



GET YOUR BIKE WASHED WHILE YOU WATCH !!

So the weather has certainly changed since early May and everybody has had a chance to log some miles and get their machine good and dirty. So **NOW** it's time for a Bike-wash and BBQ. In any season, a clean bike is a happy bike! And happy bikes ride smoother, faster and look great! Get the winter/ spring mud and grime off of your wheels and make your ride shine!!! The Velos are having a Bike-wash and BBQ Sunday July 13th in Ashland. Come by and have your bike washed, drive chain cleaned and lubed and the frame pampered lovingly with *BikeLust*; enjoy a brew and some good grilling and kick back on the deck and enjoy the company of fellow cyclists. Old bikes, new bikes, kid bikes....any bike.

- When: Sunday July 13th 2pm to whenever. Wash first - Fire the grill around 4:30, if you just want to come and have fun.
- Where: Gordy's house: 264 Palm Ave. Ashland. Ride or drive in - there's parking on the street and the H.S. parking lot is about 50 yards away. Phone (303)- 808-6816
- What: We have two manned bike-wash stations. We'll wash your bike, provide a meal, beverages (beer, wine, tea and soda) hang-out for conversation, music, ping-pong.
- Why: to get the members together to socialize and raise a few bucks for more social activities.

Fee (donation-we'll always take more!): \$15 per bike and BBQ. If you just want to come and socialize and have a kabob, but no bike-wash the fee is \$7.00. Extra bike: \$5.00. **Email Gordy** gordy.gilmore@yahoo.com **that you're coming and please specify Chicken, Beef, Shrimp or Veggie kabob).**

VELO CLUB CAMP-OUT AND RIDE

Please plan to join the first Siskiyou Velo campout and bike ride at Diamond Lake on Friday and Saturday, July 18-19. We will be in group site M-1 at the Broken Arrow Campground. Check it out at: www.usda.gov/brokenarrowcampground. You can arrive at 2:00 pm or later on Friday afternoon and get camp (RV or tent) set up and then join the group for a BYOB happy hour with some snacks provided. Dinner is on your own or a group can head to the pizza parlor or the lodge restaurant. A ride on the trail around the lake or on local roads could be done in the afternoon too.

On Saturday there will be rides for all levels with a leader. 61-mile ride from Diamond Lake to and around the Crater Lake Rim and back to Diamond Lake for the brisk group. A 34-mile ride from the Visitors Center in Crater Lake National Park around the rim and back to the visitors center for Veloship. A 25 to 30-mile ride along the North Umpqua River for Velo Melo and an 11-mile ride around Diamond Lake on the trail for Slo-Mos. Another BYOB happy hour with snacks on Saturday and the same dinner options as Friday. More riding could be done on your own on Sunday morning before heading home.

There is a small store at Diamond Lake Resort with food items and beverages. All meals are available at the resort restaurant. Plan to bring a folding lawn chair and whatever else you need for camping. To register go to: www.planetreg.com/E5290405972606.

TOUR THE OREGON COAST WITH THE VELO CLUB

We will begin the 7-day Vernonia-Tillamook Tour, July 12. We depart from Forest Grove, OR where cars will be left. Campground reservations are set. Maps are cased for handlebars. Excitement builds as emails zip back and forth between us to clarify details. This is a self-supported tour; however, we'll likely eat meals out most of the time.

Our route takes us from Forest Grove to Vernonia over the beautiful Banks-Vernonia Bike Trail—38 miles. We'll nestle in at Big Eddy Campground. Day 2 involves taking ferries to cross the Columbia River and overnight at Skamokawa Vista Park in Washington. We then will ride to Ilwaco WA to overnight in a KOA campground. Day 4 will be exciting as we cross the Astoria Bridge and get to experience the "Oh my God" overpass climb. This leads us to Gearhart OR, just above Seaside to spend the night. Day 5 brings us to Nehalem State Park and a Hiker/Biker campsite. If you're still with me, we then ride on to Tillamook with thoughts of lunch at the Cheese Factory. Our last day goes from Tillamook back to our cars.

Tucked around every curve and ridge on this tour are vistas of incomparable beauty-- coastal Oregon. Is that special, or what?

If you'd like to join us, get in touch.

Phil Gagnon (star@mind.net)

Thanks for the Assistance...

I would like to extend my sincere gratitude to 3 Velo riders that came to my rescue on the Greenway between Phoenix and Talent last Thursday June 12th. I was riding my new Trike & had encountered a problem that would have required me to walk the rest of my way home. The riders stopped & within minutes they had made the adjustments & had me on my way.

The only name I have is Bill & they were on their way for a trip to Gold Beach. They were very polite & saved my day.

Diane Juul

Siskiyou Velo Ride & Camp Extravaganza

Diamond Lake Campground

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

Rides Varied by group and optional SAG to
Crater 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 www.planetreg.com/E5290405972606

JUNE RIDE LEADERS

Jennifer Richmond	Rick Berlet
Dennis Cramer	Tom Ryan
Wayne Evitts	John Bullock
Gary Shaff	Ray Forsyth
Elaine Sweet	Viki Brown
Pat Fuhrman	Phil Gagnon

Where are you?

Dennis Cramer was the first to identify John Fertig's June photo at the junction of the S Fork Little Butte Creek Road at Conde Creek Rd .

The first person to identify the location of the photo at right may submit a favorite photo for next month.



NEXT VELO CLUB BOARD MEETING

Wednesday, July 2 7:00 pm

Wild River Brewing & Pizza Co.

2684 N. Pacific Hwy , Medford, OR 97501

All Club members are welcome

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

CLIMBING TIP OF THE MONTH

WORK ON CORE STRENGTH

Unfortunately, cycling requires a lot of core strength but doesn't help build it, no matter how much you ride. In order to power up a climb, a solid base is needed to counteract the push from your legs. An offseason focus on core strength will pay big dividends in your springtime climbing.

"A good traveler has no fixed plans and is not intent on arriving."

—Lao Tzu

WHAT'S THAT THING !

Start with a recumbent tadpole tricycle (a low machine with feet forward and two front wheels near the rider's knees) and add a full coverage body shell and the result is a Velomobile. They are often described as looking like an egg or a torpedo on wheels.

Adding forty pounds of plastic or fiberglass to a tricycle that started at over 30 pounds seems to result in a heavy machine. Add another 20 pounds of suspension, lights, and spare parts and you have something that struggles to go up hills. Velomobiles are most functional on flat roads with gradients not exceeding three percent

either up or down because such high speeds are quickly seen on any downhill road.

With so much concern for the weight of bicycles, how in the world does a velomobile have any useful purpose? They have three areas of advantage that overcome the weight penalty under some conditions. The first thing a rider notices is the reduced drag as the torpedo shape cuts through the air with less than half of the air resistance that slows a standard racing bike. Although a rider that normally cruises at 10 mph will still cruise at 10 mph in a velomobile, the stronger rider who cruises at 18 mph will likely see a steady speed of 24 mph on flat roads. This advantage is most important to cycling commuters who can make a longer trip practical.

The second advantage is that the machines shield the rider from cold air and water sprayed up from the wheels. Add a

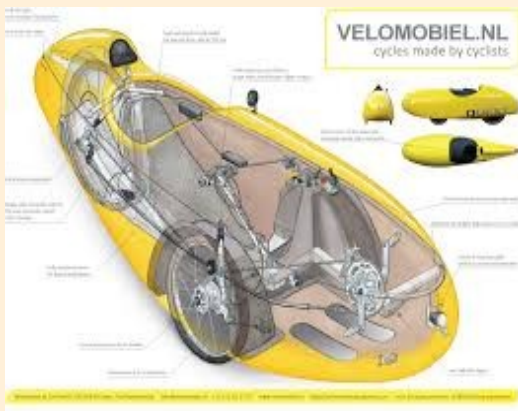


small roof and even rain and sun stay off of the rider. Combine this with the stability of three wheels and it allows riding in light snow while staying dry and warm.

By definition, velomobiles must have some space for storage inside the aerodynamic shell. This third advantage allows picking up the daily shopping after work, as is a common practice in Europe. Some riders have also done long tours by carrying camping gear and supplies inside the machine.

In summary, the advantages are speed, weather protection, and carrying capacity. The greatest disadvantage is the weight that is hard to drag up hills and adds effort to every stop sign. Also, the large size (30" wide and 8 or 9 feet long) requires a large van or trailer to transport them. Finally, the cost of purchasing a machine built almost by hand, mostly in Europe, is relatively expensive.

Some riders in the United States have used their machines as alternatives to automobiles and covered over 8,000 miles every year for the 10 years they have owned them. They have found the savings from reduced driving to have completely offset the purchase and maintenance of their transportation choice. The value of the fun and healthier lifestyle cannot be measured.



Who are you?

Jackson Bangs, almost 22, seems to be the most intrepid rider in the Club, never deterred by ice or snow. While looking for full-timework, he does odd jobs, everything from cutting trees to walking dogs. Need work done? Call Jackson !



How long have you lived in the Rogue Valley, and where did you come from? I have lived in the Rogue Valley for about four years now. Back in the summer of 2010, I made a personal bicycle trek from Rapid City SD to Ashland OR. That trip took me 25 days to complete. I graduated from Ashland High School in June 2011.

How long have you been a SVC member? I joined the Siskiyou Velo in the summer of 2011.

Tell us about your first bike. How has your cycling developed since that first bike? My first bike was a cheap Target Magna Mt bike that only cost \$89. This was my first multi-speed mountain bike; it was heavy and had too many problems. Since then I have become stronger and faster at bicycling. After that I needed a better, more reliable bike so I purchased a Specialized Hardrock mountain bike that before it was stolen had over 12,000 miles on it.

How often do you get on your bike, and what is an average ride for you? I ride my bicycle on a daily basis because it is my main form of transportation. A typical ride for me is around 50 miles. In the past two years it has become common for me to do a century ride once a week because I would ride to and from the brisk rides on Saturdays. So far using a bicycle to get around the Valley has saved me money, improved my health, and reduced my carbon footprint.

What do you ride, and what do you like best about it? I ride two different road bikes. One of them is a Specialized Tricross. This bike is a cross bike that can be used for different kinds of riding. I used it on my 1,288 mile bicycle trek from Rapid City, SD to Ashland, OR. Since November 28, 2008 I have put over 27,000 miles on the bike. I like it because I can take it on a wide range of rides, anywhere from unpaved forest service roads to long distance road rides. This bike is very versatile and comfortable for the long haul. Now for high speed group rides, Ruth Molly Hill and others from the Tuesday Ladies Night rides gave to me, free of charge, a Trek Road Bike with a Garmin computer. Riding with these people is nice after a long day at work.

How many miles do you ride in a year? In a single year I ride anywhere from 6,000 to 7,500 miles. I don't own a car so the miles really add up.

Tell us about the most difficult day you've ever had in the saddle. That was when I did my first ever double century ride, from Ashland to Crater Lake, and back. Before that, the most I had ever done in a day was 160 miles with not so much elevation gain.

What is your favorite ride in the Rogue Valley? It is the Mountain Lakes Loop that goes up Highway 66 and over Hyatt Lake Road to Dead Indian Memorial Road. Often times I do it in the reverse direction for something different.

What is your favorite ride world-wide? So far I have only bicycled in the United States. If I could go anywhere in the world it would probably be New Zealand.

What's the best thing about riding a bike? For me it is the speed and the distance one can go while burning calories and not oil. While on the bike, you get to experience your surroundings so much better than if you were in a car going 50+ MPH. With Global Average Temperatures on the rise, we need to start thinking about how we use energy and what impact it has on the planet. I believe bikes are part of the solution to curbing CO2 emissions, cleaning up the air we need to breathe, and reducing America's reliance on oil.

What is your most embarrassing experience on (or near) a bike? I accidentally bumped into another rider's rear wheel while in a pace line. Lucky for us no one crashed.

What's still on your cycle bucket list? Next year I plan on setting off on my Specialized Tricross to tour the United States and the National Parks. I plan to start in Ashland and head North toward Washington. From Washington I plan on heading east toward Maine. After that I plan on heading south toward Washington D.C. From there I plan on turning my front wheel west toward California, and then north back to Ashland. This is only the beginning of what is on my bucket list of bicycling adventures.

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**

Snowbirding

I'd been staying in Borrego Springs and was planning to come home the following day. Three of us were riding at mile 35 of a 38 mile ride, on a flat road and gorgeous day. We were in line, about 5 to 6 feet apart, riding at 20+ mph. I was in third position when suddenly, the rider in front of me hit a pot hole and went down in a flash. I couldn't react at that speed and found myself on the street, unable to lift both my right leg and arm. After a 2 hour ambulance ride to Escondido, I was told I had broken my collar bone in two places and my pelvis in four. This was my first road bike crash and my first time in a hospital. A moment of obscured vision resulted in 11 days in the hospital and months of recuperation.

Be very careful out there and keep in mind your position with other riders!

-James Williams

There's no such thing as an accident.

-Steve Juul

Crank It Up !

This is Judy Kerr's view these days, from the seat of a recumbent trike.



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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

4-DAY INDIAN MARY TOUR

At the heart of a tour is adventure — adventure into new areas with unknown challenges, delights and woes. We had them. Frank Fournier, Leslie Bullock and I drove trike recumbents with Ken Kelley on his upright. This was a self-contained tour.

Cantrall-Buckley Park in Ruch was our first day's destination. As the distance from Jacksonville is only 11 miles, we had afternoon departures from different start points. I left my car at Wal-Mart and went from there. First one to arrive at the park was to select a site close to restrooms. Surprisingly, few campers were there. The overnight fee was \$16 which we split. We were disappointed to learn that shower facilities required quarters. With tents pitched and panniers unloaded, we settled around a picnic table for supper. Different tiny camp stoves were set up to boil water for a variety of plastic bag goodies, such as Fettuccini Alfredo with Chicken. As evening temps began to drop, we soon submerged into our tents with reading lights aglow.

The next morning, a seven mile ride took us to the Applegate Store and restaurant for breakfast. A provision stop in Murphy for sandwiches, later to be eaten for lunch at beautiful Reinhart Park in Grants Pass. While seated at picnic tables pond side, we were entertained by a flock of geese and their babies. Like the day before, we had numerous "Oh my God" climbs to deal with all the way to Indian Mary Campground. An added downer was a bulge on my front tire that required a constant grip on the fender to keep it away from the bulge.

Indian Mary Campground is appealing as much of the terrain is grass and comfortable to bed upon. (\$19) As soon as tents were set, the little camp stoves were fired, along with a wood fire in our campsite fire pit—not that it was cold but that wood was at hand. My immediate task was to deal with the tire bulge.

Fortunately, Leslie carried a folding spare tire and willingly gave it to me. It hadn't occurred to me to carry an extra tire but from now on I'll have one.

On these all-day rides, I yearned to be open to a sense of gratitude for my surroundings and the unbounded freedom that came with it. I drew comparisons with former times when I'd commute by train to a 9 to 5 job. Where was the elation? Why wasn't I feeling exhilarated by the speed, the beauty and yes, the leisure? It seemed I was caught up in an intellectual exercise and couldn't get to that feeling/sensing level. My friends listened to my dilemma and had little to add to my musings.

The next day we rode 8 miles to Merlin but as we started, Ken discovered he had a flat tire. Once together in Merlin, we had a bite and went on to Grants Pass. There, the plan was to stop at Spin Cycles to resupply and have lunch. It's always nice to stop at a bike shop for an air check. Frank went off to a Mexican restaurant while the rest of us lunched at a local grocery store. From there we went on to Rogue River and Valley of the Rogue State Park for our last night. (\$19) We stayed in "A" campground. Very nice. In fact, the entire park is very nice. A new restroom facility had great, free showers.

We rode 5 miles to Gold Hill to breakfast at Patti's Kitchen. By now, we were tired and the Old Stage Road climb seemed longer than it is. Our return was via Scenic Rd and at Peninger, we rode the new Greenway extension which is quite nice as it weaves alongside Peninger Rd. and past several lovely ponds.

We determined not to do this tour again. Why? Too many long climbs. Perhaps a leisure day after the second day would have made a difference. Sometimes a layover works to enable the body to recuperate. (I'm about to get an electric assist so my thinking on doing this again could well change.)

-Phil Gagnon

VELO CLUB ICE CREAM SOCIAL SET FOR AUGUST 23

Put Saturday, August 23 on your calendars for the Velo Club's annual Ice Cream Social. All rides will meet at Colver Park, Phoenix, and depart for rides specific to the group. We'll regroup at the park for ice cream and pie, and lots of socializing! Keep your eyes peeled to the Velo Club website for ride information closer to the date.

RIDE NAKED !

- Steve and Crystal Bosbach

World Naked Bike Ride Portland is over and it was a very enjoyable event. Weather cooperated with relatively warm temps for Portland, and no rain occurred to dampen spirits. As we neared our start location, more and more cyclists were encountered, some already in body paint, costume or nothing at all, boldly pedaling down the road full Monty.

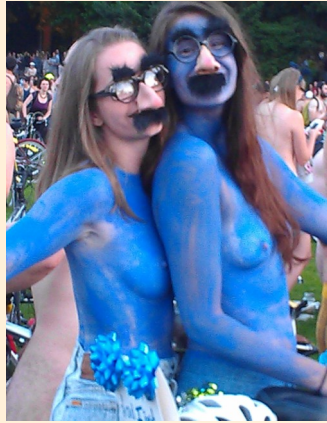
At the park, we checked in at the volunteer booth, as I had volunteered as a ride along mechanic. Crystal volunteered as a rolling medic with first aid kit, and thankfully never needed it.

Lots of town folk spectators were lining the streets as we exited the Normandale Park. Some looked incredulous, others applauded and shouted approval. There were NO jeers or cat calls at all. The ride is being labeled as a tradition in Portland now, so it's future looks secure.

Observations:

We meet a wheelchair bound cyclist who said he had ridden the ride last year as volunteer security, but was now in a wheelchair. This wasn't keeping him out of the ride, however, and he was again volunteering as security.

We pass through the residential area and start to get into the commercial zone, and I see three gals at a food trailer, all nude



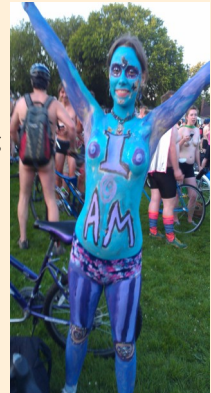
as jay birds, nonchalantly ordering something to eat, like this happens all the time in Portland.

We come around a corner where scattered bystanders are watching the throng of cyclists go by. A lone woman is standing on the sidewalk, next to her pile of clothes, nude, applauding as we pass.

Flying down the last big hill to the finish point, a tall, thin cyclist sits up on his bike and throws his arms wide in exuberance, sailing down hill naked and free!

Final thoughts:

I do think the ride has lost it's protest base and has now succumbed to the party scene. Maybe it was always mostly the party scene. This is, however, still useful as a social experiment to show the natural appropriateness of the human body, but it no longer carries the serious political weight in Portland that it does in other cities and countries. WNBR is important for what doesn't happen, as much as for what does happen. There were no assaults or thefts reported associated with the ride. Minor scrapes are taken care of and mechanical problems are resolved by volunteers. WNBR is one of those events where people begin to feel human again, fully in their bodies, and unashamed of who they are. Accepting themselves, they begin to see it's easier to accept others where they are, no matter what bike, wheelchair or car they might be riding. People who have ridden WNBR say it's liberating. I would say it is that and more.



UPCOMING EVENTS

July

2 Board Meeting

13 Bike Wash & BBQ

19 Crater Lake Ride & Camp Out

Wild River Pizza, Medford

Ashland

Union Creek, Prospect

Bandgfam@jeffnet.org

gordy.gilmore@yahoo.com

gordy.gilmore@yahoo.com

August

6 Board Meeting

13 Velo Club Membership Meeting

23 Ice Cream Social

Colver Park, Phoenix

gordy.gilmore@yahoo.com

-denotes a Velo Club event

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

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.