

# GEARs December 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
Tuesday December 1	9:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
Thursday December 3	9:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	<b>B</b>	Ray Linneman 485-205-1497
Saturday December 5	9:30AM Alton Baker Park	314d	Hamm Rd via Fox Hollow Stop @ Creswell Bakery	12-15 mph	49 Miles	FS/FR	<b>C</b>	Jackie Murdoff 541-345-3941
Sunday December 6	9:30AM Alton Baker Park	214a	Sovern Lane via River Rd	12-15 mph	38 Miles	FS	<b>A</b>	
Tuesday December 8	9:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
Thursday December 10	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	<b>B</b>	Steve Hecker 541-954-1161
Saturday December 12	9:30AM Alton Baker Park	103d	Herman Rd via Coburg Bottom Loop	10-12 mph	33 Miles	FS	<b>A</b>	Mike Cantrell 541-342-7649
Sunday December 13	9:30AM Alton Baker Park	321a	Dale Kuni Rd	10-12 mph	34 Miles	BF	<b>A</b>	Lynda Christiansen 514-687-8379
Sunday December 13	9:30AM Alton Baker Park	321a	Dale Kuni Rd	16+	34 Miles	BF	<b>A</b>	Jeff Sprague 541-484-4434
Tuesday December 15	9:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
Thursday December 17	9:30AM Alton Baker Park	125a	Clearwater Trail & Scenic Springfield	12-15 mph	25 Miles	BF	<b>B</b>	Steve Hecker 541-954-1161
Saturday December 19	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	10-12 mph	35 Miles	FS	<b>B</b>	Ray Linneman 485-205-1497
Saturday December 19	9:30AM Alton Baker Park	106a	Wendling Covered Bridge	12-15 mph	51 Miles	FS	<b>B</b>	Steve Hecker 541-954-1161
Sunday December 20	<b>10:00AM</b> <b>Keystone Café</b>	##	9AM - Optional Breakfast 10AM - Ride, 12 Bridges	10-12 mph	20 Miles	FR	<b>A</b>	Richard Hughes 541-933-5542
Tuesday December 22	9:30AM Alton Baker Park	##	Riding some hills - Route will be determined at start	12-15 mph	25 - 50 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
<b>Happy Holidays From GEARs. No Scheduled Rides December 24th or 26th. Enjoy the Holiday Break with your family.</b>								
Sunday December 27	9:30AM Alton Baker Park	319b	Petzold Out & Back	12-15 mph	35 Miles	BF	<b>C</b>	Mike Cantrell 541-342-7649

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Sunday December 27	9:30AM Alton Baker Park	##	Petzold Out & Back	16+	35 Miles	BF	C	Jeff Sprague 541-484-4434
Tuesday December 29	9:30AM 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 31	9:30AM Alton Baker Park	114b	McKenzie View & Sunderman	12-15 mph	35 Miles	FS	B	Garry Swanson 541-726-3997
Friday January 1	9:00 AM 5th St Market	##	Annual Polar Bear Ride - Not a GEARs Ride, but fun		45 Miles	BF	A	Not a GEARs Ride

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 December Ride Schedule is also available for download at the GEARs website: [www.eugenegears.org](http://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](http://www.eugenegears.org/rides/ridelist).

