



SISKIYOU VELO



February 2009

NEWSLETTER

President's Paceline: Spring Is Coming

This time of year, as the thermometer stays in the twenties for weeks on end and the smoky fog blankets our valley floor, I am less inclined to be outside. There are more things to do indoors, including going to the gym rather than being with my buddies on bike rides.

This is a season of rest and recovery; a time to read more and watch more movies, and to keep a fire going in the fireplace. Calling me are projects in the shop and reasons to do errands in town. I go to the gym more and make workout schedules. The gym is a place to talk with strangers as well as to get exercise. Strength equipment requires breathing hard and grunting out just one more repetition. Watching TV while cycling on the stationary bikes and the elliptical machines can be just fine; there may be an old western on AMC that can fill up 40 minutes of pedaling. The spa is an answer for sore and cold muscles, and it is easy to shift activities to avoid boredom.

I do miss my bike friends, but I know that good weather will arrive before long and I'll be outside once again on my bike. I'll pay a price for my bicycle inactivity, but with a month or so of conditioning will be up to speed. In addition, the thrill of cycling will return. I'll notice once more the tearing sound my tires make on the pavement and the absorbed intensity of drafting in a pace line. I'll clean my bike lovingly each time, rather than the late fall habit of infrequent cleanings. I'll buy some new clothing and replace my helmet or shoes just for fun. I may look at a new bike, or plan a long trip for later in the year. I'll remember that it just as important to enjoy slow rides as fast, and that a hill is just another set of gears.

Speaking of shifting gears, it is a good time to talk about our February club meeting. We will be discussing exciting new possibilities for 2009, including new rides, ride improvements, and better ways to communicate with one another with our website and emails. I encourage you to come to listen and to contribute. We have around 300 members, but only 40 or 50 participate in club events. These numbers point to the strong possibility that we can do things better, but we need your help in telling us what is needed and what improvements will draw you out. **Our meeting will be at the Harley Davidson shop on Highway 99, just north of Phoenix, Wednesday Feb 11th, from 7 to 9 PM.** No business will be discussed. It is just a time to envision a better bicycle club.

Spring will be here soon - time to clean and tune our bikes in preparation for the season. Our biking buddies will be ready. Nothing is better than riding with friends on a beautiful day, stopping for coffee or lunch, talking and making plans to meet again the following weekend. Club rides can be all of that, with no cost and little effort. Let's make it happen.



Rubber side down,
Mike Smith

February Meeting What do we want the Siskiyou Velo to be?

Join us to share ideas and discuss opportunities.

We will be meeting upstairs at the Harley Davidson shop in Phoenix. Go around to the left side of the building to find stairs to the door.

7:00 pm Wednesday, February 11

NEW MEMBERS

None

RENEWING MEMBERS

Scott Toll
Gary Shaff
Jodi & Wayne Marthaller
Carlyle & Barbara Stout
Carol Lee Rogers
Scott Weldon
Tom Pelsor & Sandra Elam
Randy & Pam Wooton
Tom & Nancy Flowers
Jodi Weber
Spencer Gray
Dana Bandy
Glen Gann
Matt Varnum

TIME TO RENEW

Carolyn Layton
Dan Thorndike
Don & Chris Cheek
Andy Mayer
Mel & Terry Friend
Jerry Nitzberg
Terry & Jennifer Longshore
Ray Forsyth
Scott Hopkins
Lisa Bach
Sue Mendelson
Bob Sorrell



House-keeping Request
Help us keep our records up-to-date.
PLEASE email / call Membership if you change your address—snail or electronic. For those of you receiving the newsletter by the good ol' Postal Service, the Velo is charged for each forwarded address that the newsletter is sent to. Just one of those tedious little details that we need to attend to. Your help is appreciated!



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.

Members' Ads

FOR SALE: 650 aero carbon fork . Good for tri -- stiff, asking \$50; 34cm aluminum handle bars, hardly used \$18; 3 bike Saris bones bike rack, asking \$35; email Cherylannfrench@gmail.com

NEEDED: One organized person to coordinate willing MLC volunteers for the 2009 ride. Contact Mike Smith michaelmail@earthlink.net



What's the latest on advocacy and road hazards?

Please check out the website:

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

***Editor's goof:** In the January Newsletter, the final paragraph in A VELO-MELLO SLANT TO TOURING, was inadvertently omitted. The article was about a possible late June tour of the Willamette Valley Scenic Bikeway organized by Phil Gagnon starting in Eugene to Champoeg Park over 3 days--a distance of 130 miles. The final paragraph read:*

Some may want to do the ride one way only. Others may choose a different return route. Some may choose to camp; others, motels. To further this discussion, let me [Phil] know if you're interested. star@mind.net

Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

Officers

President:	Mike Smith 855-1531	michaelmail@earthlink.net
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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.**

A New Face on Ashland Street: Ashland Bicycle Works

Ashland Street Bicycles has been bought, renamed and given a new look by owner, Tim Schurr. Tim isn't new to the area; he taught at United Bicycle Institute for six years. Like many in the area, he came to the Rogue Valley years ago from the Bay Area, and he came with a background in bikes and the outdoors.

Tim put himself through college working at and managing various bike shops and outdoors stores. From the cycling Mecca of Marin County, he moved up to Portland where he managed a parts distributor shop. However, Portland wasn't the right place. The Rogue Valley had a similar feel to Marin County but was much less expensive. He ended up in Ashland at UBI, where he taught classes in shop management, mechanics and - his favorites - wheel building and suspension.

Tim knows bikes, but he also knows retail from both sides. After six years of teaching, he was ready for a change. He got a job as an outside sales representative for parts, clothing and bikes distributor, Trialtir and Titus covering the whole Northwest, including Hawaii and Alaska. He saw a lot of product and over 200 shops. As we are all wont to do, his mind went to the expected fantasies. "If I ever had a bike shop . . ." Well, the gas prices soared and driving all over the Northwest wasn't quite as economical as it was when Tim began the job. Last June the fantasy of owning a bike shop began taking on a more tangible form. Perhaps back down in the Bay Area? No, Medford. Better not uproot the family. Finding a location, talking to banks, the fantasy became more substantial. Then the banking crisis hit, creating a bit of a snag. About that time a friend mentioned that Jack Christman may be interested in selling Ashland Street Bicycles.. In September, the deal was done and Tim was the new owner of the renamed Ashland Bicycle Works.

As for Tim's personal riding history, he got his start on a Stingray, but then moved on to road biking. He did a good deal of road racing in the mid-1980s. Working at an REI store in Sacramento, he got into mountain biking. He had spent lots of time in the mountains, backpacking and hiking. Mountain biking was a natural for him. A co-worker at REI began writing mountain biking guidebooks, so Tim accompanied his friend, compass, topo map and voice recorder in hand to plot routes for the guidebook. What a life! Yet he says road bikes are still his true love. His current riding? Unfortunately, it seems that he's primarily riding his trainer.

There are two primary goals that Tim has for Ashland Bicycle Works. He wants to create an exceptional level of professionalism in his shop, and he also wants to bring more competitive cycling to the area, especially for younger riders. He would like to work towards bringing club level mountain biking for high school age riders to the area. He says that the U.S. lacks a good feeder system for professional cycling, especially in mountain biking. He sees kids in the area falling into downhill, lacking appreciation and etiquette for responsible cycling. He would like to work towards forming a league for young riders not only to learn mountain biking, but to experience the hard work and discipline that go into cycling, trail building and maintaining stewardship of the land. The need for trail etiquette and an awareness of the rights of hikers is something that needs to be fostered in young riders. There are many professional mountain bikers in the Rogue Valley area. That, combined with the area's environmental resources make this an ideal area for harnessing the energy of youth cycling into proper channels.

Tim still loves teaching. He plans to hold repair classes every other Wednesday evening at the shop, beginning with wheels on January 28. If you are interested, give Tim a call at 541-482-3440. Better yet, stop in and visit Ashland Bicycle Works.



**1632 Ashland St.
Ashland, OR
541-4888-5813**

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



Tim Schurr at Ashland Bicycle Works

The Southern Oregon Time Trial Series HAS MOVED TO SUNDAYS!!!

The first rider goes off at 9:00 am with one minute start intervals. Ribbons will be awarded to the top finishers in each class immediately after each race. The final race will have a raffle and all racers present are eligible to receive prizes generously donated by local bicycle shops. The fastest 3 male and female riders for the series will win \$100, \$50 and \$30 respectively.

TT#1 March 15, Antelope Rd., 13.4 Miles

TT#2 March 22, Griffin Creek, 8 Miles

TT#3 March 29, Colver Park, 10.4 Miles

Categories available will be:

Men 1/2/3, Men 4/5, Women 1/2/3, Women 4
Juniors (U18), Masters 40+, Masters 50+, Tandem, Hand cycle (8:30am start)

Entry Fees

Day of race registration only
\$15 each (\$20/tandem) or \$35 for all three (\$50 tandem)
OBRA license required: May be purchased day of race
Full year OBRA Membership (\$20) One-day OBRA license (\$5)

Questions?

Amy Warner, race director
541 601 9663 or amyw@osfashland.org

This is an OBRA event, helmets are mandatory

All corners and turn arounds will be chalked!

Sundays @ 9 a.m. March 15, 22, 29



Dreaming of summer...

Exercise the Mind

Rearrange the same seven letters to find the words to complete the sentence.

The novice rider _____ to climb Poorman Creek for the first time, but she felt _____ on the final steep section.

Answer? See next month!

January's question: Two riders got tired of the dreary Rogue Valley, so decided to head to warmer climates to do some riding. The roadie decided to go to _ U _ T _ _ _ A, while the mountain biker decided to go to another country. He went to _ U _ T _ _ _ A. Which two countries did each of them go to?

Answer: Australia and Guatemala

Cross-Training this Winter for Better Cycling this Spring and Summer

by Jodi Marthaller



Jodi Marthaller teaching a spin class in Ashland

When I approach my fall and winter training, I look at it as a new construction site. I want to lay a good foundation for all the materials I am going to be adding to my “house” of training.

The first thing I start with is a strong core, the frame of my house. Those 29 core muscles are extremely important for positioning, balance and comfort on and off the bike. Second, I focus on alignment and flexibility. These help with mobility and activation of movement, stabilization and recovery. Third is muscular strength and endurance for improved neuromuscular efficiency for short or long activity sessions. Last and the most challenging is quick and explosive power. By the time I flip the switch on this one, I have done my foundational and structural groundwork.

One of my favorite sayings is “Can your positioning keep up with your cardiovascular conditioning?” When it comes to cycling, the repetition of movement does not vary too much. Gear, terrain, weather, wind and such may dictate some slight changes of posture and muscle use, but those legs still go round and round.

Core strength, flexibility, muscular endurance, power and the very often forgotten and neglected rest and recovery are key to longevity, comfort and performance while you ride. So getting off the bike and attending to these weak links in your structure may be the strongest “material” you can give your training. Yes, I know this is hard to do. I

love to just get out and ride, too, but those muscles that are used over and over again can become over-trained, while others become dormant in the actions they might normally perform. These muscle imbalances and postural deviations can rear their ugly and often painful heads through injury or very uncomfortable and limited movement.

If these ideas and reminders of the importance of cross training motivate you to do something positive in your training schedule, here are some training options that will give your action plan a direction and purpose.

1. Keep it simple. Make yourself a weekly or monthly training planner where each day represents one of these or a combination of these training ideas. For example, a great combined activity is cross-country skiing, swimming or snowshoeing. Pick one or two core exercises to do three days per week. It takes five minutes of your time.
2. Strength training *off* the bike: work on those weak links, the muscles that get little action on the bike. Do two to three days per week. Five key exercises take 30 minutes.
3. Flexibility. Work on this five to fifteen minutes every day, especially after repetitive activities to restore healthy, functional movement and to rid the body of lactic acid and contaminant that your body produces, allowing the body to heal and recover. Yoga is a good example of this type of exercise.
4. Most of all, take time for true recovery and rest—your secret weapon. Give yourself one to three days, depending on your training load.

Just think, time you spend off the bike developing your core strength and muscular endurance, as well as time for rest and recovery, translate to skill and power on the bike when it’s time to ride, and you can ride with more confidence in your overall abilities.

Trivia of the Month

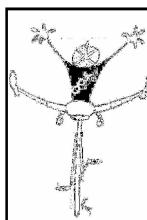
Cycling in Portland? Bicycle use in Oregon's largest city increased 28% in 2008 over 2007. 20% of Portland's Hawthorne Bridge vehicular traffic is bicycles.

<http://bikeportland.org/2008/11/06>

CYCLE

analusis

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



Siskiyou Velo Meeting Minutes

January 14, 2009

17 members attended.

Treasurer: David Oliver reported that the treasury balance was at \$13,666.14

Membership: Don Parker said the membership was at the same total as January, 2008; 286. Don said an email annual reminder will be sent to members regarding lapsed dues. He said he would check with Spencer Gray to see how the website redesign was coming along.

Advocacy: Edgar Hee said the Medford Bicycle and Pedestrian Advisory Committee was brainstorming ideas for the spring kick off program. One idea mentioned was for Medford to promote cycling as alternative transportation for employees. Edgar noted there will be no Ride the Rogue event planned this year, ostensibly because of the clash of dates with the Oregon Bike Ride. There was discussion as to any interest the RtR people might have in running the Mountain Lakes Challenge this year. Edgar felt there wouldn't be much interest from them since they seem burned out from efforts expended the past two years with the RtR.

Rides: Dan Wooton passed the ride calendar around for sign ups and said the SV website redesign will help him and Jodi in their efforts with ride schedules because of the interactive component of the new design.

Racing: Glen Gann reported the first race, The Cherry Pie, was scheduled for February 15 in Corvallis. He also announced that the weekend of January 17-18 is the Junior Racing Camp with John and Jenny Slawta.

Newsletter: Jodi Weber noted that postal regulations have changed and she needs to update our membership to maintain our bulk rate status because we aren't doing first class mailing. Don said there were only 78 members who actually took paper copies of the newsletter while more than 100 go to bike shops.

Old Business: James Williams made a motion for donating \$1250 to the Bicycle Transportation Alliance, an increase of \$250 from last year. After discussion it was voted to donate \$1000 to the BTA with a possible additional donation of \$250 if a Public Service Announcement coordinated with the Medford Police Department doesn't come about.

Our new president, Mike Smith, discussed the absence of a leader to run the MLC for this year. The club has reserves of \$3000 to expend on the ride, tentatively scheduled for June 20, 2009. There was general discussion of various ways to coordinate and simplify the ride since time is getting short for some of the basics that are needed to make it happen. The topic was tabled until the February 11 meeting but some lobbying will continue until then.

New Business: The next meeting is scheduled for 2/11/09 at the Harley Davidson Dealership near Phoenix. Mike Smith said he'd like the business portion of the meeting to be brief leaving time to develop ideas for promoting the club. Don will send a group email about the meeting to attract members. Mike said tables will be set up with various topics submitted by members, and any advocates for the topics may speak to that end. Coffee, tea and cookies will be served .



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Part of the reason we ride—
this one a stop at the Barbwire
Grill in Eagle Point



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

SISKIYOU VELO RIDE SCHEDULE – February 2009

 **Approved helmets required on all club**

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

Date	Time	Start Location	Route	Pace	Miles	Contact
Sun. February 1	Noon	W.Main Bi-Mart in Medford		Moderate	20-30	Dan Wooton 779-9248
Sat. February 7	11 am	Hawthorne Park in Medford	Gold Hill via Table Rock & 234	Moderate	40	Jodi Weber 301-6880
Sun. February 8	10am	Colver Park in Phoenix	TBD	Brisk	60	Jerry Rhoads 512-2155
Sat. February 14	11 am	Hawthorne Park in Medford	TBD	Moderate	TBD	James Williams
Sun. February 15	noon	W.Main Bi-Mart in Medford	TBD	Moderate	20-30	Dan Wooton 779-9248
Sat. February 21	11 am	Dog Park in Ashland	TBD	Moderate	20-30	Jonathan Williams
Sun. February 22	Noon	W.Main Bi-Mart in Medford	TBD	Moderate	20-30	No Leader
Sat. February 28	11 am	Hawthorne Park in Medford	TBD	TBD	TBD	No Leader
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 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

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.

Quote of the Month

"To possess a bicycle is to be able first to look at it, then to touch it. But touching is revealing as insufficient; what is necessary is to be able to get on the bicycle and take a ride. But this gratuitous ride is likewise insufficient; it would be necessary to use the bicycle to go on some errands. And this refers us to longer uses. ... Finally, as one could foresee, handing over a bank note is enough to make a bicycle belong to me, but my entire life is needed to realize this possession."

Jean-Paul Sartre, *Being and Nothingness*



**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



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

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) <input type="checkbox"/> Individual – \$15/year <input type="checkbox"/> Family – \$20/year <input type="checkbox"/> Business – \$25/year		
Street Address			<input type="checkbox"/> New <input type="checkbox"/> Renewal			
City	State	Zip				
E-Mail Address			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)* <input type="checkbox"/> Phone Number <input type="checkbox"/> E-mail Address <input type="checkbox"/> Residence Address <input type="checkbox"/> All			Newsletter Distribution Election <input type="checkbox"/> Snail mail (cost borne by Club) <input type="checkbox"/> Electronic (via web site – notification by e-mail)			
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

Address Service Requested

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February 2009 Newsletter

Siskiyou Velo
P.O. Box 974
Ashland OR 97520

