

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

# GEARs October 2024 Rides

| Day                    | Time     | Place                     | Ride # | Ride Description   | Pace      | Length         | Food? | Rating   | Leader                         |
|------------------------|----------|---------------------------|--------|--|-----------|----------------|-------|----------|--------------------------------|
| Thursday<br>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<br>541-913-0886  |
| Thursday<br>October 17 | 9:00 AM  | Alton Baker Park          | 319b   | Lorane Hwy to Petzold,<br>Out & Back                       | 13-15 mph | 35 Miles       | BF    | <b>B</b> | Bob Lewis<br>502-229-4809      |
| Saturday<br>October 19 | 9:00 AM  | Alton Baker Park          | 406b   | Weyerhaeuser to Pleasant Hill,<br>Out and Back             | 12-14 mph | 36 Miles       | FS    | <b>B</b> | Nancy Whyte<br>650-279-1952    |
| Saturday<br>October 19 | 9:00 AM  | Alton Baker Park          | 416c   | Rattlesnake Butte via Wheeler                              | 13-15 mph | 51 Miles       | FS    | <b>C</b> | Karen Goodwin<br>530-519-2646  |
| Sunday<br>October 20   | 9:00 AM  | Alton Baker Park          | 301d   | Crow via Central, Reversed                                 | 13-15 mph | 39 Miles       | BF    | <b>C</b> | Julie Reed<br>541-206-2020     |
| Monday<br>October 21   | 9:00 AM  | Albertson's<br>on Marcola | 117d   | Slo-Mo Monday<br>Upper Camp Creek                          | 10-12 mph | 27 Miles       | BF    | <b>B</b> | Garry Swanson<br>541-913-0886  |
| Tuesday<br>October 22  | 9:00 AM  | Alton Baker Park          | ##     | Riding Some Hills  | 12-14 mph | 25-50<br>Miles | BF    | <b>C</b> | Sue Wolling<br>541-345-2110    |
| Thursday<br>October 24 | 9:00 AM  | Alton Baker Park          | 103c   | Coburg Bottom Loop   | 10-12 mph | 27 Miles       | FS    | <b>A</b> | Ted Conover<br>541-232-1920    |
| Thursday<br>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<br>541-579-3098 |
| Thursday<br>October 24 | 9:00 AM  | Alton Baker Park          | ##     | Weyerhaeuser, Fall Creek,<br>Out & Back (Mixed Surfaces)   | 12-14 mph | 66 Miles       | BF    | <b>C</b> | Craig Congdon<br>541-246-0600  |
| Saturday<br>October 26 | 9:00 AM  | Alton Baker Park          | 319b   | Lorane Hwy to Petzold,<br>Out & Back                       | 10-12 mph | 35 Miles       | BF    | <b>B</b> | Peter Dedman<br>347-415-0321   |
| Saturday<br>October 26 | 9:00 AM  | Alton Baker Park          | 302e   | Veneta via Bolton Hill                                     | 13-15 mph | 50 Miles       | FS    | <b>C</b> | Karen Goodwin<br>530-519-2646  |
| Saturday<br>October 26 | 9:00 AM  | Wildcat<br>Bridge         | 925a   | Old Stagecoach Rd  | 12-14 mph | 30 Miles       | BF    | <b>B</b> | Mark LaPage<br>541-556-5569    |
| Sunday<br>October 27   | 9:00 AM  | Alton Baker Park          | 417a   | Dale Kuni Rd   | 13-15 mph | 34 Miles       | BF    | <b>B</b> | Angie Long<br>410-707-4620     |
| Sunday<br>October 27   | 10:00 AM | Crow<br>Grange            | 750a   | Vaughn, C Mainline, Battle Creek                           | 12-14 mph | 37 Miles       | BF    | <b>C</b> | Sam McCamant<br>503-270-6844   |
| Monday<br>October 28   | 9:00 AM  | Alton Baker Park          | 113b   | Slo-Mo Monday<br>McKenzie View via I-5 Path                | 10-12 mph | 25 Miles       | BF    | <b>B</b> | Ted Conover<br>541-232-1920    |
| Tuesday<br>October 29  | 9:00 AM  | Alton Baker Park          | ##     | Free Fun Fox Hollow  | 10-12 mph | 26 Miles       | BF    | <b>C</b> | Jackie Murdoff<br>541-345-3941 |
| Tuesday<br>October 29  | 9:00 AM  | Alton Baker Park          | ##     | Riding Some Hills  | 12-14 mph | 25-50<br>Miles | BF    | <b>C</b> | Karen Goodwin<br>530-519-2646  |
| Tuesday<br>October 29  | 7:30 PM  | Cal Young<br>School       | ##     | Evening Halloween Ride with<br>after ride party at Kayna's | Casual    | 10 Miles       | BF    | <b>A</b> | Angie Long<br>410-707-4620     |
| Thursday<br>October 31 | 9:00 AM  | Alton Baker Park          | ##     | Halloween Cemetary Fun Ride                                | 12-14 mph | TBA            | BF    | <b>B</b> | Theresa Congdon<br>xxx         |
| Thursday<br>October 31 | 9:00 AM  | Alton Baker Park          | 209d   | Alvadore via Milliron                                      | 12-14 mph | 36 Miles       | FR    | <b>A</b> | Larry Diffie<br>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