

GEARs October 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
Thursday October 1	9:00 AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Ray Linneman 458-205-1497
Saturday October 3	9:00 AM Alton Baker Park	114a	McKenzie View to Walterville	10-12 mph	42 Miles	FS	B	Garry Swanson 541-726-3997
Saturday October 3	9:00 AM Alton Baker Park	122a	Deerhorn via McKenzie View	12-15 mph	58 Miles	FS	B	Ray Linneman 458-205-1497
Saturday October 3	9:00 AM Alton Baker Park	122a	Deerhorn via McKenzie View	16+	58 Miles	FS	B	Jeff Sprague 541-484-4434
Sunday October 4	8:00 AM Alton Baker Park*	606	Aufderhiede Ride from McKenzie River side	12-15 mph	62 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday October 6	9:00 AM 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 October 8	9:00 AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Steve Hecker 541-954-1161
Saturday October 10	9:00AM Our Daily Bread*	##	Ride roads around Veneta including Sheffler & Vaughn	10-12 mph	35 Miles	FS	C	Lonnie Hinde 541-935-5057
Saturday October 10	9:00 AM Alton Baker Park	103e	Bowers Rd via Coburg Bottom Loop	16+	39 Miles	FS	A	Kristin Yarris 213-448-5645
Sunday October 11	9:00 AM Alton Baker Park	104d	Harrisburg via Love Lake Rd	12-15 mph	46 Miles	FS	A	Mike Cantrell 541-342-7649
Tuesday October 13	9:00 AM 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 October 15	9:00 AM Alton Baker Park	209c	Alvadore via Meadowview	12-15 mph	34 Miles	FS	A	Mike Cantrell 541-342-7649
Saturday October 17	9:00 AM Alton Baker Park	301C	bRamble Crow Loop	10-12 mph	43 Miles	FS	C	Paula Erickson 541-998-8420
Saturday October 17	9:00 AM Alton Baker Park	322a	Cottage Grove via Lorane	12-15 mph	62 Miles	FS	C	Sue Woling 541-345-2110
Sunday October 18	9:00 AM Alton Baker Park	310b	Dillard Rd to Cloverdale	10-12 mph	32 Miles	BF	C	Lynda Christiansen 541-687-8379
Tuesday October 20	9:00 AM 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 October 22	9:00 AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Steve Hecker 541-954-1161

GEARs October 2015 Rides

Page 2

Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Saturday October 24	9:00 AM Alton Baker Park	320b	Howe Lane via Dillard Rd	12-15 mph	38 Miles	FS	C	Garry Swanson 541-726-3997
Saturday October 24	9:00 AM Alton Baker Park	320b	Howe Lane via Dillard Rd	16+	38 Miles	FS	C	Kristin Yarris 213-448-5645
Sunday October 25	9:00 AM Alton Baker Park	307d	Fox Hollow, Lorane Hwy Pine Grove	10-12 mph	39 Miles	BF	C	Lynda Christiansen 541-687-8379
Sunday October 25	9:00 AM Alton Baker Park	307d	Fox Hollow, Lorane Hwy Pine Grove	12-15 mph	39 Miles	BF	C	Mike Cantrell 541-342-7649
Sunday October 25	9:00 AM Alton Baker Park	307d	Fox Hollow, Lorane Hwy Pine Grove	16+	39 Miles	BF	C	Jeff Sprague 541-484-4434
Tuesday October 27	9:00 AM 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 October 29	9:00 AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997
Saturday October 31	9:00 AM Alton Baker Park	106a	Wendling Covered Bridge	10-12 mph	51 Miles	FS	B	Paula Erickson 541-998-8420
Saturday October 31	9:00 AM Alton Baker Park	106a	Wendling Covered Bridge	12-15 mph	51 Miles	FS	B	Garry Swanson 541-726-3997
Sunday November 1	9:00 AM Alton Baker Park	318a	Briggs Hill	10-12 mph	37 Miles	FS	C	Lynda Christiansen 541-687-8379

*Note on remote starts - Meet at 8:00am at Alton Baker Park to carpool to the start. Or, meet at the ride start at 9:00 am.

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 October 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.

