



THINGS TO DO: VICARIOUS TOURING, ICE CREAM, CAMPING, RIDING & SOCIALIZING

Don't miss our membership meeting on Wednesday, Aug. 12 at Jake's Wayback Burgers in Medford. Dennis Cramer, our fearless Ride Coordinator and the man who thinks steeper is better, will present his recent tour of Montana, Idaho and Washington. Come eat a burger, drink a beer, sit back and enjoy Dennis' efforts.

Our annual Ice Cream Social is coming up! This is the Club's most popular event with all rides departing and meeting back at Colver Park on Saturday, August 15. Ice cream, bike riders and bike talk: what can be better? No charge! Ice cream will be served between 11 and 2, so rides of any distance and pace may plan their itineraries accordingly. Or just ride in by yourself with your family for ice cream and socializing. Bring a topping if you're so inclined.

Another don't miss is the September 11 Club Camp-Out at Lake of the Woods. Riders may rent cabins if they're not into camping, and join in for fun and frivolity Friday night and rides on Saturday morning. Lake of the Woods has amenities and events as well. See Page 7 for full details.

UPCOMING EVENTS

August

| | | | |
|----|-------------------------|-----------------|---|
| 2 | Blackberry bRamble | Eugene, OR | http://eugenegears.org/bramble/ |
| 5 | Velo Club Board Meeting | Paschal, Talent | bandgfam@jeffnet.org |
| 12 | Velo Club Meeting | Medford | touring@siskiyouvelo.org |
| 15 | Ice Cream Social | Colver Park | bicyclerider857@gmail.com |

September

| | | | |
|----|-----------------------------------|----------------------|---|
| 11 | Lake of the Woods Campout & Rides | Aspen Pt. Campground | coyotexing@gmail.com |
| 12 | Family Fun Ride | Grants Pass | http://rvtd.org/ |
| 12 | Umpqua Velo Vineyard Tour | Roseburg | thevineyardtour.com |
| 19 | Ride the Rogue | Rogue River | http://ridetherogue.org/ |

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

JULY RIDE LEADERS

Ray Forsyth
Bob MacCracken
Dennis Cramer
Ken Kelley
Rick Berlet
Ginny Jensen
Jennifer MacCracken
Chris Daniels

glittery.com



July 11 Mello Velos at Lake Creek Store

NEXT VELO CLUB MEMBERSHIP MEETING

6:00 p.m., Wednesday, August 12

JAKE'S WAYBACK BURGERS

1251 E. McAndrews, Medford

**Dennis Cramer's Tour
of Montana, Idaho & Washington**

BIKE SELECTION

This article is the fourth in a series written by Bill Heimann. We will examine what it takes to tour independently.

Selecting the wrong bike is the number one touring mistake. Often new tourists choose an old mountain bike that has been in their garage for 10 years. That's like selecting an old jeep for your wedding parade.

What makes a good touring bike? It must be comfortable for long days of riding in all conditions. The frame (the most important component) must be able to deliver a stable ride with a heavy load. It should have braze-ons for fenders, at least 3 water bottles, front and rear racks and possibly a pump peg. It would be best if you could put at least 38 mm or 1.75 tires, depending on the wheel diameter and still have fender clearance and it must fit *you* as a touring bike.

Steel is my preferred frame tubing because of its comfort and repairability. My rule about equipment is that it does not fail, but if it does, it is easy to repair. Many years ago, while climbing the mountains of West Virginia, the seat tube pulled out of the bottom bracket shell. I was at least 35 miles from nowhere climbing steep mountain roads. With some effort I reinserted the tube, wrapped it with wire and then put duct tape over the wire. That got me to a muffler shop for the repair. Had it been any other material it would have been a tour-ending event.

One more word on frame material: Steel is not heavy! Steel and aluminum frames of the same quality, built for the same purpose are less than a pound different. Considering that the frame is only a small fraction of the total weight, and it's static weight, not revolving (the most important weight), that small difference is not an issue.

"So, what else should I look for in a touring bike?" You want gearing that will take you up any climb in your path. Triple chain rings with 9, 10 or 11 rear cogs will give you any gearing you need. The more cogs and chain rings, the less the jump between gears and the smoother the transition.

Some rules of thumb: (Rules of thumb are meant to be guides for starting points and not "rules"). For the best fit, have a professional fitter size you for the intended purpose. Your high end racing bike sizing is not a touring fit.

A fistful of seat post: About a fist of seat post showing on a non-sloping top tube when seat is set to the correct height.

Handle bar blocks the front hub: When seated you cannot see the front hub.

Knee over the pedal axle: With the pedal at 3 o'clock the forward knee front will be over the center of the pedal axle.

1 Inch drop: About 1 inch of drop from the top of the saddle to top of the handle bars.

If all these rules work, the bike it is most probably close to the right size for your tour.

Bike selected, here's a small list of items that will make your tour more pleasant:

I have a kickstand on my bike. "What did he say, a kickstand? NO, too much weight!" I once rode with Georgina Terry when she was leading an all-women tour down the Baja. (Don't ask why I was with them.) I noticed she had kickstands on all her bikes and asked why. She said, "You can't lean your bike against a cactus."

3 water bottle cages

Two layers of handle bar tape

Front and rear lights

Reflective tape on the rack stays, pedals and crank arms

Long pump (not a mini or co2) and a pump strap

Extra spokes: There are 3 lengths of spokes on most bikes, carry all three.

A saddle you know and love

Sturdy tires and tubes

Cloth rim tape

Fenders

For a long tour, the best investment you can make is a good touring bike. Decent touring bikes begin around \$1200, cheap when compared to the cost of a cross country tour.

Next: A day on the road



NEXT VELO CLUB BOARD MEETING

Wednesday, August 5, 6:30 pm

PASCHAL WINERY

1122 Suncrest Rd., Talent

All members are welcome

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



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
Mac MacIntosh Elementary
- June 6th: Ashland
Garfield Park
- July 25th: Talent
Chuck Roberts Park
- October 10th: Medford
Robertson Elementary
- September 12th: Grants Pass
Tom Pearce Park

Visit www.siskiyouvelo.org or www.rvtd.org, or call 541-602-2411 for more information.

#RogueFamilyBike



6

of crash-free days

of Velo Club crashes in 2015

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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 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

CASCADE SISKIYOU SCENIC BIKEWAY KICK-OFF RIDE



Early on July 11, Dennis Cramer led a group of eager riders on our new scenic bikeway, affectionately known as the mountain lakes loop. Velo Club members and non-members rode singly and in groups, at their own pace, stopping at points to snack and refill water bottles. Everyone agreed that 55 miles with 5,000+' of climbing makes for a great day.



Jump-Start 3- Overnight Tour

Jump 1 --Eleven of us arrived on a June Sunday morning at the Village Green Resort in Cottage Grove to start a 28-mile ride on Cottage Grove's Rails-to-Trails. Our stay at the Resort was a high point. (For \$99 we got a deluxe room with fireplace and patio; two full course dinners, a bottle of wine and breakfast.) How about that. As we prepared to ride, we were instantly blessed with unexpected cool weather—perfect for the ride. A picnic was planned at a mid-way point alongside Lake Dorina where Sandra Wetzel, Ken Kelley, Bill and Marilyn Tout, Mick Smith, Katharine Danner, Kathy Uhtoff, Jon and Mary Bagshaw, Phil and Ann Gagnon sat on picnic benches to enjoy the serenity of the lake, its lovely views and introductory chatter.



Jump 2 --After breakfast at the Resort the next morning, we drove cars to Skinner Butte Park in Eugene to start a 28-mile loop ride along the Willamette River and on to distant country roads in Springfield environs. On return, we met at McMenamin's Restaurant overlooking the bike path and river for a late lunch. A 5-mile drive from there took us to Armitage Park Campground on the outskirts of Eugene. It's a beautiful park along the Willamette River. We were delighted to discover there were no mosquitoes. With tents pitched we ventured in different directions—I, to buy an ice cream cone. By early evening, a truck stop in the nearby town of Coburg was chosen for its proximity to our campground. Like all truck stops, food selections

were ample and quite good. Our night in camp held two unfortunate happenings: one rider's car battery died when the ignition was not turned off properly, and another rider's bicycle, parked next to her tent, was stolen in the night. A report was filed with the



Eugene police department as well as the park host. It's assumed her insurance will cover cost of a replacement bicycle.

Jump 3 --Without question, all chose to return to our nearby truck stop for breakfast--another pleasant experience. From there we drove to Corvallis to do a 9-mile, bike-path ride to the famed, "Gathering Together Farm" restaurant, located in the enclaves of the town of Philomath. Reservations were made for 12:30, and all showed up to enjoy the ambiance of this very special place. After lunch we were ready to head home.

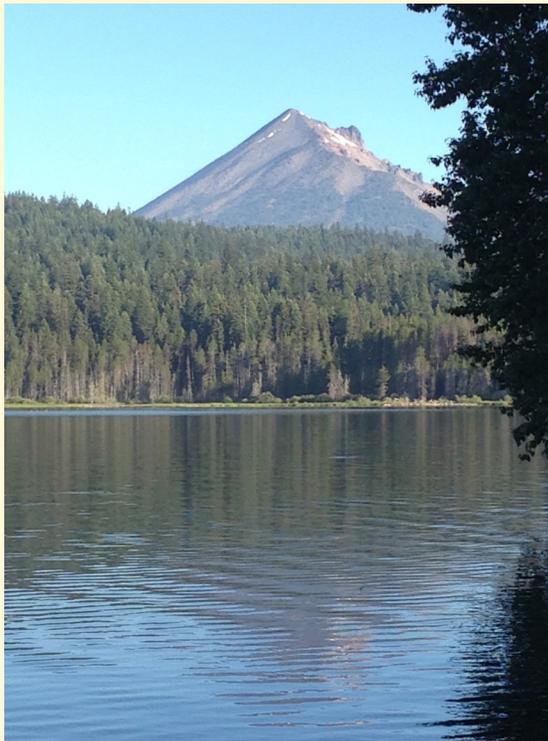
Jump-Start tours seem to have merit for several reasons: your car becomes your SAG wagon; you can hop from one area to another to do special rides and visit special sites, such as restaurants, historic places and even an historic carousel to watch craftsmen hand-carve life-size animals. A craftsman may invite you to try your hand with a chisel on the animal he works on. If you have interest in doing a Jump-Start Tour, let us know and we'll include you in the next one we do.

SAVE THE DATE FOR THE VELO CAMP OUT!!! SEPTEMBER 11-12, 2015

As you get your summer calendar in order, be sure to add the second annual Siskiyou Velo camp out to the list. We have reserved the group campsite at Aspen Point Campground at Lake of the Woods which will accommodate up to four small RV's and a large number of tents in an area adjacent to restrooms, parking and the shore of the beautiful lake. Plan on a swim in this wonderful lake. There are lots of picnic tables and a large fire ring in the site.

Participants can arrive Friday afternoon at or after 2:00 pm and we will host a "social hour" get together in the group site with snacks and no-host beverages and a chance to get acquainted with other Club members. You can bring your own dinner to prepare in camp or there is a restaurant at Lake of the Woods Resort.

Group rides will roll out on Saturday morning and possibly on Sunday morning depending on interest. There is a lot of varied terrain for riding, so all levels will have a beautiful area to ride in. On Saturday after the rides, there is live music and a BBQ at Lake of the Woods resort that we can enjoy. We'll get more information on the price of the BBQ when it becomes available.



The cost of the camp out is \$15/night for one person or a couple. Registration is available at <http://www.planetreg.com/E21013332624833> so you can reserve a spot. If you want to check out information on the campground, click on: <http://www.recreation.gov/camping/aspenpoint/r/campgroundDetails.do?contractCode=NRSO&parkId=73540>. If you want to check out information on Lake of the Woods Resort, click on: <http://lakeofthewoodsresort.com/>.

There is a small store at the resort and all meals are available at the restaurant. There is a breakfast buffet at the resort on Saturday and Sunday morning for \$11.95/person and breakfast from a menu is available from 8:00-11:00 am every day. There are also cabins available for rent at the resort. For anyone joining the camp out who is not a rider, there is a triathlon being held at Lake of the Woods Resort on Sept. 12 in the morning which could be interesting to watch.

If you have specific questions about this event contact Viki Brown at: coyotexing@gmail.com. We look forward to a fun event.

REGISTER YOUR BIKES

at

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

or

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



Rogue Valley Cycle Sport, Inc.
www.roguecycle.com
info@roguecycle.com

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