

GEARs September 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
Thursday Sept 1	9:00AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Steve Hecker 541-954-1161
Thursday Sept 1	6:00PM Alton Baker Park	##	Women Only Ride Route announced at ride Last one of the season	10-12 mph	20-30 Miles	BF		Paula Erickson 541-953-2894
Saturday Sept 3	9:00AM Alton Baker Park	401f	Pleasant Hill	12-15 mph	39 Miles	FS	B	Garry Swanson 541-726-3997
Saturday Sept 3	9:00AM Alton Baker Park	401f	Pleasant Hill	16+ mph	39 Miles	FS	B	Jeff Sprague 541-484-4434
Sunday Sept 4	9:00AM Alton Baker Park	125a	Clerawater Trail and Scenic Springfield	10-12 mph	25 Miles	BF	B	Lynda Christiansen 541-687-8379
Sunday Sept 4	9:00AM Alton Baker Park	416c	Rattlesnake Rd via Wheeler Road	16+ mph	51 Miles	FS	C	Kristin Yarris 213-448-5645
Tuesday Sept 6	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 Sept 8	9:00AM Alton Baker Park	125a	Clerawater Trail and Scenic Springfield	12-15 mph	25 Miles	BF	B	Mike Cantrell 541-342-7649
Saturday Sept 10	9:00AM Alton Baker Park	414a	Walterville via Thurston Rd	12-15 mph	34 Miles	FS	B	Mike Cantrell 541-342-7649
Sunday Sept 11	9:00AM Alton Baker Park	319b	Petzold Rd, Out & Back	12-15 mph	35 Miles	BF	C	Mike Cantrell 541-342-7649
Sunday Sept 11	9:00AM Alton Baker Park	300a	Crow (town) via Lorane Hwy	16+ mph	39 Miles	FS	C	Jeff Sprague 541-484-4434
Thursday Sept 15	9:00AM Alton Baker Park	209c	Alvadore via Meadowview	12-15 mph	35 Miles	FS	A	Steve Hecker 541-954-1161
Saturday Sept 17	9:00AM Alton Baker Park	211a	Lawrence and short Butler	12-15 mph	40 Miles	FS	C	Garry Swanson 541-726-3997
Sunday Sept 18	9:00AM Alton Baker Park	103c	Coburg Bottom Loop	10-12 mph	26 Miles	FS	A	Lynda Christiansen 541-687-8379
Tuesday Sept 20	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 Sept 22	9:00AM Alton Baker Park	125a	Clerawater Trail and Scenic Springfield	12-15 mph	25 Miles	BF	B	Garry Swanson 541-726-3997
Saturday Sept 24	9:00AM Alton Baker Park	320c	Howe Lane via Dillard Rd	12-15 mph	37 Miles	BF	C	Garry Swanson 541-726-3997

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Day	Time / Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Sunday Sept 25	9:00AM Alton Baker Park	207a	Franklin Firehouse	12-15 mph	39 Miles	FS	B	Mike Cantrell 541-342-7649
Tuesday Sept 27	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 Sept 29	9:00AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997

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.

