



CASCADE SISKIYOU SCENIC BIKEWAY KICK-OFF RIDE

On Saturday, July 11, the Club will host a kick-off ride of the new bikeway at 7 am from Garfield Park. Members and non-members are welcome. Water and services will be available at the Green Springs Inn, Howard Prairie and Hyatt Lake Resorts, and at the Dead Indian Memorial summit. This is an unsagged ride.

At its July 24 meeting, the Oregon Parks and Recreation Department approved the designation of the first state scenic bikeway in Southern Oregon, our local, well-loved "Mountain Lakes Loop". This effort has been years in the making, finally meeting all the requirements of the state program for "the best of the best" bicycle routes in the state.

This is a 55-mile, very extreme ride with 5,000 feet of climbing, narrow, winding roads and no shoulders. While the Velo Club has a history of putting on the Mountain Lakes Challenge, an organized ride of various lengths and difficulties, it has been unable to stage the ride for the past three years.

On Friday, June 26, the Ashland Chamber hosted a celebration of the designation at Garfield Park and had a ribbon-cutting. City business owners and local cyclists were in attendance for the exciting event.

We anticipate that the Scenic Bikeway will add another dimension of tourism to our local offerings as well as making adventure cycling more visible in our community. More bikes on the road always serves to increase visibility and awareness among local drivers.



UPCOMING EVENTS

July

- | | | |
|---------------------------------|------------------------|---|
| 11 Scenic Bikeway Kick Off Ride | Garfield Park, Ashland | mlmoore97520@gmail.com |
| 12 Selkirk Loop Tour | Sandpoint, ID | star@mind.net |
| 18 Fall River Century | Fall River Mills, CA | http://www.fallrivercentury.com/ |
| 25 Family Fun Ride | Talent | http://rvtd.org/ |

August

- | | | |
|----------------------|-------------|---|
| 2 Blackberry bRamble | Eugene, OR | http://eugenegears.org/bramble/ |
| 15 Ice Cream Social | Colver Park | bicyclerider857@gmail.com |

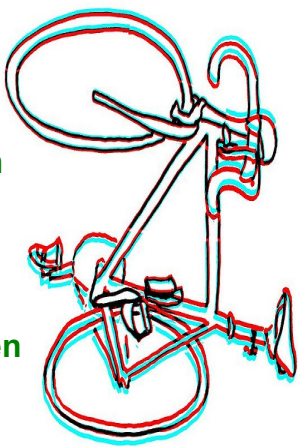
September

- | | | |
|--------------------------------------|----------------------|--|
| 11 Lake of the Woods Campout & Rides | Aspen Pt. Campground | |
| 12 Umpqua Velo Vineyard Tour | Roseburg | thevineyardtour.com |

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

JUNE RIDE LEADERS

John Bullock
Ginny Jensen
Gary Shaff
David Chapman
Dennis Cramer
Matt Walker
Ken Kelley
Pam Erwin
Bob MacCracken
Phil Gagnon



The Velo Club sponsored a rest stop for the Eagle Point Century on June 13

NEXT VELO CLUB BOARD MEETING

Wednesday, July 1

GROTTO PIZZA

302 E. Main St., Talent

All members are welcome

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

HOW TO PACK

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

"What do you mean, how to pack? You just throw things in the bags and the bags go on the bike. What's so hard about that?"

Packing well results in a good handling bike and an easier tour. Pack poorly and you will have your hands full going down Teton Pass at 40 mph, or problems finding your head lamp in the dark.

It is not difficult to pack well. Lay out your gear by use, all the camping gear together, the cooking needs in their group. The tools and parts needed for bike repair together. Your cold weather clothes and rain gear in another pile. If you prepared your lists as we discussed in the second article, this task will be easy.

As you pack, think about weight, heavy low and light high. Try to balance the weight front to rear and side to side. Remember the heaviest item is you, and most of that weight is on the rear wheel.

When you stop next to the road to get something out of a pannier you want to use your right (inside) bags as much as possible. Keep your spare tubes and tools in the right



Southern Uruguay: a great day of cycling

hand bags. Of course that will be the left side if you are cycling in Malaysia or Japan. It is also good to have your rain gear on the road shoulder side as well.

Front or rear panniers? When going on a short "credit card" tour, I use only front panniers. Because, as we said earlier, my weight is on the rear wheel and using rear panniers only causes the handling to deteriorate. Getting weight on the front wheel will stabilize the bike. That also means using rear *and* front panniers for longer tours.

A handle bar bag makes touring much easier. Your map is always right under your eyes. Much needed items like your wallet, phone, camera and snacks are available while riding. Your cockpit is complete. Remember not too much weight in the handle bar bag. It's high on the bike



Eastern Peru: Hope everything is there and packed right.

and on the control surface, keep it down to less than 10 pounds, five would be better.

So packing is easy if you have balance, control and ease of use as your guides. A small test of your packing ability is to push the loaded bike using only one hand on the saddle. If you can control the direction and balance with the saddle, you have packed very well.

A note about cycling around your home town: Many people use 1 pannier when running errands. When (not if) you fall, you will fall to the weighted side. If you are one of those people who puts the single bag on the left side, you will fall into traffic. Mount the single pannier on the right side and be safer.

Getting excited about a tour? It is a wonderful way to see the world! Think about finding yourself in one of these 2 pictures, or cycling up the cobblestoned Champs-Elysee toward the Arc de Triumph in Paris or down the fantastic Oregon coast. After more than 40 years and 60 plus countries "on the road", I continue to be excited about new places and new people.

Next: Bike Selection

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.

VALLEY OF THE ROGUE and FORT KLAMATH OVERNIGHT TOURS

Both these tours had a common feature: camaraderie.

On the Valley of the Rogue Tour, Ken Kelley, George Stevens and I had much to share seated around the usual picnic table and roaring fire pit. (It was George who initially got me to try bike camping.) George rode from his house; Ken and I rode from the Manor in Medford. (24 miles) Once tents were set, we supped and watched Ken demonstrate the makings of a boy scout fire. Among other subjects, we shared highlights of our military careers as well as years spent in Southern California environs. With daylight fading, we each crawled into our tents, pleased to note there were no mosquitoes. Incidentally, this is one of the nicest campgrounds in Southern Oregon.

At Collier Park in Chiloquin territory, Ed and Lois Bernard invited Ken Kelley, Ann and me to join them at their nearby campsite for wine, beer and nibbles. The conversation ranged from birds (Lois is a birder) to how WW1 started, to dancing, book audio tapes, TV favorites, etc. How stimulating to listen to each other's views, interests and background stories. Consider the richness of coming together for an overnight tour in the company of two teachers, a physicist, a U.S. Navy captain and an ad agency guy..

Overnight tours by design are limited to short rides and occasionally a few key points of interest. This becomes apparent when rides are in remote areas, such as this Ft. Klamath ride. Here we rode to Chi

loquin, a Native American town with a lovely art gallery that we enjoyed seeing. On the town's outskirts, we ate in a 1950's era restaurant with a menu designed for lumberjacks with weighty appetites and a clientele of woodsmen and Native Americans. How colorful is that. From town, it's a 5 mile ride to the Collier State Park Logging Museum where we spent time walking the park-like grounds to view many exhibits of vintage 1880 logging equipment used to move raw timber. Also there is a relocated pioneer village with the actual huts early woodsmen occupied. This is a wonderful outdoor museum.



A downside to being at this campground this time of year was the pine tree pollen that enveloped everything. (Something to keep in mind.)

It was a delight to have my wife, Ann, along on this Ft. Klamath tour. It was her first overnight tour. She enjoyed the camping experience and the ride which, with her e-assist motor, made a long 4-mile grade easy. She looks forward to doing the Jump-Start 3 Overnight Tour (June 28).

Phil Gagnon (star@mind.net)





On June 6, the Velo Club co-hosted a well-attended and fascinating **Water Quality Ride** around Central Point, organized by Ken Kelley.

The Rogue Valley Council of Governments' Greg Stabach and Rogue Valley Sewer Services' Jennie Morgan led 11 riders to see and learn about various LID (low impact development) water quality features in the community.

The Velo Club is looking forward to partnering with the RVCOG again in the Fall for a salmon-watching bike ride.



June 20
Melo Velos
rode from
Gold Hill to
Rogue River



TOURING SEASON

Selkirk Loop 7-Day Tour (July 12)

The International Selkirk Loop is a truly spectacular 280-mile scenic byway that winds around the Selkirk Mountains, through Idaho, British Columbia and Washington. It follows lakes and rivers. Motels abound as do campsites.

We start the ride in Sandpoint, Idaho and head into Canada. A ferry boat sail across Kootenay Lake takes us into a number of small Canadian towns with a return through Washington towns back to Sandpoint. (Passports)

Email me with questions: Phil Gagnon (star@mind).

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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

Introducing
2015
Family Fun Bike Rides

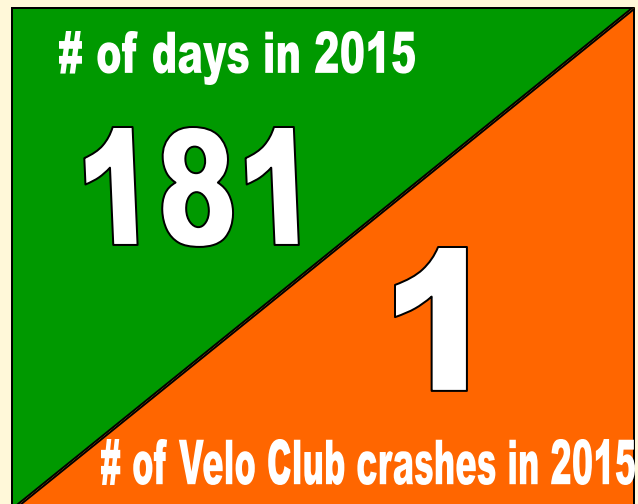
Join us for family friendly bike rides!
Free Prizes and Safety Instruction Provided!

→ 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



A rider in the June 13 Slo-Mo group had a minor crash, due to an anticipated, fast stop in the front of the group. Thankfully only very minor injuries.

**VELO CLUB DUES INCREASE \$5 ON JULY 1
from \$15/year to \$20.
Renew at the old price at siskiyouvelo.org**

HOW TO LOSE WEIGHT FAST— TRY A 4-DAY SCAPPOOSE TOUR

When I was in high school, I weighed 165 pounds. When I returned after my 4-day tour a couple weeks ago, I had lost 3 pounds and now weigh 165. How 'bout that!

If you eat a bagel and cream cheese for breakfast and the same menu for lunch, followed by a banana, a bag of grapes, a bag of b-b-q chips plus a couple chocolate milks for supper—not to mention pedaling 36 miles on a loaded trike over mountainous terrain, the pounds do ebb away. That explains my high school weight achievement.

But there's another item to consider. This tour was the most difficult one I've done because of the steep, long, mountainous climbs. I started in Champoeg State Park and rode to Hillsboro, Vernonia, Scappoose and back to Champoeg. You're probably wondering how my electric assist motor helped, considering the difficulty of this tour. The answer is, I didn't use it after the first day. That's because I forgot to bring along the charger and couldn't charge the battery. I know about making a list and checking it twice. I did make a list a couple years ago and pinned it to a cabinet door in which I have my bike gear. What good's a list if you don't bother to check it? (I envision Bill Heimann's smile) Lesson learned? I hope.

***“What good's a list
if you don't bother
to check it?”***

Oh. Another aspect to this tour that dropped pounds was my ability to get lost in the Portland hills. To get from downtown Portland over to Lake Oswego environs and on to Champoeg State Park where my car was parked, involved endless, steep, twisty climbs on two lane roads with narrow shoulders and zipping traffic. Not fun. After getting lost several times on this route, I finally made it back to Champoeg, overjoyed to see my car. I started riding that morning at 7 a.m. from Scappoose and got back to the car at 5 p.m., having pedaled not my intended 51 miles but 60. My next feat was the 5 hour drive back home. Needless to say, I was one tired senior when I arrived home at 11:30.

You might ask, “If you had to do it over, what would you do differently?” I wouldn't do this tour.

-Phil Gagnon (star@mind.net)

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