

GEARs August 2016 Rides

GEARs (Greater Eugene Area Riders) invites all bicyclists to join in riding together through some beautiful bicycling terrain. We require that all participants wear a bike helmet and bring a bike in safe riding condition. A frame tire pump, tube/patch kit, basic tools, full water bottle and appropriate clothing are strongly encouraged. Ride leaders will help to ensure that you have a safe and pleasant experience. If you have questions about a scheduled ride, feel free to contact the ride leader or Ride Coordinator Mike Cantrell at 541-342-7649 or michael@eugenegears.org.

Terrain Key:

A: Flat with gently rolling terrain.

B: Rolling Terrain with a few short, steep climbs.

C: Moderate rolling terrain with steeper, longer climbs.

D: Demanding terrain with frequent steep and / or sustained climbs.

Note: You should be an experienced cyclist to participate and enjoy C and D rides, or rides over 50 miles.

Food Key:

FS - Food store on route

FR - Restaurant stop

BF - Bring food

Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Tuesday August 2	8:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	C	Jackie Murdoff 541-345-3941
Thursday August 4	8:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	A	Mike Cantrell 541-324-7649
Thursday August 4	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-953-2894
Saturday August 6	8:30AM Alton Baker Park	114b	McKenzie View	10-12 mph	25 Miles	FS	B	Mike Cantrell 541-324-7649
Saturday August 6	8:30AM Alton Baker Park	##	June Mountain - Jackie will have route at start	12-15 mph	76 Miles	FS	C	Jackie Murdoff 541-345-3941
Sunday August 7	6:30 - 10:00 AM Hilyard Comm. Center	18th Annual Blackberry bRamble featuring the Wolf Creek Century, the Poodle Creek Metric Century, the 40 Mile Ride and the 10/20 Mile Community Fun Ride. Be sure to check out the Bike Celebration with entertainment, booths and events. Visit www.eugenegears.org for more information.						
Tuesday August 9	8:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	C	Jackie Murdoff 541-345-3941
Thursday August 11	8:30AM Alton Baker Park	209c	Alvadore via Meadow View	12-15 mph	35 Miles	FS	A	Steve Hecker 541-954-1161
Thursday August 11	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-953-2894
Saturday August 13	8:30AM Alton Baker Park	???	Deerhorn Rd via Thurston Rd Return Camp Creek, Spfld	12-15 mph		FS	C	Garry Swanson 541-726-3997
Sunday August 14								
Tuesday August 16	8:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	C	Jackie Murdoff 541-345-3941
Thursday August 18	8:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997
Thursday August 18	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-953-2894
Saturday August 20	8:30AM Alton Baker Park	318c	Doane Rd to Briggs Hill Rd	10-12 mph	41 Miles	BF	C	Garry Swanson 541-726-3997
Saturday August 20	8:30AM Alton Baker Park	318c	Doane Rd to Briggs Hill Rd	12-15 mph	41 Miles	BF	C	Steve Hecker 541-954-1161

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Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Sunday August 21	8:30AM Alton Baker Park	314c	Hamm Rd (west to east) return via Seavey Loop	16+	48 Miles	BF	C	Kristin Yarris 213-448-5645
Tuesday August 23	8:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	C	Jackie Murdoff 541-345-3941
Wednesday August 24	6:00PM Alton Baker Park	310b	Over the Hump, around the Dump	12-15 mph	32 Miles	BF	C	Kristin Yarris 213-448-5645
Thursday August 25	8:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	A	Mike Cantrell 541-324-7649
Thursday August 25	6:00PM 16 Tons	265 E 13th Ave - Women's Only GEARs Fundraiser Ride sponsored by 16 Tons All speeds welcome, 20 - 30 Miles, route announced at the start.						Paula Erickson 541-953-2894
Friday August 26	GEARs Mini-Tour to Foster Lake, Sunnyside Campground More information will be posted soon on http://eugenegears.org RSVP to Garry Swanson							Contact Garry Swanson for more information 541-726-3997
Saturday August 27	9:00 at Sunnyside campground - Remote Start. Two loops in the Brownsville / Lebanon area short loop = 50 miles, long loop = 70 miles							
Sunday August 28	GEARs Mini-Tour Return from Sunnyside Campground after a great weekend.							
Sunday August 28	8:30AM Alton Baker Park							
Tuesday August 30	8:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	C	Jackie Murdoff 541-345-3941
Wednesday August 31	6:00PM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Kristin Yarris 213-448-5645
Thursday September 1	9:00AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997
Thursday September 1	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-953-2894

Color Key: 10-12 mph leader pace
16 + mph leader pace

The Average Pace indicated is based on the actual riding speed with a neutral wind on flat terrain. Terrain and weather conditions will influence the actual speed at any one time during the ride. At times the actual speed may be higher than the upper range of the average pace.

The **16+ mph** rides are fast paced, usually in a pace line with few stops. The leader will try to keep the group together. The ride leader will announce where regrouping will take place and will try to keep the group together when possible.

The **12-15 mph** rides are medium paced and regroup often. The ride may get stretched out, but will regroup at turns and at the top of climbs.

The **10-12 mph** rides are slower paced, the group tends to stay together and takes the time look at the scenery.

If you decide to drop out of a ride along the way, please let the ride leader know so we don't come looking for you.

The Ride Schedule is also available for download at the GEARs website: www.eugenegears.org. Most of the rides listed above now have cue sheets and links to maps on our website, www.eugenegears.org/rides/ridelist.

