



Dear fellow Siskiyou Velo Club members,

I am Donald Coker, the new president of the club. This is my 30th year of riding, having started with the Baltimore Bicycle Club in 1986. I also raced for many years (mostly crits) and I use to be a Level 2 USA Cycling Coach. I moved here from Bend about a year ago and have been with the club for about 9 months. I have enjoyed riding with a great group of people.

In June, the club will be co-sponsoring the Eagle Point Cycling Challenge now in its 6th year. This ride has distances from 10 to 100 k. This is something we need to support either by volunteering or just riding. I did the 50k last year and Viki Brown did the 100k. It was a lot of fun.

In July we are co-sponsors of the UP and Down (see ML's article in this newsletter). It is a great ride and will test all of us. Please either do the ride or volunteer.

We need a volunteer to edit the newsletter. I am doing it for now out of necessity but we need someone who can devote time to this important communication tool. But, in the meantime, if you have any articles, links to interesting articles, photos, or other content you want in the newsletter just send it to me. Also, if there are other events or rides in the NW area you think the membership would like to know about send me the information.

For example, the president of the Salem Bicycle Club sent me a link to the April 24th, 2016 40th edition of the Monster Cookie Metric Century which is their premier event. (It has to be pretty awesome to be going on for 40 years). For further information, go to www.salembicycleclub.org and follow the "events rides" link.

Read more about long distance cycling at <http://velonews.competitor.com/2016/01/news/florida-man-breaks-75065-mile-record-for-annual-cycling-mileage-392110#VJSfZo5DE4j>

Nice article in the Seattle Times about the benefits of Bicycle Tourism in the context of building more and better bike facilities- <http://www.seattletimes.com/life/travel/a-boom-in-bicycle-tourism/>

Enjoy riding in the beautiful Rogue Valley as the weather improves this spring.

NEXT VELO CLUB BOARD MEETING

Wednesday, Feb.17 6, 6:30 pm

Frau Kemmling Schoolhaus Brewhaus

525 Bigham Knoll Dr, Jacksonville, OR 97530

All members are welcome

For minutes of previous meetings: <http://www.siskiyouvelo.org/board-agenda-and-meeting-minutes/>

JANUARY

RIDE LEADERS

Ginny Jensen

Bob MacCracken

Jennifer MacCracken

Dennis Cramer

John Bullock

Ken Kelley

Judy Kerr

Donald Coker

163

of crash-free days

UP & DOWN: Ride the Cascade Siskiyou Scenic Bikeway

The Velo Club is partnering with local entities to establish a new ride this summer which uses the route of the new Scenic Bikeway, otherwise known as our familiar 'mountain lakes loop'. Starting and finishing at Emigrant Lake, it is 51 miles with 5100 feet of climbing. Not for the faint-hearted, but not a race either, riders can ride at their pace, enjoy the spectacular scenery and refresh at the rest stops.

The ride is scheduled for July 23. Yes, hot hot hot. But presumably not the rain and/or cold that we dealt with in some of our midJune MLCs. We'll start early and will have two well-stocked rest stops and two additional water stops, as well as SAG support. Best yet, we are planning a bar-b-q lunch and beer back at Emigrant Lake under a pavilion. Even the water slide is nearby!

Of course our expectation is that we will attract the many local cyclists who rode the MLC for years, as well as many out of town riders who will come not only to ride, but to enjoy time exploring Ashland and the Rogue Valley's many attractions. Assuming extravagant success this year, we expect to add a century route next year, as well as a shorter route totally in the mountains to eliminate the extreme climbing.

Proceeds will benefit the Bear Creek Greenway, our beloved 18-mile pedestrian and bicycle path connecting Ashland, Talent, Phoenix, Medford and Central Point. Every rider approves of funding for the Greenway!

Our partners are Jackson County Roads & Parks, Ashland Parks & Rec and the Ashland Chamber of Commerce. With these entities sharing much of the organizational load, the Velo Club's share of the work is diminished to a manageable level. Nevertheless we will be recruiting volunteers in several capacities, from rest stops to SAG drivers and everything in between. Volunteers are rewarded with free entrance to the ride and/or lunch afterwards, as well as our undying gratitude. Financial sponsors are welcome also.

See upanddownashland.com (live soon) for full details and to register. If you'd like to volunteer or become a sponsor, contact ML Moore at mlmoore97520@gmail.com or 541 201 1121. Put July 23 on your calendar! We'll see you there!



HOW TO BUY A BIKE

Bill Heinerman

Chapter 1

Buying a bike is easy, right? You ride every bike that fits even loosely into your category at every local bike shop, deciding the level and shop by the price and components. It can be fun trying all those bikes. Wow, a new bike to ride every day. Can't wait to start looking!

Most riders seem to pay very little attention to the frame. They may know its carbon, aluminum or even, heaven forbid steel. They may even know it has a racing geometry, but that's about the extent of their knowledge. Most buy a commodity. I mean we buy because of the components. If it has Dura Ace it has to be a great bike.

While working in a Phoenix, AZ bike store, Wal Mart began selling a Dura Ace carbon bike for \$1500. A great buy! But was it? Yes, if you purchased it, moved the components to a good frame you might end up with a pretty good deal. But that's not what happened.

I would see the complete bikes on rides with owners bragging about the great deal. As the bikes came in for repairs I checked them over very carefully. The frames was made of very cheap carbon and not well finished. The drop outs (where the wheels fit in) could not be lined up correctly. The fork blades were not even the same length. This incident represents an extreme case that shares a good lesson. The frame is the most important component. It is why the bike rides and handles like it does. Always buy the bike because of its frame. Then think about the wheels and last the other components.

To make the most of your time and money take a little time to educate yourself. If you're a doctor and want to buy a stethoscope you read the current professional magazines, look on the internet and ask other professionals. You notice that I did not include friends. Most nonprofessionals have a very narrow band of experience in purchasing technical equipment. This is very true of bicycle owners. How many higher end bikes have you personally owned and ridden for how many miles and over what period of time did that occur? Even the number 5 or 6 over 5 years is small compared to what writers and shop owners have swung their legs over in just one *year*.

So, how do you buy a bike? First determine your needs. Are you looking for a Club bike? Maybe a new touring bike as I did just this week. By the way my new steel Soma Saga Disc is on the way! Columbia here I come! Sorry for the distraction, but I am excited. Anyway back to our quest.

After knowing what type of bike some additional research is in order. Read magazines and web sites that talk about your kind of biking. See what bike they recommend and why. Many manufactures use the same frame over a few bikes changing the components as the price changes. Then they move on to a different frame and begin the process over. This can make a large difference in how the bike performs and is good information to know. When researching pay close attention to the frame being reviewed. Remember you can always upgrade the components.

Now it is time to develop a budget. How much can you justify. Justify is a more realistic way to look at the need. What about size? Yes, I know you have been riding a 57 cm for years and that has to be correct. Really, has your shoe size changed over that same period how about your waist? What makes you think your frame size has not?

No matter your investment level get a professional to fit you. I do not mean go to a bike shop and stand over bikes while the sales person looks on. I mean go to Bend, Eugene or Portland to a professional fitter. You will not believe the difference it will make in the enjoyment level and satisfaction of your new bike. Then take that resulting information with you when you begin looking for your new between the legs experience. Yes, it will be almost like that.

This article will be continued next month with chapter 2, "test rides".

REGISTER YOUR BIKES

at

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

or

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

or

<http://www.pxpd.org/bicycle-registration.html> (Phoenix)

or

Talent Police Department

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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 donaldcoker1@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



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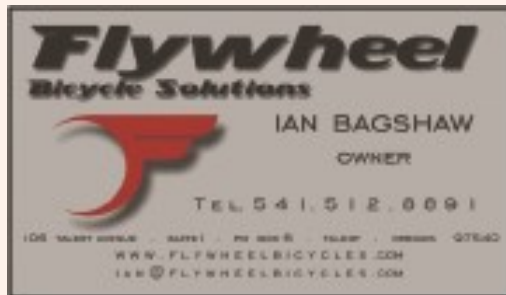
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The businesses above are Siskiyou Velo Club sponsors and offer members a 10% discount. You must present your Velo Club membership card to obtain the discount.