

GEARs December 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 Garry Swanson at 541-726-3997 or garry@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
Thursday December 1	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Mike Cantrell 541-342-7649
Saturday December 3	9:30AM Alton Baker Park	125d	Clearwater, Mt. Vernon, 42nd St., Mckenzie View	10-12 mph	35 Miles	FS	B	Paula Erickson 541- 953-2894
Saturday December 3	9:30AM Alton Baker Park	##	Fairmont Ramble, Clearwater, Mt. Vernon, Mckenzie View	12-15 mph	37 Miles	FS	B	Jackie Murdoff 541-345-3941
Saturday December 3	9:30AM Alton Baker Park	125d	Clearwater, Mt. Vernon, 42nd St., Mckenzie View	12-15 mph	35 Miles	FS	B	Kristin Yarris 213-448-5645
Sunday December 4	9:30AM Alton Baker Park	317a	Pine Grove Rd	12-15 mph	28 Miles	BF	C	Mike Cantrell 541-342-7649
Tuesday December 6	9:00AM 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 December 8	9:30AM Alton Baker Park	125b	Clearwater & Scenic Springfield	12-15 mph	25 Miles	BF	B	Steve Hecker 541-954-1161
Saturday December 10	9:30AM Alton Baker Park	401f	Pleasant Hill and Jasper	12-15 mph	39 Miles	FS	B	Garry Swanson 541-726-3997
Sunday December 11	9:30AM Alton Baker Park	214a	Sovern Lane	12-15 mph	38 Miles	FS	A	Mike Cantrell 541-342-7649
Tuesday December 13	9:00AM 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 December 15	9:30AM Alton Baker Park	209c	Alvadore via Meadowview	12-15 mph	35 Miles	FS	A	Garry Swanson 541-726-3997
Saturday December 17	9:30AM Alton Baker Park	310b Alt.	Over the Hump, Around Dump w/ stop @ Creswell Bakery	10-12 mph	33 Miles	FR	C	Paula Erickson 541- 953-2894
Saturday December 17	9:30AM Alton Baker Park	310b Alt.	Over the Hump, Around Dump w/ stop @ Creswell Bakery	12-15 mph	33 Miles	FR	C	Garry Swanson 541-726-3997
Sunday December 18	9:30AM Alton Baker Park	306g	Gimpl Hill via Pine Grove	12-15 mph	28 Miles	BF	C	Steve Hecker 541-954-1161
Tuesday December 20	9:00AM 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 December 22	9:30AM Alton Baker Park	125b	Clearwater & Scenic Springfield	12-15 mph	25 Miles	BF	B	Mike Cantrell 541-342-7649

Happy Holidays From GEARs.

No Scheduled Rides December 24th or 25th. Enjoy the Holiday Break with your family.

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Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Tuesday December 27	9:00AM 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 December 29	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Steve Hecker 541-954-1161
Saturday December 31	9:30AM Alton Baker Park	307d	Fox Hollow, Lorane Hwy, Pine Grove	12-15 mph	37 Miles	BF	C	Sue Woling 541-345-2110
Sunday January 1	9:00 AM 5th St Market	##	Annual Polar Bear Ride - Not a GEARs Ride, but fun		45 Miles	BF	A	Not a GEARs Ride

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.

