

GEARs July 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 July 2	8:30AM Alton Baker Park		16 Tons Fundraiser Ride - Ride will end at 16 Tons Café where they will donate 25% of purchased meals to GEARs. See www.eugenegears.org for more info.					Paula Erickson 541-953-2894
Sunday July 3	8:30AM Alton Baker Park	320a	River Drive & Howe Lane	12-15 mph	41 Miles	FS	A	Mike Cantrell 541-342-7649
Sunday July 3	8:30AM Alton Baker Park	##	Grimes Rd	12-15 mph	80 Miles	FS	C	Jackie Murdoff 541-345-3941
Monday July 4	8:30AM Alton Baker Park	617	Annual 4th of July Ride to Harrisburg Parade	12-15 mph	46 miles	BF	A	
Monday July 4	8:30AM Alton Baker Park	617	Annual 4th of July Ride to Harrisburg Parade	16+ mph	46 miles	BF	B	Jeff Sprague 541-484-4434
Tuesday July 5	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 July 7	8:30AM Alton Baker Park	209c	Alvadore Rd via Meadowview	12-15 mph	35 Miles	FS	A	Garry Swanson 541-726-3997
Thursday July 7	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 July 9	8:30AM Alton Baker Park	401f	Pleasant Hill to Jasper	12-15 mph	39 Miles	FS		Garry Swanson 541-726-3997
Sunday July 10	8:30AM Alton Baker Park	301b	Crow via Central	10-12 mph	38 Miles	FS	C	Lynda Christiansen 541-687-8379
Sunday July 10	8:30AM Alton Baker Park	301b	Crow via Central	16+ mph	38 Miles	FS	C	Jeff Sprague 541-484-4434
Tuesday July 12	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 July 13	6:00PM Alton Baker Park	317a	Pine Grove Rd	12-15 mph	28 Miles	BF	C	Jeff Sprague 541-484-4434
Thursday July 14	8:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Steve Hecker 541-954-1161
Thursday July 14	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-953-2894
Friday July 15	6:00 PM Noble Urban Winery		Urban Winery Ride. Meet at Noble Urban Winery - 560 Commercial Ave see http://www.eugenegears.org for more information.					Robin Forster 541-953-3166
Saturday July 16	8:30AM Alton Baker Park	319b	Petzold Rd, Out & Back	12-15 mph	38 Miles	BF	B	Mike Cantrell 541-342-7649
Sunday July 17	8:30AM Alton Baker Park	211a	Lawrence and Short Butler	10-12 mph	40 Miles	FS	C	Lynda Christiansen 541-687-8379
Wednesday July 20	6:00PM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	John Wellwood 541-345-8734

GEARs July 2016 Rides

Page 2

Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Thursday July 21	8:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	A	Mike Cantrell 541-342-7649
Thursday July 21	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
Saturday July 23	8:30AM Alton Baker Park	106a	Wendling Covered Bridge	12-15 mph	51 Miles	FS	B	Garry Swanson 541-726-3997
Saturday July 23	8:30AM Alton Baker Park	106a	Wendling Covered Bridge	16+ mph	51 Miles	FS	B	Jeff Sprague 541-484-4434
Sunday July 24	8:30AM Alton Baker Park	212c	Cheshire	10-12 mph	50 Miles	FS	B	Lynda Christiansen 541-687-8379
Tuesday July 26	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 July 27	6:00PM Alton Baker Park	310c	Dillard Rd to Dillard Access	12-15 mph	22 Miles	BF	C	John Wellwood 541-345-8734
Thursday July 28	8:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Steve Hecker 541-954-1161
Thursday July 28	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride	10-12 mph	20-30 Miles	BF		Paula Erickson 541-953-2894
Sunday July 31	8:30AM Alton Baker Park	414a	Walterville via Thurston Rd	12-15 mph	34 Miles	FS	B	Mike Cantrell 541-342-7649

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.

