

# GEARs March 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
Friday March 1	9:30 AM	Alton Baker Park	##	Rattlesnake Rd / Lost Valley	10-12 mph	52 Miles	FS	<b>C</b>	Jackie Murdoff 541-345-3941
Saturday March 2	9:30 AM	Alton Baker Park	318a	Briggs Hill to Doane Rd	13-15 mph	37 Miles	BF	<b>C</b>	Julie Reed 541-206-2020
Sunday March 3	10:00 AM	Monroe City Park	730c	Monroe via Wildlife Refuge	12-14 mph	37 Miles	BF	<b>C</b>	Danielle Curran 608-469-9511
Monday March 4	9:30 AM	Alton Baker Park	125a	Slo-Mo Monday Clearwater & Scenic Springfield	10-12 mph	25 Miles	BF	<b>B</b>	Mike Cantrell 541-342-7649
Tuesday March 5	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
Tuesday March 5	9:30 AM	Alton Baker Park	##	Riding Some Hills, Route Announced at the Start	12-14 mph	25-50 Miles	BF	<b>C</b>	Darian Morray 541-953-5679
Thursday March 7	9:30 AM	Alton Baker Park	207a	Franklin Firehouse	10-12 mph	40 Miles	FS	<b>B</b>	Garry Swanson 541-913-0886
Thursday March 7	9:30 AM	Alton Baker Park	207a	Franklin Firehouse	13-15 mph	40 Miles	FS	<b>B</b>	Bob Lewis 502-229-4809
Saturday March 9	9:30 AM	Alton Baker Park	103e	Bowers Rd via Coburg Btm Loop	13-15 mph	39 Miles	FS	<b>A</b>	Ted Conover 541-232-1920
Saturday March 9	10:00 AM	Mary's River Park	##	C2C - Mary's Peak Trailhead	12-14 mph	23 Miles	BF	<b>C</b>	Howard Hesterberg 707-321-1696
Sunday March 10	11:00 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	12-14 mph	35 Miles	BF	<b>B</b>	Julie Reed 541-206-2020
Monday March 11	9:30 AM	Albertson's on Marcola	117d	Slo-Mo Monday Upper Camp Creek	10-12 mph	27 Miles	BF	<b>B</b>	Garry Swanson 541-913-0886
Tuesday March 12	9:30 AM	Alton Baker Park	313a	Up McBeth, Down Fox Hollow	10-12 mph	23 Miles	BF	<b>C</b>	Larry Diffie 541-729-7923
Tuesday March 12	9:30 AM	Alton Baker Park	##	Riding Some Hills, Route Announced at the Start	12-14 mph	25-50 Miles	BF	<b>C</b>	Steve Hecker 541-954-1161
Thursday March 14	9:30 AM	Alton Baker Park	115a	McKenzie View & Sunderman via I-5 Path	10-12 mph	33 Miles	FS	<b>B</b>	Karen Goodwin 530-519-2646
Thursday March 14	9:30 AM	Alton Baker Park	115a	McKenzie View & Sunderman via I-5 Path	13-15 mph	33 Miles	FS	<b>B</b>	Bob Lewis 502-229-4809
Friday March 15	9:30 AM	Alton Baker Park	??	Suttle/Shef/Lor/Pet	10-12 mph			<b>C</b>	Jackie Murdoff 541-345-3941
Saturday March 16	9:30 AM	Alton Baker Park	209d	Alvadore via Milliron	10-12 mph	36 Miles	FR	<b>A</b>	Garry Swanson 541-913-0886
Saturday March 16	9:30 AM	Alton Baker Park	211a	Lawrence and Short Butler	13-15 mph	40 Miles	FS	<b>C</b>	Larry Diffie 541-729-7923
Saturday March 16	9:30 AM	Alton Baker Park	211a	Lawrence and Short Butler	16+ mph	40 Miles	FS	<b>C</b>	Darian Morray 541-953-5679
Saturday March 16	10:00 AM	TBA		Gravel Ride	12-14 mph	TBA			Sam McCamant 503-270-6844
Monday March 18	9:30 AM	Alton Baker Park	113a	Slo-Mo Monday McKenzie View Dr	10-12 mph	26 Miles	BF	<b>B</b>	Karen Goodwin 530-519-2646

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Tuesday March 19	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
Tuesday March 19	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
Thursday March 21	9:30 AM	Alton Baker Park	114b	McKenzie View & Sunderman Reversed	10-12 mph	34 Miles	FS	<b>B</b>	Garry Swanson 541-913-0886
Thursday March 21	9:30 AM	Alton Baker Park	209d	Alvadore via Milliron	13-15 mph	36 Miles	FR	<b>A</b>	Bob Lewis 502-229-4809
Saturday March 23	9:30 AM	Safeway in J. City	601a	Daffodil Ride from Junction City Safeway	10-12 mph	19 Miles	BF	<b>B</b>	Garry Swanson 541-913-0886
Saturday March 23	9:30 AM	NEHS	601b	Daffodil Ride from NEHS	13-15 mph	43 Miles	BF	<b>B</b>	Steve Hecker 541-954-1161
Sunday March 24	11:00 AM	Alton Baker Park	201e	Junction City via Toftdahl, Return Green Hill, Awbry	12-14 mph	44 Miles	FS	<b>A</b>	Angie Long 410-707-4620
Monday March 25	9:30 AM	Alton Baker Park	103c	Slo-Mo Monday Coburg Bottom Loop	10-12 mph	27 Miles	FS	<b>A</b>	Mike Cantrell 541-342-7649
Tuesday March 26	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
Tuesday March 26	9:30 AM	Alton Baker Park	##	Riding Some Hills, Route Announced at the Start	12-14 mph	25-50 Miles	BF	<b>C</b>	Darian Morray 541-953-5679
Thursday March 28	9:30 AM	Alton Baker Park	317a	Pine Grove Rd	10-12 mph	28 Miles	BF	<b>C</b>	Richard Hughes 541-579-3098
Thursday March 28	9:30 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	13-15 mph	35 Miles	BF	<b>B</b>	Ted Conover 541-232-1920
Saturday March 30	9:30 AM	Alton Baker Park	405a	Bear Creek, Pleasant Hill, Clearwater	13-15 mph	46 Miles	FS	<b>B</b>	Nancy Whyte 650-279-1952
Saturday March 30	10:00 AM	Monroe City Park	730c	Monroe via Wildlife Refuge	11-13 mph	37 Miles	BF	<b>C</b>	Larry Diffie 541-729-7923

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](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 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