



December 2009

## NEWSLETTER

### No Cranberry Sauce

Thanksgiving goes way back to the Pilgrims, as we all know. That's when, in approximately 1621, the kind-hearted American Indians fed a group of English religious immigrants who otherwise would surely have starved. This three day feast is thought to have consisted of duck, geese, venison, fish, lobster, clams, swan, berries, dried fruit, pumpkin, and squash. No turkey. No pumpkin pie. No cranberry sauce. No matter. The mythical origins of Thanksgivings past became splendid dinners as we now know them, as well as a religious celebration of gratitude. President Lincoln proclaimed the first national Thanksgiving in 1863, and FDR made Thanksgiving a federal holiday in 1941.

In 1924, Macy's held their first Thanksgiving Day Parade in New York City. Thanksgiving also includes a lot of football games; my favorite is the USC-Notre Dame game, held every other year at USC. For shoppers, Black Friday is traditionally the first day of the Christmas shopping season; larger stores open way early to lure shoppers with loss-leaders and door-buster sales (woo-hoo). T-day offers so much to so many.... But back to the gratitude piece. I think I'd like to spend the rest of this article on my list of gratitudes.

I'm thankful for warm socks and booties that keep my feet warm on the bike, as well as insulated tights, lobster-claw gloves, balaclavas and thermal jerseys. I was about to mention insulated underwear, but it didn't seem in good taste. I'm also thankful for the interesting people I meet through bicycling, especially those who are not working at the moment and have lots of time for rides with me. I'd like to express gratitude for rides that don't tax me too much... no big hills or fast pacing. Heaven knows we need more of those. Let's not forget the volunteers who make the club possible, the officers and others would spend timing meeting and planning when they could be riding or watching football. I'm grateful for the social rides, starting with the Cinco de Mayo, the Ice Cream Social, the Velo Vino, the Fall colors ride, and of course the Mountain Lakes Challenge. I'm grateful for our amazing website, soon to be even more amazing with the addition of membership and event self-registration. I'm grateful for the addition of more and more diverse rides coming for next year, and skills training (how to stay upright on the bike). And of course the gala Holiday party coming up on December 6<sup>th</sup> (6PM at the 4 Daughters- do come). Well, that's my list. I may think of more before the big day, but it's a start.

So I think it's all right that there was no cranberry sauce in the beginning. We've increased the legend to incorporate cranberries, in the same way we've added parades and football and shopping and bicycling. So let's eat well at Thanksgiving, spend good time with family and friends, and get out for a ride on Friday to burn off the extra four pounds.

Enjoy the holidays,

*Mike Smith, President, Siskiyou Velo Bicycle Club*

**NOTICE:** Construction on the Bear Creek Greenway bridge over Barnett will begin in early December. Trail users can expect delays during working hours, and cyclists should expect to dismount and walk through the construction zone at Barnett and Highland. Construction will take approximately six months.



## Next Club Meeting

Our next meeting will be the annual holiday party at the 4 Daughters in Medford on Sunday, December 6.

The January 13 meeting will be a special event at D&S Motorcycles on South Pacific Hwy. Watch for more information via email later.

## 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: New in box Deda Zero 100 Stem (129 grams, 120 cm) Retail \$95 Sale: \$55; New in box Deda Zero Handlebar (261 grams, 42 cm) Retail \$150 Sale \$90; Used 700 C Ultegra/ Mavic Open Pro wheelset Sale: \$120; call Ken at 541-488-0982 or email at [nimbusken@yahoo.com](mailto:nimbusken@yahoo.com)

### Why Do I Ride?

*Exercise that is fun, healthy, easy on my body. I love the social aspect as well. I ride my bike because it is much cheaper than feeding a horse.*

*Glenna Cresci*

### Jerseys!

Club Jerseys are available to purchase in both men's and women's sizes. They are \$55.25 each. Please contact Elizabeth at 482-4815 or email [ecrawfordzell@yahoo.com](mailto:ecrawfordzell@yahoo.com) if you are interested in buying one.

## Siskiyou Velo Club Officers 2009

P. O. Box 974 Ashland, OR 97520

### Officers

**President:** Mike Smith 855-1531 [michaelmail@earthlink.net](mailto:michaelmail@earthlink.net)

**Advocacy:** Edgar Hee 734-4872 [ejhee@juno.com](mailto:ejhee@juno.com)

**Events:** [mlc@siskiyouvelo.org](mailto:mlc@siskiyouvelo.org)

**Touring/Rides:** Dan Wooton 779-9248 [touring@siskiyouvelo.org](mailto:touring@siskiyouvelo.org)

**Racing:** Glen Gann 779-6986 [ggann9@charter.net](mailto:ggann9@charter.net)

**Membership:** Anna Arispe 944-3669 [arispe@golfsavingsbank.com](mailto:arispe@golfsavingsbank.com)

**Secretary:** James Williams 857-9037 [jbsequoia27@msn.com](mailto:jbsequoia27@msn.com)

**Treasurer:** Dave Oliver [treasurer@siskiyouvelo.org](mailto:treasurer@siskiyouvelo.org)

**Newsletter:** Jodi Weber 301-6880 [newsletter@siskiyouvelo.org](mailto:newsletter@siskiyouvelo.org)

**Webmaster** Spencer Gray 621-3743 [webmaster@siskiyouvelo.org](mailto:webmaster@siskiyouvelo.org)

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

Newsletter contributions accepted until the 15th of the month. Contact the editor for further information. Members are welcome submit letters, stories, opinions, cartoons, recipes, tips or other notices of interest to the club.

### NEW MEMBERS

Brian & Alissa Kolodzinski

### RENEWING MEMBERS

Bob & Bobbie Plumber

Eugene & Laura Anderson

Cindy Weaver

Peter & Julia Lester

Larry Scott

Barry Vitcov

Andy Dungan

Carlyle & Barbara Stout

Bill Tout & Marilyn Anderson

Dan & Ellen Rubenson

Leonard & Dustine Friedman

Paul Rowland

Mike Smith

Rick Berlet

Di Sly



1632 Ashland St.

Ashland, OR

541-4888-5813



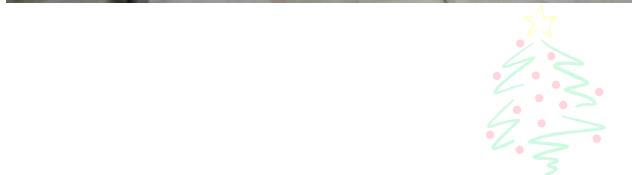
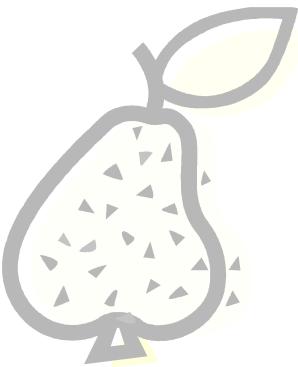
[www.ashlandbicycleworks.com](http://www.ashlandbicycleworks.com)

Open 7 days a week

Mon-Sat 9:30 - 6 pm and Sunday 10-5

## Winter Options

How do you stay in shape during the winter? Some of us sweat away in the garage (you should see the piles of clothes on the garage floor after 90 minutes!). Others fly south to the beautiful land of Chile for a much more exotic spin class. Thanks to Jack Buster for the Chile spin class! And thanks to Jodi Marthaller for working us in the frigid garage!



## Climbing the Cerro in Santiago

By Jack Buster

In the heart of Santiago, Chile there is a famous little peak called the cerro (hill) San Cristobal, the highest point within the city. It's a climb of about 770 feet (300 meters) with grades between 5 and 7%. The round trip is only about 12 km. Led by my guide from the bicycle touring company Bicicleta Verde (Green Bicycle) I celebrated my birthday by ascending this hill on a sunny Sunday Morning along with a few thousand other folks walking, skating, running or biking while enjoying the warm spring weather. The company provides helmets, geared mountain bikes, a bottle of water and a traditional Chilean drink at the top. You can check it out at [www.labicicletaverde.com](http://www.labicicletaverde.com).



### Letter From the Editor

What an awesome group of people this club is made up of! I would like to thank each of you who have contributed in some way to this humble newsletter these last three years. It has been an honor and a joy to meet and to work with so many of you in so many different ways. Thank you to all who let me come and interview you and to those of you who contributed stories, ads, announcements, pictures and reasons to ride. Thank you to all my regulars—the *Pacelines*, the renewing members, the ride schedule and always the minutes. I've been blown away that so many of you have actually *read* this little down-home rag.

It's time to hand the newsletter over to someone else. Thank you for all the support and appreciation you've given me these last years. You have blessed me in so many ways.

Thank you,  
Jodi Weber

### Did you know you can renew your Velo membership online?

Yes— Click link below to join or renew your Membership. At this point, you'll still need to mail your check in. However, in the near future, you should be able to do that online as well.

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

### Why Do I Ride?

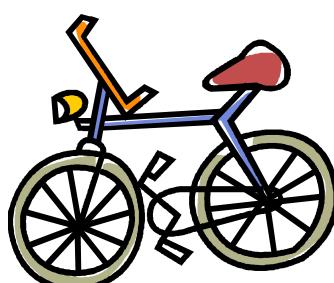
Because it's just plain awesome outdoor physical activity with awesome people .

Jodi Weber



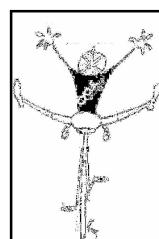
1729 Siskiyou Blvd  
Ashland, OR 97520  
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[www.siskiyoucyclery.com](http://www.siskiyoucyclery.com)  
[info@siskiyoucyclery.com](mailto:info@siskiyoucyclery.com)



**CYCLE**  
analusis

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



# Minutes of the Siskiyou Velo Meeting

November 11, 2009

16 members present

Minutes of the previous meeting were approved.

Jenna Stanke spoke of a meeting to be held Thursday, November 12 at 5:30 PM at RVCOG which would bring together Jackson County, ODOT and the various Bicycle/Pedestrian Committees. She encouraged attendance of any interested. She also advised that a Greenway survey was undertaken by members of a business class at SOU with 165 responses. Results had not been compiled yet. Jenna also said construction of the new Greenway Bridge over Barnett Road would necessitate the closing of a portion of the Bear Creek Green Way. Details will follow.

**Financial:** Dave Oliver reported a balance of \$8700.00. He also discussed information he'd gathered regarding any possible change of the club insurance policy. Our present policy expires in February 2010.

**Membership:** 265 members. Don Parker said Spencer Gray, our club webmaster, has done a splendid job with the website and membership changes. Spencer is still working on Pay-Pal and the Event Calendar.

**Advocacy:** Edgar Hee said there are changes coming to downtown Medford's parking for bicycles and automobiles. He said there will be an opening in the Medford Bicycle/Pedestrian Committee in January of next year.

**Newsletter:** Jodi Weber said it's possible the format for the newsletter may change with the new changes coming to the website. Under the same heading, Mike Smith said Google Groups seems to working well despite some initial email address duplications. He said the site has allowed for more spontaneous ride formations.

**Old Business:** Mike Smith said the new officer slate hadn't changed except that Cheryl French has accepted the nomination for Club Secretary, being vacated by James Williams. Mike said there had been an ad hoc committee meeting for four potential Rides Leaders and that the position would be filled by the group rather than an individual.

Cheryl French asked if there had been any consideration of filling the Events VP position with a paid member. Dave Oliver said it could also be assumed by Lions, Rotary or some other organization. Jonathan Williams said he would consider filling the MLC Ride leader position if a group of four would be willing to operate as a committee. A motion was made and two others volunteered leaving one position to be filled, presumably at the Velo Elections Party.

**New Business:** Mike Smith briefly listed his goals, by office, for 2010.

The meeting adjourned at 8:25 PM.

*James Williams*

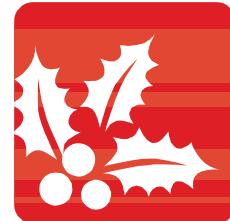
Attorney: Carlyle F. Stout III	Secretary: Remedy Hovermale
<b>LAW OFFICES OF CARLYLE F. STOUT III</b>	
Real Estate Law	Business Law
Contracts of Sale	Corporations
Foreclosures	Limited Liability
Earnest Money Agreements	Companies (LLC)
Trust Deeds	Partnerships
Promissory Notes	Sales & Purchases
Boundary Disputes	Contracts
Easements	
<b>Landlord/Tenant Law</b>	
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](mailto:carlyle.stout@gmail.com)  
 215 Laurel Street, Medford      FAX: 541-776-9841



**Flywheel**  
**Bicycle Solutions**  
 IAN BAGSHAW  
 OWNER  
 TEL. 541.512.8891  
 106 TALENT AVENUE . SUITE 1 . PO BOX 6 . TALENT . OREGON 97540  
[WWW.FLYWHEELBICYCLES.COM](http://WWW.FLYWHEELBICYCLES.COM)  
[IAN@FLYWHEELBICYCLES.COM](mailto:IAN@FLYWHEELBICYCLES.COM)

  
**Rogue Valley**  
**Cycle Sport, Inc.**  
 Ashland CYCLE SPORT      Medford CYCLE SPORT  
 191 Oak St.      1390 Biddle Rd. #107  
 Ashland OR 97520      Medford OR 97504  
 (541) 488-0581      (541) 857-0819  
 Fax: (541) 488-3802   E-mail: [info@roguecycle.com](mailto:info@roguecycle.com)



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

**SISKIYOU VELO RIDE SCHEDULE – December 2009**

 **Approved helmets required on all club**

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

Date	Time	Start Location	Route	Pace	Miles	Contact
Sat. December 5	11:00	Dog Park in Ashland TBD		Mellow		
Sun. December 6	11:00	Colver Park in Phoe- Pancakes in Eagle		Moderate		
Sat. December 12	10:30	Hawthorne Park in TBD		Moderate		
Sun. December 13	12:00	Colver Park in Phoe- TBD		Moderate		
Sat. December 19	11AM	W.Main Bi-Mart in TBD		Brisk		
Sun. December 20	NOON	Dog Park in Ashland Orchards to Coffee		Moderate		
Sat. December 26	10:30AM	Colver Park in Phoe- J'velle via Poorman		Brisk		
Sun. December 27	11:00		Brownsboro Eagle	Moderate		
Every Saturday	10am	Cycle Sport	TBD	Race Pace	Varies >20	Alex Hayes
Every Saturday	10am	Varies	TBD	Mellow	20+/-	Phil Gagnon
Every Sunday	9am	Bike Path behind	TBD	Race Pace	Varies >20	Glen Gann
Every Monday	10:30am	Colver Rd Park	Jacksonville coffee	Group B4	25	No Ride Leader
Every Wednesday	10am	The Roasting Com-	Show N Go	Regroup C4	25-40	No Ride Leader
Every Wednesday	6pm	Hawthorne Park	Cruiser Ride	TBD	TBD	Marty's Cycles
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-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.

