

# GEARs October 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 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	
Tuesday October 1	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941	
Tuesday October 1	9:00 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-50 Miles	BF	C	Craig Congdon 541-246-0600	
Thursday October 3	9:00 AM	Alton Baker Park	317b	Crow Rd via Erickson	10-12 mph	30 Miles	BF	B	Garry Swanson 541-913-0886	
Thursday October 3	9:00 AM	Alton Baker Park	207a	Franklin Firehouse	13-15 mph	40 Miles	FS	B	Steve Hecker 541-954-1161	
Saturday October 5	9:00 AM	Alton Baker Park	103d	Herman Rd via Coburg Btm Loop	10-12 mph	33 Miles	FS	A	Garry Swanson 541-913-0886	
Saturday October 5	9:00 AM	Alton Baker Park	103e	Bowers via Coburg Btm Loop	13-15 mph	39 Miles	FS	A	Bob Lewis 502-229-4809	
Saturday October 5	10:00 AM	Pleasant Hill to Westfir Bike Camping and Mixed Surface ride. Approx. 84 miles round trip. Primitive camping, to return Sunday. Pace is 10-12 mph. More info at <a href="http://www.eugenegears.org">www.eugenegears.org</a>								Larry Diffie 541-729-7923
Sunday October 6	9:00 AM	Alton Baker Park	201c	Junction City via Toftdahl	13-15 mph	42 Miles	FS	A	Angie Long 410-707-4620	
Sunday October 6	10:00 AM	Florence	##	Honeyman Start at Honeyman State Park	12-14 mph	54 Miles	BF	C	Danielle Curran 608-469-9511	
Monday October 7	9:00 AM	Alton Baker Park	103c	Slo-Mo Monday Coburg Bottom Loop	10-12 mph	27 Miles	FS	A	Garry Swanson 541-913-0886	
Tuesday October 8	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Jackie Murdoff 541-345-3941	
Tuesday October 8	9:00 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-50 Miles	BF	C	Bob Lewis 502-229-4809	
Thursday October 10	9:00 AM	Alton Baker Park	126a	Millrace to Sunderman	10-12 mph	32 Miles	FS	B	Garry Swanson 541-913-0886	
Thursday October 10	9:00 AM	Alton Baker Park	##	Kirk, Butler, Vaughn	13-15 mph	59 Miles	FS	C	Craig Congdon 541-246-0600	
Saturday October 12	9:00 AM	Alton Baker Park	406a	Weyerhaeuser to Pleasant Hill, Out and Back	10-12 mph	35 Miles	FS	B	Garry Swanson 541-913-0886	
Saturday October 12	9:00 AM	Alton Baker Park	412a	River Dr and Howe Lane	13-15 mph	35 Miles	FR	B	Steve Hecker 541-954-1161	
Sunday October 13	9:00 AM	Alton Baker Park	406a	Weyerhaeuser to Pleasant Hill, Out and Back	13-15 mph	35 Miles	FS	B	Julie Reed 541-206-2020	
Sunday October 13	9:00 AM	Alton Baker Park	314d	Hamm Rd via Fox Hollow	16+ mph	49 Miles	FS	C	Danielle Curran 608-469-9511	
Sunday October 13	9:00 AM	Mohawk Store	760a	Coburg Hills Loop	12-14 mph	33 Miles	BF	D	Sam McCamant 503-270-6844	
Monday October 14	9:00 AM	Alton Baker Park	125a	Slo-Mo Monday Scenic Springfield	10-12 mph	24 Miles	BF	B	Garry Swanson 541-913-0886	
Tuesday October 15	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	C	Larry Diffie 541-729-7923	
Tuesday October 15	9:00 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-50 Miles	BF	C	Craig Congdon 541-246-0600	

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Day	Time	Place	Ride #	Ride Description	Pace	Length	Food?	Rating	Leader
Thursday October 17	9:00 AM	Alton Baker Park	207d	Franklin Firehouse via Clear Lake	10-12 mph	39 Miles	FS	<b>B</b>	Garry Swanson 541-913-0886
Thursday October 17	9:00 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
Saturday October 19	9:00 AM	Alton Baker Park	406b	Weyerhaeuser to Pleasant Hill, Out and Back	12-14 mph	36 Miles	FS	<b>B</b>	Nancy Whyte 650-279-1952
Saturday October 19	9:00 AM	Alton Baker Park	416c	Rattlesnake Butte via Wheeler	13-15 mph	51 Miles	FS	<b>C</b>	Karen Goodwin 530-519-2646
Sunday October 20	9:00 AM	Alton Baker Park	301d	Crow via Central, Reversed	13-15 mph	39 Miles	BF	<b>C</b>	Julie Reed 541-206-2020
Monday October 21	9:00 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 October 22	9:00 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-50 Miles	BF	<b>C</b>	Sue Wolling 541-345-2110
Thursday October 24	9:00 AM	Alton Baker Park	103c	Coburg Bottom Loop	10-12 mph	27 Miles	FS	<b>A</b>	Ted Conover 541-232-1920
Thursday October 24	9:00 AM	Alton Baker Park	103a	Bowers via Coburg Btm Loop	13-15 mph	39 Miles	FS	<b>A</b>	Richard Hughes 541-579-3098
Saturday October 26	9:00 AM	Alton Baker Park	319b	Lorane Hwy to Petzold, Out & Back	10-12 mph	35 Miles	BF	<b>B</b>	Peter Dedman 347-415-0321
Saturday October 26	9:00 AM	Alton Baker Park	302e	Veneta via Bolton Hill	13-15 mph	50 Miles	FS	<b>C</b>	Karen Goodwin 530-519-2646
Sunday October 27	9:00 AM	Alton Baker Park	417a	Dale Kuni Rd	13-15 mph	34 Miles	BF	<b>B</b>	Angie Long 410-707-4620
Sunday October 27	TBA	TBA		Gravel / Mixed Surfaces - TBA	12-14 mph			<b>C</b>	Sam McCamant 503-270-6844
Monday October 28	9:00 AM	Alton Baker Park	113b	Slo-Mo Monday McKenzie View via I-5 Path	10-12 mph	25 Miles	BF	<b>B</b>	Ted Conover 541-232-1920
Tuesday October 29	9:00 AM	Alton Baker Park	##	Free Fun Fox Hollow	10-12 mph	26 Miles	BF	<b>C</b>	Jackie Murdoff 541-345-3941
Tuesday October 29	9:00 AM	Alton Baker Park	##	Riding Some Hills	12-14 mph	25-50 Miles	BF	<b>C</b>	Karen Goodwin 530-519-2646
Tuesday October 29	7:30 PM	Cal Young School	##	Evening Halloween Ride with after ride party at Kayna's	Casual	10 Miles	BF	<b>A</b>	Angie Long 410-707-4620
Thursday October 31	9:00 AM	Alton Baker Park	##	Halloween Cemetary Fun Ride	12-14 mph	TBA	BF	<b>B</b>	Theresa Congdon xxx
Thursday October 31	9:00 AM	Alton Baker Park	209d	Alvadore via Milliron	12-14 mph	36 Miles	FR	<b>A</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