

GEARs January 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 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.

Day	Time	Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Monday January 1	9:00 AM	5th Street Market		Annual Polar Bear Ride. Not a GEARs ride. No signup, ride at your own risk.	Varies	Varies, up 42 Miles	FS	A	Not a GEARs Ride
Tuesday January 2	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday January 2	9:30 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-40 Miles	BF	C	Sue Wolling 541-345-2110
Thursday January 4	9:30 AM	Alton Baker Park	209d	Throttle Back Thursday Alvadore via Milliron	10-12 mph	36 Miles	FR	A	Richard Hughes 541-579-3098
Thursday January 4	9:30 AM	Alton Baker Park	209d	Alvadore via Milliron	13-15 mph	36 Miles	FR	A	Steve Hecker 541-954-1161
Saturday January 6	9:30 AM	Alton Baker Park	207a	Franklin Firehouse	13-15 mph	39 Miles	FS	B	Ted Conover 541-232-1920
Saturday January 6	9:30 AM	Alton Baker Park	207a	Franklin Firehouse	16+ mph	39 Miles	FS	B	Joe Castino 541-357-1491
Monday January 8	9:30 AM	Alton Baker Park	125a	Slo-Mo Monday, Scenic Springfield	10-12 mph	25 Miles	BF	B	Mike Cantrell 541-342-7649
Tuesday January 9	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday January 9	9:30 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-40 Miles	BF	C	Steve Hecker 541-954-1161
Thursday January 11	9:30 AM	Alton Baker Park	113a	McKenzie View Rd	10-12 mph	26 Miles	BF	B	Garry Swanson 541-913-0886
Thursday January 11	9:30 AM	Alton Baker Park	114b	McKenzie View and Sunderman	13-15 mph	35 Miles	FS	B	Larry Diffie 541-729-7923
Saturday January 13	9:30 AM	Alton Baker Park	302a	Veneta via Petzold, Central	12-14 mph	40 Miles	FS	B	Larry Diffie 541-729-7923
Sunday January 14	11:00 AM	Alton Baker Park	103c	Coburg Bottom Loop	12-14 mph	26 Miles	FS	A	Angie Long 410-707-4620
Monday January 15	9:30 AM	Albertson's on Marcola	117a	Upper Camp Creek	10-12 mph	28 Miles	BF	B	Garry Swanson 541-913-0886
Tuesday January 16	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday January 16	9:30 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-40 Miles	BF	C	Darian Morray 541-953-5679
Thursday January 18	9:30 AM	Alton Baker Park	209d	Alvadore via Milliron	13-15 mph	36 Miles	FR	A	Bob Lewis 502-229-4809
Saturday January 20	9:30 AM	Alton Baker Park	117a	Camp Creek to Thurston Rd	13-15 mph	38 Miles	BF	B	Nancy Whyte 650-279-1952
Saturday January 20	9:30 AM	Alton Baker Park	117a	Camp Creek to Thurston Rd	16+ mph	38 Miles	BF	B	Darian Morray 541-953-5679
Sunday January 21	10:00 AM	TBD	TBD	Rescheduled for Jan 28	12-14 mph	TBD	TBD	C	Sam McCamant 503-270-6844
Monday January 22	9:30 AM	Alton Baker Park	113a	McKenzie View Rd	10-12 mph	26 Miles	BF	B	Mike Cantrell 541-342-7649

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Day	Time	Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Tuesday January 23	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Doug Folsom 541-743-5978
Tuesday January 23	9:30 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-40 Miles	BF	C	Darian Morray 541-953-5679
Thursday January 25	9:30 AM	Alton Baker Park	103d	Herman Rd via Coburg Btm Loop	10-12 mph	33 Miles	FS	A	Garry Swanson 541-913-0886
Thursday January 25	9:30 AM	Alton Baker Park	103d	Herman Rd via Coburg Btm Loop	13-15 mph	33 Miles	FS	A	Ted Conover 541-232-1920
Friday January 26	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow +	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Saturday January 27	9:30 AM	Alton Baker Park	114b	McKenzie View and Sunderman	10-12 mph	36 Miles	FS	B	Garry Swanson 541-913-0886
Saturday January 27	9:30 AM	Alton Baker Park	114b	McKenzie View and Sunderman	13-15 mph	36 Miles	FS	B	Bob Lewis 502-229-4809
Sunday January 28	11:00 AM	Alton Baker Park	417a	Dale Kuni Rd	12-14 mph	34 Miles	FS	A	Angie Long 410-707-4620
Sunday January 28	10:00 AM	TBD	TBD	Gravel Ride - Route TBA	12-14 mph	TBD	TBD	C	Sam McCamant 503-270-6844
Monday January 29	9:30 AM	Alton Baker Park	103c	Slo-Mo Monday Coburg Bottom Loop	10-12 mph	26 Miles	FS	A	Garry Swanson 541-913-0886
Tuesday January 30	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday January 30	9:30 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-40 Miles	BF	C	Steve Hecker 541-954-1161

Color Key:

10-12 mph leader pace

16 + mph leader pace

Evening Ride



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.

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 SignUp Genius. 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. SignUp Genius 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