

## GEARs April 2024 Rides

GEARs (Greater Eugene Area Riders) invites all cyclists to join in riding together through some beautiful Oregon 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 Larry Diffie at 541-729-7923 or larry@eugenegears.org.

### Ride Speed Levels

GEARs bases its ride levels on *average speed*. On a given ride there will occasionally be times (downhill sections or flat areas with tailwinds) where riders exceed the stated ride speed level. Conversely, there will be times when riders pedal slower than the advertised pace (i.e. going uphill or into a headwind). **GEARs defines its speed categories as the pace a cyclist can pedal by herself/himself on a flat road sustained for 20-30 minutes alone.** For example, if you can ride at a 14-16 mph pace on a flat road, sustained for 20-30 minutes by yourself, then you should be able to comfortably ride in a GEARs 13-15 mph group ride.

**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 **16+ mph** rides are fast paced with occasional pace lines and fewer stops. The ride leader will announce where regrouping will take place and will try to keep the group together when possible.

The **13-15 mph** rides are medium paced and regroups 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.

Day	Time	Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Tuesday April 2	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday April 2	9:00 AM	Alton Baker Park	##	Riding Some Hills, Route Announced at the Start	12-14 mph	25-50 Miles	BF	C	Darian Morray 541-953-5679
Tuesday April 2	5:45 PM	Alton Baker Park	113a	McKenzie View Dr	13-15 mph	26 Miles	BF	B	Kayna Robison 541-517-2983
Thursday April 4	9:00 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	13-15 mph	35 Miles	FS	B	Ted Conover 541-232-1920
Thursday April 4	9:00 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	16+ mph	35 Miles	FS	B	Greg Ellis 458-205-1882
Thursday April 4	5:45 PM	Alton Baker Park	317a	Pine Grove Rd	13-15 mph	28 Miles	BF	B	Julie Reed 541-206-2020
Saturday April 6	9:00 AM	Alton Baker Park	302e	Veneta via Bolton Hill	13-15 mph	49 Miles	BF	C	Larry Diffie 541-729-7923
Saturday April 6	9:00 AM	Alton Baker Park	302e	Veneta via Bolton Hill	13-15 mph	49 Miles	BF	C	Greg Ellis 458-205-1882
Sunday April 7	9:30 AM	Alton Baker Park	TBA	Gravel Rdie	12-14 mph	TBA		C	Sam McCamant 503-270-6844
Monday April 8	9:00 AM	Alton Baker Park	113a	Slo-Mo Monday McKenzie View Dr	10-12 mph	26 Miles	BF	B	Mike Cantrell 541-342-7649
Tuesday April 9	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday April 9	5:45 PM	Alton Baker Park	113a	McKenzie View Dr	13-15 mph	26 Miles	BF	B	Angie Long 410-707-4620
Thursday April 11	9:00 AM	Alton Baker Park	125b	McKenzie View to Clearwater	10-12 mph	29 Miles	FR	B	Garry Swanson 541-913-0886
Thursday April 11	9:00 AM	Alton Baker Park	114a	McKenzie View & Sunderman	13-15 mph	35 Miles	FR	B	Bob Lewis 502-229-4809
Thursday April 11	5:45 PM	Alton Baker Park	317a	Pine Grove Rd	13-15 mph	28 Miles	BF	B	Julie Reed 541-206-2020
Friday April 12	8:00 AM	Alton Baker Park	105b	Brownsville via Gap Rd, Return via Marcola	11-13 mph	75 Miles	FS	C	Jackie Murdoff 541-345-3941
Saturday April 13	9:00 AM	Alton Baker Park	209d	Alvadore via Milliron	10-12 mph	36 Miles	FR	A	Garry Swanson 541-913-0886
Saturday April 13	9:00 AM	Alton Baker Park	201e	Junction City via Toftdahl	13-15 mph	44 Miles	FS	A	Ted Conover 541-232-1920
Saturday April 13	9:00 AM	Alton Baker Park	201e	Junction City via Toftdahl	16+ mph	44 Miles	FS	A	Danielle Curran 608-469-9511
Sunday April 14	9:00 AM	Alton Baker Park	304a	Noti to Poodle Creek	16+ mph	62 Miles	FS	C	Steve Savich 541-543-6845
Monday April 15	9:00 AM	Albertson's on Marcola	117d	Slo-Mo Monday Upper Camp Creek	10-12 mph	27 Miles	BF	B	Garry Swanson 541-913-0886
Monday April 15	5:00 PM	Jefferson & 15th Park	241a	Wetlands After Work	13-15 mph	15 Miles	BF	A	Connor Brown 530-592-0005
Tuesday April 16	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Larry Diffie 541-729-7923
Tuesday April 16	9:00 AM	Alton Baker Park	##	Riding Some Hills, Route Announced at the Start	12-14 mph	25-50 Miles	BF	C	Darian Morray 541-953-5679

# GEARs April 2024 Rides

## Page 2

Day	Time	Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Tuesday April 16	5:45 PM	Alton Baker Park	113a	McKenzie View Dr	13-15 mph	26 Miles	BF	B	Kayna Robison 541-517-2983
Thursday April 18	9:00 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	10-12 mph	35 Miles	FS	B	Garry Swanson 541-913-0886
Thursday April 18	9:00 AM	Alton Baker Park	318a	Briggs Hill Rd to Doane Rd	12-14 mph	37 Miles	BF	C	Karen Goodwin 530-519-2646
Thursday April 18	5:45 PM	Alton Baker Park	317a	Pine Grove Rd	13-15 mph	28 Miles	BF	B	Julie Reed 541-206-2020
Friday April 19	6:00 PM	Bicycle Way of Life (Chamelton Street shop): Indoor workshop and discussion on pace line riding. Participants are asked to bring their own chair, campstool, or pillow for floor comfort.							
Saturday April 20	9:00 AM	Mosby Creek Trailhead	910c	Row River to Wildwood Falls	10-12 mph	32 Miles	BF	B	Garry Swanson 541-913-0886
Saturday April 20	9:00 AM	Mosby Creek Trailhead	910a	Row River to Cedar Creek Campground	13-15 mph	47 Miles	BF	B	Nancy Whyte 650-279-1952
Sunday April 21	9:00 AM	Alton Baker Park	TBA	TBA	12-14 mph	TBA	TBA	C	Karen Goodwin 530-519-2646
Sunday April 21	9:00 AM	Alton Baker Park	600a	Polar Brear Ride - Paceline Skill Building Ride	16+ mph	43 Miles	BF	A	Andy Stahl 541-484-1440
Monday April 22	9:00 AM	Alton Baker Park	103c	Slo-Mo Monday Coburg Bottom Loop	10-12 mph	27 Miles	FS	A	Mike Cantrell 541-342-7649
Monday April 22	5:00 PM	Jefferson & 15th Park	241a	Wetlands After Work	13-15 mph	15 Miles	BF	A	Connor Brown 530-592-0005
Tuesday April 23	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday April 23	9:00 AM	Alton Baker Park	##	Riding Some Hills, Route Announced at the Start	12-14 mph	25-50 Miles	BF	C	Bob Lewis 502-229-4809
Tuesday April 23	5:45 PM	Alton Baker Park	113a	McKenzie View Dr	13-15 mph	26 Miles	BF	B	Angie Long 410-707-4620
Thursday April 25	9:00 AM	Alton Baker Park	103a	Coburg Rd to Bowers Rd	13-15 mph	37 Miles	FS	A	Richard Hughes 541-579-3098
Thursday April 25	5:45 PM	Alton Baker Park	317a	Pine Grove Rd	13-15 mph	28 Miles	BF	B	Julie Reed 541-206-2020
Saturday April 27	9:00 AM	Alton Baker Park	412a	River Dr and Howe Lane	10-12 mph	41 Miles	FS	C	Garry Swanson 541-913-0886
Saturday April 27	9:00 AM	Alton Baker Park	412a	River Dr and Howe Lane	13-15 mph	41 Miles	FS	C	Ted Conover 541-232-1920
Saturday April 27	9:00 AM	Alton Baker Park	308b	Wolf Creek Counter-Clockwise	13-15 mph	72 Miles	FS	C	Sue Wolling 541-345-2110
Saturday April 27	9:00 AM	Alton Baker Park	308b	Wolf Creek Counter-Clockwise	16+ mph	72 Miles	FS	C	Steve Savich 541-543-6845
Sunday April 28	9:30 AM	Mary's River Park	##	C2C - Mary's Peak Trailhead	12-14 mph	23 Miles	BF	C	Howard Hesterberg 707-321-1696
Monday April 29	9:00 AM	Alton Baker Park	125a	Slo-Mo Monday Clearwater & Scenic Springfield	10-12 mph	25 Miles	BF	B	Bob Lewis 502-229-4809
Tuesday April 30	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday April 30	5:45 PM	Alton Baker Park	113a	McKenzie View Dr	13-15 mph	26 Miles	BF	B	Kayna Robison 541-517-2983

Color Key:

10-12 mph leader pace
16 + mph leader pace
Evening Ride
Gravel / Mixed Surface



Our ride schedule will be posted monthly with sign up posted approximately 7 days before the scheduled ride. Sign ups close 90 minutes before the scheduled start of the ride. You must sign up for your chosen ride online through SignUpGenius. No one is allowed to join the ride without signing online and if you decide to cancel your plan to ride, please remove your sign up so that a slot may be opened for another rider. SignUpGenius is free to use and gives us the ability to track riders without physical contact. To sign up for a GEARs ride click on the Sign Up Genius logo in the schedule at the bottom of the Ride Schedules page of our website and you will be

### 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