

On the ride of her midlife

Nearing her 50th birthday, Lori Rude takes on a challenge: Cycle Oregon. In the saddle, she pedals mile after mile after mile to reach the finish line.

By Linda J. Sellers
SPECIAL PUBLICATIONS

When Lori Rude faced the double midlife whammy of the empty nest plus a looming 50th birthday, she knew she needed a new focus to get her through. She'd always been fit, with regular aerobics and weight-lifting sessions at the gym, but she decided to challenge herself with some serious cycling.

"Our youngest daughter was going off to college, and we — actually I — decided that my husband and I needed something more to fill up our time," she says. "He wasn't too keen on the whole biking thing at first, but he went along."

Switching gears

Up to that point, Lori and Scott were casual cyclists who went out occasionally on their mountain bikes for a "Sunday stroll." To test the waters, Lori signed them up for a 45-mile ride sponsored by Eola Hills Winery.

"We showed up in our regular clothes and tennis shoes," she recalls. "And I looked around at everyone else and realized I was a little bit out of my league. But we decided we could do it, and we did." They had a great time, and Lori began to wonder "what the possibilities were on a real road bike with the right equipment."

In other words, she was ready to go.

They bought new bikes and started riding a lot more. Looking at her 50th birthday coming up the next summer, Lori thought, "It would be a neat goal to do a long ride."

Then she heard about Cycle Oregon. "I went on the Web site and got really excited looking at all the neat things they do on the ride."

Giving herself a year or more to train, she set a



Collin Andrew/The Register-Guard

Lori Rude's bicycle gets loaded up for Cycle Oregon.

goal of going on the week-long ride in 2009 with a secondary goal of "not finishing last." She and her husband started doing 30-mile excursions on Wednesdays with another couple and on Sundays with just the two of them. They kept it up until it was too dark and wet to ride over the winter, then resumed in early spring, putting in more than a 1,000 miles in a 12-month period.

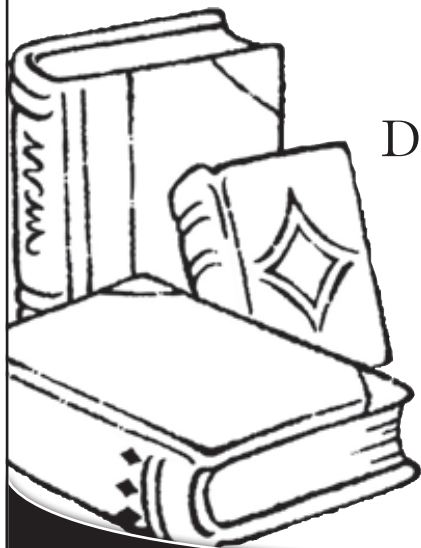
When asked what was hardest about the training, Lori laughs and says, "Clip-on shoes." Then she adds, "And keeping up the stamina. Going like crazy and pedaling as hard as I can for two hours straight. It was hard."

Reaching the summit

After a year of training, it was finally time to test her endurance and tenacity. On a sunny Saturday in mid-September, Lori and Scott loaded their bikes and gear — one 50-pound bag each —

Have you discovered our tremendous book selection?

Boutiques & Books



Thousands of Titles
Paper & Hardbacks
Designated Reading Area!

Come
browse!

See sample items at
www.thetreasureseekers.com



dePaul's 555 High Street
St. Vincent dePaul Society 344-2115

44107282107



Eugene's Largest
Fall Bridal Show!
SOMETHING FOR EVERY BRIDE



SPONSORED BY



The Register-Guard

Modern Bride



Mix 94.5 FM
Today's Soft Rock

RICHARD ROMAN PHOTOGRAPHY

Save the Date!

OCTOBER 17 & 18, 2009
LANE EVENTS CENTER EUGENE
Huge Gown Sale!

Show Hours: Sat. 10-5 Sun. 11-4
Fashion Shows 12:30 & 3 p.m. each day
Admission \$8 • Discounts at
www.oregonweddingsshowcase.com

44107282107

and headed to Medford for the start of the 2009 Cycle Oregon ride.

Not surprising, the first day was the hardest.

"After spending all morning doing switchbacks up to the Siskiyou summit," she recalls, "we got into a valley with a slight uphill and a 30-mile-an-hour headwind. That was tough. Everyone thought it was a tough day."

Day two, coming down the mountain, was her favorite. "We were following the Klamath River through the canyon, and it was simply gorgeous and spectacular. The scenery for the whole trip was stunning."

Along the way, the 2,000 cyclists traveled through small towns such as Selma, Ore., and Happy Camp, Calif. Lori says their small-town receptions were one of the best things about the trip. "The way these small communities welcomed us, it was like we were rock stars," she comments. "They lined the streets and cheered, and you could tell this was the biggest thing to come to their town in a long time. It was great to meet the local people and see all the preparation they'd done."

The ride organizers also made sure the cyclists were entertained every evening with live music and various other events, such as a bike mechanic rodeo.

The trip was not without scary moments, though. One cyclist had a heart



Lori enjoys "gorgeous and spectacular" scenery with husband Scott along the Cycle Oregon route.

attack and was revived by the group medics, and another cyclist crashed and had to be airlifted to a hospital.

For Lori, though, the event was a triumph. After a week in the saddle for six or seven hours a day and 388 miles through the mountains, she reached her goal of finishing the ride — and not

placing last. In fact, she was right in the middle of the pack.

"It was a hard ride and very challenging, and I loved every minute of it," she says. "We may do it again next year."

Staff writer **Linda J. Sellers** can be contacted at dash@registerguard.com.



A publication of The Register-Guard
Advertising Department Special Publications

Special Publications Manager
Dan Villani

Editor
Christine Sherk

Staff Writer
Linda J. Sellers

Design / Kim Gilbert
Photography / Collin Andrew

Contributors
Shirley West, Leigh Anne Jasheway-Bryant,
Cara Roberts Murez, Chris Cunningham

Content
(541) 338-2605
dash@registerguard.com

Advertising
(541) 338-2291
donovan.mack@registerguard.com

Complimentary copies are available at The Register-Guard and many convenient locations throughout Eugene-Springfield. dash is available online at registerguard.com under "Living" or at registerguard.com/dash.

The Register-Guard
3500 Chad Drive, Eugene, OR 97408

Customed designed just for you...
Come realize your dream rings!

Blue Moon
JEWELRY DESIGNS
115 W 6th Ave
687.7859
M - F 10-6 Sat 10-5

4392884T07



**Oregon Medical Group's
Vascular and Vein Center**

offers specialized treatment for varicose veins and spider veins, ensuring your comfort and quick recovery from these simple, non-invasive procedures.



Isn't it delightful to have such lovely legs?

For an appointment, call 228.3380

Call us today; your veins will look better tomorrow.



Be well.

oregonmedicalgroup.com
Oregon Medical Group
Surgery Department
Vascular and Vein Center
360 Garden Way, S-290
Eugene

Clearance Sale
Children's Clothing

Fletcher's
for Children

541-342-5883 • Mon-Sat 10 - 6
www.fletchersforchildren.com
Valley River Plaza, Eugene
(across from Valley River Center)

4392905T07

4410750T07