

# GEARs January 2025 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 Bob Lewis at 502-229-4809 or bob@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
Wednesday January 1	9:00 AM	5th Street Market		Annual Polar Bear Ride. <b>Not a GEARs ride.</b> No signup, ride at your own risk.	Varies	Varies, up to 42 Miles	FS	<b>A</b>	<b>Not a GEARs Ride</b>
Thursday January 2	9:30 AM	Alton Baker Park	207a	Franklin Firehouse	10-12 mph	40 Miles	FS	<b>B</b>	Ted Conover 541-232-1920
Thursday January 2	9:30 AM	Alton Baker Park	207a	Franklin Firehouse	13-15 mph	40 Miles	FS	<b>B</b>	Richard Hughes 541-579-3098
Thursday January 2	6:00 PM	Zwift.com		Zwift Ride TBA					
Saturday January 4	9:30 AM	Alton Baker Park	406b	Pleasant Hill via Weyerhaeuser Rd	10-12 mph	34 Miles	FS	<b>B</b>	Nancy Whyte 650-279-1952
Saturday January 4	9:30 AM	Alton Baker Park	405a	Bear Creek, P. Hill, Creanwater	13-15 mph	46 Miles	FS	<b>B</b>	Peter Dedman 347-415-0321
Sunday January 5	10:00 AM	Alton Baker Park	114b	McKenzie View & Sunderman	13-15 mph	35 Miles	FS	<b>B</b>	Julie Reed 541-206-2020
Sunday January 5	10:00 AM	Twin Oaks Elem	908a	Wolf Creek	14-16 mph	54 Miles	FS	<b>C</b>	Mark LaPage 541-556-5569
Monday January 6	9:30 AM	Alton Baker Park	125a	Slo-Mo Monday Scenic Springfield	10-12 mph	24 Miles	BF	<b>B</b>	Bob Lewis 502-229-4809
Tuesday January 7	9:30 AM	Alton Baker Park	##	Riding Some Hills, Route announced at the start	12-14 mph	25-50 Miles	BF	<b>C</b>	Karen Goodwin 530-519-2646
Tuesday January 7	6:00 PM	Zwift.com		Zwift Ride TBA					
Thursday January 9	9:30 AM	Alton Baker Park	126a	Mill Race to Sunderman	10-12 mph	32 Miles	FS	<b>B</b>	Garry Swanson 541-913-0886
Thursday January 9	9:30 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	13-15 mph	35 Miles	BF	<b>B</b>	Bob Lewis 502-229-4809
Thursday January 9	6:00 PM	Alton Baker Park	##	Clearwater Evening Ride, Lights Required	10-12 mph	17 Miles	BF	<b>B</b>	Larry Diffie 541-729-7923
Thursday January 9	6:00 PM	Zwift.com		Zwift Ride TBA					
Saturday January 11	9:30 AM	Alton Baker Park	117b	Upper Camp Creek via Mill Path	10-12 mph	38 Miles	BF	<b>B</b>	Ted Conover 541-232-1920
Saturday January 11	9:30 AM	Alton Baker Park	117c	Walterville via Camp Creek Rd	13-15 mph	38 Miles	FS	<b>B</b>	Mark LaPage 541-556-5569
Sunday January 12	10:00 AM	Alton Baker Park	417a	Dale Kuni Rd	13-15 mph	34 Miles	BF	<b>A</b>	Angie Long 410-707-4620
Monday January 13	9:30 AM	Alton Baker Park	113a	Slo-Mo Monday McKenzie View Dr	10-12 mph	26 Miles	BF	<b>B</b>	Tyler Burgess 541-206-8416
Tuesday January 14	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	<b>C</b>	Larry Diffie 541-729-7923
Tuesday January 14	9:30 AM	Alton Baker Park	##	Riding Some Hills, Route announced at the start	12-14 mph	25-50 Miles	BF	<b>C</b>	Craig Congdon 541-246-0600
Tuesday January 14	6:00 PM	Zwift.com		Zwift Ride TBA					
Thursday January 16	9:30 AM	Alton Baker Park	406a	Pleasant Hill via Weyerhaeuser Rd	10-12 mph	35 Miles	FS	<b>B</b>	Tyler Burgess 541-206-8416
Thursday January 16	9:30 AM	Alton Baker Park	406c	Pleasant Hill via Weyerhaeuser, Alt 2	12-14 mph	36 Miles	FS	<b>B</b>	Larry Diffie 541-729-7923

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Day	Time	Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Thursday January 16	6:00 PM	Zwift.com	Zwift Ride TBA						
Saturday January 18	9:30 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	10-12 mph	35 Miles	BF	<b>B</b>	Nancy Whyte 650-279-1952
Saturday January 18	9:30 AM	Alton Baker Park	302e	Veneta via Bolton Hill	13-15 mph	50 Miles	FS	<b>C</b>	Peter Dedman 347-415-0321
Sunday January 19	10:00 AM	Alton Baker Park	114b	McKenzie View & Sundeman	13-15 mph	35 Miles	FS	<b>B</b>	Julie Reed 541-206-2020
Sunday January 19	10:00 AM	Crow Grange	721b	Vaughn, Siuslaw, Battle Creek	12-14 mph	45 Miles	BF	<b>D</b>	Mark LaPage 541-556-5569
Monday January 20	9:30 AM	Alton Baker Park	125a	Slo-Mo Monday Scenic Springfield	10-12 mph	24 Miles	BF	<b>B</b>	Mike Cantrell 541-342-7649
Tuesday January 21	6:00 PM	Zwift.com	Zwift Ride TBA						
Thursday January 23	9:30 AM	Alton Baker Park	113b	McKenzie View via I-5 Path	10-12 mph	25 Miles	BF	<b>B</b>	Tyler Burgess 541-206-8416
Thursday January 23	6:00 PM	Zwift.com	Zwift Ride TBA						
Saturday January 25	9:30 AM	Alton Baker Park	209d	Alvadore via Milliron	10-12 mph	36 Miles	FR	<b>A</b>	Ted Conover 541-232-1920
Saturday January 25	9:30 AM	Alton Baker Park	201c	Junction City via Toftdahl	12-14 mph	42 Miles	FS	<b>A</b>	Larry Diffie 541-729-7923
Saturday January 25	9:30 AM	NEHS	710d	Hall to Butler, Mixed Surfaces	12-14 mph	54 Miles			Sam McCamant 503-270-6844
Sunday January 26	10:00 AM	Alton Baker Park	201e	Junction City via Toftdahl	13-15 mph	44 Miles	FS	<b>A</b>	Angie Long 410-707-4620
Sunday January 26	10:00 AM	Alton Baker Park	604b	Poodle Creek Classic	14-16 mph	63 Miles	FS	<b>C</b>	Mark LaPage 541-556-5569
Monday January 27	9:30 AM	Albertson's on Marcola	117d	Slo-Mo Monday Upper Camp Creek	10-12 mph	27 Miles	FS	<b>B</b>	Gary Swanson 541-913-0886
Tuesday January 28	9:30 AM	Alton Baker Park	##	Riding Some Hills, Route announced at the start	12-14 mph	25-50 Miles	BF	<b>C</b>	Sue Wolling 541-345-2110
Tuesday January 28	6:00 PM	Zwift.com	Zwift Ride TBA						
Thursday January 30	9:30 AM	Alton Baker Park	317b	Crow Rd via Erickson	10-12 mph	30 Miles	BF	<b>C</b>	Gary Swanson 541-913-0886
Thursday January 30	6:00 PM	Zwift.com	Zwift Ride TBA						

Color Key:

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



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).

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