

GEARs January 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
Saturday January 2	9:30AM Alton Baker Park	125c	McKenzie View to Clearwater Trail	10-12 mph	39 Miles	FS	B	Garry Swanson 541-726-3997
Saturday January 2	9:30AM Alton Baker Park	314d	Hamm Rd via Fox Hollow Stop @ Creswell Bakery	12-15 mph	49 Miles	FS/FR	C	Jackie Murdoff 541-345-3941
Sunday January 3	9:30AM Alton Baker Park	403b	Jasper via Pleasant Hill	10-12 mph	31 Miles	FS	C	Lynda Christiansen 541-687-8379
Sunday January 3	9:30AM Alton Baker Park	403b	Jasper via Pleasant Hill	16+ Mph	31 Miles	FS	C	Jeff Sprague 541-484-4434
Saturday January 9	9:30AM Alton Baker Park	214b	Sovern Lane via Alvadore Rd	12-15 mph	38 Miles	FS	A	Paula Erickson 541-998-8420
Tuesday January 5	9:30AM 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 January 7	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Steve Hecker 541-954-1161
Saturday January 9	9:30AM Alton Baker Park	214b	Sovern Lane via Alvadore Rd	10-12 mph	38 Miles	FS	A	Paula Erickson 541-998-8420
Saturday January 9	9:30AM Alton Baker Park	214b	Sovern Lane via Alvadore Rd	12-15 mph	38 Miles	FS	A	Garry Swanson 541-726-3997
Sunday January 10	9:30AM Alton Baker Park	125a	Clearwater Trail & Springfield	10-12 mph	25 Miles	BF	B	Lynda Christiansen 541-687-8379
Sunday January 10	9:30AM Alton Baker Park	125c	McKenzie View, Sunderman, Clearwater Trail	16+ Mph	39 Miles	FS	B	Jeff Sprague 541-484-4434
Tuesday January 12	9:30AM 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 January 14	9:30AM Alton Baker Park	125a	Clearwater Trail & Springfield	12-15 mph	25 Miles	BF	B	Garry Swanson 541-726-3997
Saturday January 16	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	10-12 mph	35 Miles	FS	B	Paula Erickson 541-998-8420
Saturday January 16	9:30AM Alton Baker Park	106a	Wendling Covered Bridge	16+ Mph	51 Miles	FS	B	Jeff Sprague 541-484-4434
Sunday January 17	9:30AM Alton Baker Park	319b	Lorane Hwy to Petzold, Out and Back	10-12 mph	35 Miles	BF	C	Mike Cantrell 541-342-7649
Tuesday January 19	9:30AM 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

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Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Thursday January 21	9:30AM Alton Baker Park	209c	Alvadore via Meadowview	12-15 mph	35 Miles	FS	A	Steve Hecker 541-954-1161
Saturday January 23	9:30AM Alton Baker Park	320a	River Dr. to Howe Lane	10-12 mph	41 Miles	FS/BF	A	Paula Erickson 541-998-8420
Saturday January 23	9:30AM Alton Baker Park	320a	River Dr. to Howe Lane	16+ Mph	41 Miles	FS/BF	A	Kristin Yarris 213-448-5645
Sunday January 24	9:30AM Alton Baker Park	401f	Pleasant Hill to Jasper	12-15 mph	39 Miles	FS	B	Mike Cantrell 541-342-7649
Tuesday January 26	9:30AM 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 January 28	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997
Saturday January 30	9:30AM Alton Baker Park	207c	Franklin Firehouse via Clear Lake Rd	12-15 mph	38 Miles	FS	B	Steve Hecker 541-954-1161
Sunday January 31	9:30AM Alton Baker Park	103d	Herman Rd via Coburg Bottom Loop	12-15 mph	33 Miles	FS	A	Mike Cantrell 541-342-7649
Sunday January 31	9:30AM Alton Baker Park	103d	Herman Rd via Coburg Bottom Loop	16+ Mph	33 Miles	FS	A	Kristin Yarris 213-448-5645

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.

