



BACK IN THE SADDLE AGAIN

What do you do with a rider who says he's 95 years old and wants to do the four introductory Saturday Velo rides on the Greenway? You get out of his way.

Fourteen of us seniors set off on the Greenway from Blue Heron Park to Hawthorne Park. From there we cut across Hawthorne St. to Great Harvest to occupy the outside sitting area and get to know one another over coffee. It's a 12-mile ride, and all but three riders made it nicely. (Our super-senior made it grandly.)

Before the ride, Blaine Pickett, co-owner of Piccadilly Cycles, Ashland, was on hand with his tools to check many bikes and answer questions. We then spent 15 minutes to go over highlights of a group ride as well as aspects of the Greenway itself, such as the sharp dip by 10th Street. Copies of The Oregon Bicycle Manual were given out with encouragement to read it. Each ride will be preceded by similar group ride subjects.

The aim of this series is 1) to recruit new Club members and replenish dwindling riders in the Velo Slo-Mo group who over time "graduate" to the Velo-Melos, and 2) to enable these new group drivers to feel safe and comfortable on their bikes in regular traffic areas such as neighborhoods and country roads.

With thanks to Ken Kelley, Purk Purkerson, Ginny Jensen, Lorna Chateaufneuf, and Laurie Nielsen who pair up as co-leaders for each ride.

-Phil Gagnon



Phil Gagnon, Sharon Ducharme, Lorraine Hayes and Jack Welch



Blaine Pickett of Piccadilly Cycles and Sharon Tangle

Next Velo Club Membership Meeting

Tour of the Unknown Coast - Dennis Cramer & Drive Train Maintenance

June 11 6:30 pm (meeting starts at 7:00)

Jake's Wayback Burgers (come hungry & thirsty)

1251 E. McAndrews Ave., Medford

2014 SISKIYOU VELO EDUCATION/TRAINING COURSES

The Velo Club's second **Traffic Safety 101** course will be offered on June 14th in Central Point. Each 3-hour course is limited to 12 riders, taught by certified instructors and costs \$12 for members and \$18 for nonmembers

Two new **Bicycle Handling & Emergency Maneuvers classes** will be offered on June 21st and 28th. These 1-hour classes are being offered in Central Point also and cost \$4 and \$6.

The courses are fun-filled, action packed, and will improve your bicycle knowledge and skills. Even accomplished riders will learn something new. Limited enrollment ensures every attendee receives the attention they need. Beat the closure by signing-up at your earliest opportunity at <http://www.siskiyouvelo.org/advocacy/portfolio/>

This year marks the start of the Board's initiative to transition to a more self-sustaining education/training program.

UPCOMING EVENTS

June

4	Board Meeting	Caldera Tap House, Ashland	Bandgfam@jeffnet.org
7	Tour de Eagle Point	Eagle Point	http://cityofeaglepoint.com/touring@siskiyouvelo.org
11	Membership Meeting	Jake's, Medford	touring@siskiyouvelo.org
14	Traffic Safety 101 Course	Central Point	siskiyouvelo.org
21	Bicycle Handling Course	Central Point	siskiyouvelo.org
21	Tour de Fronds	Powers, OR	Tourdefronds.com
22	Castle Crags Century	Castle Crags SP, CA	www.castlecragscentury.com
28	Bicycle Handling Course	Central Point	siskiyouvelo.org

July

2	Board Meeting		
13	Bike Wash & BBQ	Ashland	gordy.gilmore@yahoo.com
19	Crater Lake Ride & Camp Out	Union Creek, Prospect	gordy.gilmore@yahoo.com

-denotes a Velo Club event

-all listed events for the coming month are highlighted elsewhere in this issue

TRICYCLES ARE BICYCLES?

- Bill Tout

In most states, adult tricycles are included in the legal definition of "Bicycles" so they are permitted on the same roads and trails with their two-wheel cousins. Remember that in Oregon, adding a fourth wheel removes the machine from the bicycle category. This can be very important when thinking about adding an electric assist motor on a bicycle. The rules for "electric cars" are much more involved.

Other than the legal definitions, what difference does adding a wheel to a bicycle make to cyclists? Start with a standard frame bike and then add a wheel to the rear and you get a "shopping tricycle" or a very rare category of British Racing Trike. Neither of these machines is of much interest to cyclists in our Club.



tadpole

However, adding a third wheel to a recumbent machine creates what we call a touring tricycle. The most common style has two wheels in the front to create a

"Tadpole". Less common is the "Delta" configuration with the two wheels at the rear.



delta

Design changes are always a choice of compromises. Adding an additional wheel to a bicycle design is no exception. The tricycle retains the comforts of the recumbent but usually adds even more weight, wind drag, and rolling resistance. So why bother? The most common answer is that tricycles are just plain fun to ride. The pain in the seat is traded for aching face muscles from grinning all day. The stability of three wheels helps overcome balance problems and can avoid injuries caused by slick pavement. Another great advantage is that tricycles have no minimum speed to maintain stability.



Extremely low gears can allow climbing steep hills at a comfortable pace even when loaded with touring equipment.

Other concerns include the problem of visibility in traffic. Flags, lights, and great care are required for safe use of any low vehicle in traffic. Many tricycle riders have found that they are easily seen on rural roads and that they are afforded more space by passing motorists. Whether this is because of the unusual machine, or because the tricycle rider is assumed to be disabled, has not been determined.

We have several club members who are experienced tricycle riders. They can help you with the decision to try three wheels and to select the style of machine that can add years of enjoyment to your cycling.



NEXT VELO CLUB BOARD MEETING

Wednesday, June 4, 7:00 pm

Caldera Tap House

31 Water St. #2, Ashland

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

ELECTRIC ASSIST?

Do you think it's a matter of time before you get an electric assist motor for your bike/trike? There are those who say they wouldn't be without one and those who say they'll never have one.

I'm getting one. Why? A few months ago, I rode with a fellow who had one on his trike. In talking about its novelty, he said, "When you reach 78, you don't have to apologize for having a motor." I guess the reason I didn't respond to his age remark is that it had little relevance.

As you may imagine, his performance on climbs was eyebrow raising. That did it. Age aside, I bought an EcoSpeed mid-drive motor and have to wait eight weeks to get it. (Only 3 weeks to go) My wife, Ann, followed suit and just bought a BionX electric motor for her trike from Ashland Electric Bikes. (It only took 3 days to get hers.)

I've only seen the EcoSpeed on the company's web site. I know having one will change my riding style; especially when I'm fully equipped with camp gear and have to manage another long climb. That's when the ends of my lips will curl upwards.

-Phil Gagnon

SHORT TERM BICYCLE TOURS THIS SUMMER

If you haven't toured before and would like to try a camping tour, some of these may interest you. (Incidentally, you can borrow or rent camp gear. Overnight tours from your house may appeal.)

Motel and camping accommodations are available except where noted. There's no fee involved.

June 9	4-Days	Keizer - Lake Oswego Tour
June 20	Overnight	Applegate Tour (camping only)
June 25	3/4-Days	Ft. Klamath Tour (camping only)
June 30	3-Days	Yreka - Mt. Shasta Tour
July 14	7-Days	Vernonia - Tillamook Tour
July 28	Open Days	Idaho Rails to Trails
July 30	Overnight	Applegate Tour (camping only)
Aug 4	6-Days	Aufderheide Tour (camping only)
Aug 18	6-Days	Scappoose Tour
Sept 1	7-Days	Selkirk Loop Tour

To sign up or learn more of any tour, contact Phil Gagnon at star@mind.net

Who are you?

Ursula Robichaud has been riding a bike longer than most of us, can be found on Valley roads several times a week, and always has a smile and kind word. She is shown at right with an unknown cat which climbed on her bike at Colver Park.



How long have you lived in the Rogue Valley, and where did you come from? I have lived in the Rogue Valley since 1977 and worked at the Rogue Valley Medical Center as a laboratory medical technician for 29 years. I moved here from Morristown, NJ, and am a native of Regensburg, Germany.

How long have you been a SVC member? Right after I moved here I started riding with the Velo Club, but I could not keep up with them and they left me in the dust. In 1990 I met Nancy Carter, and with two others, we started the Rogue Recyclers, and I became a most devoted cyclist. Those twice weekly rides have made those years some of my happiest. After a few years, I rejoined the Velo Club because I could get 10% off bike gear in the local shops, but they were still too fast for me. That changed when Phil Gagnon appeared on the scene and created several new groups with different riding levels. It changed the bicycle world in the Rogue Valley.

Tell us about your first bike. How has your cycling developed since that first bike? I had an old Univega when I started riding here, and it was my first 10-speed bike. It soon got replaced with a new Bridgestone, which to me seemed like the absolute ultimate machine with its 21 gears. It carried me through five triathlons. Now I ride a Bianchi, and still after 10 years am very happy with it, particularly with the granny gear which comes in very handy for someone who doesn't like hills.

How often do you get on your bike, and what is an average ride for you? I celebrated my 70th birthday a long time ago with a 70km ride up

the Greensprings. Now I am most comfortable with 18 – 25 miles, which puts me squarely in the middle of the Melo Velo group.

How many miles do you ride in a year? I have no idea how many miles I ride in a year, and I don't ride in the winter, but I can hardly wait to get back in the saddle in the Spring, despite the dreaded butt pains.

Tell us about the most difficult day you've ever had in the saddle. My scariest experience was a total cramp on a rental bike in Santa Monica which put me on the ground while my son was at work. While debating whether to call an ambulance, it was gone, and I was back to normal.

What are your favorite rides? All moderate rides in this valley and northern California are my favorites. I have also enjoyed several longer tours, e.g. Vancouver Island, eastern Oregon, wine touring in Napa Valley with the YMCA and Bavaria, Germany.

What's the best thing about riding a bike? Bicycling has taught me a big lesson, namely if you lose something in life, don't give up, try something else. I used to be a passionate long distance runner for many years until my feet did not work anymore. Now what? I tried out biking and became even happier with it than running.

What's still on your cycle bucket list? Despite my dreadful old age and directional challenges, I will stay in the saddle among the many wonderful bicycle companions around me.

What Do You Think?

This is a new column in which readers are encouraged to submit their thoughts on a subject proposed by the Editor. We will publish comments submitted for a couple of months before we move on to another topic. Brevity is important, please. Your comment may be signed or anonymous. Submissions may be edited for content and length.

About BICYCLE ACCIDENTS

Cycling is dangerous, we all know it, and I bet everybody who rides has had at least one close shave. I know I have. Accidents, in my opinion, fall into three categories.

First, and the scariest, is when the victim has done nothing wrong and is hurt or mown down. We can't do much about these accidents, and fortunately they are few.

Second is when the rider or someone the rider is with does something stupid i.e. not being totally aware, going too fast etc. Once I ran into someone because I was talking too much and riding too close. We were lucky; she wasn't hurt at all, and I was just bruised.

The third category and probably the most common is when a rider is not paying careful attention to safety and makes a mistake, sometimes serious. Near misses are a warning to watch out.

All this adds up to the fact that we all need to be watchful and aware of how we ride. Our safety is our responsibility.

- Sarah Paul

Judy Kerr, Velo Club member and former leader of the Saturday Crank It Up group, describes her accident on April 29:

I put a 6" by 12" box on my handlebar at the mailbox to ride another 100 feet to my house. Checked the brakes. Good to go. Balanced the box on my chest but didn't take the slight downhill grade into account and the box slid off in front and rolled. I hit it going around 8 mph. Broke my right clavicle, left ramus (front of pelvis) and tailbone. 10 days at RVMC, lucky to skate by a nursing home and instead went to their rehab floor (heaven on the 6th floor...best salmon ever and quick answering of call bells). Thanks to everyone who visited and called and lent me their equipment from their falls. Amazing how much help you need when you can't walk. I can now put my walker in the car and drive. Looking for trike if anyone wants to visit with theirs or call with advice.

CLIMBING TIP OF THE MONTH

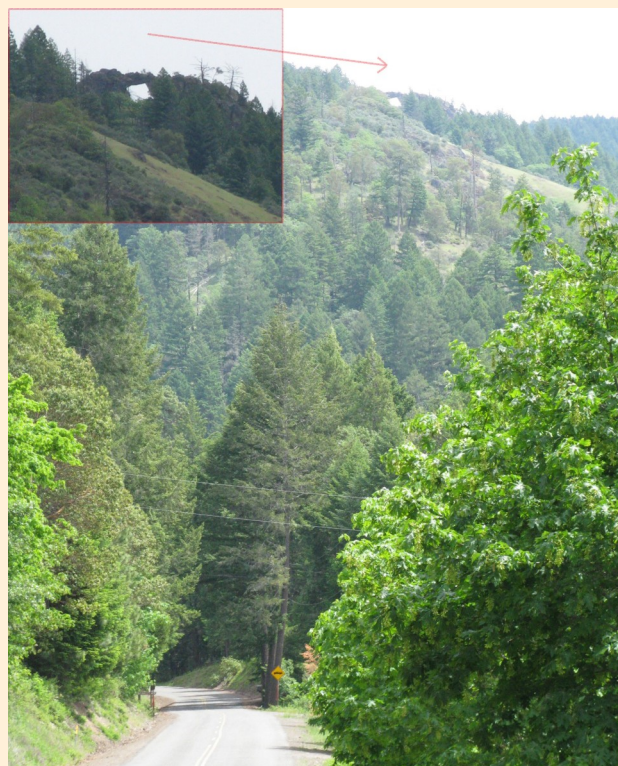
SHIFT GEARS

The best time to get into the right gear is before the climb begins. If you wait until the ascent starts to shift, the sudden decrease in speed will kill any momentum that you may have. It's also harder to shift when your chain is under load. Prevent dropping your chain or having your gears stick by shifting before pedaling becomes difficult.

Where are you?

John Fertig was the first of several to identify Jackson Bang's photo of the Greensprings Summit.

Hence John has submitted this photo, and the first person to identify the location or the place from which it was taken may submit one for next month.



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Visit us on the Internet: <http://www.siskiyouvelo.org>
or at www.facebook.com/siskiyouvelo.bicycleclub

Newsletter contributions accepted until the 20th of the month

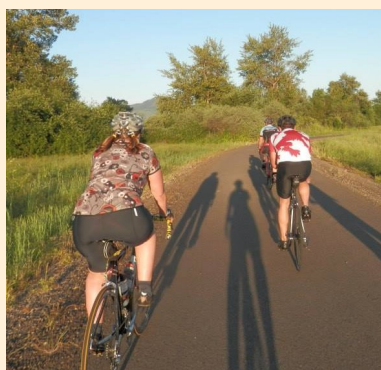
Contact the editor at mlmoore@q.com for more information. Members are welcome to submit letters, photos, stories, classifieds or other notices of interest to the club.

Siskiyou Velo Club PO Box 974 Ashland OR 97520



The Siskiyou Velo Club hosted the annual Ride of Silence on Wednesday evening, May 21. About 60 riders, both Club members and nonmembers, met at Hawthorne Park in Medford and rode behind a police escort, in silence, on city streets to Central Point and back on the Greenway. This ride was to honor those cyclists killed or injured while riding, to urge drivers to share the road, and to raise awareness of bicycles on the streets.

Club members Glenna and Matt Van Buskirk led the ride; President Gary Shaff was TV news star and sweep, and Viki Brown organized the ride with municipalities and police departments.





Daphne Grove 30 miles, 950' of climbing

Agness Pass 43 miles, 4300'

Eden Valley 61 miles, 3700'

Arrasta Saddle 76 miles, 4630'

Cruiser Century 116 miles, 8,000'

NEW! Two Gravel/Mountain Bicycle Rides

Tourdefronds.com

Tour de Eagle Point

Saturday June 7, 2014, 9:00am

Little Butte Elementary School

100K \$25 50K \$20

30K Easy riding \$10

10K \$5 (under 14 free)

Registration forms available at:

cityofeaglepoint.org

For questions or to contact us:

541-604-8522 or epbike@yahoo.com



June 21, 2014

Spectacular views around Castle Crags State Park

Live Music & Cold Beer - Mt. Shasta City Park

- Century- 97 miles, 8500' Climbing
- Metric- 63 miles, 6300' Climbing
- Half-Met-35 miles, 2200' gain
- Gone Fishin' Family ride - 10 miles, 500' gain

www.CastleCragsCentury.com



RIDE LEADERS

Tom Ryan	Dennis Cramer
Phil Gagnon	Wayne Evitts
John Bullock	Rick Berlet
Ray Forsyth	Ginny Jensen
Purk Purkerson	Karen & Gary Foll
Lorna Chateauneuf	Gary Shaff

Siskiyou Velo Crater Lake Ride & Camp Extravaganza

Union Creek Campground, Prospect

Camp out Friday, July 18 for club rides on Saturday, July 19

Rides Varied by group and optional SAG to the Lake for a loop and descent

Camping Weenies welcome! Come join us for a day-trip!

Optional 2nd night camping for the intrepid!

Reservations required for camping space at http://bit.ly/Velo_Campout

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.