



SISKIYOU VELO



September 2009

NEWSLETTER



New Members

Joe & Julia Newell
Dennis Cramer

Renewing Members

Rick Molatore
Rick & Barbara Taylor
Gordon Kneifel
Ruth Rabinovitch & Tom Treger
Robert Seibert
Paul & Mary Korbulic
David Ingalls
Steve Levesque
Martha Howard-Bullen
Tamara Abbott & Joel Hodge
Vicki Confer
Jessica M. Jones
Stanley Shulster & Katie McElrath
Jim Matzger & Carole Smith
Ron & Elizabeth Zell
Dave Harvey
Jane Iwahashi & Sally Rogers
Terry & Jennifer Longshore

Time to Renew

Joseph Kuo
Larry Gagon
Buzz & Julie Skov
Ed Mills
Jenna Stanke
Jay Reeck
Daniel Bogdanoff
Robert Babbit
James Daniels
Sugeet
Mike & Julia Swoboda
Richard Mikula
Mike Phillips
Phil & Laura Benedetti
John & Cheryl Colwell
Bob & Joy Grant
Glenna Cresci

NEXT CLUB MEETING

Wednesday, September 9 at 7:00 p.m.
at Angelo's Pizza in Phoenix. Everyone
is welcome. Come and share your ideas.

Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

Officers

President:	Mike Smith 855-1531	michaelmail@earthlink.net
Advocacy:	Edgar Hee 734-4872	ejhee@juno.com
Events:		mhc@siskiyouvelo.org
Touring/Rides:	Dan Wooton 779-9248	touring@siskiyouvelo.org
Racing:	Glen Gann 779-6986	ggann9@charter.net
Membership:	Anna Arispe 944-3669	aarispe@golfsavingsbank.com
Secretary:	James Williams 857-9037	jbsequoia27@msn.com
Treasurer:	Dave Oliver	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.**

Wanna Cool Jersey?!?

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.



Why Do I Ride?

My best friends are riders – it gives me the time with them, talking, showing off, competing ... very good times."

Mike Smith

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.

Attorney: Secretary:
Carlyle F. Stout III Remedy Hovermale

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Landlord/Tenant Disputes



541-776-2020 .

E-mail: carlyle.stout@gmail.com

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



Why Do I Ride?

"Do relieve stress and see parts of our scenery that I wouldn't normally see and to have fresh air."

Anna Arispe

LAKE CREEK STORE IS NOW REOPENED!

The report is that it has been completely rebuilt, and is now a store and ice cream parlor. There are picnic tables on the shaded deck. They were very happy to see bicyclists and were very eager to refill our water bottles.

Trivia of the Month

Cycling is the seventh most popular recreational activity in the U.S., behind exercise walking, swimming, camping, fishing, exercising with equipment and bowling. Bicycles and related products appeal primarily to a recreation market in the United States. National Bicycle Dealers Association research conducted by the Bicycle Market Research Institute in 2006 reported that 73% of adult cyclists rode for recreation, 53% for fitness, 10% for commuting, 8% racing and 6% sport. The figures add up to more than 100% because some ride in multiple ways.

National Bicycle Dealers Association
<http://nbda.com/page.cfm?pageID=34>

Siskiyou Velo Meeting minutes August 12, 2009

9 Members attended.

Minutes from previous meeting were approved.

Treasurer's report: We have a balance of \$8093.25

Membership: Don Parker reported a membership of 258 which is down by 38 from last year. There was discussion of various ways to publicize the club with suggestions of printing posters to display at bike shops, sending out flyers or brochures on a quarterly basis.

Advocacy: Edgar was not present

Racing: Glen was not present.

Newsletter: Jodi wasn't present

Touring: Dan Wooton said the Ice Cream Social Ride was a complete success with 48 riders attending as well as others who came for the treats. There was a general discussion on ride leaders and how to improve on quality and consistency on organized rides. Ride classes for skills improvement were also discussed.

Old Business: Don said he had received 10 responses to the general email requesting Cycle Oregon Volunteers for September 18 at Fichtner Mainwaring Park. He felt that many others had responded directly to the Cycle Oregon organizers so there should be plenty of help.

New Business: The new County Bicycling Maps are available now and can be obtained from bike stores or at the old County Court House at 10 South Oakdale in Medford. Mike Smith asked if any of the officers present would be running for their same positions this December. Those present indicated they were serving the last of their three year terms and would likely not serve again next year. The officers will make attempts to solicit new potentials.

The meeting adjourned at 8:10 PM.

Quote of the Month

"The bicycle makes summer a roomier and more intimate apartment of the year. The world nowadays is too big anyway, and most of us want to bring it closer, and personalize it."

Henry Beetle Hough, Singing in the Morning

EXERCISE THE MIND

Waiting for a group ride to start, an older rider (which could be many of us) was proudly talking about his grandson. I asked how old his grandson is. He winked at me and said, "He's 1/4 of my age. 5 years ago he was 1/5 my age." How old are they now?

Answer? See next month.

August's Question: 72 bikes show up for a local ride. Some are tandems and the rest are single bikes (a few of them are recumbents). In total, there are 200 legs pedaling. How many tandems are there? There are 28 tandems, which, of course, leaves 44 single bikes. No idea how many recumbents are riding with Jerry, though.

Another Great Ice Cream Social Ride

On August 8th just 3 weeks after we returned from Europe and as we were saying farewell to our couch-surfing family from Berlin, Germany the Wooton boys arrived with their ice cream machines.

Dan, Randy and Tom come prepared at about 7:30 AM to churn and crank canisters of the best ice cream anybody could ask for. They arrive with their coolers of ice, packages of salt and their canisters of flavorful vanilla, vanilla bean, and lemon cream - ready to make the best of the best. Each have their own machines, one has an electric machine but Tom has an old fashioned machine and it holds the most! John helps keep the machines cool by adding more ice and salt as necessary. Only 30 - 45 minutes later, the cranking get harder and the cream is now ready to set until the riders come back.

The bike riders are here preparing to take off for a hilly or a flat ride. John Harlow leads out the hilly ride going to the Applegate, and Dan Wooton leads the flat ride. Off they go we have about 40 riders this year, while they are riding. I get the tables set and ready to make way for the additions to the ice cream - Peach Crisp, Blackberry, Peach Cobbler, cookies, fruit, candy, sprinkles, and pies.. all awaiting the arrival of the riders. The riders arrive at about 11:30 it is a beautiful day in the valley warm and just lovely. Bikers float into the back yard and begin digging into the fabulous Ice Creams and toppings. It was a fantastic day and everybody had loads of fun and full tummies when they left.

Truly, Thank you all for the fine day,
Tish and John Harlow



Portland's Annual Bridge Ride

from Carlyle Stout's Blog



Crossing the Hawthorne Bridge

The Portland Bridge Pedal is an annual event in the City of Roses each August when 15,000 cyclists ride around the city and cross all the major bridges over the Willamette River. The bridges are closed to cars and, for one day a year, bicycles rule the road; it is inspiring, fun and a fantastic way to see Portland. This year Kevin, Trina and I did the 8 Bridge Ride, about 25 miles, along with thousands of other cyclists.

There are so many riders that they are sent off in waves every 5 minutes. You are looking at the third wave here and behind us riders stretched to the horizon.

The Hawthorne Bridge is the first one and plywood boards are laid down over the steel grating

so the bike tires aren't shredded. The Marquam Bridge has magnificent views of the Portland skyline and everyone stopped and took photos. Next up was the Broadway Bridge, perhaps Portland's most classic. It was both amazing and exhilarating to have the bridge all to ourselves with thousands of other cyclists and no cars.



Carlyle with his kids on the Marquam Bridge



This is the St. John's Bridge, the most northern one on the ride.

 **Rogue Valley
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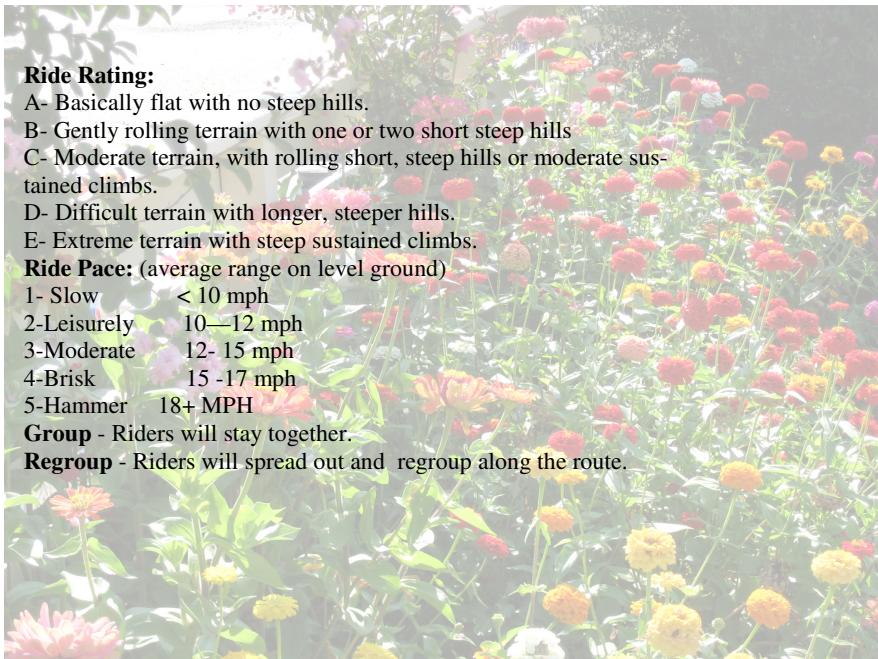
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SISKIYOU VELO RIDE SCHEDULE – September 2009

 **Approved helmets required on all club**

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

Date	Time	Start Location	Route	Pace	Miles	Contact
Sat, Sept 5	9:00 a.m.	J'ville PO	Thomson Creek Summit	Moderate	55	Ray Forsyth 301-1033
Sun, Sept 6	9:00 a.m.	Hawthorne Park	Ice cream, banana split, milkshake ride Lake Creek Loop	Moderate	45	James Williams 857-9037
Sun Sept 6	10:00 a.m.	Ashland Roasting Company	Mtn bikes Ashland Loop Rd	Moderate	35	Helmut 482-8309
Sat, Sept 19	9:30 a.m.	Lily Glen	Lake of the Woods / Clover Creek	Moderate	65	Rick Berlet 488-0036
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	9:30am	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 Tuesday	5:30pm	2200 Hull Rd	TBD	TBD	TBD	John & Tish 245-8598
Every Thursday	5:30pm	2200 Hull Rd	TBD	TBD	TBD	John & Tish 245-8598
Every Monday	10am	Varies		Mellow	TBD	Sarah Paul
Every Thursday	10am	Varies		Mellow	TBD	Sarah Paul

**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-Moderate 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.

1632 Ashland St.

Ashland, OR

541-4888-5813



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