

GEARs October 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 October 1	9:00AM Alton Baker Park	106a	Wendling Covered Bridge	12-15 mph	51 Miles	FS	B	Garry Swanson 541-726-3997
Sunday October 2	9:00AM Alton Baker Park	320a	River Dr and Howe Lane	12-15 mph	41 Miles	FS	A	Mike Cantrell 541-342-7649
Tuesday October 4	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 October 6	9:00AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Steve Hecker 541-954-1161
Saturday October 8	9:00AM Alton Baker Park	318a	Doane & Briggs Hills	12-15 mph	37 Miles	BF	C	Steve Hecker 541-954-1161
Saturday October 8	9:00AM Alton Baker Park	318a	Doane & Briggs Hills	16+ mph	37 Miles	BF	C	Kristin Yarris 213-448-5645
Sunday October 9	Meet 8:30 at Alton Baker Park	Carpool from ABP or meet in Alma to rideup Oxbow, Esmond Creek, and Siuslaw Rd. It's a 58 mile, C rated ride and the leader pace will be 12-15 mph. BF Contact Mel for more information. mel97402@gmail.com						Mel Huey 541-915-0788
Tuesday October 11	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 October 13	9:00AM Alton Baker Park	209c	Alvadore via Meadowview	12-15 mph	35 Miles	FS	A	Mike Cantrell 541-342-7649
Saturday October 15	9:00AM Alton Baker Park	125c	McKenzie View, Sunderman Clearwater Trail	12-15 mph	39 Miles	FS	B	Mike Cantrell 541-342-7649
Sunday October 16	9:00AM Alton Baker Park	414a	Walterville via Thurston Rd	12-15 mph	34 Miles	FS	B	Mike Cantrell 541-342-7649
Sunday October 16	9:00AM Alton Baker Park	414a	Walterville via Thurston Rd	16+ mph	34 Miles	FS	B	Jeff Sprague 541-484-4434
Tuesday October 18	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 October 20	9:00AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997
Saturday October 22	City Bike Tour - Open to the first 20 GEARs members who register. See website for info. Send request to michael@eugenegears.org							
Saturday October 22	9:00AM Alton Baker Park	401e	Pleasant Hill via Dillard, rtn Jasper, Clearwater	16+ mph	44 Miles	FS	C	Jeff Sprague 541-484-4434
Sunday October 23	9:00AM Alton Baker Park	314c	Hamm Rd via Lorane Hwy	12-15 mph	48 Miles	FS	C	Sue Wolling 541-345-2110

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Sunday October 23	9:00AM Alton Baker Park	314c	Hamm Rd via Lorane Hwy	16+ mph	48 Miles	FS	C	Kristin Yarris 213-448-5645
Tuesday October 25	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 October 27	9:00AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	B	Mike Cantrell 541-342-7649
Saturday October 29	9:00AM Alton Baker Park	307d	Fox Hollow-Lorane Hwy., Pine Grove	12-15 mph	37 Miles	BF	C	Garry Swanson 541-726-3997
Sunday October 30	9:00AM Alton Baker Park	104d	Harrisburg via Love Lake Rd	12-15 mph	46 Miles	FS	A	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.

