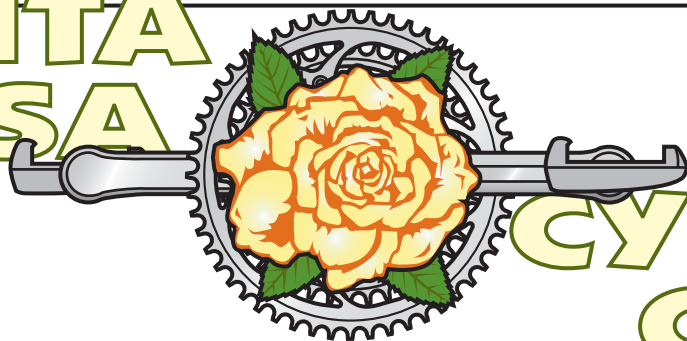


SANTA ROSA



CYCLING CLUB

JUNE 2006 NEWSLETTER

Wine Country Century, 2006

Better than ever!

On Saturday morning, May 6, approximately 2500 cyclists converged on Sonoma County to take part in the 2006 edition of the Wine Country Century. What did they find when they arrived?

First of all, they found a day of almost perfect weather. The forecast had been for foggy overcast extending into the afternoon. But the cloud cover began burning off almost as soon as the riders left the start, and by 8:00 am, blue skies were on the rise, with only a few little clouds hanging around in a purely decorative capacity.

The riders also found a host club in full command of its century operation. Check-in ran flawlessly, with short lines and little waiting. Course marshals and course hosts kept folks pointed in the right direction and stress-free. Rest stops were well stocked and bubbling with upbeat energy. The big feeding frenzies at lunch and after the ride were models of efficiency, courtesy, and accommodation. The whole production ran like a well-oiled, finely tuned machine.

Bill Osburn, WCC Chair, and Craig Gaevert, in charge of Sags and Communication, wandered around headquarters looking underemployed. They had done their advance work so well that these top gun troubleshooters couldn't find any troubles worth shooting. Truly, there were hardly any glitches or snafus at all...certainly none of any significance.

There had been some changes to the century since last year. For one thing, registration had gone to 100% on-line. No paper. There were a couple of learning-curve hiccups in this process (sorted out ahead of time), but overall it was a great improvement and was a key factor in making the check-in process so slick. For the first time in many years, there was a field limit of 2500 entrants. This was reached on April 27. Without it, we might have had another 500 riders. (Why the limit? Too many cars for the start/finish parking lot; too many bikes on the roads; too much congestion everywhere.) The field limit caused a few small problems, but not nearly as many as we had feared. Essentially, it turned out to be a non-issue.

There were several minor changes to the course. Some of these were detours around winter storm damage; others were slight massages of the routes to bring the miles up to their nominal totals. Even with the detours, we still had to deal with a great deal road surface damage from the nasty winter: pot holes and broken pavement were every-

where. Fortunately, our course marking crews did a superb job of marking as many of the hazards as they could find. Their efforts were very successful, and for the most part, it was easy to see and avoid the booby traps. We know of only a couple of crashes resulting from the poor road conditions.

When you think about it, that's pretty amazing: 2500 riders completing either a 200-K, a 100-mile, or a 100-K course, with just a few more on the 35-mile course. That adds up to something like 200,000 miles covered in one day. That's like riding around the world at least eight times! And to come out of that with only a handful of relatively minor crashes...that's impressive.

Read the letters from happy WCC participants on the next page. It's you, the volunteers, whom they are thanking. And you deserve it, individually and collectively. You did a great job. Now, wouldn't it be nice if we could get the rest of our world to run as smoothly and with as much good cheer as the Wine Country Century?

But wait: there's more...

You also get the Terrible Two!

That's right folks: just when you thought it was safe to come out of hiding, the volunteer goons are gathering out on your front lawn, ready to haul you off to another day of ride support chores on the Terrible Two (Saturday, June 17).

Seriously, the TT is a great event and it's one that veteran volunteers actually look forward to with some excitement. The scope of the ride is so epic; its reputation is so exalted, that the whole day takes on an aura of something really special. It's not like other rides. The riders are all jacked up, and their busy intensity infects spectators and support personnel as well. Everyone gets a buzz off the occasion.

If you've either ridden the event or volunteered on it before, you know what we mean, and you've probably already signed up for your favorite job on the big day. If you haven't signed up...well, what are you waiting for? You can't miss out on this one. It's too much fun.

It's a long, long day (and night). We'll need help of one sort or another from before dawn until late into the night. If, for some reason, you can't make it on the big day, we need folks for day-after clean-up on the Analy HS campus on Sunday as well.

Check the usual space on page 8 for more information on what's needed and who to call or e-mail to get in on the excitement.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for May

1. Call to Order: President Martin Clinton was out of town. In his absence, VP Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, May 10. Approximately 40 members were in attendance.

2. Treasurer's Report: Treasurer Donna Emery announced that, as of April 30, the checking account balance was \$108,671.65 with \$10,186.04 in savings.

3. WCC: 2531 riders actually entered (thanks to a glitch in the on-line reg, we went a little over our limit). There were about 100 no-shows, so the total on the road was slightly less than 2500. Greg Durbin set up a credit card system for apparel sales. All t-shirts and posters sold out, and most jersey sizes were sold out as well. There was considerable discussion of the event at the General Membership meeting, five days afterward. Many anecdotes were related and many issues discussed. Thanks were extended to one and all, both for those who worked on the day of the event, and for those who worked before and after the event as well. A framed print of the artwork for this year is being presented to WCC Chair Bill Osburn as a token of the club's appreciation for all the energy he put into making the event a success. (See item on page 1.)

4. TT: TT Chair Craig Gaevert noted that now that the WCC is behind us, it's time to get our ducks in a row for the Terrible Two. He asked for volunteers for many different jobs. Registrar Bill Oetinger noted that registration is proceeding at a normal pace, consistent with past years. Things are moving forward as they should. We just need the workers to make it all happen. TT Workers' picnic is set for July 8 at the Oak Knolls group site in Spring Lake Park, same as last year. (See items on page 1 and 8.)

5. Races: Sharron Bates made an announcement about the upcoming Clo-Terium race event on June 4. (See item on page 5.) As always, there will be a need for workers to assist with crowd control and set-up/take-down.

6. Club Tour: Doug Simon announced that the roster for the Wild Rivers Tour was essentially full.

7. Chairs: René Goncalvez and Sharron Bates agreed to chair the Holiday Dinner Party and Richard Stone agreed to act as coordinator for the club picnic at the end of the summer. Thanks, folks!

8. Brevets: Donn King spoke about the upcoming 400-K Brevet and reminded the members that he still needed help with a contrôle on the 600-K on June 3-4. Get in touch with Donn at 823-0541. (See article on page 7.)

9. Donation: The Board agreed to donate \$200 to Robin Abramson as an AIDS Ride pledge.

10. Newsletter: Gordon Stewart and Bill Oetinger discussed the printing and distribution of the monthly newsletter. So far, so good on the new printer and mass mailing service (expect for a pagination problem in the May issue). Steps will be taken to see that that does not happen again. Otherwise the process is working well.



• WCC LETTERS •

I rode my first WCC yesterday (100-K) and I cannot stop talking about what a spectacular experience it was. It was my third week in a row of cycling events (Bike Around the Buttes, Chico Wildflower) and your ride set the standard. Great food, awesome support, well marked route (I only glanced down at my route map twice!). Your club has done an unbelievable job in making the WCC a memorable ride for all cyclists. I can't wait for next year!

— David Mullin, Sacramento Bike Hikers

Hi, just a note of thanks and appreciation for a great ride yesterday. My cycling partner and I were 1st time WCC riders—we live in Santa Cruz County—and had a wonderful day of cycling. We did the 200-K—the route was truly awesome—and your support ranks among the best rides we've ever done. A hearty thanks. See you next year!

— Jan Van Waarden

The Wine Country ride on Saturday was fantastic. Thanks to all the volunteers and the club for making it happen.

— David Joshel, Davis

Just wanted to say THANK YOU for the great event!!!! The route was great, the markers and flag people were extremely helpful and the rest stops were full of nice folks and great food. Your handling of and preparation for the event make me proud to call Santa Rosa home!!

— Brad Tarnutzer

Please pass along my thanks and compliments to all involved in a great Wine Country Century. Maybe it's just because I hadn't been able to get on my road bike for the past seven months, but when I finally did on Saturday, the sun seemed warmer, the breeze lighter, the rest stops timely-er, the food tastier and the volunteers — well, the volunteers simply couldn't be better. You should all be proud.

— Chris Coursey

Thanks for putting on a wonderful event. My wife and I rode the 200-k and had a great time. The route and scenery were awesome (even when compared to the Death Ride or Sierra Century). The food was great and the coffee at Wohler most excellent.

— Elmar and Lisa

I wanted to say THANKS for a Great Ride on Saturday at the Wine Country Century. This was my first century ride and everything about it was nothing short of amazing. You all really have your act together and it shows. All this week, I have been doing nothing but raving about what an excellent job everyone did. Everyone was so nice and pleasant and to be honest, what set me over the top was the lunch stop at mile 70: made-to-order sandwiches that were delicious. I could go on and on but I'm sure you get the picture.

— Dale Trimm

Last weekend I did the 100-K Wine Country ride. It was awesome! It is one of the best organized, best marked, best food, etc, etc. of any ride I have ever ridden. I will be back next year to do the Century.

— Nick Treseder

I just wanted to let you know what a great ride you all pulled off. I have done it a few times, but not for the last couple years. Wonderful support, signage, lots of good food! And you ordered up some perfect weather. The new (for me) route was beautiful. The Alexander Valley is one of my favorite places. Thanks so much.

— Barbara Duron

BACKROADS & BREAKAWAYS

B&B is a column for and about local club rides, news, gossip, anecdotes, odds and ends. If you have a story to share about a ride you led, your race results, a cycling vacation, whatever...call Bill Oetinger @ 823-9807 or send e-mail to the club's e-mail address: src@ap.net.

First off, we want to salute the SRCC club members and irregulars who earned their California Triple Crown laurels in 2005. Okay, so we're now approaching half way through 2006, but better late than never. Here's what we can find at the CTC site (names and the numbers of double centuries completed): Craig Robertson, 6; Greg Lester, 5; Robert Redmond and Andreas Schultz, 4; Bill Ellis, Brian Staby, and Marc Moons, 3. Did we miss you? Let us know.

In the same vein, a tip of the old *chapeau* to the folks who have been knocking down doubles in 2006. In addition to the folks we mentioned at Solvang last month, we can also salute Joe Morgan. At Hemet, Nancy Markinsik was the second woman finisher in a time of 12:56. Craig Robertson, with our old buddy Lynn Katano as stoker, finished first in the tandem division in a time of 11:55. At Devil Mountain, Marc Moons was third overall and Robert Choi was fifth. Paul McKenzie and Cat Berge were the first tandem in, good for tenth overall, and Craig Robertson brought his tandem in just a few minutes later, this time with Jennie Phillips in the stoker's chair.

We look forward to seeing all (or most) of these hammerin' road warriors at the Terrible Two, later this month.

Now, dialing it back just a notch, let's talk about centuries. You will have read elsewhere in this issue about the wonderful day we had with our annual Wine Country Century: another nearly perfect event, and three cheers for all involved. But right now, I want to beat the drum for the little program we're running in the club this year: the Century-a-Month challenge. It's in the spirit of March Magic or April Alpina, except, unlike those one-month challenges, this one goes on all year. It's just for fun... a way to motivate oneself to do something a little bit special, and a way to give one a forum for listing those special accomplishments. It isn't solely about doing one official century a month though. That's only one aspect of the challenge. It's about doing (and listing) as many centuries as you can manage, whether they're official ones or just ones you go out and do on your own. All centuries count, whether you do one a month or more, and if you miss a month, so what? There won't be that many people who get through the year without missing a century in some month or other. That doesn't mean you can't still post lots of entries in other months. For what it's worth, the Ultramarathon Cycling Association credits any ride of over 90 miles as a century, although personally, unless it's a really hardball ride, I don't feel comfortable logging it in unless it's over 95 miles. (Doubles count as two, obviously.) As with MM and AA, the forms for registering your rides are on-line and could not possibly be easier to use. Add your data to the list. The more, the merrier.

Now then...back to the never-ending chronicle of club rides! First up this time around is Kimberly Hoffman with her April 22 Alexander Valley-Dry Creek Valley ride. She reports: "I had 10-15 riders of varying degrees of ability. One person bailed out near the airport on Lytton Springs and took Chiquita back into town. She just wasn't up for it after all. When we arrived in Asti for the turn onto Dutcher Creek, I let much of the group take off while some of us waited for a flat to be fixed. Turns out Rolf had a sidewall blow-out. But Sue Bennett was there to give him the boot and he was actually happy about it. Rolf turned around, but later met us back at the end to return the favor to Sue. So he then gave her the boot."

Tom Kuhn had a C ride leaving Healdsburg City Hall at the same time as Kimberly's ride left town. Tom reports: "About 20 riders showed up. I dropped off the back in the first ten miles. The group broke up a bit out on River road. By the time I got to Old Monte Rio road, I had been off the back for around 15 miles, so I decided to short cut and go straight to Monte Rio without taking Old Monte Rio. When I got to Occidental, I found only two of the riders there. I passed the rest of the pack without realizing it. Everyone eventually made it to Occidental, had a bite, refilled water, and we left as a pack. Nikola went off the back on the way down Harrison Grade, and taking a page from the ride leader's book, he shortcut the Thomas/Maddocks loop. We caught him later on Vine Hill. By the time we got to Old Redwood Highway, several riders decided to skip Chalk Hill Road and went home straight up Old Red. A few went straight home from Esposti Park, and about four or five of us completed the ride via Chalk Hill. It was a great group, a fun ride."

The next day, Janice Eunice led an AB ride out of Ragle and into the west county hills. "I had about 30-plus riders, with six non-club members signing the release form. Graton Road strung out the group. When we reached the coffee shop in Guerneville, a couple of the riders called friends to come and pick them up. On the other hand, several of my Friday riders wanted to try Mays Canyon and Green Valley Road to see if they were ready for the WCC 100-mile ride."

The last weekend in April saw the first really warm, sunny weather of the year...finally! As if on cue, the club ride calendar was crammed with tasty offerings. As on the previous Saturday, all the action was in Healdsburg: we had three rides starting from there, including two at 9:00 am from City Hall. Ken Russeff sent in a note about his ride: "My Cloverdale and Beyond ride took place without me, due to an unfortunate week of back pain. However, I did show up to pass out route slips, turned the leadership reins over to my friend, George Gallegos, and bid everyone farewell. There were ten AB riders who departed at the beginning and they were joined by two additional riders along the way. Overcast turned to sunshine and outside of one known flat tire and the normal huffs and puffs up Dutcher Creek Road, the day was a success. Thanks to George and also to Martin Clinton who stepped up to save me."

Randall Ray listed a wicked-sick hill fest with two passes over Sweetwater, plus a scramble up the infamous Mill Creek ladder. Randall sent in this note about the trek: "With two other rides listed for today, I was surprised to find 15 smiling faces at the start. Some hadn't ridden either Sweetwater or Mill Creek, so they were in for a treat. I suppose folks were ready for a ride in some genuine spring-time weather; mother nature did not disappoint. Sweetwater definitely has had a rough winter, with several slides of significance, a couple of washouts, and even more potholes than the norm. We picked our way cautiously down to Guerneville, with only one minor spill along the way. One rider had turned back before the summit, and two elected to take a flatter route back to Healdsburg. On the climb back over Sweetwater the sun came out, and we generally stayed together all the way back to the foot of Mill Creek. Nine of us took on the "ladder," and we mostly stayed together to spin back into town. Even better than the weather today was the group. What a friendly and fun bunch to ride with! The stats: 57 miles, 5782' of climbing. The metric system always sounds more impressive though: 91.7 km, and 1,762,353 mm of climbing!"

For those who wanted more miles with their climbs, there was, on the same day, Rich Fuglewicz's traditional Clear Lake Double Metric.

— Continued on page 6

The following system is used in our ride schedule so that riders can estimate the relative difficulty of each ride.

TERRAIN

- 1:** Mostly flat (River Road, Dry Creek)
2: Rolling, easy grades (Westside Road)
3: Moderate grades (Graton Road)
4: Hilly; a few steep climbs (Coleman Valley Road, Franz Valley Road)
5: Very hilly; lots of long climbs (Trinity Grade, The Geysers, Skaggs Springs Road)
 (If available, elevation gain may be listed.)

TEMPO

Actual ride speed may vary, depending on terrain, distance, weather, and group dynamics. Tempo listing is only a ballpark estimate.

- A:** relaxed pace; frequent regroupings; waits for all riders. Over 26 minutes*
B: touring pace; regroupings every 30-45 minutes; waits for all riders. 23-26 minutes*
C: brisk pace; pacelines likely; regroupings every 30-60 minutes. 19-22 minutes*
D: aggressive pace; pacelines; slower riders may miss regroupings. Under 19 minutes*

*Times are for official SRCC speed trap: 4.4 mostly uphill miles on Graton Road from Ross Road in Graton to summit at Tanuda/Facendini junction. If you want to know where you fit in on club rides, time yourself on this section (at your normal riding tempo) and compare your time to the list above.

DISTANCE

The last figure in the formula, stated in approximate miles. (If in doubt, leader should overestimate mileage slightly.)

• RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route instructions. Riders should carry I.D., cash, flat repair kit, water bottle(s), and have their own map in case they get lost.

HELMETS ARE MANDATORY ON ALL CLUB RIDES!

Non-members are welcome on club rides! (Non-members must sign a liability waiver provided by the ride leader.) If the course seems too long or difficult, the ride leader can generally suggest an alternate starting place or bail-out route.

RAIN CANCELS ALL RIDES, UNLESS OTHERWISE NOTED.

RIDES LEAVE PROMPTLY AT TEN MINUTES AFTER THE LISTED TIME.

RIDE SCHEDULE

SATURDAY • JUNE 3

Glen Ellen Hills

4/B/50+
 9:30 AM • Howarth Park

Howarth Park & Spring Lake Bike Paths to Channel Drive > Through Oakmont via Oakmont Drive > L on Pythian > R on Hwy 12 > R on Lawndale > R on Schultz > Lawndale > R on Warm Springs > R on Arnold (*rest stop at Glen Ellen Market*) > South on Arnold > L on Madrone > R on Hwy 12 > L on Cavedale (*rest stop at fire station*) > L on Trinity > R on Dunbar > L on Henno > R on Warm Springs > L on Sonoma Mountain > L on Bennett Valley > Yulupa > R on Bethards > L on Summerfield to finish.

Annie Osborn—829-5656
 Denise Prue—486-2015

Earle Baum Tandem Ride

2/AB/10-20
 8:45 AM • EBC

The Earle Baum Center of the Blind joins the Santa Rosa Cycling Club for another tandem ride, wherein EBC members ride as stokers on tandems. EBC owns some of its own tandems, but feel free to bring yours as well. Stokers will be waiting for you! 4539 Occidental Road, SR.

Sean Ryan—523-3222

SUNDAY • JUNE 4

Century-of-the-Month #1

3/BC/100 or 67
 8:30 AM • Ragle Park

L on Ragle > L on Mill Station > L on Sullivan > L on Green Valley > L on Harrison Grade > R on Graton > R on Boho > L on Moscow (*rest stop in Duncans Mills*) > L on River > L on Hwy 1 (*rest stop in Tomales*) > Cont on 1 > L on Petaluma-Marshall > R on Hicks Valley > R on Petaluma-Pt Reyes to Cheese Factory (*rest stop*) > Retrace on Petaluma-Pt Reyes > L on Windsor > R on Western > L on Chapman > L on Eastman > L on Middle Two Rock > R on Eucalyptus > Skillman > L on Liberty > L on Center > Jewett L on Stony Point > L on Roblar > R on Canfield > R on Bloomfield > L on Pleasant Hill > L on Watertrough > R on Bodega > L on Ragle to park. **Shortcut:** Same as 100-mile to Tomales, then > L on Tomales-Petaluma > L on Twin Bridge > R on Fallon-Two Rock > L on Carmody > L on Petaluma-Valley Ford > R on Roblar > L on Canfield (rejoin long route).

Randall Ray—433-2555

SATURDAY • JUNE 10

SECOND SATURDAY

Fort Ross-Coleman Valley

4-5/C/75 or 3-4/B/62
 9:00 AM • El Molino HS

B: R on Covey > R on Trenton > R on River > L on Wohler > L on Westside > R on River > R on Austin Creek > R on Caz Hwy > L on Fort Ross > L on Meyers Grade > L on Hwy 1 > L on Hwy 116 to Forestville. C: same as above to Jenner, then Hwy 1 > L on Coleman Valley > L on Boho > R on Graton > L on W. County Reg. Trail to Forestville. *Coffee and conversation at Front Street Coffee afterward.*

B: Wayne Kellam—523-1878
 C: Chris & John Mason—887-1239

SUNDAY • JUNE 11

Valley of the Moon Ramble

3/B/30 or 4/B/40
 9:00 AM • Channel Dr lot

3/B/30 (*Jan & Greg*): Channel Dr > Thru Oakmont > Pythian > R on Hwy 12 > R on Lawndale > R on Schultz > Lawndale > R on Warm Springs > L on Henno > R on Dunbar > R on Arnold (*rest stop at Garden Court Cafe*) > Return via Warm Springs Rd to Kenwood > L on Hwy 12 > L on Pythian > R on Oakmont > L on Cliffwood (just past Quail Inn & Golf Course) uphill and around small island > L on Singing Woods Ln > 1st driveway on left to Conklin home (409) for BBQ. Return thru Oakmont to Channel Dr. 4/B/40 (*no leader*): after rest stop > Warm Springs > L on Sonoma Mtn > R on Enterprise > R on Bennett Vly > L on Warm Springs (rejoin basic route). **RSVP!**

Greg & Jan Conklin—539-4099

SATURDAY • JUNE 17

THE TERRIBLE TWO

5/CD/200 • 16,500'
 5:30 AM • Analy HS

Pre-reg only. See items on pages 1 & 8.

TT Rooters Ride

3/BC/40
 9:30 AM • Healdsburg City Hall

L on Grove > L on Chiquita > R on Lytton Springs > L on Geyserville Ave > Asti > L on Theresa > L on Dutcher Creek > R on Dry Creek to TT lunch stop > Return via Dry Creek > R on Yoakim Bridge > L on W. Dry Creek > L on Westside > Mill > L on Vine to finish. *Timed to arrive at the lunch stop about the same time as the leaders on the TT. Cheer*

them on as they head out on their second century, then head back to Healdsburg and hoist a burrito in their honor.

Steve Drucker—538-5256

SUNDAY • JUNE 18

Rose's Birthday Ride

2/AB/49+

8:30 AM • Cotati Dog Park

R on Myrtle > Valparaiso > L on W. Sierra > L on Stony Point > R on Roblar > R on Pet-Valley Ford > L on Middle > R on Marsh > L on Franklin School > L on Whitacker Bluff > R on Middle > L on Dillon Beach (*rest stop at Tomales Bakery*) > L on Hwy 1 > L on Tomales-Petaluma > R on Chileno Valley > R on Western (*rest stop at Petaluma Creamery*) > L on Western > R on Cleveland > L on Bodega > R on Thompson > L on Skillman > R on Liberty > L on Pepper > R on Jewett > L on Stony Point > R on W. Railroad > L on Old Red > R on Myrtle.

Rose Mello—543-5889

SATURDAY • JUNE 24

Way Around Out West

3-4/C/65

9:00 AM • Ragle Park

L on Ragle > L on Mill Station > L on Cherry Ridge > L on Occidental > L on Boho > R on Bittner > L on Joy > L on Bodega > R on Valley Ford-Freestone > L on Hwy 1 > R on Estero > Franklin School > Dillon Beach (*regroup in Tomales*) > North on Hwy 1 > R on Fallon-Two Rock > L on Petaluma-Valley Ford > R on Walker > L on Pepper > L on Mecham > L on Stony Point > L on Roblar > R on Petaluma-Valley Ford > R on Bloomfield > L on Burnside > R on Barnett Valley > Sanders > R on Pleasant Hill > L on Covert to Ragle Park.

Tom Kuhn—829-8905

SUNDAY • JUNE 25

Steve's More Level Century (Century-of-the-Month #2)

-2/AB/100

8:00 AM • Howarth Park

L on Summerfield > R on Sonoma Ave > R on D St. > L on 1st > L on Santa Rosa Ave > R on Prince Greenway > L on Pierson > R on 3rd > Hall > R on Willowside > L on Piner > R on Olivet > L on W.Olivet > R on Oakwild > R on Woolsey > Laughlin > L on W. Laughlin > R on Slusser > R on Windsor > L on Windsor River > R on Eastside > L on Old Red > R on Healdsburg Ave > L on Matheson > R on Vine > Grove > L on Healdsburg Ave > L on Lytton Springs > R on Geyserville Ave > Asti > R on Crocker > L on River > L on Geysers (U-turn at

50 mi.) > Retrace route to finish.

Steve Drucker—538-5256

SATURDAY • JULY 1

Bob's Big Boy

5/C/70-85

8:00 AM • Cotati Dog Park

L on Myrtle > L on Old Red > L on E. Railroad > L on Pet Hill > R on Roberts (Optional out-&-back on Lichau) > Pressley > R on Sonoma Mtn > R on Warm Springs > R on Arnold (*regroup Glen Ellen Store*) > Continue on Arnold > L on Madrone > R on Hwy 12 > L on Cavedale (*regroup at Fire House*) > R on Trinity > Dry Creek > R on Mt Veeder > Redwood (*regroup at convenience store at RR tracks*) > Cont on Redwood > R on Dry Creek > Trinity and return via same. *10k-11.8K of climbing.*

Bob Redmond—799-0787

SUNDAY • JULY 2

Pine Flat Time Trial Challenge

3-5/CD/70

9:00 AM • Piner HS

R on Fulton > L on Wood > L on Woolsey > R on Olivet > L on River > R on Slusser > L on Mark West Station > R on Trenton-HB > L on Eastside > R on Wohler > R on Westside > L on Kinley > R on Dry Crk > L on Grove > L on Healdsburg Ave > R on Alexander Valley (*regroup at Jimtown Store*) > Hwy 128 > L on Pine Flat (Mass start at bridge at approx noon...timed to summit) > Retrace to L on 128 > R on Chalk Hill > L on Faught > R on Airport > L on Fulton to Piner HS. *Times will be posted at www.sonic.net/~dougasi/pineflat.html.*

Doug McKenzie—523-3493

REGULAR RIDES

Wednesday Wannabes

30-45 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

Nancy Rappolt—795-8397

Beth Anderson—874-3685

Second Wednesday: Healdsburg City Hall

Terri Peterson—433-7737

Third Wednesday: Ragle Park, Sebastopol

Doug Newberg—579-0925

Fourth Wednesday: Ragle Park, Sebastopol

Bob McDonnell—823-4106

Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

Chris Cleveland—538-2650

Wednesday Night Rides

Moderate pace (B) • 5:30 PM

First Wednesday: Cotati Dog Park

Second Wednesday: San Miguel School

Third Wednesday: Willowside School, SR

Fourth Wednesday: River Road Park & Ride

Wayne Kellem—523-1878

Friendly Fridays

2-3/B/25-40 • 9:00 AM
at the following starting points:

First Friday: Cotati Dog Park

Dave Trumbo—765-9022

Second Friday: Howarth Park, Santa Rosa

Martin Clinton—569-0126

Third Friday: Ragle Park, Sebastopol

Doug Newberg—579-0925

Fourth Friday: City Hall lot, H'burg

Richard Winegarner—433-8115

Fifth Friday (B group only): City Hall lot, H'burg

Warren Watkins—433-4403

2-4/C/35-50 • 9:00 AM

Same schedule as other Friday rides.

Martha Barton—538-9315

Dave Andersen—537-7745

Todd Sloan—571-1804

2-3/A/25-30 • 9:00 AM

Janice Eunice—575-9439

Tuesday Twilight Crits

6:00—8:00 PM

Corporate Center Business Park

Cat 4-5, Cat 3-4, Cat 1-2-3-Pro races

René Goncalves—544-1918

Street Skills for Cyclists

Sunday, June 11th
Saturday, July 15th

8:45 to 12:45 at Sutter Warrack Medial Center, 2449 Summerfield Road, Santa Rosa.

Reservations required

707-545-0153

mailto:info@bikesonoma.org

Clo-Terium coming on June 4

The biggest race of the season on the local scene will be the Clo-Terium on Sunday, June 4. Sponsored by Clover Stornetta Farms, this is the event formerly known as the Wine Country Classic, which has a long tradition of bringing the best racers to Santa Rosa to duke it out on the flat, fast track around the Civic Center downtown...one of the best venues in the state for watching racing and being part of the excitement of a big race meet.

This year the event is included in the NCNCA Premier Race Series, which means it is a points-paying event in a season-long series. As such, it will attract the best racers and ensure the highest level of competition.

For more info:

renesraces.com • 544-1918

More BACKROADS & BREAKAWAYS

Conditions could not have been better for this long-distance classic. Highs in the low 80's like mid-summer, but everything still green and fresh like mid-spring. I forget exactly how many people were there...maybe 15? We stayed pretty well grouped to the base of Ida Clayton, and then the big hill sorted things out. The always super steep descent on loose gravel on Western Mine was about as tricky as any of us could remember it being. I almost crashed in one corner, skidding to a stop just barely upright. Kipp skidded in right behind me, looking like he was going to crash, but didn't. Then, moments later in the same spot, Emilio did crash, and right behind him, Donn King laid it down. It was mostly comical, with little damage to bikes or bodies, except for a slightly gory elbow for Donn. We all carried on to Middletown and then fought our way through a ridiculous minefield of potholes on Big Canyon. After that, the roads got better but the riders got worse, as in hot and fried. But we still had enough juice to grapple our way over Hopland Grade with dignity intact. However, once we got to Hopland, a subversive element arose in the ranks: there was a killer tailwind blowing down from the north, and someone suggested we skip the long, tedious climb on Mountain House and go straight down the big shoulder of 101 to Cloverdale, getting maximum benefit out of the friendly breeze. A few of the more dedicated grinders stuck with the hillier official route, but several of us—who have done CLDM many times—felt no qualms of conscience at all about taking the shorter, flatter, tailwind bailout. In fact, with the nice new shoulders on that section of 101, it really makes for a pleasant run, including the little northern spur on Geysers Road at the south end. It's going to be hard to persuade some of us to go back to Mountain House in future years!

Sunday, the action slid south to the Green Valley area for a ride start from Annie Osborn's country home. Annie checks in: "April 30 was a beautiful day on the coast: very little wind or fog. About 16 folks showed up. Unfortunately Denise took a spill on the way back from Bodega Head, scraping several areas on the left side of her body and jamming her thumb. Everyone was helpful, and Denise decided to ride home with a couple of us taking the flat roads with her. It was clearly not her day, as she then got a rear flat in Occidental."

Next was the first weekend in May, and we all know which rides were on the schedule then, right? The WCC! That little gathering is covered on page 1. On Sunday, we had the WCC Workers' Ride, and that turned out to be a nice day as well. Very mellow and laid-back. No hammering at all. Just folks unwinding from the previous day's stresses. The ride was followed by a catered BBQ at Youth Community Park. (Who knew they had such a nice picnic area back there? Very nice venue!) Thanks to Gordon Stewart and Susan Noble and their helpers for putting the picnic together, and to the other clubsters who manned the rest stops. It was a nice wrap-up/wind-down from the weeks of work and worry leading up to our big event.

And then it was Second Saturday again, with this month's ride originating in Ragle Park and heading out Tomales way. Richard Stone and Oscar Hugue took the lead on this one. Oscar tells me there were about 40-50 riders overall, with about 20 of those in the C group, 20+ in the B group, and the rest in the A group. No sparkling anecdotes or spellbinding yarns were generated by this jaunt. Just another day of pleasant riding and perfect weather in paradise.

Also on that day was the club's 400-K brevet. Read Donn King's report about that on the next page.

Finally, the last ride in this reporting period was another of Sue Bennett's Pancake Breakfast rides. Sue reports: "Great weather, great company, great breakfast, and a chance to support one of our local fire departments. Fifteen riders met at Willowside and headed to breakfast. Even at 9:15 am the line was longer than expected, and seven riders decided to go on. But for the eight of us who stayed, the line moved quickly and the breakfast was good. The somebodies in the local community, and even those who aren't, were eating, talking, and having a good time. True community spirit. Our blood sugar levels renewed, we headed on down the road. With Mother's Day commitments, some did the shorter route, others the long. The weather was warm with no wind. Perfect! So nice, that a couple riders added extra miles, just because. A good ride indeed."

APRIL ALPINA WRAP-UP

— Bill Dunn —

From the Nifty kickoff to the Pt. Reyes Wrap-up Ride, the cyclists participating in this year's edition of April Alpina rode and climbed and wrestled themselves into better shape. Some, like Paul and Janet McKenzie simply rode to their normal mountain climbing standards, while others, such as Andy Lennox, Linda Fluhrer, and Chuck Bramwell (the CalTripleCrown Guy), used the incentive of April Alpina to push beyond their norm. Tony Lee and Paul McKenzie used the Devil Mt. Double to reach their goals. Alan Bloom was so dedicated that in the waning hours of daylight on April 30th, he hopped on his bike at his home at the top of Los Alamos and rode down and back up just to make his goal.

The raw numbers are impressive. We had a 50% increase in participants this year making a grand total of 17 riders. Those 17 logged a little over 786,000' of gain, which yielded an average of about 46,000' per rider. To try and check whether that average was skewed too much by the upper end, I subtracted the highest and lowest gain numbers and came up with an average gain of 45,000' for everyone else. Not too shabby!

Personally, April Alpina was a blast! I guess that it was partly due to the large numbers associated with elevation gain, plus the knowledge that one could not help but get into some kind of better shape by focusing on climbing. It worked for me: because of doing April Alpina and because I took it easy, I was able to ride the WCC—my first century in about two years—and it turned out to be the easiest century ever. I had clearly developed some strength and endurance!

Many thanks to all the April Alpina riders for helping make the whole program fun, and to Alan Bloom for his continued support and great design of the web page.

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• In the Candy Store •

— John Hughes —

You just received the club calendar. You rode your first century last year and you're excited about all the longer rides the club is putting on. And your best friend is organizing a monthly time trial series and wants you to participate. And your spouse really wants to take a weeklong bike tour. Ahh, the joys of the new season. All these events! Like a kid in a candy store...the cyclist's eyes light up in anticipation.

• How Much Candy?

Imagine two kids in the candy store. One snuck away from his parents and is there for the first time. He buys a pound of treats, goes out to the curb and starts to eat. The second lad has been going there every week and buying more and more candy. This week he also buys a pound, goes out to the curb and starts enjoying his sweets. After half an hour, the first boy will certainly have indigestion; his eyes were bigger than his stomach. The second boy may be a little full, but since he's "trained up," he might be able to eat all that candy at a sitting.

Often, when a rider first looks at the events calendar, he wants to do lots of events. The cyclist feels like he (or she) didn't ride *that* much last year. And it's early in the season, so the rider resolves to do more events this year. That, of course, will take more training. So the rider decides to try for 2,000 miles this year instead of 1,000 like last year. Better stock up on Pepto-Bismol, because this will lead to cycling indigestion: overuse injuries, colds, burnout, etc.

Realistically a rider can increase total volume by 10-15% from year to year.

• Which Candy?

Our experienced boy is a candy connoisseur: after weeks of trying different sweets, he's picked the ones he likes most for his weekly binge on the curb. To the inexperienced lad, they all look good, so he gets one of everything.

Experienced athletes are selective: which events are really important? Even Lance Armstrong prioritized his races as building blocks towards the season's main goal. Joe Friel recommends labeling each event in your schedule A, B or C.

An "A" event is one of the highlights of the season, an event for which you want to peak so that you can have your best ride. Perhaps the tour with your spouse?

A "B" event is one where you'd like to do well, although you aren't trying for a personal best. Maybe the longer club rides?

And a "C" event is one that you're doing for training, with no expectations about results. Your friend's time trials?

To Friel's schema I add "F" events. No, those aren't failures. Those are ones you're doing just for fun! A chance to try out a different type of event, or ride in a different area. Going mountain biking with your son or daughter!

As you categorize each event, remember that the fewer "A" events you have, the more likely you are to really peak for each and have a ride to remember positively. And, of course, the more "F" rides you have, the more smiles on your face.

Training takes several years of build-up to reach a point where you can handle relatively high volume. Riding longer or harder events is taxing, so you need a balance between harder and easier events. If you remember these simple principles, despite what your Mom said, you can learn to eat way too much candy in a year!

• 400-K Brevet report •

— Donn King —

SRCC-RUSA Randonneur Coordinator

Four Santa Rosa Cycling Club members started the 400-K on May 13 and all four finished: Jamie Armstrong, Tom Kuhn, Jose Mundo, and myself. There were 20 starters, so that's a pretty good representation from the SRCC.

Thanks to the person upstairs for holding off the hot weather until Sunday! We had fairly moderate temperatures for Lake County. The wind was brisk, but it helped us going down to the southern end of Clearlake in the late morning, and then hurt us coming back into the northwest on the return, until we turned the corner at the top of the lake, and then it helped us all the way back from Ukiah to the Windsor finish at RKA.

The route: Windsor to Cloverdale to Ukiah, out to Clear Lake, around the lake in the clockwise direction, through Upper Lake, Nice, Lucerne, etc., to the town of Clearlake on the south end of the lake. That was the turnaround. Then the route retraced itself back to Windsor, a pure out-and-back. My usual time for that distance is around 20 hours, and I rode this one in 20:06. I was on track to do better—not that it matters (ha-ha)—but our group ran into several problems with flat tires after dark and that cost us at least an hour, maybe more. But that is the price you pay for camaraderie after dark: you stop for them and they stop for you. It's a nuisance until you are the one having a problem. Then it seems like a great idea.

Each one of these longer brevets is really two rides: the ride in the day and the ride at night. The part after dark is what I always remember, and the part that provides the adventure, the lure. All the same, when I am out there in dark, I want everything to go as smoothly as possible, and except for a rash of punctures in our group of seven, it did. No one crashed, everyone finished, and that's the important thing. In this case, our group arrived just after 2:00 am. In three weeks on the 600-K, I intend to ride all night. That is my usual strategy on the 600. The beauty of night riding is that there is no glare, no heat, no sun. There is far less traffic, if any.

Night riding is cool and refreshing, but it's a little scary, mysterious. It requires special planning, special clothes, lights, food. I ask myself, do I really belong in this environment? on a bike? Surely not! No matter how much I plan, and how many of these rides I do, there is always something that can come up, some little mistake...

This was a long ride without rest stops, set up that way on purpose. Nevertheless, a huge amount of club support went into it. Gordon digitized the route and put it into cue sheet form. Bill O turned me on to two very nice little route sections, both of which are highlights of our 400, especially Sulphur Bank. Bill Mattinson has taken over some administrative chores that I hate doing and he is doing them correctly, as I wasn't. He and Bill Ellis, Martin Clinton, Gordon, and Tom Kuhn helped me over a rough patch with RUSA. Sharon and Donna ARE the Start goddesses. Craig Johnson and John and Laura Russell ran the Finish. All hosted by our own Kathy and Richard, of RKA. What a gang.

John Hughes is Director of the UltraMarathon Cycling Association. For more information on training, nutrition, and equipment for endurance cyclists, go to <http://www.ultracycling.com>.

SANTA ROSA CYCLING CLUB

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Membership applications available at website.



The Santa Rosa Cycling Club is a social/recreational organization comprised of cycling enthusiasts with a wide range of abilities and interests. Our purpose is to promote the safe and efficient use of bicycles through club rides and events, and by maintaining an active presence in the local community. We encourage a large and vital membership and try to provide rides for all abilities. We publish a membership roster and a monthly newsletter and ride calendar. We hold a general membership meeting and an Executive Board meeting once each month.

GENERAL MEMBERSHIP MEETINGS

Wednesday, June 14 • 6:30 PM

Round Table Pizza
(Occidental Road, west of Stony Point)

*Guest Speaker: Cindy Carroll
on nutrition and training for recreational cyclists*

Wednesday, July 12

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, June 8 • 6:00 PM

TLCD Architecture • 111 Santa Rosa Ave. (SW corner at 1st St)
Door open between 5:45 and 6:00pm • After that, call 478-9387

Thursday, July 6 • 6:00 PM

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Saturday June 17

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early in the morning, all day long,
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