



ANNUAL PARTY

Wednesday, December 10 6:30—9:30 PM

Howie's On Front
16 North Front Street, Medford

Wednesday, December 10 6:30—9:30 PM

Velo Club members: be prepared to let your hair down and have fun at our December Annual party, featuring music by **Colonel Mustard**, which plays top rock and popular music from over our lifetimes. Yes, you may tap your feet, but letting loose on the dance floor will be the choice for all of our fun-loving members. After all, if you can ride a bike, you can dance!

Howie's will offer a buffet dinner and of course their many taps of microbrews and a full (cash) bar. Dinner, dancing and frivolity will cost members only \$10 and nonmembers \$14. Be sure to bring spouses, partners and guests. The more the merrier!

At 7:00 we will have a 15-minute meeting to elect the Club's Board of Directors for next year. We will present a slate of nominees and will also accept nominations from the floor. Velo Club members may attend the meeting at no cost in order to cast their votes. We will also recognize our many devoted ride leaders of 2014.

And then we will return to music and merriment until 9:30. Reservations must be made by Dec 2. [Register](#) now online.

NEXT VELO CLUB BOARD MEETING

Wednesday, January 7

Location Details Upcoming

Election of Officers and Committee Chairs

All Club members are welcome

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

NOVEMBER RIDE LEADERS



**Tom Ryan
Mo Russo
Bob MacCracken
Judy Kerr
Matt Walker
Dennis Cramer
Phil Gagnon
ML Moore
David Chapman**



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Zoetermeer cycle bridge, the Netherlands

The bridge has a length of about 220 metres, spanning three ditches, two rail road tracks and a dual carriageway road.



Photograph: ID8409168/GuardianWitness

ASHLAND PARKS & REC GETS BIKE FLEET

Michael Black, the new Director of the Ashland Parks & Rec Department, came here from Grants Pass and Utah before that. His history in city planning was instrumental in his thinking that city employees should be riding city-provided bikes on the job.

Eric Michener of The Rogue Bicycle won the bid for the fleet of three. They are Kona Minutes (as in tiny; not as in hours, seconds): longtail cargo bikes, black and white with fenders, a kick stand, disc brakes, front and rear lights, a bell, rear panniers, handlebar and seat bag, lock and tool kit.



Two of the bikes will be stationed at Park HQ on Granite Street and the other at North Mountain Park. They will be used for employees to move documents and supplies around the city.

Give the Parks employees a high five if you see them on the bikes!

WHAT BICYCLISTS ARE THANKFUL FOR

- A reliable riding partner
- Good weather
- Courteous drivers
- A healthy body
- A great local bike club
- A dependable bike
- Bike shorts
- Good tires
- A sympathetic family
- Another tube in the bag
- Ride leaders
- Responsive roads departments
- Small gauge chip seal
- Drivers who treat you like a vehicle
- Insulated water bottles
- Downhill
- A friendly coffee house
- Swept shoulders
- A tail wind
- A good pump
- Endorphins
- Low traffic
- Bear Creek Greenway
- Spiffy clothes
- Sense of freedom
- Low impact exercise
- Beautiful scenery at low speed
- Friends to ride with



UPCOMING EVENTS

December

10 [Annual Party](#)

Howiee's On Front, Medford

[Register](#)

January

7 [Board Meeting](#)

-denotes a [Velo Club event](#) -all Club events for the coming month are highlighted elsewhere in this issue

Riding the Red Rock Country

- ML Moore

The last week in October I joined a **Womantours** group of 13 riders and two guides in St. George, Utah, in the southwestern corner of the state. This is desert red rock country, where the Huntsman World Senior Games are held and the home of the southern Mormons who were instructed by Brigham Young to go south (from Salt Lake City) to grow cotton during the Civil War. Thus "Dixie" is prevalent in town monikers, which confounded me until I got the history lesson.



The city is experiencing tremendous growth, and, as expected, everyone wants to be close to the rocks, if not on top of them. Bigger and newer sprawls outward for miles. Thus we had to do considerable dodging of construction. Not surprisingly, churches abound, mostly of the Latter Day Saints, all practically identical, only varying somewhat in size.

The St. George area has 70 miles of bike paths, mainly lining the Virgin and Santa Clara Rivers which wind into and through town. An unfamiliar



cyclist would do well to have a guide or at least a map, as these paths, although marked, seem to go every which way. All are pleasant, most are smooth, some are rutted, and a few have sand blown across in spots deep enough to have to stop and walk through. I thought there was surprisingly light bike or pedestrian traffic on all the paths.

Once out of the city, we rode in all directions toward majestic red rock formations of towers, petrified sand dunes, or jagged cliffs. We hiked among Anasazi petroglyphs at the Santa Clara River Reserve, and over and through immense red sand dunes at Snow Canyon State Park. We shopped at the Coyote Gulch Art Center and visited the ghost town of Silver Reef, famous for the only silver ever mined from sandstone. We ate world-famous pie in Veyo and watched a Halloween theatre production featuring misogynistic murder and mayhem in the Red Rock Amphitheatre. And of course we hiked in Zion where one can get deep into the heart of the red rocks.

It was clear and cool in the mornings, rising to high 70's or low 80's every day. A delightful way to ease into Fall. Riding in new country with no cares: what can be better?

Who are you?

Leslie Bullock is a deceptively strong rider who is endlessly positive wherever she is.

Leslie Bullock moved to the Rogue Valley in 2005 from Riverside, CA. She is a veterinarian and specialized in research, grant administration and lab animal medicine. She began riding regularly in '99 with a bike club in Riverside and soon began bike touring.

Having enjoyed her experiences with a bike club, she was eager to sign on with the Siskiyou Velo group and rides with them when she has time. She has ridden on about 6 of Phil Gagnon's tours in the last three years, mostly self-supported camping.

After retiring, Leslie worked as a guide for Timberline Tours for about 8 years. She led 6-day hiking tours throughout the West as well as bike tours. During those years, she rode all over the Northwest as well as several tours in Canada. She rode the southern tier cross country and has ridden the Lewis and Clark Trail from St. Louis to Astoria and the Great Allegheny Passage C & O Canal route from Pittsburgh to Washington, DC. The Texas Hill Country, Arizona, Kentucky and the Florida Keys have all flowed beneath Leslie's wheels. She has cycled in Spain and Portugal with REI and toured the Yucatan with BAC.

If Leslie can't find a tour, she'll do it herself. With her experience, she's become adept at tour design and organization, and she has led a small group of friends on a tour in Colorado, one in Arizona, and just last fall, one in northeastern Oregon. Unable to find companions, this past spring, she rode the Selkirk loop by herself. Then in August she drove to Wisconsin and toured Door County and the Green Bay coast. Not done yet, she drove to Duluth and explored Minnesota's paved bike trails for a week. Self supported, she



stayed in motels at night. While one would think that Leslie has been everywhere, she still has The Natchez Trace, the Underground Railroad and the Oregon Coast on her bucket list.

Like many of us, Leslie has different bikes for specific purposes. Her stable of bikes includes a Felt road bike, a DeSalvo touring bike, a Bike Friday for travel, an 18-year old Trek hardtail mountain bike for errands, and a recumbent trike for fully-loaded touring.

In her spare time, Leslie volunteers for the Red Cross on their Disaster Action Team which helps local families affected by fires or other disasters. She has been deployed on local and national efforts. She hikes twice a week with local groups.

Leslie also travels off the bike. Recent journeys include Mongolia, Papua New Guinea, the Galapagos Islands, Machu Picchu, China, Japan, Egypt, the Amazon, Antarctica, Iceland, Ireland, England, New Zealand, India, Bhutan, and storm chasing in the central states (twice). She ensures that all of her travels incorporate physical activity as well as meeting the local people.

“The best thing about riding a bike is the independence it gives you, knowing you can get somewhere under your own power, whether it be the grocery store or across the country, while you experience the physical exercise, the open air and the area you're riding through.”

Oregon Bike/Pedestrian Rankings

A recent news release and report from the Alliance for Biking & Walking (ABW) refutes, in part, a report from the Governors Highway Safety Association (GHSA). The GHSA release, which was widely reported last month, included the headline: "The number of bicyclists killed on U.S. roadways is trending upward." The ABW uses Bicyclist/Pedestrian Fatality Rates (a ratio of bike fatality rates to bike riders) as opposed to the GHSA numbers (pure numbers of fatalities).

Oregon, in all likelihood, doesn't spend any federal money but spends roughly 1% of the State gas tax revenues on bike improvements (see table below for \$\$ spent per capita). None the less, it is disappointing to see a nationwide data series that paints our beloved state in such poor light.

More sobering is the State's ranking in bike/ped fatalities – we fall in the middle of all states at 23. We need our State and local transportation officials to adopt a zero level of tolerance for bike/ped fatalities.

Encouragingly we are almost at the top in terms of the percent of State residents getting the recommended physical activity. Our ranks are growing!

- Gary Shaff

U.S. State Rankings

Commuter Bicycling and Walking Levels ⁽¹⁾

Highest to Lowest	
1	Alaska
2	New York
3	Vermont
4	Oregon
5	Montana
6	Hawaii
7	Massachusetts
8	South Dakota
9	North Dakota
10	Maine
11	Wyoming
12	Pennsylvania
13	Washington
14	Colorado
15	Idaho
16	Iowa
17	Rhode Island
18	Wisconsin
19	California
20	Illinois
21	Utah
22	Minnesota
23	New Jersey

Per Capita Spending on Bicycle/Pedestrian Projects ⁽²⁾

Highest to Lowest	
1	Alaska
2	Vermont
3	Delaware
4	Rhode Island
5	Montana
6	Wyoming
7	South Dakota
8	Kentucky
9	New Mexico
10	Indiana
11	Minnesota
12	Missouri
13	Iowa
14	Pennsylvania
15	North Dakota
16	Maine
17	Oregon
18	Georgia
19	Florida
20	Washington
21	Utah
22	Tennessee
23	Nebraska

Bicyclist/Pedestrian Fatality Rates ⁽³⁾

Lowest to Highest	
1	Vermont
2	Nebraska
3	Alaska
4	Wyoming
5	New Hampshire
6	South Dakota
7	Massachusetts
8	Iowa
9	Maine
10	Idaho
11	North Dakota
12	Kansas
13	Minnesota
14	New York
15	Wisconsin
16	Montana
17	Colorado
18	Washington
19	Pennsylvania
20	Connecticut
21	Illinois
22	Hawaii
23	Oregon

% Getting Recommended Physical Activity ⁽⁴⁾

Highest to Lowest	
1	Colorado
2	Oregon
3	Vermont
4	Hawaii
5	California
6	Alaska
7	Wisconsin
8	Idaho
9	Maine
10	Massachusetts
11	New Hampshire
12	Utah
13	Montana
14	Washington
15	Minnesota
16	Michigan
17	New Jersey
18	Wyoming
19	Florida
20	Nevada
21	Connecticut
22	Virginia
23	Arizona

Where are you?

Dennis Cramer's photo last month of Sterling Creek Road coming up toward the Woodrat summit from Buncom near mile marker 7 was not correctly identified.

See if you know where this is. The first person who correctly identifies it may submit a photo next month.



DON'T LOOK NOW...

Don't look now... a Velo **Slo-Mo** recumbent tricycle rider may be passing you on a climb.

Say that again. Yup. It's true.

On last week's **Slo-Mo**, Saturday morning ride, five of the eight riders were equipped with electric assist motors.

Maybe you've noticed, bicycle riders with e-assist motors are now zooming up hills and around town like never before. Consider too, Ashland now has two bicycle shops that feature electric assist bicycles. And if you were to visit many European countries, you'd find e-bikes are everywhere. Looks as if e-bikes are on an upward growth curve in this country too. Jerry Solomon, owner of Ashland Electric Bikes told me his sales to date have nearly doubled from his total 2013 sales. This compares with national sales of e-motors over the past two years.

Why do more cyclists turn to e-assist bicycles? If you're a commuter, for example, bicycling to work in dress clothes lends itself to the notion of getting to the office fast and fairly refreshed; or if you live in town and have hills to deal with, an e-assist enables you to run errands and not have to return home burdened by climbs. But what about the exercise aspect of bicycle riding? I'll tell you how it works on my tadpole trike. My BionX e-assist motor offers four options: 1. I can pedal and not use the motor. 2. I can use a (+) button in four stages to accelerate my pedaling cadence. 3. A (-) button also in four stages, slows the bike (like 2nd gear in a car) and while doing that, recharges the battery. 4. I can use the throttle and not pedal.

The apparent shift to e-bikes does raise eyebrows when one considers getting one. E-motors range in cost from \$1300 to over \$2000. Most motors are part of the bike/trike's rear hub wheel while others are positioned mid-drive. Total weight of both motor and battery on my trike is 16 pounds.

My BionX motor has a top speed of 20 mph—picture me going up a hill on my trike at 20mph-- and a range of 48+ miles assuming I pedal along with the motor.

When it comes to pleasure rides, I can now keep up with two-wheeled speedsters on climbs and as I mentioned, actually pass them. But it's not about that. It's about approaching long, tedious climbs with a smile. How nice is that?



-Phil Gagnon



Don Prescott, Rees Jones, Steve Juul, Leslie Bullock and ML Moore rode the Lower River Road loop on Nov. 8

SISKIYOU VELO CLUB COMMITTEES

ADVOCACY	Edgar Hee	ejhee@juno.com
EDUCATION & TRAINING	Gary Shaff	Bandgfam@jeffnet.org
COMMUNICATION	ML Moore	mlmoore97520@gmail.com
FELLOWSHIP & EVENTS	Gordy Gilmore	gordy.gilmore@yahoo.com
FUNDRAISING		
MEMBERSHIP	Wayne Evitts	membership@siskiyouvelo.org
MOUNTAIN LAKES CHALLENGE		
RIDE COORDINATION	Dennis Cramer	touring@siskiyouvelo.org
BRISK	Dennis Cramer	touring@siskiyouvelo.org
VELOSHIP	Wayne Evitts	w.evitts@live.com
CRANK IT UP	Tom Ryan	ipickonguitars@yahoo.com
MELO VELO	Elaine Sweet	elaine@sweetshoppe.com
SLO MO	Phil Gagnon	star@mind.net

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

or at www.facebook.com/siskiyouvelo.bicycleclub

Newsletter contribution ore accepted until the 20th of the month.

Contact the editor at mlmoore97520@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

REGISTER YOUR BIKES

at

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

or

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



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12R@FLYWHEELBICYCLES.COM

Eric Michener
Owner/Lead Mechanic



The Rogue Bicycle
1660 Siskiyou Blvd.
Ashland, OR 97520

541.482.3440
theroguebicycle@gmail.com
www.facebook.com/theroguebicycle



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