

GEARs July 2015 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	
Wednesday July 1			No Scheduled Ride (Extreme heat forecasted)						
Thursday July 2	8:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Ray Linneman 458-205-1497	
Thursday July 2	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-998-8420	
Saturday July 4	8:30AM Alton Baker Park	617	Annual 4th of July Ride to Harrisburg Parade	12-15 mph	46 miles	BF	A	Garry Swanson 541-726-3997	
Saturday July 4	8:30AM Alton Baker Park	617	Annual 4th of July Ride to Harrisburg Parade	16+ mph	46 miles	BF	B	Jeff Sprague xxx	
Sunday July 5	8:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	BF	B	Mike Cantrell 541-342-7649	
Wednesday July 8	1:00PM Hilyard Comm. Center	##	Meet Texas 4000 Riders	12-15 mph	TBA		B	Paula Erickson 541-998-8420	
Thursday July 9	7:00AM 1166 Oak Street	##	Escort Texas 4000 out of town	12-15 mph	TBA		A	Mike Cantrell 541-342-7649	
Thursday July 9	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-998-8420	
Saturday July 11	8:30AM Alton Baker Park	403b	Jasper via Pleasant Hill - Alt Return via Clearwater Path	12-15 mph	34 miles	FS	B	Garry Swanson 541-726-3997	
Sunday July 12	8:30AM Alton Baker Park	301b	Crow via Central	10-12 mph	38 Miles	FS	C	Lynda Christiansen 541-687-8349	
Sunday July 12	8:30AM Alton Baker Park	301b	Crow via Central	12-15 mph	38 Miles	FS	C	Steve Hecker 541-954-1161	
Wednesday July 15	6:00PM Alton Baker Park	103d	Herman Rd via Coburg Bottom Loop	12-15 mph	33 Miles	FS	A	Garry Swanson 541-726-3997	
Thursday July 16	8:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Ray Linneman 458-205-1497	
Thursday July 16	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-998-8420	
Friday July 17	6:00PM Noble Estate Winery	Meet at Noble Urban Winery, 560 Commercial. Be ready to ride at 6:00pm! 3 Wineries. 1) Wine Lab on Lincoln 2) Territorial Wine on 3rd. 3) Noble's Urban Wine Room on Commercial. Bring money for wine and/or Food Cart at Wine Lab.							Robin Forster 541-525-0703

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Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Saturday July 18	8:30AM Alton Baker Park	##	Welcome Ride - East Bank to Starbucks at Delta	Easy, Social	~10 Miles	FR	A	Robin Forster 541-525-0703
Saturday July 18	8:30AM Alton Baker Park	211a	Lawrence and Short Butler	10-12 mph	40 Miles	FS	C	Garry Swanson 541-726-3997
Saturday July 18	8:30AM Alton Baker Park	230a	Goldson, Hall & Smyth	12-15 mph	58 Miles	FS/BF	C	Ray Linneman 458-205-1497
Sunday July 19	8:30AM Alton Baker Park	212c	Cheshire	10-12 mph	50 Miles	FS	B	Lynda Christiansen 541-687-8349
Wednesday July 22	6:00PM Alton Baker Park	229a	Irving Rd via Clear Lake Rd	12-15 mph	25 Miles	BF	A	Mike Cantrell 541-342-7649
Thursday July 23	8:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Ray Linneman 458-205-1497
Thursday July 23	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-998-8420
Sunday July 26	8:30AM Alton Baker Park	319b	Lorane Hwy to Petzold,	12-15 mph	35 Miles	BF	C	Dennis Greene 541-345-0231
Wednesday July 29	6:00PM Alton Baker Park	317a	Pine Grove Rd	12-15 mph	28 Miles	BF	C	Garry Swanson 541-726-3997
Thursday July 30	8:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Mike Cantrell 541-342-7649
Thursday July 30	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		TBA

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 July 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.

