



As the weather improves, it is time to come out of the winter hibernation and start riding again.

Here are some news items.

Siskiyou Velo along with the City of Eagle Point is sponsoring the **Eagle Point Cycling Challenge** on **11 June**. The Challenge has 4 separate routes from 10 to 100 k with the latter featuring the 3700 foot climb to the base of Mt. McLoughlin. Check out the details on our website. <http://www.siskiyouvelo.org/eagle-point-cycling-challenge-2016/>

On **July 23 Siskiyou Velo** is the co-sponsor of the **UP & Down Ride** featuring the Cascade Siskiyou Scenic Bikeway with 5100 feet of climbing. Check out the details at <http://upanddownashland.com/>

It is very important that club members either ride or volunteer to help for these 2 rides.

On **9 April** is the **1st Annual Pear Blossom Bike Ride** in Medford. They have 4 routes including the 100 k out to Applegate. Although this is not a club ride, support local cycling by either riding one of the routes or volunteering.

Here is their website <http://www.pedalsnpears.com/>

On **April 24th** is the **Monster Cookie Ride** sponsored by the Salem Bicycle Club. Last year they had over 1500 riders so they must be doing something right. Here is their website. <http://www.salembicycleclub.org/content.plx?page=majrides>

The **26th Annual Ashland Community Bike Swap** at The Grove is scheduled for **April 16**. Here is their website for more details. http://rvtd.org/bike_swap.php

On **April 23rd** is **Rogue Valley Earth Day**. They contacted us because of their interest in bicycling as an alternative transportation resource. Their webpage can be found with this link roguevalleyearthday.net

In a sad note, **Don Parker passed away on 10 March at age 82**. I did not have the pleasure of meeting him but according to Dave Oliver, he was the organizing force for the Siskiyou Velo Club's membership data entry, club rides, and organized the yearly Mountain Lakes Challenge ride. He was the Siskiyou Velo Club Treasurer and Membership Chairman for many years. All the older members have fond memories of sharing many, many miles in the saddle with him.

April 12 - Membership Meeting

Help to honor the contributions made by ride leaders by attending the April 12th membership meeting at **2Hawks Winery from 5:00pm to 7:00 on Tuesday, April 12th**.

The meeting will provide an opportunity for members to talk and share everything bicycling over a beverage of their choice. The evening will largely focus on the Club's many ride leaders; buying them a glass of wine and encouraging them to share their ideas on how to improve the ride leading experience and make ride leading easier.

Ride leading is fun and enjoyable. Leading a ride provides an opportunity to share your favorite route or simply join with friends in an enjoyable and healthy bike ride. The Club's long-term goal is to offer a ride every day of the week at every speed and endurance level. It is a lofty goal but together we can make it a reality - even if it takes us decades to achieve.

Early Bird Registration Opens for Tour de Lane

EUGENE, Ore. (Mar. 25, 2016) – Cyclists looking for a deal on registration for this premier cycling event in Lane County will have until April 15 to sign up for \$185.

When: 7:00 a.m. Friday, Aug. 5 through Sun., Aug. 7 until the last rider returns

Where: Richardson Park, Junction City, Ore. – rally central on Fern Ridge Reservoir

Website: www.tourdelane.com for details and registration

Registration fee includes:

choice of supported rides among them Tour de Lane's signature Bike Builders tour

- snacks and beverages at rest stops
- route maps
- SAG wagon
- mechanical support
- full dinner for all riders on Saturday evening with door prizes
- sponsored beer and wine garden nightly
- shuttles to Amazon Park for Sunday rides and activities during the Blackberry bRamble as well as bBramble registration fees and amenities including the Tour de Lane tent.

March

RIDE LEADERS

Ginny Jensen

Bob MacCracken

Ed Broyles

Dennis Cramer

John Bullock

Ken Kelley

Judy Kerr

233

of crash-free days

NEXT VELO CLUB BOARD MEETING

Wednesday, April 6, 6:30 pm

Frau Kemmling Schoolhaus Brewhaus

525 Bigham Knoll Dr, Jacksonville, OR 97530

All members are welcome

For minutes of previous meetings: <http://www.siskiyouvelo.org/board-agenda-and-meeting-minutes/>

This year, Phil Gagnon is again sponsoring an informational series as an inducement to get new riders to join Siskiyou Velo especially for those who have been out of cycling for awhile.

BARCALOUNGER SENIORS?

Perhaps you've noticed seniors riding around town on comfortable looking bikes, slung low to the ground with seat backs and flags. The riders appear to be sitting in Barcaloungers. They're riding tadpole trike recumbents. With aging, there's concern with impact on knees, bones, joints. When you drive a recumbent, your arms and wrists are relaxed as they don't support your weight. Seated in a "chair", your neck and shoulders are also relaxed. Your seat offers full ergonomic back support with no crotch chafing and numbness. Trike recumbents have a rearward center of gravity. This means you won't go over the handle bars on a sudden stop. And with a tadpole recumbent trike, you don't have to worry about falling over.

In May, Phil will offer two sessions at OLLI, (Osher Lifelong Learning Institute) at Southern Oregon University to make known to senior students the merits of recumbent trikes.

Session 1, May 17: Aspects of driving a tadpole recumbent trike will be fully discussed. Trike models will be on hand for inspection and a discussion of an electric assist motor will be covered. Anyone interested in buying a trike –new or used--will be given sources.

Session 2, May 24: The excitement of getting back into bicycling will feature a discussion of skills, techniques and etiquette involved in group riding plus the joy of making new friends. Rules of the Road card decks will be given to each student plus an invitation for a one-time, group ride with a Club ride leader will be offered on Saturday morning, May 28. All bike types in good order will be required along with helmets and a spare tube. This ride will be on a segment of Bear Creek Greenway led at slow speeds over a short distance. Following this ride, participants will be invited to join the Club and become habitués of Velo Slo-Mos.

Phil Gagnon star@mind.com

I also received this message from Nicole of the Bicycle Transportation Alliance, a bicycle advocacy organization.

The Bike More Challenge is a friendly, month-long competition to see who can #bikemore during the month of May! Join the Challenge today:

1. Join your workplace team at bikemorechallenge.com. Don't have a workplace? Participate as an individual!
2. Every Ride Counts this year! Ride your bike to work, the grocery store, or for fun and log all of your trips.
3. Challenge your coworkers, friends, family, and yourself to #bikemore in May.
4. Connect with your community as you ride! Give each other high fives, share your photos, and meet your #bikemore goals with new features of the website.
5. Log your trips to earn badges and unlock prizes and discounts from our sponsors including PDW and Chinook Book!

The Bike More Challenge registration launches April 5th Do not attempt to register prior to 4/5.

And From Kathy Dancer of the Oregon Supported Living Program

Extending a warm invitation to your club to come ride the Mohawk Valley Metric Century ride in Eugene on May 7th. Ride starts and ends at Armitage Park with varying options in length.

Their website is: <http://www.mohawkvalley100k.org> for more information.

Phil Gagnon has also submitted an article about Scheduled Tours

Tours Now On My Calendar

A special visual presentation of all tours will be given at Fire House 5 on Rt.99 (near Talent) on April 11 at 7 p.m.

If you have interest in Overnight Tours, I have three in mind: Applegate, Valley of the Rogue, Collier State Park.

What exactly is an Overnight Tour? It's a short bike ride where you start riding one day, stop and stay the night somewhere and then ride back the following day or the day after that. For riders interested in touring, yet inexperienced or concerned about what touring requires, bike overnights are an easy way to test the waters before heading out on an extended adventure. It's amazing how a one or two night bike trip can feel like a bigger adventure. Such questions as, What do I need? How do I pack my bike? etc. can be answered at the April 11 showing.

May 3-8 (5-day tour) **Battle Ground Lake Tour**. We'll start from Champoeg State Park (leave cars) and travel east and north into Vancouver. We'll stay at a variety of campgrounds such as, Milo McIver State Park, Glenn Otto Community Park in Troutdale, Battle Ground Lake State Park in Vancouver and Clackamette Park in Oregon City. As usual we'll eat all meals out.

May 25-27 (3-day tour) **Redding-Red Bluff Tour**. This tour starts with lunch in Redding with motel and campground options. Once settled, a choice of bike rides is offered-- each starts from the Sundial bridge. Following the ride, you may want to take in some of Redding's high points, such as the new City Hall's "Art in Public Places", the Market Street Promenade and you won't want to miss "Enjoy The Store". The next day, more rides of various lengths can be discussed and selected. Following lunch in Redding, we drive to Cottonwood where we'll leave cars and start a 23 mile bike ride to Red Bluff. Again, you have campground or motel options. The next morning, we'll do a return ride to Cottonwood over a different route. From there, we return home.

June 20-25 (4-day tour) **"Skamania Jump-Start 4"**. We drive to Eugene for lunch at McMenamin's which abuts river's edge and bikeway. After lunch, we'll do the beautiful 10 mile river ride and then drive to Hood River to stay at a motel. Once settled, we'll do a delightful 12 mile ride on an historic trail, dip through twin tunnels along the way and return for dinner. The next morning, a 20 mile country bike ride takes us to noon-time at which point, we'll drive across the Columbia River to the famed Skamania Lodge for lunch. Onwards to Vancouver's Comfort Inn. Once settled in, we can do one of several Greenway rides of different lengths: 4,8,16 miles. The 4 mile ride is on a bike path through Fort Vancouver where we can explore the reconstructed British fur trade fort, bike along the historic US Army barracks on Officers Row, stop at the Pearson Air Museum and view several historic mansions. Next morning, we'll check out of the motel and bike ride from there to the quaint, little town of Camas for lunch. (15 mi. one-way) On return to cars, we'll drive and stay at McMenamin's in Portland. Here too,

a variety of City rides is offered, many on bike paths—some favorites dotted with cafes. The next morning, we can do more fun City rides to explore popular districts or simply drive home.

July 17-22 (5-day tour) Columbia River Tour. We start at McMenamin's in Portland where we leave cars. Our destination is Ainsworth State Park alongside the Columbia River—38 mi. Day 2 takes us to Hood River to enjoy the delights of that town. (I strive to locate a campsite) We may stay in a motel here. Day 3 we ride south to Government Camp—42 mi. Here too, I strive to locate a campsite-- a motel may be the answer. Day 4 we ride 37 mi. to Oxbow Regional Park. Day 5 we return to McMenamin's.—25 mi. and head home.

Four other tours will be presented at the April 11 showing: Aufderheide Loop; Forest Grove-Vernonia; Monmouth-Molalla; Klamath Falls.

Please bring your calendar to the April 11 showing. If any questions contact Phil Gagnon star@mind.com

Kathy Dancer of Siskiyou Velo extends a warm invitation to Siskiyou Velo to ride the Mohawk Valley Metric Century ride in Eugene on May 7th. The Ride has 40/60/100 K options.
Their website is: <http://www.mohawkvalley100k.org> for further details



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CASCADE SISKIYOU SCENIC BIKEWAY
Southern Oregon's first Scenic Bikeway
July 23, 2016 Ashland, OR

51 miles & 5100' of climbing low traffic epic scenery
2 water stops 2 food & rest stops SAG support
Bar-B-Q lunch & beer after-ride

upanddownashland.com



6th Annual Eagle Point Cycling Challenge

11 June, 2016

Come join the Eagle Point Cycling Challenge with 4 distances ranging from 10 to 100k. All routes include quiet country roads with the 100 K queen stage climbing 3,700 feet to the base of Mt. McLoughlin before winding back down to Eagle Point .

The start and finish of the ride is at Harnish Wayside Park located at the junction of Highway 62 and South Royal Avenue in Eagle Point, Oregon.

Rider support is provided with Aid Stations on the 30,50, and 100k routes and SAG vehicles on all 4 routes.

Lunch catered by Jeffro's Grill will include pulled pork or tri-tip sandwich, baked beans, chips, soda and a cookie. Book sale by Eagle Point Friends of Library and other fun activities will be available in the park.

For further information/route maps/registration go to

<http://www.siskiyouvelo.org/eagle-point-cycling-challenge-2016/>

FEES:

- 10 K Ride- Free. Register online, with printed form or at the registration desk. No lunch. Snacks at finish.
- 30 K Ride- \$15 By June 1, 2016..... \$25 AFTER June 1, 2016 the fee includes lunch
- 50 K Ride- \$25 BY June 1, 2016.....\$35 AFTER June 1, 2016 the fee includes lunch
- 100 K Ride- \$35 BY June 1, 2016..... \$40 AFTER June 1, 2016 the fee includes lunch



REGISTER YOUR BIKES

at

<http://www.ashland.or.us/FormPage.asp?FormID=145>

or

<http://www.ci.medford.or.us/FormPage.asp?FormID=58>

or

<http://www.pxpd.org/bicycle-registration.html> (Phoenix)

or

Talent Police Department

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Visit us on the Internet: <http://www.siskiyouvelo.org>
or at www.facebook.com/siskiyouvelo.bicycleclub

Newsletter contributions are accepted until the 20th of the month.
Contact the editor at donaldcoker1@gmail.com for more information. Members are welcome
to submit letters, photos, stories, classifieds or other notices of interest to the Club.

Siskiyou Velo Club PO Box 974 Ashland OR 97520

BOARD OF DIRECTORS

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The businesses above are Siskiyou Velo Club sponsors and offer members a 10% discount. You must present your Velo Club membership card to obtain the discount.