

# GEARs November 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 Bob Lewis at 502-321-5405 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
Saturday November 2	9:30 AM	Alton Baker Park	##	4 Hills and a Party, With a Stop at Hey Neighborhood Pizza	10-12 mph	38 Miles	FR	C	Jackie Murdoff 541-345-3941
Saturday November 2	9:30 AM	Alton Baker Park	329a	Six Hills and a Funeral	13-15 mph	61 Miles	BF	D	Craig Congdon 541-246-0600
Sunday November 3	10:00 AM	Monroe City Park	##	3H Loop from Monroe	12-14 mph	48 Miles	BF	C	Sam McCamant 503-270-6844
Sunday November 3	10:00 AM	Alton Baker Park	114b	McKenzie View & Sunderman	13-15 mph	35 Miles	FS	B	Julie Reed 541-206-2020
Monday November 4	9:30 AM	Alton Baker Park	103c	Slo-Mo Monday, Coburg Bottom Loop	10-12 mph	27 Miles	FS	A	Ted Conover 541-232-1920
Tuesday November 5	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday November 5	9:30 AM	Alton Baker Park	##	Riding Some Hills Route announced at start	12-14 mph	25-50 Miles	BF	C	Craig Congdon 541-246-0600
Thursday November 7	9:30 AM	Alton Baker Park	115a	McKenzie View & Sunderman, via I-5 Path	10-12 mph	34 Miles	FS	B	Garry Swanson 541-913-0886
Thursday November 7	9:30 AM	Alton Baker Park	115a	McKenzie View & Sunderman, via I-5 Path	13-15 mph	34 Miles	FS	B	Larry Diffie 541-729-7923
Saturday November 9	9:30 AM	Alton Baker Park	405a	Bear Creek, Pleasant Hill, Clearwater	13-15 mph	46 Miles	FS	B	Bob Lewis 502-229-4809
Sunday November 10	10:00 AM	Crow Grange	750a	Vaughn, C Mainline, Battle Creek	12-14 mph	37 Miles	BF	C	Howard Hesterberg 707-321-1696
Sunday November 10	10:00 AM	Alton Baker Park	207a	Franklin Firehouse	13-15 mph	40 Miles	FS	B	Angie Long 410-707-4620
Monday November 11	9:30 AM	Alton Baker Park	125a	Slo-Mo Monday, Scenic Springfield	10-12 mph	24 Miles	BF	B	Mike Cantrell 541-342-7649
Tuesday November 12	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday November 12	9:30 AM	Alton Baker Park	##	Riding Some Hills Route announced at start	12-14 mph	25-50 Miles	BF	C	Bob Lewis 502-229-4809
Thursday November 14	9:30 AM	Alton Baker Park	317b	Crow Road via Erickson	10-12 mph	29 Miles	BF	B	Bob Lewis 502-229-4809
Thursday November 14	9:30 AM	Alton Baker Park	301c	bRamble Crow Loop	13-15 mph	43 Miles	BF	C	Karen Goodwin 530-519-2646
Saturday November 16	9:30 AM	Alton Baker Park	126a	Mill Race to Sundarman	10-12 mph	32 Miles	FS	B	Garry Swanson 541-913-0886
Saturday November 16	9:30 AM	Alton Baker Park	318d	Swing Log Bridge via Lorane Hwy	13-15 mph	43 Miles	BF	C	Richard Hughes 541-579-3098
Sunday November 17	9:30 AM	Alton Baker Park	##	Mount June	12-14 mph	80 Miles	BF	C	Sam McCamant 503-270-6844
Sunday November 17	10:00 AM	Alton Baker Park	405b	Pleasant Hill via Clearwater	13-15 mph	40 Miles	FS	B	Julie Reed 541-206-2020
Monday November 18	9:30 AM	Albertson's on Marcola	117d	Upper Camp Creek Rd	10-12 mph	27 Miles	BF	B	Garry Swanson 541-913-0886

# GEARs November 2024 Rides

## Page 2

Day	Time	Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Tuesday November 19	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Larry Diffie 541-729-7923
Tuesday November 19	9:30 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-50 Miles	BF	C	Craig Congdon 541-246-0600
Thursday November 21	9:30 AM	Alton Baker Park	417a	Dale Kuni Rd	10-12 mph	34 Miles	BF	B	Garry Swanson 541-913-0886
Thursday November 21	9:30 AM	Alton Baker Park	417a	Dale Kuni Rd	13-15 mph	34 Miles	BF	B	TBD
Saturday November 23	9:30 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	10-12 mph	35 Miles	BF	B	Garry Swanson 541-913-0886
Saturday November 23	9:30 AM	Alton Baker Park	302a	Veneta via Petzold, Central	13-15 mph	47 Miles	FS	C	Richard Hughes 541-579-3098
Saturday November 23	10:00 AM	Monroe City Park	730a	Monroe Mixed Surfaces	12-14 mph	21 Miles	BF	C	Larry Diffie 541-729-7923
Sunday November 24	10:00 AM	Alton Baker Park	103d	Herman Rd via Coburg Btm Loop	13-15 mph	33 Miles	FS	A	Angie Long 410-707-4620
Sunday November 24	10:00 AM	Wildcat Bridge	925a	Old Stagecoach Rd	12-14 mph	30 Miles	BF	B	Steph Brandt 541-610-9310
Monday November 25	9:30 AM	Alton Baker Park	125b	Clearwater to McKenzie View	10-12 mph	29 Miles	BF	B	Karen Goodwin 530-519-2646
Tuesday November 26	9:30 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941
Tuesday November 26	9:30 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-50 Miles	BF	C	Sue Wolling 541-345-2110
Wednesday November 27	10:00 AM	Alton Baker Park	550a	Free the Bird Fun Ride to Clearwater	10-12 mph			B	Larry Diffie 541-729-7923
Thursday November 28	<b>Happy Thanksgiving from GEARs</b>								
Saturday November 30	9:30 AM	Alton Baker Park	214a	Sovern Lane	12-14 mph	38 Miles	BF	A	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