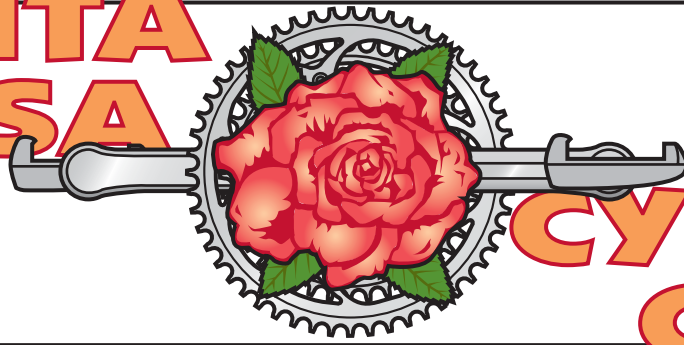


SANTA ROSA



**TERRIBLE TWO
RESULTS: PAGE 7**

CYCLING CLUB

JULY 2006 NEWSLETTER

Toasty temps roast riders on Terrible Two

There are several interesting story lines to pursue about the 2006 Terrible Two double century—held on Saturday, June 17 for the 31st time—but the one most riders will remember most vividly was the midday heat on the big climbs over the Geysers and Skaggs Springs. It wasn't as hot as it sometimes can be for this ride: the official high for Cloverdale, our traditional benchmark, was "only" 93°. But bike thermometers on the sun-baked asphalt of Skaggs were reading closer to 100°, and certainly the Real Feel was triple digit degrees on those double digit climbs.

Whatever the actual numbers were, the conditions out on the road were tough, and that contributed to a very high attrition rate on the day. Out of 283 official starters—a new record—over 100 would see "DNF" written down as their final entry on the War Board. The list of those who didn't make it includes not only marginal riders who might have been in over their heads, but also many TT vets with very impressive resumés in past editions of the ride. The Terrible Two doesn't care about past reputations. Each year presents its own challenges, and if you don't bring your best stuff, you're probably going to find trouble waiting for you out there somewhere.

One person who never seems to find trouble out on the TT course is perennial winner Brian Anderson of Santa Rosa. Mr TT did it again this year—fourth year running—finishing with a time of 11:09 that left a yawning gap of almost half an hour back to second place Robert Choi, another Santa Rosa homeboy. How does he do it?

Anderson had registered only a couple of days before the entry cut-off. He said he'd been sick and wasn't sure he was fit enough to ride. Either he made a miraculous recovery or he's a master sandbagger! As per his usual form, he didn't lead at any of the early checkpoints. He wasn't even first into the water stop on the top of Skaggs. But somewhere out there on the way to the coast, he found a gear the other riders didn't have. At the Gualala River stop, he was four minutes clear of his pursuers, then 14 minutes ahead at Fort Ross, and he kept piling it on all the way to the finish. Impressive.

Anderson is a bit of a mystery man. He doesn't race. He doesn't do other doubles or UMCA events. No brevets. As far as we know, he just rides around locally with his pals from the Pink Palace gang. And he flat nails the Terrible Two on the head, year after year.

Robert Choi can take some sweet consolation out of his second place. He had entered the TT ten minutes behind Sebastopol's Marc Moons after the first two legs of the California Triple Crown Stage Race

(where the accumulated elapsed times from three very hard doubles are added together to decide the winner). Moons finished tied for eighth on the TT with a very respectable time of 12:00, but the 25 minutes he gave up to Choi were more than enough for Choi to take home the stage race laurels.

First among a small women's field was Brenda Phelps of Santa Rosa (fiancée of former pro John Peters) in a very snappy time of 12:14, good for 13th overall. Jennie Phillips, the woman who had been leading the Triple Crown Stage Race standings, did not finish the TT.

In the only serious accident of the day, Craig Roberston and Jennie had a very bad crash on their tandem on the fastest downhill of the day...Oakville Grade. They were descending smoothly at 54-mph when the rear tire blew, leaving the big bike skittering about on its rim. Craig managed to get the speed down to the low 30's before the bike slammed into the guard rail, disintegrating the front wheel and snapping the forks off at the head tube. Craig rebroke a previously broken collarbone and both of them absorbed a good many bumps and bruises and vast quantities of road rash, but considering the violence of the crash, it could have been a lot worse.

The other big story line was the new start/finish site at Analy HS in Sebastopol. The TT has outgrown its long-time home at Willowside Middle School and has relocated to the bigger campus, which makes for a better ride venue in all respects: more parking, more showers, bigger and better infrastructure throughout. The four-mile shift to Analy necessitated some tweaking of the course, and while we were in the process of tinkering with the route, we threw in a couple of other minor changes that not only brought the miles up to exactly 200, but, in our opinion, improved the quality of the ride as well.

In spite of the heat and the high attrition rate, the ride was not entirely a brutal death march, at least not for everyone. Riders who made it through the hot, hard killing fields of midday got to enjoy a cool tailwind run down the scenic Sonoma coast. And while folks may have suffered on Fort Ross and Black Mountain, it wasn't because of the heat. Testament to the notion that it wasn't a complete massacre out there is the fact that seven riders broke 12 hours and the entire top 20 came in under 13, even with the route three miles longer.

Some of the credit for making the ride manageable must go to the over 150 workers the SRCC had out on the course, helping the weary warriors every step of the way. Riders were full of praise and gratitude for the assistance of this stellar crew. Good job!

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for June

- 1. Call to Order:** President Martin Clinton called the general meeting to order at the Round Table on Occidental Road on Wednesday, June 14. Approximately 30 members were in attendance.
- 2. Treasurer's Report:** Treasurer Donna Emery announced that, as of May 31, the checking account balance was \$89,069.61 with \$10,186.04 in savings.
- 3. WCC:** Various follow-up details about the WCC were dealt with at the Board meeting. Among them were several budget items, as well as the resolution to institute wrist-band checkpoints at Wohler Bridge and Lunch to put a crimp in the number of bootleg riders.
- 4. TT:** TT Chair Craig Gaevert reviewed preparations for the Terrible Two...just a few days to go at the time of the meeting. Everything was well organized (and as it turned out, everything went well).
- 5. Club Tour:** Doug Simon announced that the roster for the Wild Rivers Tour was essentially full.
- 6. Tour de France:** Gordon Stewart announced that he and Cora will be holding a Tour de France TV replay party again this year. Each evening at 6:00 they will replay that morning's OLN broadcast of the day's stage. All are welcome. They will provide the venue and the show. If you want to bring something to eat or drink you are welcome to do so. E-mail Gordon at gordon@gsathome.com or call 823-0941 for directions.
- 8. Brevets:** Donn King spoke about the recent 600-K Brevet and thanked the club members who had worked on the event. He reviewed the club's now completed 2006 brevet season and noted that things will pick up considerably next year, with PBP looming.
- 9. Donation:** The Board agreed to pledge \$500 to Lorene Romero for her Breast Cancer fund-raising walk, in honor of Sandy Karraker.
- 10. Guest Speaker:** Pro racer and trainer Cindy Carroll spoke on training, bike fit, nutrition, and other aspects of cycling.

BICYCLE SANTA ROSA FOURTH OF JULY FESTIVAL

The Sonoma County Bicycle Coalition is joining the City of Santa Rosa Recreation and Parks Department to bring back a fun family event on the Fourth of July at Juilliard Park in Santa Rosa.

Bicycle Santa Rosa Festival is a celebration of cycling and good family fun. There will be **live music by the Pulsators**, free Valet Bike Parking by the Sonoma County Bicycle Coalition; vendors will be on hand with a variety of food and beverages to purchase.

People of all ages are invited to participate in the many fun activities such as the **City Council Member Bike Ride**. Take a self-guided bike or walking tour of the downtown area or relax and enjoy this wonderful park while checking out classic and unusual bikes.

There will be **games and contests** and **bike decorating for kids**, a **Trek Cruiser Classic Bike Raffle**, and many local organizations will have information booths to explore. The festival is on Tuesday, July 4, 11:00 a.m. to 3:00 p.m., and the Council Member Bike Ride begins at 9:00 a.m. (See Ride Schedule.) **This event is free to all.**

Sandy Karraker

1944-2006

Long-time club member, artist, and former board member Sandy Karraker died April 17 of metastasized breast cancer. She was 62. See the ride list for the July 29 "Sandy's Last Ride," a special hosted rest stop and Sandy's memorial service.

Sandy joined the club in 1991 after retiring from the County of Sonoma, where she was a social worker in Child Protective Services. She was a dedicated "A" rider, who felt her week wasn't complete unless she had gone on at least three rides and ridden 100+ miles.

Sandy died just 10 weeks after her cancer recurrence was discovered. Sandy first discovered a breast lump in April 2005. It was removed and over the summer and fall she underwent chemotherapy. In November and December she received radiation five days a week. She felt so strong during this time that she bicycled to radiation three times a week—32 miles roundtrip. Each Wednesday she was accompanied by her "posse"—a group consisting of regulars Tina Highnote, Sally Homs, Roger Karraker, Marty and Sue Powell, Nancy Rappolt, Lorene Romero, and others. She completed radiation, presumably her last cancer treatment, on December 29.

On Wednesday, January 25, Sandy was out of breath at the end of a 25-mile ride. An MRI and biopsy found fast-growing, incurable cancers in her brain, bones, liver, and lungs. Within a week she was in Memorial Hospital, near death. There was doubt that would live to her 62nd birthday on February 12. After a week she was sent home. She endured both daily radiation and six chemotherapy treatments, but she worsened steadily. Throughout her ordeal she received dozens of cards, calls, visits, and gifts from SRCC members. Those kind acts gladdened her immensely.

Incredibly, during this time Sandy was happy, even thankful. I had read her Joan Didion's book "The Year of Magical Thinking," about Didion's reaction to the sudden, unexpected death of her husband, writer John Gregory Dunne. Sandy spoke often of how "blessed" and "lucky" we were because we and her family and friends had this time to share our love and prepare for her death. She talked of how "horrible" it would be to die without remembrances and goodbyes.

She was clearly trying to hold on for a milestone, our wedding anniversary on April 11. She made it. On our anniversary Sandy's massage therapist lit 30 candles, one for each year of our marriage. Sandy was thrilled. Later that day she appeared to enter a coma.

As befitted her superb physical conditioning, her heart and lungs continued to work, perhaps a few days after she left us. Finally, on Monday, April 17 even Sandy's remarkably strong heart stopped.

The family and Sandy's posse are celebrating her life July 23-29. Sandy's last ride is detailed in the ride list. The other activities are detailed on her memorial website, www.sandysposse.net. We hope many of you will participate.

— Roger Karraker

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.

May 20? Seems like ancient history. I can hardly remember that far back. And yet that's how far back we have to go to pick up the thread of club rides where we left it last month. That's so long ago that back then we were still playing chutes and ladders with the weather. The ride on that long-ago Saturday was supposed to be led by Nikola Farats. He had listed a climb from the coast on unpaved Willow Creek Road. I had worried about the wisdom of that, what with the wet, muddy spring we'd been having, but Nick assured me that if it were still muddy, he would deploy a detour. Only problem was, Nick never showed up for his own ride! Bad Nick! I didn't go either. I knew Willow Creek was going to be a quagmire. But several other poor saps did show up, and without either Nick or Bill to steer them clear, they did indeed do Willow Creek, and it did indeed turn out to be mud bog central...even worse than it usually is. Reports I got from those who dared indicate that the old road has taken a real pasting this winter, with a number of washouts and landslides. It's down to single track in places, and at least in late May was still a sloppy soup of mud.

The next day was a double bill. We had Randall Ray's Occidental Tourist ride and we had the spring installment of our Adopt-a-Backroad litter pick-up. Dealing with the latter (litter) first, Richard Stone and Gordon Stewart both report that the job got done efficiently, but that the turnout was about half what it has been in the past. This is a bit troubling: we are committed to doing these litter pick-ups, and they require a certain number of people if they are to be done easily. For whatever reason, not that many people saw fit to make this day a part of their springtime agenda. I was one of them. I did the last litter day in November, but didn't sign up for this one. Let's all resolve to do a bit better in six months, when the West Dry Creek Road clean-up looms on the schedule.

One might assume that putting a ride on the same day as the litter detail would pull people away from the clean-up. It's a nice assumption, but as you will see from Randall's report, the ride really didn't steal too many bodies from the road crew: "I can still say that it does not rain on my rides. I did feel a few drops, but I think it must have been a bird. Not much of a turnout; just me, Buck, and Darrin. Yep, three riders. In fact, there were very few cyclists out for a weekend in May. We all stayed together the whole ride, a fast B pace. It turned out to be a beautiful day, mostly cloudy, and we got pushed home by a friendly tailwind. Good day, good ride."

The following weekend, the only two rides on the schedule were both on Saturday. One was Steve Drucker's 100-K. Steve reports: "The 100-K Over Easy started with about a dozen riders of all abilities. We picked up several riders downtown, along the way, and at Willowside, ending up with about 20 total. I drifted to the back to stay with the A riders, as I had listed the ride as an AB. The more BC riders took off and we never saw them again. There were four of us who made the turn around at 50-K. We bumped into two riders from the lead group. Apparently they took an early break at the Oakville Market in Healdsburg and decided to make a stiffer ride by returning via Alexander Valley and Chalk Hill. The slower group went back on the regular route with nice tail winds from the northwest and glided back to Santa Rosa with some new riders finishing their first 100-K ride."

Meanwhile, up at the north end of the county, another gang was heading out on the Bad Little Brother, 134 miles and 14,500' of steep, brutal hills. Ride leader Rich Fuglewicz filed a long report about the ride on the chat list, and we will do a digest of that report here:

"There were 37 riders at the start...the largest group ever, with plenty of old friends who had been here before over the years and some new friends curious to see what the ride was about...37 friends on the road....so different from the rushed atmosphere of the official rides that most of these hearty souls do most of the year...way hard, but the sense of urgency stripped away.

"The weather was just as predicted: the early run to Boonville was cold and into the wind, but was not too severe. The rest of the day was great for a ride like this: not too hot for the climbing. Mountain House is a cruel road, from Boonville to the coast, with several huge summits and gnarly descents. The tailwind down the coast from Point Arena was indeed great. Off Hwy 1, the run up and around Annapolis is always sweet, less traveled than the way in from Stewart's Point, but every bit as hilly. Then, what defines the punch of BLB...Skaggs in from the coast. Those who have come in those final 10-15 miles know it well, and even the strongest of the group had something to say about 'those last two or three grades'...a world of pain and suffering! I am usually looking through sweat soaked eyes and am in quite a spot of bother myself on that run in, so at times I have missed the grandeur in our backyard when I am riding. But driving the course as a sag this year gave me a fresh look at how spectacular it is! It seems there's plenty of consensus that BLB is one of the toughest and most scenic rides around.

"In the end we cleared the parking lot earlier this year by maybe an hour over some years when riders were coming in at twilight. Some said we took shorter breaks...whatever...it felt good to leave with the sun still shining, and off to catch some chow and a beer in Healdsburg. Thanks to all who came out for the ride. Ya'll make it special, and it's always great to see old friends and make some new ones...a few more t-shirts on the streets now. Thanks again to all the great support—Evelyn Ellis and Greg Durbin—it meant a lot."

Those were the last rides of May. June began with Annie Osborn doing a ride out into the hills around Glen Ellen. Annie reports that about 18 riders showed up, and around a dozen tackled the big climb of the day: Cavedale. But after that butch climb had beat up the riders, not a single person felt inclined to finish off the route with the listed Sonoma Mountain climb. They all collectively decided on a flatter, kinder route back to Howarth Park. They had more than their fair share of flat tires on the day too, and all the time and trouble attendant on those little fixes put them even more in the mood for bailing.

The next day, Randall Ray was back in the mix, listing the first of two official club centuries in June. Only problem was that Randall was laid low by the flu and couldn't make it. I took over for the invalid and can report that it was a nice day...sort of. The ride went from Ragle Park out to the coast via Occidental and Duncans Mills. After a regroup in the latter village, we chugged out to the coast—into a fierce headwind—then turned it around with a sweet, sweet tailwind run, all the way down Hwy 1 to Marshall (with another rest stop at the Tomales Bakery). There was an official bail-out south of Tomales, and a good number of people opted for that. In fact, we had been bleeding off riders at just about every intersection on the run south. Seems like everyone had their own ideas about how many miles were the right dose on the day, so the group just kept getting smaller. I think maybe 10 people finally stuck it out for the full century, but even there, I'm

—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 • 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

Kimberly's Favorites returns... the right way around

2B38

9:00 AM • Willowside School

R on Hall > L on Sanford > R on Occidental > R on West County Trail to Forestville > L on Hwy 116 > R on Martinelli > L on Old River > Thru Hacienda > L on River > R on Westside > R on Wohler Bridge > L on Eastside > R on Trenton-Hâmburg > L on Mark West Station > L on Starr > R on Windsor River > L on Windsor (Turn into Town Green Plaza for coffee) > L on Windsor out of Town Green Center > Windsor > L on Slusser > L on Laughlin > Woolsey > L on Oakwild > L on W. Olivet > R on Olivet > L on Piner > R on Willowside > L on Hall to end.

Kimberly Hoffman—579-3754

SUNDAY • JULY 2

Santa Rosa-Cotati-Sebastopol

3/A/40

9:00 AM • Howarth Park

L on Summerfield > R on Bethards > L on Yulupa > Bennett Valley > R on Sonoma Mountain > R on Pressley > Roberts > R on Petaluma Hill > L on E. Cotati (Regroup at Plaza Park) > R on W. Sierra > L on Stony Point > R on Roblar > R on Peterson > L on Blank > R on Canfield > R on Bloomfield > L on Pleasant Hill > R on Lynch > L on McFarland > Thru Sebastopol to Joe Rodota Trail > L at Forest Trail to Coffee Catz > Return to L on Joe Rodota Trail > L on S. Wright > Fulton > R on SR Creek Trail > Bike-pedestrian bridge to Sonoma Ave > L on Summerfield to Howarth Park

Sue Bennett—523-1322

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/~douglas/pineflat.html.

Doug McKenzie—523-3493

TUESDAY • JULY 4

Fourth of July Festivities

City Council Ride

1/A/10

9:00 AM • Julliard Park, SR

Out the Prince Memorial Greenway and Santa Rosa Creek Bike Trail to the end, then back to Julliard for the 4th of July festivities, including the BikeSonoma Bicycle Santa Rosa festival. Secure valet bike parking courtesy of SCBC.

Janice Eunice—575-9439

A Longer Alternative

3/BC/35-45

8:30 AM • Julliard Park

Sonoma Ave > Thru Spring Lake Park > Channel Dr > Thru Oakmont > Pythian > R on Hwy 12 > L on Adobe Canyon (rest stop at ranger station) > Optional climb to Red Mountain (some easy gravel road and some very steep paved road) > Retrace down Adobe Canyon > L on Hwy 12 > R on Dunbar > R on Arnold (rest stop at Glen Ellen Market) > Retrace to L on Warm Springs > L on Sonoma Mtn > L on Pressley > Roberts > R on Petaluma Hill > R on Santa Rosa Ave to Julliard Park for the 4th of July celebration. See item on page 2.

Bill Oetinger—823-9807

SATURDAY • JULY 8

SECOND SATURDAY

Over the Hill (and Back)

4/B/47 • 4/C/57

9:00 AM • Howarth Park

B route: R on Summerfield > R on Montgomery > L on Mission > R on Montecito > L on Baird > R on Harville > L on Calistoga > R on St Helena > Spring Mtn > L on Elmhurst > L

on Hwy 29 > R on Pratt > L on Silverado Trail > R on Deer Park > L on Sanitorium > L on Crystal Springs > R on Sil Tr > L on Bale > R on Hwy 29 > Thru Calistoga (Regroup) > Petrified Forest > R on Franz Valley School > L on Franz Valley > R on Porter Creek > Mark West Springs > L on Riebli > R on Wallace > Brush Creek > L on Montecito > R on Brush Creek bike trail > L on Yulupa > L on Montgomery > R on Summerfield to park. **C route:** Montgomery > L on Los Alamos to summit > Retrace to R on Hwy 12 > R on Calistoga > Rejoin B route at Harville-Calistoga junction.

B: Randall Ray—433-2555
C: Bill Oetinger—823-9807

SUNDAY • JULY 9

Summer of Woodstock

1/A/15

8:30 AM • Finley Park, SR

A voyage of discovery: cycling around Santa Rosa, seeking out as many Woodstock sculptures as we can find.

Rose Mello—543-5889

SATURDAY • JULY 15

WCC Short Course

2/B/35

9:00 AM • Piner HS

R on Fulton > L on Wood > L on Woolsey > L on Oakwild > L on W. Olivet > R on Olivet > L on Piner > R on Willowside > R on Hall > L on Sanford > R on Occidental > R on Mill Station > R on Dyer > R on Graton > L on Ross > R on Green Valley > L on Vine Hill > L on Laguna > L on Trenton > Trenton-H'burg > R on Mark West Station > L on Starr > R on Old Red > L on Arata > Hembree > L on Old Red > R on Fulton to Piner HS.

Jim Draeger—576-1058

Bill's Birthday Ride

4/C/65

9:30 AM • The Ellis home
1634 Hill, Novato

L on Hill > L on Indian Valley > R on Arthur > R on Cambridge > R on Sunset > L on Ignacio Valley > R on Alameda del Prado > L on bike trail to Miller Creek > L on Las Gallinas > R on Freitas Pkwy > Bike trail to R on Fawn > L on Butterfield > R on SFD > L on Pastori > R on Center > L on Fairfax-Bolinas > L on W. Ridgecrest > R on Panoramic > R on Hwy 1 (Regroup in Stinson) > Hwy 1 > R on Fairfax-Bolinas (Regroup in Fairfax) > Retrace to start. *Potluck BBQ party after the ride. RSVP!*

Bill & Evelyn Ellis—415-898-2998

SUNDAY • JULY 16

The Geysers

5/BC/55

9:00 AM • Healdsburg City Hall

L on Grove > L on Healdsburg Ave > R on Alexander Valley > Hwy 128 > Pine Flat > L on Red Winery > R on Geysers (Regroup at TT rest stop site) > Continue on Geysers > River (to Summer Crossing and Washington School Road if bridge is in place; R on Crocker > L on Asti if it isn't) > South on Asti > Geyserville > R on Independence > L on Fredson > R on Lytton Springs > L on Chiquita > R on Grove.

Randall Ray—433-2555

SATURDAY • JULY 22

Healdsburg Loop

2/B/40

9:00 AM • Annie's house
5100 Thomas, off Green Valley

L on Thomas > L on Green Valley > L on Ross > L on Ross Station > R on Ross Branch > R on Bike Path to Forestville > L on Hwy 116 > R on Martinelli > L on Old River > L on River > R on Westside > Mill (Rest stop at Starbucks in Healdsburg) > South on Healdsburg Ave > Old Redwood Hwy > R on Starr > R on Mark West Station > L on Trenton-Healdsburg > Laguna > R on Vine Hill > R on Green Valley > R on Thomas to 5100.

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

SUNDAY • JULY 23

Century of the Month

The Far Side of Napa

3-4/BC/100 (or as little as 64)

9:00 AM • Vichy Springs
(corner of Hillcrest & Atlas Peak)

Hillcrest > L on Westgate > R on Atlas Peak to end > Retrace on AP all the way to L on Hwy 121 > R on Wooden Valley > R on Twin Sisters to end > Retrace to R on Suisun Valley > L on Mankas Corner > L on Gordon Valley > L on Wooden Valley Cross > R on Wooden Valley > R on Hwy 121 (Regroup at Moscovite Corner) > Out and back on Steele Canyon > R on Hwy 128 > R on Lower Chiles Valley > L on Chiles & Pope Valley > R on Sage Canyon > L on Silverado Trail > L on Hardman > R on Atlas Peak to finish. *Skipping out-&-backs on Atlas Peak, Twin Sisters, and Steele Canyon will save 21, 4, & 11 miles respectively, so you can tailor the distance to suit your agenda. Leader will do full century.*

Bill Oetinger—823-9807

SATURDAY • JULY 29

Sandy's Last Ride

2/A/12-26

9:00 AM • Ragle Park or...

26 miles: Ragle Ranch; 18 miles: 9:40 at the Graton Park-n-Ride; 12 miles: 10:00 at the Quicksilver Gallery on Main St., Forestville.

L on Ragle > L on Mill Station > R on Barlow > L on Occidental > R on bike path (Regroup at Park-n-Ride) > Bike path > L on Green Valley > R on bike path to Forestville (Regroup at Quicksilver) > W on Hwy 116 > R on Martinelli > L on Old River > R on Forest Hills > L on River > R on Westside > R on Wohler > R on River > L on Trenton > L on Mirabel > R on Giusti > L on Nolan (Rest stop Sandy's house) > R on Nolan > R on Mirabel > L on Main > R on First > Retrace to Ragle. *We will carry Sandy's ashes. The mid-route rest stop will be provided by the Karraker family at Sandy's house (6949 Nolan, Forestville). Those who wish may stay for Sandy's memorial service at noon and the interment of her ashes.*

Roger Karraker—887-2569
rkarraker@gmail.com
Nancy Rappolt—795-8397
ramonatheq@yahoo.com

SUNDAY • JULY 30

Franz Valley-Chalk Hill

3/B/35

10:00 AM • San Miguel School

L on Faight > L on Old Red > L on Mark West Springs > Porter Creek > L on Franz Valley > L on Hwy 128 > L on Chalk Hill > L on Pleasant > Faight to the finish.

Wayne Kellam—523-1878

SATURDAY • AUGUST 5

The Tolerable One

3/B/100 (or 72)

9:00 AM • Esposti Park

R on Shiloh > L on Faight > R on Chalk Hill > L on Hwy 128 > R on Pine Flat > L on Red Winery > L on Geysers > L on Hwy 128 > R on Alexander Valley > R on Lytton Springs > R on Dry Creek > R on Canyon > L on Chianti > R on Zanzi > L on Asti > L on Theresa > L on Dutcher Creek > L on Dry Creek > R on Yoakim Bridge > L on W. Dry Creek > L on Lambert Bridge to rest stop at Dry Creek Store > Retrace to L on W. Dry Creek > R on Westside > L on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station > L on Starr > R on Reiman > R on Windsor > L on Shiloh to lunch at Esposti Park > Retrace to L on Windsor > Straight on Mark West Station > R on Trenton-H'burg > L on Eastside > R on

MORE RIDES ➔

MORE RIDES

Wohler > L on Westside > R on River to rest stop at Korbel > Retrace on River to Hacienda > Old River > East on River, using Trenton bypasses wherever available > R on Trenton > Woolsey > Laughlin > Skylane > R on Shiloh to finish. *Bring a bigger lunch and leave it at Esposti park for the return to the park at 72 miles. Have lunch and either call it a day or head out for the final 28 miles. If you ride to the start, we can store your lunch for you while you ride. Call to make those arrangements.*

Bill Harrison—836-1241

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 McDonell—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

West County Wednesdays

9:00 AM • C tempo

Front Street Cafe, Forestville

Social C rides of about 3 hours. At least one big West County hill on each ride.

John & Chris Mason—887-1239

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

Warren Watkins—433-4403

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

Buck Hall—537-1946

2-4/C/35-50 • 9:00 AM

More BACKROADS & BREAKAWAYS

not too sure. As we worked our way over the Marshall Wall and Red Hill and then around the exurban landscape north of Petaluma, the riders continued to disappear. Eventually, only Emilio and I finished together, and where all the other folks went, I have no idea. That sweet tailwind heading south turned into a brick wall of a headwind coming back north, at times blowing as hard as I can recall it blowing around here. Roblar Road was especially notable as a wind tunnel torment. A tough way to close out a century.

Things didn't get any easier the following weekend, when Chris and John Mason organized the Second Saturday rides (with Wayne Kellam leading the B contingent). John put together a rather testing route, beginning at El Molino HS in Forestville and eventually climbing over Fort Ross Road and—on the C route—Coleman Valley, up from the ocean. We had a nice crowd for this one. Given the rather daunting route, it's not surprising that for a change the C contingent was bigger than the B. The C's picked up a gaggle of riders around Wohler Bridge, at which point we may have totaled 20 riders, plus another 10 killer-B's. Once again the weather was a bit on the gray-and-chilly side, especially out on the coast. We briefly climbed back into sunshine on the way up Coleman, but it was a fleeting glimpse of blue sky and brightness, as the afternoon fog swarmed over the hills and up the valleys and nipped at our heels all the way to the finish. Unlike some recent rides, on this one we managed to stay together all the way back to El Mo. That wasn't the end of the ride for a lot of us though, as many had ridden to the start/finish from far away...from Santa Rosa and Sebastopol and even Petaluma. More than a few riders saw triple-digits on their odometers by the time they rolled into their driveways.

On Sunday, Greg and Jan Conklin reprised their popular Valley of the Moon Ramble, with a BBQ on their deck as the big payoff after the ride. Martha Barton sent in a note about the day: "There were about 20 participants on an easy route to Glen Ellen with a coffee stop at the grocery store. Then, about seven of us took the longer option up Sonoma Mountain, across Enterprise, and then back to Warm Springs. We all reached Jan-&Greg's at about the same time, where we all sat in great comfort (as long as you had a seat in the shade) while we munched on a variety of salads and sides with our choice of drinks while Greg slaved away over a hot grill making us great burgers. It was definitely worth the miles we put in."

And that brings us to the Terrible Two weekend. You can read more about the big double elsewhere in this issue, but it wasn't the only ride on the club schedule. There was of course the TT Rooters' Ride, a tradition of long standing, wherein folks cruise up from Healdsburg to the lunch stop on the TT to form a sort of cheering section for the TT riders as they hit the midpoint of their long trek. I'm not sure how many riders Steve Drucker collected for this adventure, but when I saw them chugging home along Dry Creek Road, it looked like quite a few. As always, thanks to the rooters for making the TT just that little bit more festive. It's all part of what makes the TT special.

On Sunday, Rose Mello had a birthday ride on the calendar. She sent in this note about the day: "Fifteen riders showed up for my birthday, and they were joined by a small group that came up from Petaluma to wish me a happy birthday at the Tomales Bakery. With it being Fathers Day, a couple of riders took a shortcut back to Cotati, and the rest of us cut out the Petaluma Creamery rest stop. There was a nice breeze the whole time."

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

Saturday, July 15

Sunday, August 13

8:45 to 12:45 at Conference Room B, Memorial Hospital, 1165 Montgomery, Santa Rosa.

Reservations required

707-545-0153

mailto:info@bikesonoma.org

Flat Fixing Clinic

*First Thursday of each month
6:30 pm. No cost • Call to sign up:*

NorCal Bike Sport—573-0112

Terrible Two 2006

283 official starters

(283 bikes, 286 riders...3 tandems)*

181 official finishers

156 by 10:00 pm I Did It! cut-off (55%)

*Tandems count as one place in results.

1. Brian Anderson, 36, Santa Rosa	11:09
2. Robert Choi, 45, Santa Rosa	11:35
3. Kevin Metcalfe, 45, Pleasant Hill	11:38
4. Graham Pollock, 38, Folsom	11:55
5. Ray Plumhoff, 51, Oakland	11:57
6. Tony Lee, 47, Petaluma, Bo Hebenstreit, Campbell	11:59
8. Marc Moons, 40, Sebastopol, Phil Hornig, 48, Pleasanton, Robert McDaniel, 38, Palo Alto, Jamie Goldstein, 33, Santa Barbara	12:00
12. Bob Shebest, 32, Santa Rosa	12:07
13. Giampaolo Pesce, 41, Santa Rosa, Brenda Phelps, 31, SR	12:14
15. Wade Baker, 51, Atascadero	12:26
16. Tao Bernardi, 39, Dublin, Shaun Locker, 40, Lafayette	12:34
18. Bill Ripke, 42, Pinole, Jim Frink, 43, Folsom, Paul McKenzie, 51, Richmond	12:49
21. Daniel Stahlmann, 27, Minn., MN	13:09
22. Reve Ramos, 60, S. Lake Tahoe, NV ...	13:18
23. Michael Pucci, 46, Petaluma	13:29
24. Gabriel Sanctuary, 35, Novato	13:31
25. Tim Chase, 40, San Francisco, Ty Brookhart, 28, Palo Alto	13:32
27. Dave Reynolds, 45, Santa Cruz	13:33
28. Reid Walden, 55, San Francisco	13:35
29. Wayne Riley, 45, Sacramento, Bill Ellis, 47, Novato	13:36
31. Andrew Bunnell, 45, Graton	13:38
32. Curtis Taylor, 34, Folsom, Scott McKinney, 40, Sacramento	13:39
34. Istvan Makk, 48, Antioch, Buster Porter 40, Davis	13:45
36. Glenn Mattsson, 49, Santa Rosa	13:46
37. Eric House, 44, Emeryville, Dennis Creason, 46, El Dorado Hills	13:48
39. Michael Head, 35, Oakland, Jason Hayes, 36, San Francisco, Brandon Correia, 31, Alameda, Chris Pillette, 32, SF, Mike Rabdau, 33, SF, Shawn Yackle, 29, SF	13:50
45. Carl Poppe, 39, Sebastopol	13:54
46. Robert Morris III, 53, San Francisco, Erle Martin, 43, St. Helena	13:55
48. John Staroba, 27, Santa Rosa	14:03
49. Ray Hittenmiller, 47, Monte Rio, Michael Arreguin, 41, Sacramento	14:06
51. Lori Cherry, 48, Fresno	14:14
52. Russell Stevens, 36, Santa Clara	14:15
53. Jay Thorson, 43, Santa Rosa, Robert Duchynski, 41, SR	14:16
55. Ken Holloway, 53, San Jose	14:21
56. Bryce Simon, 51, Chico, Daniel Crain, 61, Irvine	14:26

58. Gustavo Hernandez, 44, Davis, Wayne Dunlap, 44, Austin, TX	14:32
60. Sean Sevilla, 22, Lafayette	14:33
61. Mike DeFillipo, 34, Redding	14:34
62. Brian Goldthwaite, 41, San Francisco, Bruce King, 51, Alameda	14:35
64. Matthew Colburn, 35, Truckee, Elmar Stefke, 41, Berkeley	14:41
66. Tom Kuhn, 46, Sebastopol, Theresa Lynch, 40, Palo Alto	14:43
68. Kley Cardona, 44, San Jose, Bill Brier, 44, Fremont, Jeff Wong, 41, Fremont	14:44
71. Mike Gaylor, 58, Sebastopol, Jeff Tse, 33, San Anselmo	14:48
73. Mark Homrighausen, 52, Berkeley, Robert Buntrock, 41, Discovery Bay, Lyresa Pleskovitch, 40, East Palo Alto	14:52
76. Joseph Baumgaertner, 52, Claremont, Darren Stauts, 37, Rocklin, Michael Pope, 44, Auburn, CA	15:02
79. Steve Lausmann, 52, Citrus Heights .	15:07
80. Tom Tittle, 55, Gardnerville, NV, John Axtell, 45, Minden, NV	15:09
82. Dave Rossow, 36, Los Gatos, Rebecca Linkous, 43, Windsor	15:10
84. Gregory Wong, 47, Millbrae, Roopinder Tara, 49, Novato	15:15
86. Jim Karanas, 52, Lafayette	15:23
87. William Oldham, 68, Orinda	15:28
88. Timothy Houck, 56, Pleasanton, Bill Howell, 47, Beaverton, OR	15:30
90. Zach Kaplan (R), 36, Alameda, Jamie DeSantis, 45, Oak Run	15:32
92. Monte Butler, 41, Angwin, Eric LaFranchi, 45, Calistoga	15:33
94. Jonathan Walden, 41, Albany, Doug Schierer, 54, Livermore, Paul Vandyk, 44, Roseburg, OR, Russ McBride, 38, Albany	15:34
98. Marten Lindskog, 38, Redwood City ..	15:38
99. Michael Gonia, 40, San Jose, Paul Detering, 49, Sunnyvale	15:42
101. Margie Biddick, 47, Aptos	15:44
102. Jay Kleinwaks, 49, Antioch, Mark Abrahams, 50, Berkeley, Jason Nemecek, 35, SJ	15:48
105. Jim Poppy, 51, Palo Alto, Cameron Lim, 37, SJ, Chris Cummings, 37, Palo Alto	15:50
108. Tom Lawrence, 39, Mountain View, Robert Pagenta, 58, Richmond, Granger Tam, San Jose, Tertius Thakar, 44, San Francisco	15:53
112. Kitty Goursolle, 51, San Ramon, Scott McEldowney, 50, Windsor	15:55
114. Paul Greenwood, 46, San Anselmo, John Holt, 47, Auburn, Ronald Yuen, 49, Roseville	15:56
117. Eric Peterson, 46, Healdsburg	15:58
118. Eric Soderstrom, 44, Palo Alto	16:00
119. Mark Nelson, 44, Davis	16:01
120. Jonathan Berk, 44, Berkeley	16:03
121. Jeff Schweningen, 52, E Palo Alto	16:04
122. Chuck Knoble, 41, Folsom, Stewart Thompson, 53, Burlingame, Laurence Kluck, 57, Eu-	

reka, Keith Cook, 50, Loomis, Colin Lynch, 51, San Rafael, John Coe, 50, Redding, Martin Kaplan, 56, Oakland, Paul Vlasveld, 46, San Jose .	16:05
130. Mark Buettner, 36, Auburn, John Wickeraad, 45, Granite Bay, Kenneth Prager, 44, GB	16:07
133. Karl Kuhn, 50, Santa Rosa	16:10
134. Albert Kong, 47, El Dorado Hills	16:11
134. Kipp Frey, 53, Santa Rosa, Brian Carroll, 47, SR, Mark Sedgwick, 44, SR	16:12
138. Philippe Gluckman, 40, Sunnyvale ..	16:13
139. Leland Gee, 51, Santa Rosa	16:17
140. Dan Walters, 44, SR, Greg Hiebert, 46, San Jose, Ernesto Montenero, 40, Berkeley ...	16:18
143. Scot Combs, 58, SR, Mac Imacseng, 49, Solana Beach, Joe Puskar, 35, Pleasanton, Harvey Wong, 35, Fremont, Laura Hipp, 42, Santa Clara, David Desautels, 46, Fort Bragg	16:19
149. Michael Bayer, 39, Cupertino	16:20
150. Richard Holve, 53, Sebastopol, Robert Bertholf, 53, Carlotta	16:22
152. Eric Ostendorff, 45, Torrance, Rick & Anna Stewart (T), 47/44, Janesville, David Burns, 56, Granite Bay	16:23
155. Mark Birnbaum, 53, Novato	16:28
156. Jack Joseph, 50, Oakland, Veronica Tunucci, 44, Corte Madera	16:30
158. John Clare, 64, Long Beach, Jeff Halperin, 53, El Cerrito	16:35
160. John Pingel, 52, San Diego, Jim Wire, 45, Zephyr Cove, NV, Carol Rutter, 44, So. Lake Tahoe, NV	16:46
163. Steven Drace, 54, Emerald Hills	16:48
164. Bruce Berg, 59, Berkeley	16:52
165. David Giannetto, 42, Santa Rosa	16:59
166. David Mirich, 50, Las Vegas, Mark Labouff, 47, Las Vegas, Donald Cartwright, 50, Berkeley, Todd Sloan, 51, Santa Rosa	17:08
170. Michael O'Connell, 58, El Dor. Hills .	17:09
171. Tom Milton, 52, Fairfield, Ken Johnson, 53, Sacramento, Richard Burger, 49, Petaluma, Alan Lehman, 38, Sacramento	17:17
175. Lou Galbiati, 51, Saratoga, Christopher O'Keefe, 39, Mountain View, Susan Noble, 58, Santa Rosa	17:25
178. Med Cram, 43, Roseville, Arturo Cruz, 56, Tres Pinos	17:36
180. Steven Neiner, 42, Lodi	17:40
181. William Murphy, 54, Long Beach	17:41

THANK YOU!

To all the SRCC members and friends who worked so long and so hard and so cheerfully on the Terrible Two. From rest stop workers to registrars; from course markers to time keepers; from cook crews to clean-up crews; from Calistoga to Camp Gualala and everywhere in between... The TT is the best double around, and it is what it is because all of you give your best to make it so. Pat yourself on the back for another job well done.

SANTA ROSA CYCLING CLUB

**PO Box 6008
Santa Rosa, CA 95406**

President: Martin Clinton569-0126
Vice-President: Craig Gaevart545-4133
Secretary: Adrienne Ruggles525-0353
Treasurer: Donna Emery546-6359
Officers at Large
Greg Durbin528-4450
Doug Simon577-0113
John Miklaucic545-3470
Gordon Stewart823-0941
Ron Bates526-3512

Bill Oetinger (newsletter editor, ride director) 823-9807
Bill Osburn (webmaster) 477-6974
Annie Osborn (meeting program coordinator) 829-5656
Sharron Bates (club apparel sales) 526-3512
Craig Gaevart (membership registration) 545-4133
(cgarch@sonic.net)

SRCC website: <http://www.srcc.com>

E-mail: srcc@ap.net (Bill Oetinger, e-mail wrangler)

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, July 12 • 6:30 PM

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

*Guest Speaker: Bill Oetinger will present a slide show
on The Southern Utah Tour of 2004*

Wednesday, August 9

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, July 6 • 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

Special time: Monday, August 7 • 6:00 PM

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Member:

LAB • CBC • CABO • REBAC • SCTC • IMBA • SCBC



VOLUNTEERS' APPRECIATION PICNIC

Saturday • July 8

12:30 to 4:00

Oak Knolls Group Picnic Area

Spring Lake Park

(auto access from Newanga Avenue)

Food and drink provided by the club

RSVP: Adrienne Ruggles—525-0353

aruggles@sonic.net