

GEARs November 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 November 3	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997
Saturday November 5	9:30AM Alton Baker Park	405a	Pleasant Hill via Cloverdale, Bear Creek. Rtn Clearwater	12-15 mph		FS	C	Ray Linnemen 458-205-1497
Sunday November 6	9:30AM Alton Baker Park	302e	Veneta via Bolton Hill	12-15 mph	49 Miles	FS	C	Sue Wolling 541-345-2110
Tuesday November 8	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 November 10	9:30AM Alton Baker Park	209c	Alvadore vie Meadowview	12-15 mph	35 Miles	FS	A	Mike Cantrell 541-342-7649
Saturday November 12	9:30AM Alton Baker Park	125b	Clearwater to McKenzie View Rd	10-12 mph		BF	B	Paula Erickson 541-998-8420
Saturday November 12	9:30AM Alton Baker Park	125b	Clearwater to McKenzie View Rd	12-15 mph		BF	B	Mike Cantrell 541-342-7649
Sunday November 13	9:30AM Alton Baker Park	211c	Lawrence Rd & Butler 2 Ways	12-15 mph	57 Miles	FS	C	Jackie Murdoff 541-345-3941
Sunday November 13	9:30AM Alton Baker Park	211c	Lawrence Rd & Butler 2 Ways	16+ mph	57 Miles	FS	C	Jeff Sprague 541-484-4434
Tuesday November 15	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 November 17	9:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Garry Swanson 541-726-3997
Saturday November 19	9:30AM Alton Baker Park	320c	Howe Ln via Dillard, Butte Rd	12-15 mph	37 Miles	FR	C	Garry Swanson 541-726-3997
Sunday November 20	9:30AM Alton Baker Park	103d	Coburg Bottom loop to Herman Rd	12-15 mph	33 Miles	FS	A	Mike Cantrell 541-342-7649
Tuesday November 22	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
Saturday November 26	9:30AM Alton Baker Park	319b	Petzold, Out and Back	10-12 mph	35 Miles	BF	C	Paula Erickson 541-998-8420
Saturday November 26	9:30AM Alton Baker Park	319b	Petzold, Out and Back	12-15 mph	35 Miles	BF	C	Garry Swanson 541-726-3997
Saturday November 26	9:30AM Alton Baker Park	319b	Petzold, Out and Back	16+ mph	35 Miles	BF	C	Jeff Sprague 541-484-4434

GEARs November 2016 Rides

Page 2

Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Sunday November 27	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Kristin Yarris 213-448-5645
Tuesday November 29	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 1	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 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.

