



SISKIYOU VELO



January 2008

NEWSLETTER

CYCLING THROUGH THE LAND OF ENCHANTMENT: THE LOIRE VALLEY

By Carlyle Stout

Would you like to combine your passion for cycling with adventure in a foreign culture, delicious cuisine and history? Then imagine a cycling trip on Bear Creek Greenway bike paths along a magnificent river overlooked by fairy tale castles and exquisite landscaped gardens in a region with fine wines, gourmet cooking and rich with European history. This is the Loire Valley in France.

My wife, Barb, and I spent 8 sunny days last September with our good friends, Bryon & Sheryl, riding through this remarkable region in north central France. The terrain is very flat and so conducive to spouses/partners/friends who are recreational riders, but love traveling and adventure. I always book a local company for my trips because of their knowledge of the area, customs and recommendations. So it was I found Celine and her company, Loire Nature Velo on the web (www.loirevelonature.com). Celine was a French exchange student in North Dakota back in the day (can you imagine? but she loved it) and so her English was much better than my French. She provided us with bikes, panniers, maps, directions, baggage transport to our hotels (2 & 3 star) all for 750 euros (about \$1000).

We cycled from Blois to Angers, roughly 325 kilometers, but only rode about 50 kilometers a day, so we had lots of time to explore and enjoy the spectacular chateaux. Remember when you were a kid and went to Disneyland? It was just like that; I felt like a 12 year old, tingling with excitement, when I set eyes upon the castle of Chambord, our first stop on our Loire a Velo, a journey through a land of enchantment

We took in the sound and light show at the chateaux in Blois, which was narrated in French, but visually stunning. The next day we started our odyssey and rode through a (former) royal forest and suddenly burst upon Chambord, a fantasy out of a fairy tale. We parked our bikes and spent the rest of the day exploring the rooms, chambers, alcoves, chapels, stairways and ramparts. There are over 400 rooms, but only 70 or so are open to the public. Richly woven tapestries lines the walls and an ingenious spiral stone staircase winds upward to the towers (designed by Leonardo Da Vinci so that the queen would not see the king's mistress ascending to his chamber as the queen descended to hers).

Our bikes were French made upright hybrids with 24 gears and were adequate for the terrain, but did not have adequate tire repair necessities. Next time we're bringing our own kit. C'est la vie. We'd usually depart about 9 am after a typical French breakfast of coffee, croissant, butter, jam and juice. On the way out of town, we'd stop at a local market or boulangerie (bakery) and procure fresh bread, yoghurt, cheese, nuts, chocolate and fruit for lunch. Every town had a boulangerie and it was always a cultural experience to stroke into one and order the day's fare; the wonderful aroma was intoxicating. Whoever said "man cannot live by bread alone" never went to France: a fresh baked simple baguette can be a culinary orgasm.

The route we took was along the Loire and Cher rivers on bike paths especially designed for cycling in the Loire Valley. The paths are very well maintained, marked, paved or packed dirt and meander through forests, meadows and along the river banks. On the weekends we'd see local pelotons decked out in their club colors and during the week we'd run into other cyclists from Europe and the States.



Barbara and Carlyle in Chinon



(Continued on page 4)

NEW MEMBERS

BikeKraft
Spin Cycles
Dave Brennan
Mark and Krista Peterson
RENEWING MEMBERS
Dan Thorndike
Jim Greer
Larry Scott
Dave Brennan
Phil Gagnon
Robin McKenzie
Steve Bennett
Lenny & Dusty Friedman
Tom Burnham

Jeff Davis

Gary and Laurie MacGraw

Cindy Roché & Bob Korfhage

Paul & Linda Lieberman

Gary Shaff

Greg Callahan

Carol Leyton

TIME TO RENEW

Matt Varnum

Jerry Nitzberg

Mel & Terry Friend

Scott Toll

Terry & Jennifer Longshore

Tom & Nancy Flowers

Katy & Duane Mallams

Randy & Pam Wooton

Dan & Leslie Wooton

Tom & Jenny Wooton

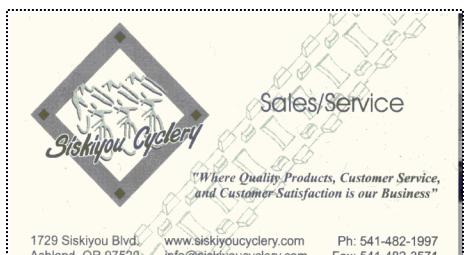
Ray Forsyth

Sue Mendelson

Bob Sorrell

Angela Lane

Daniel Bittick



Siskiyou Velo Club Officers 2008

P. O. Box 974 Ashland, OR 97520

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
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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.

Members' Ads

FOR SALE: EZ-1 Recumbent with Bionx PL 250 watt hub motor conversion, 250 watt/24volts. Battery weighs 6 lbs. Regenerative braking. 20" wheels. Comes with fairing and air horn. \$1400. quiet@mind.net.

FOR SALE: Burley Rain Rider jacket - new! XL men's. Call Jerry 512-2155

FOR SALE: Tadpole tricycle—NEW! Call Jerry 512-2155

Supporting 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. Cycle Sport, Flywheel, Marty's Cycle & Moore, Cycle Analysis, Siskiyou Cyclery, and Ashland Street Bicycles are long-time members of the Velo. We'd like to welcome two Grants Pass shops to the club— BikeKraft, and Spin Cycles. We greatly appreciate your support of the Siskiyou Velo!

Club Meetings

Siskiyou Velo club meetings are open to all members. Meetings are held each month 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!



Quote of the Month

On counting grams: "It's a form of bicycle bulimia."
By Jonathan Williams, Velo Member

Letter to the Velo

Rogue River Greenway - No Question of Priority

The Rogue River Greenway project is well underway, and I should like to express my sincere appreciation to the folks who have been instrumental to making this project become a reality.

Their ideas and visions of this project reflect the dreams of many a cyclist in our valley, and it will someday become a lifeline between the many communities of the Rogue river valley.

I have lived in this valley for over 40 years, and I have seen many changes come about over time. But only a few of these changes have been as far reaching into the future as the Greenway and now the Rogue River Greenway project!

Generations to come will benefit from these awesome undertakings!

I applaud the farsightedness of the people behind the projects with the assurance that the greater cycle community of this valley will indeed support the Rogue River Greenway to its completion.

Helmut Schroeder



**What's the latest on advocacy
and road hazards?**

Please check out the website:

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



**Rogue Valley
Cycle Sport, Inc.**

Ashland CYCLE SPORT
191 Oak St.
Ashland OR 97520
(541) 488-0581

Medford CYCLE SPORT
1390 Biddle Rd. #107
Medford OR 97504
(541) 857-0819

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

**Diamondback Raleigh
BMX**
ASHLAND STREET BICYCLES

Sales & Service

1632 Ashland Street
Ashland, OR 97520
(541) 482-3440

Jack Christman



**May you be blessed with a
New Year of No Flats!**

**Marty's
Cycle
Moore**
720 Crater Lake Av
Medford OR 97501
77C-YCLE

Attorney:
Carlyle F. Stout III

Secretary:
Remedy Hovermale

LAW OFFICES OF

CARLYLE F. STOUT III

Real Estate Law Business Law

Contracts of Sale

Corporations

Foreclosures

Limited Liability

Earnest Money Agreements

Companies (LLC)

Trust Deeds

Partnerships

Promissory Notes

Sales & Purchases

Boundary Disputes

Contracts

Easements

Landlord/Tenant Law

Residential Rental Contracts & Leases

Commercial Rental Contracts & Leases

Mobile Home Park Contracts & Leases

HUD/Subsidized Housing Contracts & Leases

Eviction Notices

Evictions/FEDs

Landlord/Tenant Disputes



541-776-2020 .

E-mail: carlyle.stout@gmail.com

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

Minutes of the Annual Meeting and Holiday Potluck

We had a wonderful turnout at Pioneer Hall for our annual meeting and holiday celebration. Lots of excellent food, great people, music by the "Endangered Species", lively dancing—what more could one ask for?

The official business portion of the meeting was brief. When President Glen Gann couldn't convince anyone to run against him, the 'yeas' unanimously voted in the slate of renewing officers.

Pictured from left: Don Parker, Treasurer; Ron & Elizabeth Zell, MLC; Glen Gann, President; Jodi Weber, Newsletter Editor; Dan Wooton, VP Touring. Not pictured: Edgar Hee, VP Advocacy; James Williams; Secretary; Bill Tout, Treasurer; Stephen Maluk, VP Racing

(Continued from page 1)

From Chambord we rode to Chenonceaux, an elegant chateau literally built across the Cher River. Here, Henri II entertained his wife, Catherine de Medici and cavorted with his mistress, Diane de Poitiers and centuries later, Louis XIV, the Sun King, held court. 16th century Flemish tapestries adorned the walls and Italian renaissance armoires grace the bedrooms; it was flamboyant and magnificent.

We'd typically arrive at our next town around 5 pm and would spend the evening strolling along the place (town square) or sitting in outdoor cafes and people watching (a highly developed art form in France). Then we'd ask locals for a restaurant recommendation and ALWAYS have a sumptuous repast with a bottle of the regional wine and we were the only American patrons. Our modest French endeared us to the locals and our pronunciation brought smiles to their faces. However, the language barrier is not without its mishaps. On one occasion after perusing the menu with a flourish I ordered in my fluent French, a plate of veal in white wine, only to discover to my chagrin and horror that I'd actually ordered calves liver.

Every day was a new adventure in scenery, architecture and culture and every evening was a culinary adventure. We'd experiment and try things we had no idea how to pronounce, much less what they were, but always loved our selections. Traveling expands the mind and the soul. The French people we met were friendly and helpful. As you may surmise, cycling is revered in France and this attitude is evident everywhere from the fabulous cycling paths, lanes and routes to cyclist only street lights and special parking areas for bikes to accommodations for cyclists and their gear. It is spiritually uplifting to experience it.

Halfway along our sojourn we had one of those experiences that make traveling so rewarding; it's where you discover some thing, place or experience that you never knew existed and it is so incredible and exciting that you are enthralled and amazed. So it was that we happened upon the gardens at the chateau at Villandry and discovered acres and acres of exquisitely landscaped ornamental gardens featuring brilliant hues of red, yellow and pink flowers arranged among sculpted green shrubs. It was a scene right out of Alice in Wonderland. Beyond these ornamental gardens were acres of vegetable gardens in giant beds arranged by color in geometric designs. It was visually overwhelming when gazed upon from the castle tower and is a priceless gem of the Loire Valley.

We loved the trip so much Barb is taking French at the college and I'm researching self-guided cycling tours in Burgundy for fall 2008. We are on the brink of our 6th decade and so we plan to smell as many roses as we can as long as we can.

MELLO VELO RIDES

The MelloVelo group enjoyed a surprise birthday lunch on one of its Saturday rides. The ride started at Bear Creek Park with a lunch stop planned for the Cosmic Cafe in Central Point. Unbeknown to Karen Scott, our birthday celebrant, Jack Buster bought a birthday card for our group of nine riders to sign, along with a chocolate cake which he had delivered to the Cafe with instructions to present it to Karen following lunch. It was a smashing success, much appreciated by all, especially, Karen. Thanks, Jack.

-Phil Gagnon

The MelloVelo rides are continuing through the winter, beginning at 10:00 each Saturday. The starting place varies, so call Phil for details at 488-4289.



Love the view!
Tour of California 2006

Club Rides

This time of year you'll notice that many of the club rides (see page 7) are "TBD". That's our way of saying, "hey, who knows what the weather is going to do—I'm not committing to anything!" But it's always more fun if we have an idea of who's leading and what the general direction is. Trouble is, we'd like to share the load (as well as the road!) Consider leading a ride to your favorite coffee shop or up your favorite climb. There is always room to put more on the schedule. Not all of us are necessarily up for a "brisk" ride of 80 miles. Think of where YOU like to ride. Consider putting another option out there. Give Dan Wooton a call or email. And hey—if it's pouring rain, whoever shows up can always drive to the nearest coffee shop and still have a good time with great people!



And then . . .
some days may
just be better
suited to curling
up with a good
book.

Letter to the Velo

Dear Siskiyou Velo Board and Members,

Now that the dust has settled and we have recovered from this years Ride the Rogue (RTR) event, I finally have a bit of time to write some well deserved letters of appreciation. This years event was a great success thanks to your support. The final tally of participants was 978 and nearly 1100 if you include the volunteers. This is an increase of over 300 ride participants from last years number of 675. Cyclists came from every corner of Oregon and numerous other states. We have already been receiving calls & email from folks in Portland, California and Washington etc. asking for next years date so they can book their vacation time to come again.

Total gross receipts for this year's event totaled \$54,300.00 with expenses at \$16,500.00 leaving a net of \$37,800.00. This was very timely as a week after the event we wrote a check for \$37,500.00 to Jackson County for our final payoff of the \$107,000.00 project for the first Rogue River Greenway Trailhead in Rogue River. It was hard to see it go so quickly but go it did. Now we are on to other sections. People were so hungry to ride and walk the new trail that we had great difficulty in keeping them off the new trailhead until the concrete dried. We watched in amazement as parents lifted their kids and bikes over the freeway onramp guardrail and slid down the hill to get to the already paved section of trail. It is clearly a need in our communities, more than even we imagined.

I think it is important to share with you how much we appreciate and value your support for the RTR and your help in developing this incredible project of the Rogue River Recreational Corridor and Greenway. Is it making a difference? You bet it is! Not only are you helping to build the greenway for children and families to have a safe place to ride but you are helping to improve the road shoulders and educate and inform drivers how to share the roads. All of this is part of the RRG and the bigger picture for Southern Oregon. All of this works in concert to raise awareness for cycling, improve our local economy and help people improve their healthy by getting much needed exercise.

You should know that most of the RRG Foundation board members do not own bikes and don't ride, I am one of them. We do this because we know how important it is for our region, for our children, for the future. There will always be those that have the silo mentality of only caring about what's in it for themselves but nothing truly great ever comes from that attitude as we all know. This amazing undertaking only happens when we all work together to make it happen whether you're a road, race or greenway rider or just someone who cares. Some of you may not know that the Ride the Rogue event was created by Siskiyou Velo members and Southern Oregon University students. So give yourself a large pat on the back as it has far exceeded our expectations.

We are grateful to have you as a partner and as a guide in this wonderful project. We see Ride the Rogue growing every year to be one of the premier recreational events for our region in concert with the Mountain Lakes Challenge. It's a win/win scenario and it is only happening because of your willingness to make a difference, thank you.

I have one very sad piece of news, as you may have heard we lost Gary Erb during the RTR event to what we were told was a massive heart attack. Gary was a Rogue River resident, a supporter and a close friend to some on our board. It is hard to imagine someone in as good of condition as he was having a heart attack but it happens. From what we were told he passed quickly, in a beautiful place, surrounded by friends, doing what he loved to do, cycling. We all move on at some point and what better way than under those conditions. Gary will be missed and our thoughts and prayers are for his family now. An engraved river stone will be placed in the wall of recognition at the 1st trailhead of the greenway in Rogue River in his memory.

Have a Happy Holiday and terrific New Year.

Sincerely,

Shayne Maxwell

December 4th, 2007



Not so Trivial this Month Share the Road!

Beginning January 2, 2008 Oregon will begin distributing "Share the Road" license plates, thanks to the passage of Senate bill 789-A last summer. The plates will be \$10 for two years or \$20 for four years with approximated \$8.25 of each plate going to bike related causes to be distributed by the BTA and the Cycle Oregon Fund. For more information, see the link below.



<http://bikeportland.org/2007/12/18/first-look-at-oregons-new-share-the-road-license-plate/>

Local Cyclists Not Hibernating

by Stephen Maluk

Though winter may not feel so inviting to cyclists, it's a well-established fact that some maintenance of fitness is a must if spring form is to be had. And that can mean getting out in the cold, damp weather.

For Jerry Rhoads, it means six or seven days a week on the bike. "I just continue to ride," he says, shrugging off the suggestion that he has any great winter-training secrets. Rhoads, the 68-year old local cycling legend who's been averaging 14 to 16,000 miles per year lately, says he doesn't do any cross-training or weight work, though some of his riding buddies do. He just rides, rain or shine.

Alex Hayes, manager of Medford Cycle Sport and road, mountain bike and cyclocross racer, says his winter training goal is just as simple: stay healthy. He commutes to and from work regularly throughout the winter, but is equally focused on avoiding colds, flu, or those persistent sinus infections.

The coaching science suggests that winter fitness is important, but that so is health and motivation. Since winter fitness can directly conflict with staying healthy and maintaining motivation levels, a balanced off-season approach seems like a good way to go for many cyclists. Racers and sport cyclists alike are asked to manage this balancing act, and there is of course no right way to do it. But then maybe some of the area's most-experienced cyclists can give the rest of us something to think about. Cyclists like Rhoads, Hayes, Glenn Gann, and Jodi Weber have been cycling for years, and their continued motivation and success ought to be a clue: they've been doing a good job managing the balance.

Weber, a leader of the local women's cycling community and editor of this newsletter, says she may only get out for one or two rides a week during the winter. But she makes up for it by doing a Spin class twice per week throughout the winter. And she supplements this with the occasional snow-shoeing expedition.

For Gann, who's been racing for what must be more than two decades, winter means some extra time spent on his fixed-gear road bike. "This helps work on two things," he says. It generates "a smoother spin, and at the same time keeps you from pushing too big of a gear or climbing terrain that is too steep."

The common theme seems to be the introduction of some limitation, some self-imposed barrier to keep one from "burning out" or risking illness or injury. For Gann, it's fixed-gear riding. For Hayes, it's lower mileage and a focus on just staying healthy. For Weber, it's some cross-training.

And for Jerry Rhoads? Jerry does acknowledge that he's only able to ride as often as he does throughout the winter because he is retired, and therefore has the time available.

But even so, he limits his efforts a bit by avoiding the big climbs and spending a few more minutes in the warmth of the coffeehouse during those "coffee rides."



Winter Spin Classes

Spin classes sound deadly boring, but it can be great fun when you're doing it with a group. Consider joining one of the fitness clubs. The YMCA, Superior Athletics and others offer spin classes. You can also join spin classes at Marty's Cycle and Moore or at Mt. Ashland Physical Therapy in Ashland.

Cycles

The bicycle riders
lean their bikes like lovers
together against the summer tree.

The one who's talking too much
wears a new bullet helmet
and a little rear view mirror
attached to his glasses.
He's got silver shoes and a watch
that tells more than time.

The listener is worn
around the eyes and edges.
I like the way he leans back
to squint at the sky,
crosses one hard brown leg
over the other.

By Darrelle Cavan
Submitted by Tom Burnham



SISKIYOU VELO RIDE SCHEDULE – January 2008

 **Approved helmets required on all club**

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

Date	Time	Start Location	Route	Pace	Miles	Ride Leader
Jan. 5 Saturday	10:00 AM	Hawthorne Park	Gold Hill & Return	Moderate	40	No Ride Leader
Jan. 6 Sunday	10:00 AM	Hawthorne Park	Show & Go	TBD	TBD	No Ride Leader
Jan. 12 Saturday	10:00 AM	Colver Park	Applegate Store	Brisk	50	Jerry Rhoads 512-2155
Jan. 13 Sunday	12:00 Noon	Bi Mart, W. Main Medford	Show & Go	TBD	TBD	Dan Wooton 779-9248
Jan. 19 Saturday	10:00 AM	Hawthorne Park	Tandems Only	TBD	TBD	Dan Wooton 779-9248
Jan. 19 Saturday	10:00 AM	Colver Park	Show & Go	TBD	TBD	No Ride Leader
Jan. 20 Sunday	10:00 AM	Colver Park	TBD	TBD	TBD	No Ride Leader
Jan. 26 Saturday	10:30 AM	Downtown Coffee Talent	Show & Go	TBD	TBD	Jodi Weber 301-6880
Jan. 27 Sunday	12:00 PM	Bi Mart, W. Main St Medford	TBD	TBD	TBD	Dan Wooton 779-9248
Every Saturday	10:00 AM	Varies	TBD	Mellow	20+/-	Phil Gagnon 488-4289
Every Saturday	8:30 AM	Bike Path behind Bad Ass Cof-fee Co	TBD	Race Pace	Varied <20	Glen Gann 779-6986
Every Sun-day	8:30AM	Bike Path behind Bad Ass Coffee Co	TBD	Race Pace	<20	Alex Hayes 857-0819
Every Mon-day	11:00 AM	Colver Park	JVille Coffee Ride	Group B4	25	No Ride Leader
Tues, Thur 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-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.

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.

Saturdays - 9 AM Race Training, Medford Cycle Sport, 1390 Biddle Rd #107 (Alex 857-0819)



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We Service all Brands of Bicycles

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Recumbent Specialist

122 N.E. F St., Grants Pass, Or 97526
Phone: (541) 955-8807 Fax: (541) 955-8812

Siskiyou Velo Membership Application

Name			Age <input type="checkbox"/> 18-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-55 <input type="checkbox"/> 56-65 <input type="checkbox"/> 66+	Type of Membership (check one box in each cell below)		
Street Address				<input type="checkbox"/> Individual – \$15/year	<input type="checkbox"/> New	
City				<input type="checkbox"/> Family – \$20/year	<input type="checkbox"/> Renewal	
E-Mail Address				<input type="checkbox"/> Business – \$25/year		
				Phone	Any new information included? (e.g., street address, e-mail address, phone, NL distribution) <input type="checkbox"/> Yes <input type="checkbox"/> No	
Information Blocking Options (items checked will <u>not</u> be available on the secure pages of the web site)*			Newsletter Distribution Election			
<input type="checkbox"/> Phone Number <input type="checkbox"/> E-mail Address <input type="checkbox"/> Residence Address <input type="checkbox"/> All			<input type="checkbox"/> Snail mail (cost borne by Club) <input type="checkbox"/> Electronic (via web site – notification by e-mail)			
* Access to roster on web will require member ID and password						
Make Checks Payable to: Siskiyou Velo P.O. Box 974 Ashland, OR 97520		Volunteering <input type="checkbox"/> Committees (MLC, etc.) <input type="checkbox"/> Newsletter <input type="checkbox"/> Ride Leader <input type="checkbox"/> Officer position <input type="checkbox"/> 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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January 2008 Newsletter

Ashland OR 97520

P.O. Box 974

