



SISKIYOU VELO 2014 SOCIAL EVENTS

April 19 Table Rock Ride-n-Hike Sag-supported ride from Central Point to Lower Table Rock trailhead, hike to top for views and wildflowers and return. Refreshments provided. (need SAG driver)

May 4 1st Annual Rites of Spring Bike Wash & BBQ A get-together to wash our bikes. BBQ, tunes, games and libations. Ashland. Fee. (need another bike stand & and helper)

May 21 Ride of Silence World-wide, evening ride to memorialize cyclists killed or injured on the road and to bring attention to the need to share the road. Time & location TBD.

May 26 Memorial Day Ride & Picnic A coordinated ride from various locations to meet at the Veterans Cemetery in Eagle Point followed by a picnic at the VA, White City. (need ride leaders)

July 19 Club Ride & Campout +/- 60-mi. supported ride to Farewell Bend campground near Prospect for a cookout & overnight. Ride return the following day. Fee for camping. (need SAG drivers & leaders)

August 16 Bicycle Rally Teams ride various routes to mystery destination for beer, brats & prizes. This is not a race. (need help creating routes)

August Ice Cream Social All Velo Club groups meet and ride from the Harlows' house near Jacksonville, returning for ice cream and socializing. Date & time TBD.

September 7 MLC Dry Run Transportation for riders & bikes to Lake of the Woods for a supported lakes loop ride and refreshments after. Fee.

September 27 Lilo's Soup Kitchen Ride A ride from Central Point with soup & beverages afterwards.

October 25 Annual Meeting, Dinner & Dancing Rides for all levels with a casual supper and dancing afterwards. Election of Board of Directors & recognition of volunteers. Fee.

This is a tentative list of proposed events for this year. Most events are in need of volunteers as ride leaders or in some other capacity to make them viable. Contact Gordy Gilmore at gordy.gilmore@yahoo.com if you can help the Velo Club stage one of these events.



The Siskiyou Velo Club is now on Facebook

Share your ride stories, photos and all things bike.

Like us at www.facebook.com/siskiyouvelo.bicycleclub

What Is a Bicycle ?

This is the first in a 7-part series by **Bill Tout**

Our club is centered on the practical use of bicycles. In Oregon a "bicycle" is defined by the Oregon Revised Statutes:

801.150 "Bicycle." "Bicycle" means a vehicle that:

- (1) Is designed to be operated on the ground on wheels;
- (2) Has a seat or saddle for use of the rider;
- (3) Is designed to travel with not more than three wheels in contact with the ground;
- (4) Is propelled exclusively by human power; and
- (5) Has every wheel more than 14 inches in diameter or two tandem wheels either of which is more than 14 inches in diameter.



In other states the laws expand the designs to include four wheels or limit to exclude single wheels. The sizes of the wheels are often restricted with the intent of excluding children's toys from the coverage of the law. Many states also insist that the bicycle be propelled by means of pedals or chains with the result that the earliest forms of bicycles, like the "Dandy Horse" and the High-wheel "Penny Farthing", are no longer considered to be bicycles.



Although most of us grew up thinking of a bicycle as a two-wheeled bike with balloon tires and a coaster brake, adult cycling machines tend to trace their roots to the "English Racer" developed after World War II. This era popularized narrow tires with higher pressure. The addition of geared hubs with three speeds or even derailleur shifting with ten gear combinations made cycling faster and easier.

In the coming months, we will look at variations and improvements to the basic bicycle design. Siskiyou Velo members often make use of these "different" bikes on our group rides and while commuting, racing, and touring. Each design has relative advantages and compromises that make them especially interesting for our unique interests.

Bill Tout is life-long cyclist with over 50 years on various forms of human powered travel on pavement. Actively racing on the road and around the velodrome occupied much of his earlier years. Mellowing into a club and social rider, he continues to enjoy the company of other cyclists on daily rides and short tours.

NEXT VELO CLUB BOARD MEETING

Wednesday, March 5 7:00 pm

Bricktowne Brewery
44 S. Central Ave., Medford

For minutes of previous meetings, contact the Secretary at Glenna.Vanbuskirk@asante.org

Where are you?

Rick Berlet recognized Bob MacCracken's photo of the precariously balanced rock on Bear Creek just below the big bend on Eagle Mill Rd.

If you are the first to recognize the location of this photo, you may submit a photo for publication next month.



For Drivers: How to Treat a Cyclist

http://www.youtube.com/watch?feature=player_embedded&v=84T2i5PCMxw



The Brisk group on February 9 at Woodrat Mt.



Who are you?

Ken Kelley is a regular rider and leader with the Slo-Mos. He has enjoyed several of the Velo Club multi-day tours in the last couple of years.



How long have you lived in the Rogue Valley, and where did you come from? I have lived at the Rogue Valley Manor since 2010. We came here from Ridgecrest, California, east of the Sierra Nevada Mountains and west of Death Valley, in the Mohave Desert. I was stationed at the China Lake Naval Weapons Center and stayed in the community for 20 years after retiring from the Navy.

How long have you been a SVC member? Since 2010.

Tell us about your first bike. How has your cycling developed since that first bike? My first bike as an adult was an inexpensive 3-speed commuting bike I bought while stationed in Iwakuni, Japan. I strapped my hard-shell briefcase on the rear rack and pedaled to the office, a distance of no more than a mile, but an easy way to avoid the need for a second car. That commuting continued for 3 ½ years in Japan and then 2 years in Port Hueneme, California. I couldn't commute by bicycle during my two years in Hawaii, but I did a little riding there for pleasure and exercise, although I was primarily a runner at that time.

My commuting resumed for about six months when I was stationed at the China Lake Naval Weapons Center. I then bought a pickup truck for the commute as well as trips into the eastern Sierras. I retired from the Navy in 1990 and my new career left little time for biking. The old bike was donated to a church sale. In 2003 I bought a mountain bike so I could not only ride with my new bride on the area roads, but I could go off-road on the desert trails. It turned out to be mostly road riding.

How often do you get on your bike, and what is an average ride for you? I ride mostly on Saturdays, usually 15-20 miles with a coffee break along the way. Even though I am retired I am still very busy with activities at Rogue Valley

Manor during the week. When I do get out by myself, I like to ride exploratory routes through Medford and Central Point neighborhoods. It is a great way to get to know the area. I have also been on several of the tours led by Phil. I like to go camping and have enjoyed the trips where we haul our gear and camp out along the way. I like riding at my own pace and feeling free to stop to visit or explore and take photos.

What (kind of bike) do you ride, and what do you like best about it? When we got to Medford I rode the mountain bike for two seasons with the Velo Slo-Mos and then bought a Sirrus Specialized in January 2012. It is so much lighter than the mountain bike and therefore easier to lift onto my bike rack on the truck. It is probably not mere coincidence that it is the same color as my truck, green. It was immediately a comfortable ride and easier up the occasional hill. The added comfort was a factor in getting me out on the longer, multi-day rides.

What is your most embarrassing experience on (or near) a bike? I had an embarrassing spill in the Makalapa housing area one evening. I was exercising our Airedale Terrier by having her trot alongside my bicycle. It was dark and I did not see the cat. The dog cut in front of me and dumped me over the handlebars into a flying pushup. I ended up with skinned palms, a sore chest and a bump on the forehead. The doctor advised me to avoid a repeat performance. Good advice.

What's still on your cycle bucket list? My biggest ambition about riding is to keep doing it. I am looking forward to several of the bike tours the club has planned for this summer.

2014 TOURS

Valley of the Rogue S.P.	2 days
Yreka-Weed-Mt. Shasta	3 days
Canyonville	3 days
Ft. Klamath Loop	3, 4 or 5 days
Mary Loop	4 days
Keizer Loop	5 days
Veronia – Tillamook	5 or 7 days
Scappoose Loop	6 days
Aufderheide Loop	6 days
Selkirk Loop	7 days
Idaho Rails to Trails	7 days

For specific advice on how to prepare your bike and gear for a tour,
see <http://www.crazyguyonabike.com/> .

Phil Gagnon's email is star@mind.net. He will be out of town and unavailable until early March.

CLIMBING TIP OF THE MONTH

EFFICIENT PEDAL STROKES

On long climbs, a high cadence can keep your muscles from fatiguing too quickly. Practice pedaling in circles, pulling up from bottom dead center and forward at top dead center. This will smooth the dead spots in your pedal stroke and keep your cadence up.

NEXT VELO CLUB MEETING

March 12 Time & Location TBD

SAVE THE DATE

Get Ready to Bike Your Drive - Bicycle Commuting Basics

Class Description: Bike commuting means different things to everyone, and before you start, it is important to understand why you ride. This will impact where you ride, how frequently you ride, and what gear you may need to purchase. Commuting doesn't only mean riding your bike to and from work - Commuting is getting out and riding your bike. During this session we will cover Benefits of bike commuting, Essential gear, safety & responsibility, dressing for success and how to get started "Biking your Drive".

Wed., March 26

Medford REI

6:30—8:00 p.m.

<http://www.rei.com/event/5533/session/87864/08232014>

BICYCLE BENEFITS

Hi all,

Do you like riding your bike to local businesses? Do you like talking to people about the benefits of bicycling, and how to better promote their business and encourage people to bike there? Do you have an hour or two a week to help further the [Rogue Valley Bicycle Benefits Program](#) and promote the new [Travel Oregon Bike Friendly Business Program](#)?

I'm looking for some help with the Bicycle Benefits program including promotion of existing businesses and expansion of the program, as well as outreach on the new Travel Oregon program. Please get in touch if you're willing to help - even if it's just in your area of the Valley. I'd love to see these programs get some love. Feel free to share with others you think might be interested.

Thanks,

Jenna StankeJS@jacksoncounty.org

Bicycle & Pedestrian Program Manager
Jackson County Roads & Parks

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www.jacksoncounty.org/bearcreekgreenway

Facebook- [Bear Creek Greenway- Jackson County](#)

www.goRogueValley.org

Facebook- [goRogueValley.org](#)



SATURDAY, MAY 3, 2014 PALO CEDRO, CALIFORNIA
SUPER CENTURY (126) CENTURY (102) METRIC CENTURY (63)
ASH CREEK (41) MILVILLE PLAINS (26)
http://shastawheelmen.org/?page_id=124



Daphne Grove 30 miles, 950' of climbing

Agness Pass 43 miles, 4300'

Eden Valley 61 miles, 3700'

Arrasta Saddle 76 miles, 4630'

Cruiser Century 116 miles, 8,000'

NEW! Two Gravel/Mountain Bicycle Rides

Tourdefronds.com

Photo Contest: Riding in Winter



Jackson Bangs at the Xmas Party



Matt & Glenna Van Buskirk



Helmut Schroeder



Judy Kerr



Dan Morse, Bill Dorris & Dennis's bike at Applegate Lake



**CASTLE CRAGS
CENTURY**

MT SHASTA ROTARY'S ALTITUDE ADJUSTMENT RIDE

June 21, 2014

Spectacular views around Castle Crags State Park

Live Music & Cold Beer - Mt. Shasta City Park

- Century- 97 miles, 8500' Climbing
- Metric- 63 miles, 6300' Climbing
- Half-Met-35 miles, 2200' gain
- Gone Fishin' Family ride - 10 miles, 500' gain

Www.CastleCragsCentury.com



Brisk & Brisker Crowfoot Rd. Feb 1

SISKIYOU VELO CLUB COMMITTEES

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SLO MO	Phil Gagnon	star@mind.net

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

Newsletter contributions accepted until the 20th of the month.

Contact the editor at mlmoore@q.com for more information. Members are welcome to submit letters, photos, stories, classifieds or other notices of interest to the club.

February Ride Leaders

Wayne Evitts
Ken Kelley
Judy Kerr
Bob MacCracken
Dennis Cramer
Lorna Chateaufort
David Chapman

Are We Having Fun Yet ?



REGISTER YOUR BIKES

at

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

or

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



BOARD OF DIRECTORS

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