



VELO CLUB DUES INCREASE JULY 1

The Board of directors recently approved a dues increase of \$5 - to \$20 per year. The Club is involved in many advocacy programs, and it is felt that additional funds are warranted. Most notably, our outreach efforts, such as Family Fun rides, group ride training and driver education efforts have significant expenses attached. The Board is constantly working to identify Club rides and social events which are popular and inexpensive.

Members have the option of renewing at the old price until July 1. Go to siskiyouvelo.org, log in, go to Club Members Only and click on Renew Membership.

A JUNE 6 RIDE TO SUIT EVERYONE

Don't forget our Family Fun Rides series which this month is June 6 in Ashland. Families of any size, shape, age and riding level are welcome to meet at Garfield Park at 10:30 for riding tips and fun exercises prior to a ride on streets and Greenway paths around Ashland.

If you're more into a ride with an environmental theme, join Ken Kelley and the RVCOG in Central Point to learn about water quality features. This is also a family friendly ride (families not required) of about 12 miles, including several stops along the way. See Page 2 for complete details.

NO MEMBERSHIP MEETING IN JUNE

So do what you like to do best: **ride ride ride!**

UPCOMING EVENTS

June

3	Board Meeting	Phoenix	bandgfam@jeffnet.org
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

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.



Annual Velo Club Ride & Hike from Central Point to Upper Table Rock and back on May 9

T'IS THE BIKE TOURING SEASON

Scappoose 4-Day Tour (June 12)

We start in Champoege State Park where cars will be left. Our first night will be in Hillsboro (34 mi.) Second night Vernonia (35 mi.) Third night, Scappoose (16 mi.) and back to Champoege (50 mi.) A high point of this ride is the Vernonia-Banks trail (see comments below). A ride along Portland's waterfront bike path will also be a new and pleasant experience. I envision lunch here, sitting alongside water's edge in one of many cafes located on the bike path.

Jump-Start 3- Overnight Tour (June 28)

(Your car accompanies you on each leg-- it's your SAG wagon)

Jump 1: Ann and I will drive from Ashland to Stub-Stewart State Park (33 mi west of Portland) Driving time: 5 hrs. We reserved a spot in Mountain Dale sector. (If interested, book now.) Once settled in, we intend to ride the bike trail to Vernonia for dinner (12 miles). The next morning, we'll ride the trail to the town of Banks for breakfast. (10 miles)

About the Banks/Vernonia State Trail: It's the first "rails-to-trails" in Oregon. The trail follows an abandoned railroad that stretches 21 miles between the cities of Banks and Vernonia. The Buxton and Horseshoe trestles are 700' long and 80' high--great views. There are also 13 bridges. Interestingly, both towns view the trail as a tremendous tourism asset and strive to find ways to cater to cyclists. Great! With check-out time at Stub-Stewart at 1 p.m., we suggest a drive to Forest Grove to lunch at McMenamins Grand Lodge before we head to Ft. Stevens on the coast. (1 1/2 hrs).

Jump 2: Ft. Stevens has 9 miles of bike paths that traverse wooded areas to open ocean. The campgrounds lie next to the site of military installations once used to guard the mouth of the Columbia River. We reserved a campsite in Loop L. (Wait not. Reserve now.) We can bike ride to Astoria (or drive) for dinner (12 mi.) crossing a 2 mile bridge with wide bike lanes.

Jump 3: The next morning we can breakfast in Warrenton and from there drive down the coast to rendezvous in downtown Corvallis with plans to bike ride from there to Philomath (8 mi.) for lunch at the Gathering Together Farm. This place is special. After lunch, we can head home or stop in Eugene to ride their River Trail. (So far, 5 members have signed on to this tour.)

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)

Incidentally, while these tours are designed as camping tours, motels are available. If interested, reservations should be made pronto. Email me with questions: Phil Gagnon (star@mind).



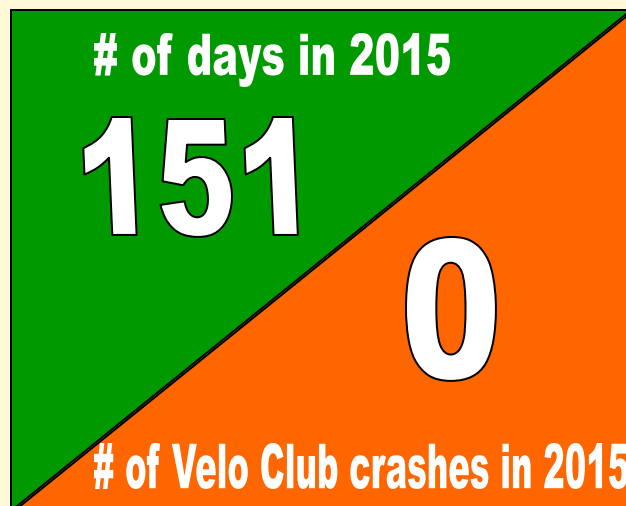
TOUR DE EAGLE POINT

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

TIME CHANGE

Velo Club
MONDAY RIDES
will begin at 9:30



INDEPENDENT TOURING PART II

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

"I know the tent poles are here." Yet I've looked three times and they're not.

Setting up camp the first night of a tour and the tent poles are nowhere to be found! It's beginning to sprinkle and the temperature's dropping, going to be a long night in this dark forest.

When planning a journey there is no substitute for a good, complete list. Every single item you need is on the list, EVERY SINGLE ITEM.

"Yeh, yeh I heard you. But do I really need to list my pump; it's on the bike right? And water bottles, everyone knows those go." Of course you don't need to list every item, like the tent poles. After all they are in the tent bag, aren't they?

How do you begin your list? Think about a day on the road. What would you need? Now think about a night in a tent. What would be good to have? Picture in your mind cooking an evening meal, what items would make that possible? Extend this process to all the aspects of a tour. List all those items. Then put the list aside a while. Take it out again; more items get noted. Once again put it down. This process continues until you are confident every desired item is recorded. No reservations. Don't worry about weight or size. The kitchen stove, if you want it, goes on the list.

Now that you have your **Want** list. Put it aside for a few days.

Time to refine the list

Taking the **Want** list, place a check mark by those items you *must* have, like the bike. Yes, the bike is listed. Remember if you are going to take it with you, it must be on the list. Think how excited you will be on the day you leave for that first tour. "Wow, I am finally hitting the road, been planning this for a year!" You go, forgetting the bike because it's not on the list or you didn't consult the list while loading the car.

Continuing to check each "must have", the panniers, tent, clothes line, get a check. Finished, lay the list down for a time. This process goes on for at least three times, more if you need.

After your list is down to just essentials, make a new list transferring only those checked items from the want list. Be very diligent, these things will get you through that first night in a warm, dry tent, comfortable in your sleeping bag, lying on a soft pad. You will have fresh-washed and drying clothes hanging on the line ready for the next morning's ride, but you won't have the kitchen stove.

"OK, I got it! It must be a thoroughly prepared and thought out list. But how do I know I have a good list?"

There are many touring lists on the internet. After your list is finished, you can compare it with them. But it is important that you prepare your own first. That way you will think through this process and feel confident with the final product.

Your **needed** items are finally noted and you feel comfortable you have everything down. Now make the final list. Dividing it into a list for camping, for biking, clothes, personal and another for cooking, place 2 check boxes next to every item on your lists, one for **have** and one for **packed**. As you gather the parts together, you check the first box. Your living room floor is now covered. Your mate is complaining that she can't even walk through the house. Then you bring in your bicycle and make her even happier.



You place your panniers on the bike and check the box next to them on the list. On goes each part until every item is packed and every box is checked. Now you can hit the road with an easy mind. Oh, I almost forgot put a line for the list. You want to take it for those times when you take a day or two off and unpack more than normal, so you will not forget anything in the motel room.

Next: How to Pack and Bike Selection.

Who are you?

Pam Erwin enjoys running, riding and hiking, including marathons, triathlons, and centuries. Last summer she hiked the Camino de Santiago solo, averaging 17 miles per day.

How long have you lived in the Rogue Valley, and where did you come from? Four years.....we moved here from Palm Springs, CA.

How long have you been a SVC member? Four years.

Tell us about your first bike. How has your cycling developed since that first bike? It was a beauty.... Schwinn cruiser aqua and white with a great horn!! Much lighter, faster bike and of course, now we bike in "special clothes," no longer a pair of jeans.

How often do you get on your bike, and what is an average ride for you? Average about four times per week.....25 to 30 miles.

What do you ride, and what do you like best about it? In Oregon I ride a Specialized Ruby Expert. I spend my winters in Palm Springs where I ride a Republic fixed gear bike.

How many miles do you ride in a year? 3,000 plus.... varies if I am training for a biking event

Tell us about the most difficult day you've ever had in the saddle. Two of the most difficult days I have ever been in the saddle was 1) the "hotter than hell" hundred miler in Texas – temp. was 110 degrees. 2) the bike leg of the Ironman- head winds of 30 mph for the last 55 miles.



What is your favorite ride in the Rogue Valley? The Rogue River ride up through Wimer.

What is your favorite ride world-wide? For now, Canadian Rockies through Banff and Jasper.

What's the best thing about riding a bike? Enjoying this amazing experience with other riders. Group rides are great fun!

What is your most embarrassing experience on (or near) a bike? When I got my first clipless pedals – could not click out and fell down in my own driveway in front of way too many neighbors. Very comical for them?!*

What's still on your cycle bucket list? To ride across America!!!!!! I can't wait to get this on my calendar.



18 Velo Melos rode from Gold Hill to Rogue River on May 2



SPRING INTRODUCTORY RIDES

— Ken Kelley

We offered a series of five introductory rides from April 11 through May 9. Over the course of the rides we were able to introduce ten new people to riding on the Greenway. Some found they were strong enough to ride with our faster groups, and some found it hard to keep up with the slowest of us. Hopefully they will be inspired to keep working for basic conditioning and come to join the Velo Slo-mos on future Saturday rides.

We encourage new riders to join up with the Velo Slo-mos. We usually start somewhere on the Greenway and will go 12 -20 miles at a pace of 7-10 mph. We take the time to look after new riders to help them learn the ropes of group riding in a relatively safe environment. If you have friends that want to get back to riding after many years laying off, encourage them to give it a try at a Slo-mo pace until they gain the confidence to move up to our faster groups. The important thing is to commit to getting out in the fresh air. Make time for outdoor exercise and you'll be glad you did.

Where are you?



The totem pole at left stands guard at the Wimer Store. It was not identified.

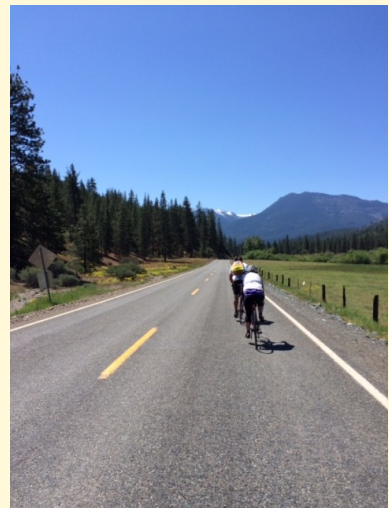
Whoever is first to identify the location of the photo below may submit a photo for next month.



MAY RIDE LEADERS

John Bullock
Dennis Cramer
Matt Walker
David Chapman
Tom Ryan
Ken Kelley
Gary Shaff
Rick Berlet
Judy Kerr
Bob MacCracken
Phil Gagnon
Ginny Jensen

Thank You!



Brisk Lite riders on May 23 ride the Yreka/Gazelle/Callahan loop.

APPLEGATE OVERNIGHT TOUR

— Phil Gagnon

This past month, three overnight tours were scheduled. The intent was to introduce more cyclists to the novelty of bicycle camping. Each tour took place with variations. For instance, on the first tour, I was the only bike--make that, trike--camper.

I started riding from home--Ashland-- at 11 a.m. My aim was to travel the hilly routes to find out how my new e-assist motor would fare under load (57 lbs). While the motor was used sparingly, I learned that after 51 miles, the battery still held an ample charge -- whoopee!

Once at Applegate Lake, I inspected the Hart-Tish Park campsites and was disappointed to see they were located down by water's edge. This would require hauling my camp gear down a steep incline; yet, my trike would have to be parked way above in a parking lot. Unsatisfied with this arrangement, I backtracked to Jackson Campground on Applegate Rd-- not too distant from the Ranger Station. Day's mileage: 51 miles.

This campground is directly on the Applegate River with 12



campsites (first come basis), toilets and electricity with a \$10 senior rate. The site and hosts were very nice. After my tent was setup, I met other campers who came by to investigate my trike and pose the usual questions --"You rode here from Ashland?" "How fast does it go?"

After supper -- sandwich and chocolate milk -- I sat at the picnic table to read my book (David Brook's "The Road To Character") and as temps dropped, I too dropped into my tent where

I kept reading until I dropped into my own darkness. Unlike a motel room, my tent took on a chill which permeated my sleeping bag and me. Not a pleasant night. (It's part of the "adventure", right?) At 6 a.m., I was up and frantically packing the trike to get on the road. With numb fingers, I raced to Ruch where I bought a hot cuppa and nibbled on a candy bar as sunshine finally made its debut.



On the long descent into Jacksonville on Rt. 238, I positioned the e-assist motor in its recharge mode and was pleased to see the volt indicator move into its full charge position when I reached the bottom of the hill.

Was this a joyous ride? I thought about this as I rode the familiar roads in beautiful countryside by the rollicking Applegate River and concluded that I wasn't joyous. Why? Consider the image of a 4 year old on a merry-go-round or falling in love as instances of joy. This imagery led me to conclude that joy is the "now". Here I was surrounded by gorgeous vistas, a lovely day, a sense of freedom; yet these thoughts weren't infused with joy. Only when I'd cascade full-speed down hills did I feel joyful abandon and elation. I figure joy isn't an intellectual construct but an inner sensation. A mountain climber once remarked after reaching a summit that her achievement was a revolution of the spirit. Similarly, some cross-country cyclists who reach the end of the long ride say they felt sadness to realize the adventure was over. Adventures are like that. Of course, an overnight tour lacks the grandeur of those achievements, still, I think there's joy to be found if you can let go of all distractions and focus on the moment.

The next two May overnight tour accounts will appear in coming newsletter issues.

NEXT VELO CLUB BOARD MEETING

Wednesday, June 3, 6:30 p.m.

2Hawk Winery

2335 N. Phoenix Rd, Phoenix

All members are welcome

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



About 40 riders braved threatening skies on the evening of May 20 for the annual Ride of Silence, hosted by the Velo Club. They rode from Hawthorne Park in Medford to Central Point and back to honor cyclists who have been killed or injured while riding on public roadways.



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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

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.

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 241-608-2411 for more information.

#RogueFamilyBike



Benefits of a Bicycle



- shapes up that boodie
- zero emissions
- slows global warming
- Whizzes past traffic jams
- Puts a big fat smile on your face
- it carries your goodies home
- it Feels like flying
- faster and easier than walking
- its as quiet as a mouse
- Gives you legs of steel
- No need to pay for gas, parking fees, or auto insurance...hurray!
- the Earth sends a lil extra (uv to those on bicycles (this is scientifically documented))

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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