



## APRIL GENERAL MEMBERSHIP MEETING

This month, we've arranged a room for our general membership meeting not at the library or fire station, but at a public house where members can avail themselves of the offerings and socialize over a pint or two, sample the fare and discuss our program for the evening, the upcoming rides and social activities of the club and all things bicycle.

**When: Wednesday 4/9/14 6:30pm – 8:30pm**

**Where: Howiee's on Front 16 N. Front Street , Medford**

Howiee's is known for its Cajun and southern cuisine appetizers and light fare as well as a great line up of beers and cocktails. Come enjoy an evening of bicycle and beer with your fellow riders, spouses and friends. Let's expand the circle of people who could share our passion.

Because our room at Howiee's has great AV facilities, we also have a line-up of short videos in keeping with the mission of the club...

Education and riding skill - We have one that will demonstrate riding skill that all of us wish we could have, and MIGHT have, if one took all the bike handling skills classes offered by the Siskiyou Velos. It's fun; it's fast; it's a blast! Come see!

Advocacy – what could the Rogue Valley look like if we really got the infrastructure to support the riding of bicycles as a lifestyle? Where have they done that? How does it work? Come See!

Bicycle Equipment - What does a good commuter bike look like and need? We all think we know, but this video might change your mind... also we hope to have a speaker sharing some of the newest accessories that might help make that a practical solution. Share your ideas and technical expertise.

We're offering a \$25 gift certificate for some lucky member who rides his/her bike to the meeting (bring your bike inside). If more than one member rides, a drawing will be held. Bikes must be legally outfitted to qualify. See <http://www.stc-law.com/bikelighting.html>

NEW !!

Upcoming  
Events  
Calendar

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# The Most Popular Vehicle on Earth!

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

More new bicycles are sold than new cars in the United States. This has been true for the past 20 years. This has more recently become true for most of Europe. World wide, bicycles sales greatly exceed sales of automobiles and light trucks.

Regrettably, hours spent riding bicycles are only a fraction of the time spent driving cars in this country. One reason for this is that most bikes sold today are flashy-looking but have low quality and are not suitable for practical use on a daily basis. In contrast, most bikes sold in Europe are durable, dependable and often bland looking.

Unlike many adult American bicycle buyers, Velo members purchase (or construct) bikes that are functional, good looking, and actually get ridden regularly. Most serious recreational riders have bikes that are almost identical to the racing machines used in



races such as the Tour De France. Go to any organized cycling event and you will see hundreds of riders on colorful racing bikes carrying riders of all shapes and sizes who proudly wear the "racing kit" of their favorite professional rider.

Many of us also use our machines for rides other than going from Talent to Jacksonville. For these other uses, we have made alterations to the basic "Diamond Frame" racing bike to better suit our individual needs.

One of the most common changes seen in the selection of wheels and tires. Instead of the one-inch (or even narrower) tires of the racer, some riders go to nearly double the width to gain durability, better traction, and a smoother ride. The carbon-fiber frame gives way to steel, which is cheaper and more



is

tolerant of minor damage. The addition of fenders and a rack or storage bags adds all-weather utility. The result is a bike that is ready to serve on long tours or frequent trips to the grocery store.



The urban bicycle is a very popular trend these days. Cities are becoming more infested with basic bikes to avoid the congestion of automobile traffic. More upright bars often replace the drop handlebars of the racer, and even the multiple gears are exchanged for a single-speed or dependable hub with internal gears. Ironically, these bikes look more like racing bikes built in the 1940's than they do of the current racing machines.



Of course, take the concept of wide tires and a strong frame to the extreme and you have a "Mountain Bike" that is just as ready to explore the dirt trails in our surrounding hills as it is to hop the curb in front of the local Co-op.

There are many choices available to us. The range spans many combinations of speed, durability, utility, and cost. We can choose the machine that best suits the conditions that match what we would like to be able to do on a regular basis. The local bike shops that are affiliated with the Siskiyou Velo all have the experience to provide additional guidance.



Not every bike is right for everyone all of the time. The best bike is the one that gets ridden.

## NEXT VELO CLUB BOARD MEETING

Wednesday, April 2 7:00 pm

Gypsy Blues Bar

Grape & 8th, Medford

For minutes of previous meetings, contact the Secretary at [Glenna.Vanbuskirk@asante.org](mailto:Glenna.Vanbuskirk@asante.org)

# Where are you?

Jackson Bangs recognized Rick Berlet's photo of the barn on Dead Indian Memorial Road at mile marker 2.

Jackson's photo at right is a view many of us haven't seen from atop a bike. [Hint]

Email the location to the editor at [mlmoore@g.com](mailto:mlmoore@g.com). First correct response wins the chance to submit a photo next month.



## 2014 SCHEDULE OF EDUCATION/TRAINING COURSES

The May 17<sup>th</sup> Siskiyou Velo Traffic Safety 101 (TS 101), at the Grove in Ashland, kicks off the 2014 schedule of courses, helping to celebrate Bike Month (with Bike to Work Day on March 16). A second TS 101 course will be offered on June 14<sup>th</sup>. **More courses are in the pipeline. Watch the Club's website** for more information and links to registration.

**This year marks the start of the Board's initiative to transition to a more self-sustaining ed/training program.** Importantly, your Club membership now includes a discount on all Club sponsored courses. The fee is modest: just \$4 for a one hour course (\$6 for nonmembers).

The courses are fun-filled, action packed, and will improve your bicycle knowledge and skills. Even accomplished riders will learn something new. Limited enrollment ensures every attendee receives the attention they need. Beat the closure by signing-up at your earliest opportunity.

## CLIMBING TIP OF THE MONTH

### SLIDE BACK ON THE SADDLE

When climbing, it's important to recruit power from as many muscle groups as possible. By sliding back on the saddle, you'll recruit more power from your hamstrings, gluteal muscles and core. These are some of the largest muscle groups in the body, and using them in conjunction with the quadriceps will help you get all of your power out to the pedals.

### MARCH RIDE LEADERS

Ken Kelley  
Denis Cramer  
Bob McCracken  
Lorna Chateaufneuf  
Rick Berlet  
Judy Kerr  
Wayne Evitts  
John Bullock  
ML Moore  
David Chapman  
Phil Gagnon  
Steve Juul

Slo-Mos at Downtowne Coffee on March 8.

Bill, Gary, Robert, Karen, Crystal & Steve, Cookie, Lorna, Katharine, John.

Note that Leader Lorna gets her riders to line up, take off their helmets and smile. Well done!



# Who are you?

*Tish Harlow is a long-time contributor to the Velo Club. She and John have hosted the annual Ice Cream Social for many years. It is one of the Club's most popular social events.*



*How long have you lived in the Rogue Valley, and where did you come from?* I have lived in the Valley since 1978. I was born in East Grand Forks, MN, and John (my husband) and I moved to Phoenix AZ in 1973. We traveled around the United States looking for a place to have a home and family and found the Rogue Valley.

*How long have you been a SVC member?* I joined the club when it was called the Siskiyou Wheelmen; that is when I learned how to ride a bike in a group and a pace line with mainly guys!

*Tell us about your first bike. How has your cycling developed since then?* My first bike was a Schwinn with a banana seat! In Phoenix AZ, I got a 3-speed to ride to work on. I commuted about 10 miles there and back. In 1983 I was hooked on riding, and when I found out about Triathlon, I bought my first fast bike from Stan Moore. It was a Bianchi - which my daughter still uses!!

*How often do you get on your bike, and what is an average ride for you?* I ride as often as I can. I commute to the gym, work, to Yoga in Ashland, and we ride every Tuesday, Thursday evenings and Saturdays and some Sundays. I think an average ride is about 30, but we push the Saturday rides to 50 - 75 miles a ride.

*What do you ride, and what do you like best about it?* I now ride a carbon fiber Fuji; it is a very fun, fast, sleek bike to ride. I have ridden lots of bikes, Bianchi was my first choice, and I had a wonderful custom made Landshark, but now it is my Fuji for the road. I just bought a unique Specialized Tri-Cross for touring. It is all set up with a rack and bags. Yea, Yea, Yea!!!

*How many miles do you ride in a year?* I can honestly tell you last year I rode 5,000 + miles

*Tell us about the most difficult day you've ever had in the saddle.* I remember when I did the Alpine

Triple Challenge - 100 miler - the weather was the worst: one minute it was pouring the next snowing. When I was on Road 37, I was wishing somebody would stop and ask me "Want a ride, little girl?" Nobody did, and I finished the ride - boy that was the best burrito I have ever had! Thanks to Renae and Russ Rickert; you saved me!!!

*What is your favorite ride in the Rogue Valley?* Just about any road and anywhere in the Valley! I have ridden every road, in every kind of weather and in every kind of condition!!! I love getting on the bike and going out to ride... some of the best roads include Agate Road, Stephens, Rogue River Drive, MODOC, South Stage, Old Stage, Meadows, Beagle, Dodge, Griffin Creek, Jacksonville Hwy - Just to name a few.

*What is your favorite ride world-wide?* I have many, but I cannot ever forget the bike leg when I rode The Beauty and The Beast Triathlon in St. Croix. It was breathtaking at the top!!!

*What's the best thing about riding a bike?* Loving riding every time I get on the bike - being excited - and always thinking if I can't go far, then at least I tried!!

*What is your most embarrassing experience on a bike?* I was commuting on my bike to my friend's house to get a haircut, I drove into her driveway and fell over cutting my arm just above my elbow --- it would not stop bleeding - I had to get stitches!!!

*What's still on your cycle bucket list?* Yep, to tour many, many, many miles, and I plan on riding to Minnesota this summer!!!



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](http://www.facebook.com/siskiyouvelo.bicycleclub)

## UPCOMING EVENTS

April

- |    |                                    |  |  |
|----|------------------------------------|--|--|
| 2  | <a href="#">Board Meeting</a>      | Gypsy Blues, Medford 7 pm              | <a href="mailto:Bandgfam@jeffnet.org">Bandgfam@jeffnet.org</a>   |
| 9  | <a href="#">Membership Meeting</a> | <b>Howiee's On Front, Medford 6:30</b> |  |
| 19 | <a href="#">Ride-n-Hike</a>        | Central Point to Table Rock            | Lilo : <b>541-840-1557</b>                                       |
| 26 | Ashland Bike Swap                  | The Grove                              | <a href="http://www.RVTD.org/bikeswap">www.RVTD.org/bikeswap</a> |

May **NATIONAL BIKE MONTH**

- |    |   |                              |   |
|----|---|------------------------------|---|
| 3  | Give Me Wings   | Palo Cedro, CA               | <a href="http://shastawheelmen.org/?page_id=124">http://shastawheelmen.org/?page_id=124</a> |
| 4  | <a href="#">Rites of Spring Bike Wash &amp; BarBQ</a> | Ashland                      | <a href="mailto:gordy.gilmore@yahoo.com">gordy.gilmore@yahoo.com</a>                        |
| 16 | Bike to Work Day                                      |                              |   |
| 21 | <a href="#">Ride of Silence</a>                       | Hawthorne Park, Medford 7 pm | <a href="mailto:coyotexing@gmail.com">coyotexing@gmail.com</a>                              |
| 26 | <a href="#">Memorial Day Ride &amp; Picnic</a>        | Eagle Point                  | <a href="mailto:bandgfam@jeffnet.org">bandgfam@jeffnet.org</a>                              |

June

- |    |                      |                     |  |
|----|----------------------|---------------------|--|
| 7  | Tour de Eagle Point  | Eagle Point         | 541-604-8522   |
| 21 | Tour de Fronds       | Powers, OR          | <a href="http://Tourdefronds.com">Tourdefronds.com</a>                     |
| 22 | Castle Crags Century | Castle Crags SP, CA | <a href="http://www.castlecragscentury.com">www.castlecragscentury.com</a> |

-denotes a Velo Club event

-all listed events are highlighted elsewhere in this issue

### THE TRIKE THAT GOT AWAY

—Phil Gagnon

I met a fellow riding a trike like mine, except his had an electric assist. On a ride together, we came upon a long climb on which he easily outdistanced me to disappear over the top. Moments later, I suddenly spotted his trike flying down the hill without him and watched as it came down toward me. In minutes it zoomed past and went on to eventually run up a steep banking, do about five flips and finally land upside down on the road. When my friend got to his trike, he righted it, got on and again zipped up the hill. Accordingly, the trike **wasn't harmed. He said he got off his trike to urinate** at which point, his trike got away from him. This event added a little zing to our otherwise beautiful ride.



Slo Mos on March 1: Linda, Cookie, Crystal, Steve, Mitch, Candy, Tom & Robert.

### TABLE ROCK RIDE & HIKE

APRIL 19 10:00 AM

Ride from 453 Hopkins Road, Central Point

SAG for hiking shoes, snacks & water

Lilo: 541 840 1557





To HONOR those who have been injured or killed  
 To RAISE AWARENESS that we are here  
 To ask that we all SHARE THE ROAD

WEDNESDAY, MAY 21 7:00 P.M.

HAWTHORNE PARK 12 MILES

Helmets & lights required

[coyotexing@gmail.com](mailto:coyotexing@gmail.com)

# SHASTA WHEELMEN

A REDDING, CALIFORNIA BICYCLE CLUB



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](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](http://Tourdefronds.com)

## Tour de Eagle Point

Saturday June 7, 2014, 9:00am

Little Butte Elementary School

100K \$25 50K \$20

30K Easy riding \$10

10K \$5 ( under 14 free )

Registration forms available at:

[cityofeaglepoint.org](http://cityofeaglepoint.org)

For questions or to contact us:

541-604-8522 or [epbike@yahoo.com](mailto:epbike@yahoo.com)



## 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](http://www.CastleCragsCentury.com)

Update on our

## SHORT TERM BICYCLE TOURS THIS SUMMER

If you haven't toured before and would like to try a camping tour, some of these may interest you. (Incidentally, you can borrow or rent camp gear. Overnight tours from your house may appeal.)

Motel and camping accommodations are available except where noted. **There's no fee involved.**

May 2	Overnight	Valley of the Rogue State Park (camping only)
May 18	3-Days	Canyonville Tour
May 27	4-Days	Indian Mary Tour
June 9	4-Days	Keizer - Lake Oswego Tour
June 20	Overnight	Applegate Tour (camping only)
June 25	3/4-Days	Ft. Klamath Tour (camping only)
June 30	3-Days	Yreka – Mt. Shasta Tour
July 13	7-Days	Vernonia – Tillamook Tour
July 28	Open Days	Idaho Rails to Trails
July 30	Overnight	Applegate Tour (camping only)
Aug 4	6-Days	Aufderheide Tour (camping only)
Aug 18	6-Days	Scappoose Tour
Sept 1	7-Days	Selkirk Loop Tour

To sign up or learn more of any tour, contact Phil Gagnon, <mailto:star@mind.net>

## ON THE ONE HAND....

Victoria (Australia) Police Chief Commissioner Ken Lay has come out in emphatic support of cyclists' right to be on the road, stating that it is the responsibility of all motorists to be vigilant about bike riders' safety.

The state's most senior policeman also uses a video to dispel two myths that are a frequent source of hostility towards cyclists – that motorists pay for the roads through their registration fees, and that cyclists are legally required to ride in single file.

See <http://www.theage.com.au/victoria/ken-lay-supports-cyclists-right-to-be-on-road-20140227-33itx.html>

A keen cyclist himself, Mr. Lay admonishes both drivers and riders to act responsibly on the road.

-material submitted by Art Coolidge

## AND ON THE OTHER....

Cyclists are 10 times likelier to be killed in South Carolina than in Oregon. If you live in the Deep South, this kind of accident is more likely to occur. Much more likely.

*The Atlantic* asked what makes southern roads so treacherous? According to a [benchmark study](#), released last year by the National Alliance for Biking and Walking, the states of the southern U.S. are the most dangerous per biker, and per bike mile traveled, by a wide margin. If you bike in South Carolina you are 10 times likelier to be hit and killed by a car than if you bike in Oregon. In North Carolina, eight times more likely. In Louisiana, seven. If you bike in Mississippi, that number is close to 13.

Cycling fatalities are inversely proportional to the amount of money spent on bike infrastructure. Southern states spend, or plan to spend, the least on biking and walking safety infrastructure as a percentage of their total spending.

See <http://www.theatlantic.com/national/archive/2014/03/braving-the-deep-deadly-south-on-a-bicycle/284293/> for the complete article.

-material submitted by Bob Janssen

# Benefits of a Bicycle



Brisk & Brisker March 1

## SISKIYOU VELO CLUB COMMITTEES

ADVOCACY	Edgar Hee	<a href="mailto:ejhee@juno.com">ejhee@juno.com</a>
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SLO MO	Phil Gagnon	<a href="mailto:star@mind.net">star@mind.net</a>

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](mailto:mlmoore@q.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





# 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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The businesses above are Siskiyou Velo Club sponsors and offer members a 10% discount.