GEARs January 2020 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 Garry Swanson at 541-726-3997 or garry@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, 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 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.
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Place</th>
<th>Ride #</th>
<th>Ride Description</th>
<th>Pace</th>
<th>Length</th>
<th>Food?</th>
<th>Rating</th>
<th>Leader</th>
</tr>
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<tbody>
<tr>
<td>Sunday</td>
<td>9:30 AM</td>
<td>Alton Baker Park</td>
<td>319a</td>
<td>Lorane Hwy to Crow Rd</td>
<td>16+ mph</td>
<td>31 Miles</td>
<td>BF</td>
<td>C</td>
<td>Joe Castino</td>
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<td>January 26</td>
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<td>909-800-4294</td>
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<tr>
<td>Tuesday</td>
<td>9:30 AM</td>
<td>Alton Baker Park</td>
<td>##</td>
<td>Riding some hills - Route will be determined at start</td>
<td>12-14 mph</td>
<td>25 - 50 miles</td>
<td>BF</td>
<td>C</td>
<td>Jackie Murdoff</td>
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<td>January 28</td>
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<td>Thursday</td>
<td>9:30 AM</td>
<td>Alton Baker Park</td>
<td>125a</td>
<td>Clearwater Trail &amp; Scenic Springfield</td>
<td>13-15 mph</td>
<td>25 Miles</td>
<td>BF</td>
<td>B</td>
<td>Larry Diffie</td>
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**Color Key:**
- 10-12 mph leader pace
- 16+ mph leader pace
- Later Starting Time

**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

The 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).