



CLEAN BIKES, HAPPY RIDERS

The Siskiyou Velo Annual BBQ & Bike Wash has come and gone, enjoyed by roughly 25% of the Club's members. So many bikes were queued that the washers hardly had time to grab lunch. Thanks are in order to the members who helped to make it a success:

Linda and Tom Ryan – event hosts, menu designers, and managers
 Gordy Gilmore –bike washer extraordinaire
 James Williams – BBQ grill chief
 ML Moore – publicist and yard sales facilitator
 Bruce Rider – bike washer
 Tom Ryan – bike washer
 Joanie Rolph – raffle ticket seller
 Linda Ryan – BBQ food purchaser and supply line manager
 Dennis Cramer – brisk ride leader
 Gary Shaff – moderate/brisk ride leader
 Glenna VanBuskirk - photographer
 The many members who donated to the Club's yard sale

Thanks too to the many Club members who attended and, through their donations, (including the great yard sale items) helped to raise more than \$400 toward the Family Fun Rides.



UPCOMING EVENTS

May

1	Applegate Lake Overnight	Ruch	star@mind.net
5	Velo Board Meeting	Morrtons, Medford	Bandgfam@jeffnet.org
9	Table Rock Ride & Hike	Central Point	bicyclerider857@gmail.com
9	Tour of the Unknown Coast	Ferndale	tuccycle.org/
9	Mohawk Valley Metric Century	Eugene	www.mohawkvalley100k.org
16	Family Fun Ride	Central Point	http://rvtd.org/
16	Rogue River Overnight	Medford	star@mind.net
20	Ride of Silence	Hawthorne Park	coyotexing@gmail.com
23	Art of Survival Century	Tulelake, CA	survivalcentury.com
30	Ft. Klamath Overnight	Ft. Klamath	star@mind.net
30	Bike Chata	Talent	www.bikechata.com

June

6	Family Fun Ride	Ashland	http://rvtd.org/
6	Water Quality Ride	Central Point	kckelley@charter.net
12	Scappoose 4-Day Tour	Champoeg State Park	star@mind.net
13	Tour de Eagle Point	Eagle Point	epbike@yahoo.com
20	Tour de Fronds	Powers, OR	http://tourdefronds.com/
28	Jump Start Tour	Forest Grove	star@mind.net

July

12	Selkirk Loop Tour	Sandpoint, ID	star@mind.net
25	Family Fun Ride	Talent	http://rvtd.org/

-denotes a Velo Club event - all Club events for the coming month are highlighted elsewhere in this issue



TOUR DE EAGLE POINT Saturday June 13, 2015, 9:00am 100K, 50K, 30K, 10K

Registration forms available at: cityofeaglepoint.org
For questions or to contact us: 541-604-8522
or e-mail to: epbike@yahoo.com

The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community.

~Anne Strong
Minneapolis Tribune, 1895

NEXT VELO CLUB BOARD MEETING

Tuesday, May 5, 6:30 p.m.

Morrtons

980 N. Phoenix Rd STE #105 (in the Strip Mall near Albertson's)
Medford

All Club members are welcome

For minutes of previous meetings, contact the Secretary at coyotexing@gmail.com

TOURING SEASON

*This article begins a series written by **Bill Heimann**. We will examine what it takes to tour independently. We will not approach this as most articles of this type. We will look at the why's and how's, and not the specifics of this bike or that tent.*

Bicycle touring season is here!

"You're crazy; it's still too cold and wet to go touring."

You are right but touring season doesn't begin with riding. It begins with planning. Planning what equipment, how to pack and carry all we need for a great ride, where to go, how to get there, planning for body and mind conditioning.

Every one of my forty plus years of long distance and expedition touring began and still begins the same way. If it's a short 3 month tour or an over a year plus ride, the correct components come from good planning. Although many of my friends and Annette, my wife, contend I don't plan much, that's not really true. Selecting gear and how to carry is planned in great detail. I just don't plan the where to go or what to do while there, much.

My travel list has developed over many years. It is detailed and serves as a check list ensuring I have every needed item and it is packed. My goal is to not under or over pack. It's not fun to need something at 13,000 feet on a dirt road in the Andes 100k from the nearest supply. It is equally not fun to carry a can of fruit for a year and never open it.

So, what is the top item on my list? Well, me. Yes, I must be in complete shape to tour. Not just physically able to make that 3 day climb at over 13% on a dirt road, but mentally able as well. When it rains for 10 days and nights and is below 4 c, I must keep myself going. Those times are not much fun but knowing the "road" will change and good times wait keeps me persistent.

The physical part is easy; just have and follow a good training plan for basic fitness. You will not be able to get in shape to ride comfortably 8 to 9 hours every day. That will come after a while of traveling. If you are in good basic condition and work hard the first few days or weeks, you will do fine. Yes, do not doubt yourself; you can be in condition to climb the really fun mountains of the world.

I read in *Bicycling* that a route I rode some years ago was one of the hardest climbs in the world. Harder than the famous Mont Ventoux of the Tour or the Cameron High-

Bill has been touring most of his adult life. His first ride was from FL to Rhode Island to help celebrate the 100th birthday of the League of American Bicyclists (Wheelmen.) Since then he has ridden more than 100,000 miles visiting 60 plus countries. He has crossed the US four times and cycled the length of both coasts. He was a tour leader for Adventure Cycling's longest unsupported tours and an instructor at their tour leader school. Bill is retired after over 30 years in the bicycle industry.

lands in Malaysia, both long above category climbs.

At the time I did not think of Mt Washington as anything but a famous ride, though I knew it has the highest recorded winds in the world at 231 mph. That day the winds were only blowing about 63 mph at the top. My condition both physical and mental, allowed me to complete the climb and enjoy the effort.

So, as you begin your training for this summer's tour, include an effort to improve your mental fitness. While riding, train yourself not to get angry at a car driver passing too close; don't give into suffering up a big climb or during a sudden rain shower without your jacket. Learn to focus on the reason you are out there. See the 99 percent good. In all my miles touring, when something that seemed a major downer happened, it often became the positive highlight of the tour. Even losing my gear on last year's trip to South America made that trip amazing!

Next month: **Selecting Your Gear**



Cycling in Uruguay

FAMILY FUN RIDE - CENTRAL POINT

Excitement is building for the first Family Fun Ride on May 16 at Mae Richardson School, 200 W. Pine, starting at 10:30 am. The event will include a short, interactive bicycle safety course followed by a three-mile ride.

Club member David Chapman will serve as ride leader and will guide participants along arterial streets, through residential neighborhoods, and in the City's downtown. Mike Bowman, RVTB, will serve as the event's safe cycling instructor. Mike has for many years helped in RVTB's outreach and education program for cycling and bus transportation. Edem Gomez, Rogue Valley Transportation District (RVTB), has done most of the heavy lifting for these events. We appreciate his talents and commitment in crafting a community where cycling is on equal footing with other modes of travel.

The Club's Business Members have donated more than \$1,000 in prizes for the five ride series. Thanks to Siskiyou Cyclery, Fly-wheel Bicycle Solutions, Piccadilly Cycles, Unreal Cycles, Cycle Analysis, Service Course Velo, Marty's Cycles, The Rogue Bicycle, Jack's Bicycles, and Cycle Sport. When you visit these shops, thank them personally.

The event is designed to promote safe cycling in all road environments. This focus will help to create a future where cycling is undertaken by all age groups and for all trip purposes (commuting, health, shopping, visiting friends, etc). We may even begin to add youth members to the Club's membership roles.

ANNUAL TABLE ROCK RIDE & HIKE

May 9, 10:00 am
3015 Beall Lane, Central Point

Ride 11 miles to the Upper Table Rock trailhead. There will be a car to meet us in the parking lot which will have our hiking shoes to change into. Hike to the top of the Table Rock for water, juice, snacks and a glorious view.

ridewithgps.com/routes/7681440

For more information: Tom Ryan
bicyclerider857@gmail.com

RIDE OF SILENCE

When: May 20, 2015 at 7:00 PM

WHERE: HAWTHORNE PARK, MEDFORD, OREGON
GATHER ON THE HAWTHORNE STREET SIDE

Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/20 kph) in honor of those who have been injured or killed while cycling on public roadways.

WHY DOES THIS RIDE EXIST?

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

THE RIDE OF SILENCE WILL NOT BE QUIET

On May 20, 2015 at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves. In 2003, Chris Phelan organized the first Ride of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed.

Who are you?

Dominic Barth is a Velo Club Board Member and our Treasurer. He has a love for all manner of riding a bike, but he is an unusual member in that he is a racer. And he has a bell.

The first bike that I really remember, the first bike I loved, was a three-speed with straight bars. And a bell. All my bicycles have bells. Brass bells that never touch cable housing or the frame, so the tone diminishes naturally. Thumb-lever activated, they don't ding and ring over rough ground. A bell, thoughtfully rung at distance on the Greenway or wherever dangers lurk, lets those down-road assess the future themselves. More efficient than saying "Left!" and watching people and their accessories process "Left!" and act. Or not. Bells are good with deer, too, although screaming is better.

After the first Bike-I-Loved it was a while till I found another love, an Independent Fabrication Crown Jewel steel road bike. A great bike, but with fairly conservative geometry. It let me ride as I already rode, and I put in some miles, but I didn't expect much growth.

Current bikes I love are: A Kona Major Jake cyclocross bike (Wildflower, Tour of the Unknown Coast, Flahute), a Trek Superfly hardtail mountain bike, a Surly Disc Trucker touring bike (Wallowas, Central California, Oregon Coast, Cascades, Northern California, Central Oregon), and a Felt AR-1 road bike (Baker City Grand Fondo, Sam's Valley Time Trials).

I average five rides a week, but distances vary. One day might be 80 miles of paved, the next 30 on dirt but with more climbing. Next the Orchards, or some gravel road touring.... Racing successfully would change that bikestyle a bit.

There's an established racing scene in the Valley, offering a time-trial series in March, and a weekly circuit race at the Champion Speedway in White City from April through August. Long-time Valley residents remember when the Lakes Loop and Woodrat Loop were road race courses. We could use some races like that, again. (It's sorta funny writing about racing when there are so many Velo members who have done much more: Jerry did Paris-Brest-Paris, Bill—actually two Bills—did a great deal of racing. Russ, Renee too....)



I got into racing because of the pleasure of doing something hard and well with others. I backed into it when I got fast enough that I could keep up with the Cycle Sport rides. I really like to ride with them. Sometimes on the training rides we fight for a summit or a flat sprint. So I tried racing.

I was a collegiate rower in an "eight" and loved the teamwork and the success it brought us. At my age, at my level, here, and because it's cycling, there is not the same opportunity. Group training here is very different, less structured, than that of a rowing team. There are few opportunities to strategize and rehearse moves. There is exhilaration in winning, but a different, secondary feeling of teamwork.

Another adjustment, proper preparation for a racing means training to time fitness and output for race day: No Conde Creek the day before a race, even if the weather's nice. It changes your relationship with your body, your bike(s), the weather, travel... it changes a lot. A different poetry, more earnest, which does not come naturally to me. So on rides I still race dogs. I race goldfinches, share the moments when we're flying side by side. And I ring my bell when I'm having fun. The guys are getting used to it.

The hard fact of racing is people get hurt. Last year there were several crashes during the Champion Thursdays circuit race series at Champion Speedway. Riders of different experience, skill, and judgment dash about together... things can go wrong. Some folks are willing to take that risk, I'm not sure I am. I ride over 10,000 miles a year, and so little of it is racing. I can't imagine missing riding when I want. I haven't figured out racing.

BIKE OVERNIGHTS

May 1	Applegate Lake	16 miles from Ruch
May 16	Rogue River	24 miles from Medford
May 30	Fort Klamath	16 miles to Collier Park

What exactly is a "bike overnight tour"? It's a short bike tour 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 by contacting me. It's likely that a SAG wagon will be available on the Applegate Tour.

MULTI-DAY TOURS

June 12.....**Scappoose 4-Day Tour.** This is a revision of a tour taken last year with the Oregon City leg omitted. It again starts at Champoeg State Park where cars will be left. Our first night will be in Hillsboro (34 mi.) then Vernonia (35 mi.) Scappoose (16 mi.) and back to Champoeg (50 mi.)

June 28.....**Jump-Start 3-Overnight Tour.** We start this ride after lunch at McMenamins Grand Lodge in Forest Grove. Our first night will be at Stub-Stewart campground on the Vernonia-Banks Trail (17 mi.). The next morning, we ride the Trail to Vernonia for breakfast (12 mi.) and then return to McMenamins (29 mi.--15 mi. is downhill). Then we drive the cars to Ft. Stevens to ride their beautiful wooded trails. We can camp there or overnight (motel) in Astoria. The third day takes us to Corvallis with another ride from there to Philomath (8 mi.) for lunch at "The Gathering Together Farm" --a real treat. We may want to go on to Eugene to ride their beautiful River Trail or simply drive home from Corvallis.

July 12.....**7-Day Selkirk Loop Tour.** We start in Sandpoint, ID and loop around a number of Canadian towns to return through Washington to Sandpoint. (Passports!)

Other tours are on the board but dates aren't pinned down. Incidentally, while these tours are designed for camping, motels are available on the June 12, June 28 and July 12 tours. Reservations should be made pronto. If you have interest in these tours, email Phil at star@mind.net.

Where are you?



Last month's photo submitted by John Harlow was unidentified. It is on Pioneer Road, near Coleman Creek Road.

The first person to identify location of the photo at right may submit a photo for next month.



SCENIC BIKEWAY MOVES FORWARD

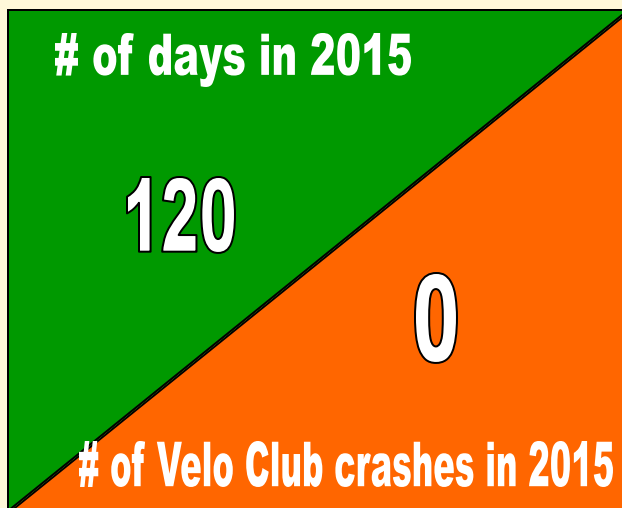
The final public meeting on April 22 presenting the proposed Cascade Siskiyou Scenic Bikeway to the community was well attended by proponents of the designation. Alex Phillips, Bicycle Recreation Specialist for the Oregon Parks & Recreation Department (ODRP), presented information about the state's scenic bikeway program and bicycle tourism. Jenna Stanke, Jackson County Roads & Parks, summarized the 2-year effort to bring the concept near fruition, and Katharine Cato, Ashland Chamber of Commerce, spoke briefly of the widespread community support.

Although the ORDP office had previously received two letters of opposition, there were general questions and comments but no opposition voiced at the meeting. In celebration, Alex planned to ride the bikeway route the next morning and invited proponents to join her. Ultimately a group of Alex, Gary Shaff (Velo Club president), David Chapman, Matt Walker (Velo Club board member), Bill Heimann and Michael Black (Ashland Parks & Rec) enjoyed our iconic mountain lakes loop.

Subsequently on April 28, the Oregon Scenic Bikeway Committee voted unanimously to approve the CSSB Plan. The State Parks Commission will vote on final designation on June 24. If designation is approved, the bikeway will go live on Travel Oregon (traveloregon.com) and Ride Oregon Ride (rideoregonride.com), and signage will be initiated, which will take up to 90 days. Upon designation, the Velo Club and the Ashland Chamber of Commerce plan a celebration. Stay tuned for details.



Alex Phillips and David Chapman ride up the Greensprings



APRIL RIDE LEADERS

HAPPY SPRING

Matt Walker
David Chapman
Tom Ryan
Ken Kelley
John Bullock
Dennis Cramer
Gary Shaff

Introducing

2015

Family Fun Bike Rides

Join us for family friendly bike rides!
Free Prizes and Safety Instruction Provided!

.....> All Rides 10:30am-12:30pm <.....

- May 16th : Central Point
Mae Richardson Elementary
- June 6th: Ashland
Garfield Park
- July 25th: Talent
Chuck Roberts Park
- October 10th: Medford
Roosevelt Elementary
- September 12th: Grants Pass
Tom Pearce Park

Visit www.siskiyouvelo.org or www.rvtd.org, or call 541-608-2411 for more information.

#RogueFamilyBike

goRogueValley SERVICE COURSE VELO RVTD SISKIYOU VELO UNUSUAL CYCLES CYCLE SPORT JACK'S CYCLES CYCLE SPORT Ashland Medford PICCABLY Cycle

MEMBER ALERT: YOU MUST PRESENT YOUR VELO CLUB MEMBERSHIP CARD FOR DISCOUNTS AT PARTICIPATING BIKE SHOPS. Go to your Member Profile at siskiyouvelo.org and download your card.

A “WATER QUALITY RIDE” AROUND THE CITY OF CENTRAL POINT

The Velo Club is honored to partner with the Rogue Valley Council of Governments (RVCOG) for a ride on June 6 in Central Point. The purpose of the ride is to examine techniques used to improve the quality of the urban runoff that makes its way to small streams and ultimately to Bear Creek and the Rogue River. The route starts at the Don Jones Park on West Vilas Road and will loop through farmland and back through Central Point. We will stop along the way to allow Greg Stabach of RVCOG and Jennie Morgan of Rogue Valley Sewer Services to explain various water quality improvement features. These are sights that we see every day on our rides but might not appreciate their purpose. This should be an interesting ride for those who appreciate efforts to keep our streams as clean as possible while accommodating the needs of the people who live nearby.

This family-friendly ride will be about 12 miles with no significant hills, and we will break at about 15 minute intervals for an explanation of the water quality techniques in use at various places. There will be a stop for refreshments at the Pilot Store near the end of the ride, and there will be a few opportunities for bathroom breaks along the way. We expect to finish at about 11:30.

Roll-out at 9:00 a.m. from Don Jones Park, 223 West Vilas Road, Central Point. If you are planning to attend please email Ken Kelley at kckelley@charter.net or call (541) 857-6819.

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	Tom Ryan	bicyclerider857@gmail.com
FUNDRAISING		
MEMBERSHIP	Matt Walker	membership@siskiyouvelo.org
MOUNTAIN LAKES CHALLENGE		
RIDE COORDINATION	Dennis Cramer	touring@siskiyouvelo.org
BRISK	Dennis Cramer	touring@siskiyouvelo.org
VELOSHIP	John Bullock	jas@opendoor.com
CRANK IT UP	Tom Ryan	bicyclerider857@gmail.com
MELO VELO	Ginny Jensen	ginnymjensen@gmail.com
SLO MO	Ken Kelley	kckelley@charter.net

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 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

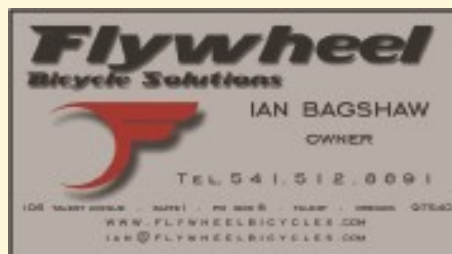
<http://www.ashland.or.us/FormPage.asp?FormID=145>

or

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



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The Rogue Bicycle
1660 Siskiyou Blvd.
Ashland, OR 97520

541.482.3440
theroguebicycle@gmail.com
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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 .