % of Respondents |
| City              | 26               |
| Road, Cross, etc. | 87               |
| Mountain          | 58               |
| Recumbent         | 15               |
| Tandem            | 26               |
| Fixie             | 9                |

So, the next time you are out riding with the Club, you have a new way to start a conversation. You can merely say, "Tell me about your stable of bikes" and watch their cycling alter-egos whizz by your eyes.

*It's our hope that getting to know your Fellow Velo will inspire you to update your own Membership Profile. It's easy! Just go to [siskiyouvelo.org](http://siskiyouvelo.org), sign in, and you will find a handy place to click in the upper right hand corner called "Membership Profile." It only takes a few minutes and then your information will become part of Fellow Velo!*



## Getting excited for the Mountain Lakes Challenge? It's almost here...



All photos by Ken Royce [www.KenRoyce.com](http://www.KenRoyce.com)

## 2010 Mountain Lakes Challenge Saturday, June 19

Ride starts at 7:00 at The Grove, Ashland  
(next to the police station on East Main St)

Register NOW at [active.com](http://active.com)

or the day of the ride between

6:00 and 7:00 at the Grove

For details: [www.mountainlakeschallenge.com](http://www.mountainlakeschallenge.com)





*THANK YOU to the 2010  
Mountain Lakes  
Challenge sponsors!*

*Your contributions help us  
put on a great event and  
enable the Velo to continue  
its support of cycling in the  
Rogue Valley.*

*We appreciate you!*

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*Not only is Subaru a major  
sponsor of this year's MLC, but  
they also produced a TV  
commercial too, in support of  
cycling and the MLC. The com-  
mercial will air in June and  
features Siskiyou Velo members  
Cheryl French and Charles  
Whitaker and their 2001  
Subaru Legacy. You can check it  
out on YouTube at:  
[http://www.youtube.com/  
watch?v=fy4k2828Jhs](http://www.youtube.com/watch?v=fy4k2828Jhs).*

## **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.

## *A Letter of Concern and Caution*

**Apparently, 90% of the cyclists using the Bear Creek Greenway are unaware that pedestrians cannot hear them approaching from the rear. Please, please, please announce your presence: "behind you," "on your right," "on your left," "coming through," "heads up," or even "fore" will work just fine and will avoid unpleasant scenes. Thank you for your consideration.**

*W. Koble, Medford*

# The Last of the VeloSlo-Mo Series of Five Greenway Rides

By Phil Gagnon

What do you do with riders who find VeloMello rides more strenuous than they'd like? You start a new group with a slow-motion feature; hence, the VeloSlo-Mos was formed.

You begin with a five ride series on different segments of the Greenway to enable some of the riders to experience techniques and etiquette of group rides with no concern for traffic. You govern speed at 7 to 11 mph and keep distances relatively short: 14 miles +/-.

You also team up with a fellow Velo member, Steve Juul, to make all this happen. With publicity in the Medford Tribune ([check out the spread here!](#)) and our Velo Newsletter, plus Mike Smith's email notices, we had 19 riders on our final ride of the series with three more unable to make today's ride.

To make this particular ride noteworthy, we rode from Blue Heron Park in Phoenix to Ashland's Railroad Park on A Street where coffee, bagels, apple juice, and strawberries were set out on picnic tables for all to enjoy, courtesy of the Siskiyou Velo. Steve and Phil talked about the merits of becoming Velo members. Of the 19 riders, six are members; five have recently become new members, and five more said they will join.



*VeloSlo-Mos at Ashland's RR Park await remainder of the group.*

Five are couples, with each partner being at a different ride level. The group ride is something –“We can do together”– and makes the outing special, they say. Another value in group rides is that it enhances safety, safety in numbers. A group ride also provides a rider with leaders who offer safe, well designed routes. And, if there's a breakdown, the group is on hand to lend support.

Out of the 19 riders, three want to transition to VeloMello group rides, which is a step faster. The others are keen about continuing with the VeloSlo-Mo group and feel ready for street rides in moderate traffic environs. With that in mind, we prepared a number of rides in the Valley to enhance skill levels of each rider in safe, relatively flat, urban and country settings. Further, we will offer basic repair demos and rules-of-the-road mini-workshops to this group in coming months.

Interestingly, because there was no publicity on this series in the Ashland area, Steve and I believe that if we have to, we can further increase our VeloSlo-Mo numbers with local Ashland publicity.

For the coming weeks, Steve and I will continue to be group leaders; however, beyond that, we've made known that we want group members to pair up and lead rides. We feel this will come about as each rider becomes attuned to what's involved in leading a ride and we intend to become coaches on this matter.

If you hear of someone who wants to get into cycling and needs to start in slow-motion, quickly recommend the VeloSlo-Mo group.

Siskiyou Velo Newsletter • June 2010





# Siskiyou Velo Meeting Minutes - May 12, 2010

Submitted by Cheryl French, Secretary



The meeting was called to order at 7 p.m.  
Fifteen members were present:  
Mike Smith, Phil Gagnon, Edgar Hee, Charles Whitaker, David Oliver, Bess Perry, Cheryl French, Jerry Rhodes, Jim Greer, Glen Gann, John Burns, Jonathan Williams, Sam Simpson, Rick Berlet, Richard Strahm, plus two non-members.

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| SUBJECT  | DISCUSSED   | REPORT / ACTION   |
|--|---|---|
| <u>Old Business</u>  | Minutes of last meeting   | --Approved.   |
| <u>Financial</u><br>David Oliver   | Treasury<br>Non profit status   | --The Club treasury has a balance of \$9,300 and there was discussion about how to support cycling community organizations with some of the funds.<br>--David will check this out and our Federal and State nonprofit status.   |
| <u>Membership</u><br>Ron Zell  | New Membership positions open   | --Currently 265 members<br>--With Ron Zell's resignation as Membership Chairman, it was discussed and agreed that the position would split into record keeping and membership promotion.<br>--Interested members should contact Mike Smith: michaelmail@earthlink.net   |
| <u>Newsletter</u><br>Bess Perry  | Photos  | --Bess would like to feature more ride photos in the newsletter and asks that people take and submit photos from Club rides.  |
| <u>Touring</u><br>Phil Gagnon  | 2010 Tours  | --Phil will be sending out an email regarding a planning meeting for anyone interested in touring.<br>--Phil reported that 4 people came on his last tour. The next is scheduled for Apple-gate and Indian Mary.  |
| <u>Rides</u><br>Charles Whitaker<br>Phil Gagnon<br>Elizabeth Zell  | Google Group<br><br>Ride Leaders wanted<br><br>New Slo/Mo group started | --There are 180 members of the Google Group<br>--Appreciation was expressed for the ride-related articles in the newsletter and Charles agreed to continue writing them.<br><br>Contact ecrawfordzell@yahoo.com<br><br>Phil Gagnon reported that 17 new people are now members of the Slo/Mo group, for new riders.             |
| <u>Rides</u><br>Elizabeth Zell<br>Charles Whitaker   | By-Laws<br><br>Ride Leaders needed<br><br>Ride Leader Incentives        | --Language will be inserted to promote good conduct on the road.<br>--Ride leaders of all levels are needed for April and should contact ECrawfordZell@yahoo.com for information.<br>--A proposal to provide incentives to lead rides was discussed. This subject was tabled until after the MLC.                               |
| <u>Events</u><br>Elizabeth Zell  | Mark your calendar  | --May 8 – Cinco de Mayo. A motion was made, seconded, and approved for the Club to pick up a portion of the lunch.<br>--July – Potluck or BBQ   |
| <u>MLC</u><br>Jodi Weber<br>James Williams<br>Jonathan Williams<br>Nancy Keeley<br>Cheryl French<br>Matt Varnum<br>Anna Arispe | Mark your calendar<br><br>June 19th                                     | --The web site is up for registration with a link from the Siskiyou Velo page<br>--Actice.com is up for registration<br>--Two rides: Century & Metric<br>--Emphasis is on great food at the rest stops<br>--Posters are up in the bike shops<br>--Volunteers are needed and should contact Jonathan Williams: Jonladdw@mind.net |
| <u>Racing</u><br>Glen Gann   | Jr. camp  | --Did not happen this year, but maybe thinking of adding a Jr. womens   |
| <u>Club Business</u><br><u>Cards</u><br>Mike Smith<br>Bess Perry   | For placement in bike shops   | --Mike and Bess presented options for cards that contain info about club membership. The club approved a quantity of 2500 for distribution to local bike shops.   |

# Cycling and the City

Story and Pictures by Carlyle Stout



New York City is a world unto itself: a frenetic, colossal, cosmopolitan amalgam of different cultures, people, and lifestyles, yet uniquely American. A place where you can hear a dozen languages spoken in just a few city blocks. A city of architectural icons like the Empire State Building and the Chrysler Building; the site of our national treasure: the Statue of Liberty; venue of the world's greatest museums such as The American Museum of Natural History, the Metropolitan Museum, and the Guggenheim. Home to 15 million people spread through five boroughs: Manhattan, the Bronx, Queens, Brooklyn, and Staten Island.

Once a year, this teeming metropolis surrenders itself to the world of cycling. On the first Sunday in May, the city shuts down and 30,000 cyclists take to the streets, riding 42 miles through all five boroughs (the Five Boro Bike Tour <http://www.bikenewyork.org/rides/fbbt/index.html>). It is one of the most incredible rides in an urban area anywhere on the planet. For one day, cyclists own the city.

The ride starts early in Manhattan in Battery Park at the south end of the island near Wall Street and then proceeds north up The Avenue of the Americas through Greenwich Village, the Flatiron district, Broadway, midtown, Central Park, and then into Harlem, where it crosses the East River into the Bronx for a brief circuit, then cuts into Queens for a longer circuit, then careens into Brooklyn for yet another circuit, and culminates with a grand finish on Staten Island. This year, my wife, Barbara, and I joined my son Brian, and his wife, Jennifer, for the ride. We rented an apartment in Greenwich Village through

Vacation Rentals By Owner, scoring a 2nd floor walk-up on a quiet tree-lined street at half the price of a hotel. Rather than ship our bikes across the country, we rented hybrid bikes from Metro Cycles in Manhattan. There are five stores throughout the city, so their locations are convenient to most neighborhoods. The ride is essentially flat except for the bridges, so the five speeds were more than adequate.

We joined the ride as it came through Greenwich Village, as getting down to the start, even on bikes, was virtually impossible. As we joined the massive peloton, we could hear riders talking excitedly in many different tongues. There were riders from all 50 states and far far beyond, a truly international event truly representing the global melting pot of New York. Every conceivable type of bike was present: sleek carbon-fiber race machines, upright hybrids, old down-tube shifters, unicycles, tandems, and several multi-linked bikes, the best of which was a family five-some, all linked together from Papa and Mama Bear down to three baby bears.

As we rode north through midtown, the massive skyscrapers of steel and glass rose to the heavens, closing in on us as we

entered the famous "canyons" of New York. It was both eerie and exciting riding through the streets with thousands of cyclists. No cars, no taxis, no traffic, no noise.

After leaving mid-town, the ride winds through Central Park, 843 acres of lush green lawns, trees, flowers, and lakes: a sanctuary amid the grit of the city. At times, there were bottlenecks and (continued on next page...)



Top: Barb and I at the famous Verrazano-Narrows Bridge which connects Brooklyn to Staten Island. I like it because it looks like a honeymoon photo.

Bottom: Mid-town Manhattan, right downtown with skyscrapers on either side and the view is looking north towards Central Park 35 blocks away. It is one of my favorites as it conveys the enormity of the city and the riders.





Top: Barb riding on the Queensboro Bridge across the East River into Queens. You can see the East River, Manhattan on the left and Roosevelt Island on the right. It conveys the senses of islands connected by bridges as one giant city.

Bottom: my son Brian, his wife Jennifer, Barb and me at Astoria Park in Queens with the Manhattan skyline in the background across the East River.

## PHOTOS WANTED!

Have you been on a great ride recently? Or a particularly gnarly one?! How about a Club ride you'd like to see get more exposure?

Share your photos with the Velo!

We're always looking for pics of our members in action, so send 'em on in!

Please email images to [newsletter@siskiyouvelo.org](mailto:newsletter@siskiyouvelo.org), along with a brief description of the action, and we'll feature them in an upcoming newsletter!

Of course, articles accompanying photos are always welcome too!



we literally came to a complete stop. Then it was on to Harlem, where the riders were entertained by gospel singers on the streets as we passed the iconic music venue of the Apollo Theater. Every borough had its neighbors lining the streets clapping, cheering, or playing music for the cyclists as they streamed by; it was so welcoming that it made us smile and cheer alongside them.

The ride is extremely well organized with hundreds of volunteer marshals at almost every intersection and New York's Finest directing traffic and holding cars at bay for the riders. There were mechanics on hand at the rest and food stops to help with any bike problems.

Riding across the bridges was thrilling, as the impressive Manhattan skyline stared back at us from every direction and no traffic competed with

us, so we could leisurely stop and stare or take photos of the stunning backdrops. The best bridge crossing was the famed Verrazano-Narrows Bridge, a double-decked suspension bridge, from Brooklyn across New York Harbor into Staten Island. The bridge spans this Atlantic harbor and offers spectacular panoramic views of the water and ports, the Statue of Liberty, and the Manhattan skyline. The cyclists rode on the lower level and we could hear the traffic thundering overhead on the upper level as we biked across the bridge. A welcomed sea breeze provided relief from the heat and humidity.

In the last borough of Staten Island, at John Paul Jones Cannonball Park, the finish line greets all the riders with a big festival of food and entertainment. We merrily participated in the festivities and then took the Staten Island Ferry back to Manhattan. The free ferry was completely filled with riders and their bikes. Back in Manhattan, we turned in our bikes and celebrated with dinner at an Italian restaurant in the West Village. It is a cultural event and wonderful way to see one of America's greatest cities: the one and only Big Apple.



785 Rogue River Hwy.  
541-476-4935

Chico Wildflower Ride: pre and post ride dinners at the Sierra Nevada Brewery and Restaurant and Velo members relaxing and enjoying the beer. Photos by Elizabeth Zell.

