



## SEPTEMBER 2006 NEWSLETTER

# Wild Rivers Tour lives up to its name

The Santa Rosa Cycling Club summer touring program is back in business and better than ever. From July 30 to August 5, 37 club members and support staff wound their way through the woods and meadows of the far northwest corner of the state, logging anywhere from just under 50 to just over 70 miles a day in six days of riding.

The name Wild Rivers Tour turned out to be very apt, as we rode alongside the Trinity, the Klamath, the Salmon, the Scott, the Klamath (again), the Illinois, the Smith, the Klamath (again), and finally the Mad River. All but one of our campsites were on one or another of these lovely streams, and we made good use of the available swimming holes.

The quality of the cycling could hardly have been better. We rode on a few moderately busy highways, but for the most part, we spent our time on quiet byways with little or no traffic and wonderful scenery...scenery which varied from the hot, dry canyons of the interior through majestic groves of old growth redwoods to the ferns and alder groves and foggy vistas of the coast.

The trip was set up along the lines of past cooperative tours we have done, with all participants pitching in on the food prep and other camp chores. This year we had the added benefit of two paid food coordinators to keep the food crews pointed in the right direction (and they did a great job). We also had a big truck to carry our gear and sag wagons to keep us happy on the rides. It was pretty much the lap of luxury for a camping-based tour.

### **Day 1: Tish Tang to Nordheimer; 53 miles, 4500'**

We began the tour at a camp on the Trinity River on the edge of the Hoopa reservation. The stage broke up into three, roughly equal parts. First was a run north on Hwy 96, along the Trinity and then the Klamath. This section contained some nearly flat valley miles and a few unexpectedly large climbs up the river canyons. Part two was a delightful detour along a tiny byway called Ishi Pishi Road...a great name and a great road, with dramatic, cliff-hanging sections above the gorge and a world-class descent at the end. Part three was the best part of all: the run up the magnificent Salmon River gorge. This is a legendary cycling road, with soaring cliffs, hair-raising drop-offs from the narrow road into the deep canyon, and clear, turquoise pools linked by waterfalls and cascades. Anyone who was carrying a camera gave it a good workout over this stretch. Bike rides really don't get much better than this.

### **Day 2: Nordheimer to Indian Scotty; 67-72 miles, 6300'**

One look at the elevation profile for this day and you knew you were in for a whopper of a ride. Right in the middle loomed 5919' Etna summit. With the ride starting at about 1100', and with a number of little descents mixed in, that meant well over 5000' of climbing in the first 34 miles. More precisely, it meant over 2000' of gain on an up-and-down run up the Salmon River for 26 miles—all very pretty and not too difficult—followed by 3000' of steep, unrelenting climb over the final eight miles to the summit. Those final miles were as hard as any climb we've ever done on a club tour. We all agreed that it would deserve an *HC* rating (beyond category) on any Tour de France stage. Etna was epic. The descent off the far side was equally out-of-scale, with many miles of hairball-steep grades and hairpin turns. The final miles of the day were a little less dramatic but very pleasant: a rolling stroll across the Scott Valley and into the Scott River canyon, with either a shorter or longer option over this portion accounting for the varied miles listed above. The highlight of this part of the ride: nesting bald eagles above the Scott River.

### **Day 3: Indian Scotty to Curly Jack; 50 miles, 1500'**

After the volcanic explosions on Etna the day before, everyone was grateful to have an easy day up next. We continued along the Scott River into its lovely gorge, sometimes right next to the stream and sometimes climbing—gently—over ridges high above the water. Midway through the ride we found ourselves back on the Klamath River, this time further upstream. The Klamath would be our pretty roadside companion all the way to our camp on the outskirts of Happy Camp. Over the course of the first three days we were riding through an area in the grip of a major forest fire crisis, with lightning-sparked blazes out of control on several fronts. We had a little trouble with smoke, especially on Day 1, and our roads and skies were buzzing with fire-fighting crews and vehicles. Overall, we managed to stay out of the way of the hard-working crews, and we were fortunate to dodge most of the worst of the smoke plumes. Best of all, we did not have to alter our routes. We threaded the needle between the assorted hot spots and escaped to clearer and quieter skies by Day 4. We were also fortunate in our timing: our hottest days in these inland canyons only reached the high 80's, but the week before, it had been 114° in Happy Camp. (We had the same good luck with the weather the last time we toured in this region in 2000.)

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# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for August

- 1. Call to Order:** President Martin Clinton called the general meeting to order at the Round Table on Occidental Road on Wednesday, August 9. Approximately 48 members and guests were in attendance.
- 2. Treasurer's Report:** Treasurer Donna Emery announced that, as of July 31, the checking account balance was \$71,438.40 with \$10,186.04 in savings.
- 3. Elections:** The Board is considering changing the annual election night from the January club meeting to the night of the Holiday Dinner. The primary reason for the change is that the January meeting (with the election and the free pizza) draws more people than the room at Round Table can hold. It's a Fire Marshal issue. So we are considering doing away with the Free Pizza deal in January as well as the election at that date. To do so, we need to amend the club by-laws to make the change in the date of the election. This will be discussed and voted on at the October club meeting. (*See item, back page.*)
- 4. Free Lunch Ride:** To make up for the elimination of the Free Pizza night (*see item above*), the Board is considering reinstating the Free Lunch Ride concept, formerly held in March. No details yet...
- 5. Jerseys:** An order for 100 units of long-sleeve, red-rose SRCC jerseys and jackets has been placed with Voler Team Apparel, with shipment scheduled for the last week of September. The order consists mainly of jerseys, with a smaller number of jackets and women's jerseys included. All should be available at the October meeting.
- 6. Budget:** Pursuant to changing our fiscal year from September–September to January–January, Greg Durban presented an interim budget covering the transition from this September through this December. It was approved by vote of the members.
- 7. Grizzly Century:** The Board agreed to pay the camp fees for the second night of the Grizzly Century weekend. (*See item below.*)
- 8. Marin Century:** The Marin club has asked to borrow our bike racks for their century. We are going to “trade” them the racks in exchange for five century entries to be raffled off at the holiday dinner.
- 9. Speaker:** Adrienne Ruggles presented a talk and slide show on her recent participation as a crew member at RAAM.

## Wendy Page Memorial Grizzly Century Weekend

North Fork • Bass Lake

Join the SRCC gang on this annual trip to Bass Lake. Just 20 miles south of Yosemite, this ride is one of the most scenic and challenging centuries in the state. The North Fork Chamber of Commerce does a great job with support and makes sure you are well fed, with breakfast, lunch, and dinner provided, as well as rest stops with plenty of snacks (from sushi to homemade sticky buns). 100, 80, 63, and 24-mile routes.

Entry forms can be downloaded at [www.grizzlycentury.org](http://www.grizzlycentury.org) or you can register online at [www.signmeupsports.com](http://www.signmeupsports.com). We will reserve campsites at Bass Lake for people who RSVP by mid-September. Camping fees paid by the Grizzly organizers on Friday and by the SRCC on Saturday. Call or e-mail for more info:

Kimberly Hoffman—579-3754  
[kdhoffman10@yahoo.com](mailto:kdhoffman10@yahoo.com)

## Robert Owen Rand

1962–2006

We are deeply saddened to report the death of our good friend and long-time club member Robert Rand, who finally lost his battle with cancer on Thursday, July 20.

Robert had maintained an upbeat, positive attitude throughout his 15-month struggle with salivary gland cancer. His wife Pilar commented: “He had only a few moments, when things were seemingly really bad, when he broke down and entertained the idea that he might not make it. The rest of the time he was making plans for the future and living his life.”

Robert grew up in Huntington Beach and graduated from Ocean View High School in 1980. He earned a degree in Environmental Studies from Sonoma State in the early '90's and worked as a government resource conservationist for two years. But the bulk of his life's work centered on being a master mechanic. He had been working on cars since his teens and had become a true expert. He taught Auto Shop at Analy HS for many years and had been looking forward to starting a new auto technology program at Maria Carrillo HS this fall.

Robert was an enthusiastic and skilled cyclist and was a member of both the SRCC and the SCBC. He completed the Terrible Two in 1997 and took part in several of the club's multi-day tours. He was a regular on club rides for as long as most of us can remember, and he was also a tireless volunteer on every event the club stages. He had hoped to be able to participate in the club's Wild Rivers Tour this summer, but couldn't make it. (At the start of the first stage, we dedicated the tour to him, bringing him along with us as our spiritual stoker.)

He met Pilar on a mountain bike trip at Lake Tahoe in 1994. (They had hoped to celebrate their tenth anniversary with a mountain bike ride at the end of August.) They hiked together in the Trinities and the Desolation Wilderness, and they cycle-toured together on club tours and twice on trips to France, Italy, and Spain.

Riding with Robert was always a pleasure. His skills were among the best—both off-road and on—and his attitude was always cheerful and positive. His view of the world was colored by a wry, gentle humor. Pilar says it well: “I will remain forever inspired by and appreciative of the time I had with him. Wow, what a ride. And like all great rides, it seems to have ended too soon!”

Robert is survived by Pilar, by his two-year old son, Owen, by his mother, Regina Rand, his brother Ben Rand of Arcata, and by numerous nieces and nephews.

Friends and family held a memorial pot-luck picnic for Robert on Sunday, August 20 at the Youth Community Park gazebo in Santa Rosa. At least 50 people attended and shared their memories of Robert. Although there was sadness at his leaving us, there was also much gratitude that he had been a part of our world for all these years. We are all richer for having known him. This is how we want to remember him: off the front, dancing on the pedals, laughing and loving life. What a special fellow he was.

## 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: srcc@ap.net.*

Last month we ran out of column inches and had to leave the reporting of one weekend's worth of rides until this month. Old news now, perhaps, but still good news. First up was Jim Draeger's ride on July 15, which was sort of the WCC short course, with a coffee stop in Windsor thrown in. Jim reports: "The July 15 ride was great. It was before the big heat wave. We had a little fog at the start that burned off quickly, so the weather was perfect. We had 29 riders on 27 bikes. As we were getting ready, Craig Gaevert realized that he had forgotten his helmet and had to make a quick trip home to get it. Craig and his wife got about a ten-minute late start, so they cut off the Oakwild leg and were at the coffee stop in Windsor before us. After we left the coffee stop and were on Starr Road, some young jackass in a red Camaro came down the line blasting his horn and flipping everybody off...definitely not into sharing the road. I added Pleasant and Faught to the ride, so we logged 40 miles. I did let people know that the ride was going to be longer than the posted 35 miles. As far as I know, everybody had a great time. I plan to lead this ride again."

On the same day, Bill and Evelyn Ellis were celebrating Bill's birthday with a ride from their home in Novato. Around 15-20 rides showed up for this one. The marquee attractions included Fairfax-Bolinas Road (twice), Ridgecrest, and the long drop to Stinson on Panoramic. But there were other interesting features on the ride as well. We all learned about a bike trail that connects Terra Linda with San Anselmo. It's a very cool link, but it comes at a price: the climb up to this trail is fierce. It's bad on the way west on Freitas Parkway, but it's ridiculously steep on Fawn, the little access road on the San Anselmo side. (We did it both directions.) That thing is butch! Our weather was a little bit of everything. I saw 98° on a sunny Ridgecrest, overlooking a foggy Pacific. But then we plunged down into that fog on the way to Stinson, and it dropped 35° in just a few miles. Then we tackled Fairfax-Bolinas and climbed back into the sunshine. After the ride, we all hung out at B&E's for a birthday bash, with yummy chow, including pasta in a wild boar sauce.

The next day was the real beginning of that brutal heat wave that pretty well cooked all the way through the second half of July. As luck would have it, the first heat spike corresponded with Randall Ray's ride up the Geysers. Randall tells it: "We were 17 riders leaving City Hall and picked up a few more on the way. One guy, Mike, rolled up to me on Red Winery and asked, 'Why the hell did you list this ride in July?' Knowing it would be a hot day, I had stashed a few gallons of water at the top of the first climb, so we all topped off our bottles before continuing. One rider turned around and one never showed at the regroup. As usual, the fast guys got antsy and took off, never to be seen again. I stayed with the trailing group. It was already getting warm on the first climb, but the second climb wasn't especially hot, probably the low 90's. Once we got into the canyon though, the headwind continued to blow harder and hotter all the way to Cloverdale, where it was really toasty hot. We made a quick detour into town to cool off, and heading home, our paceline quickly broke apart, leaving cooked riders spinning wearily home. So...I probably won't be listing the Geysers in July again." I have to say that driving extra water to the top of the Geysers was an extremely nice thing for Randall to do. Well above the normal expectations for a ride leader.

The following weekend was probably the peak of the heat wave. The first brave souls to face the furnace-like conditions were Denise Prue and Annie Osborn on their ride from Graton up to Healdsburg. I asked Annie—via e-mail—for a report on the ride, and my note found her cycle-touring in the Canadian Rockies. Her reply was understandably brief: "July 22 ride was hot, hot, hot. About 25 people did the Healdsburg loop. Only one person cut it short, calling for a ride. The highlight was the cool outdoor shower back at my house."

On Sunday, I had listed a century—ostensibly the century of the month in the club century challenge—way over in Napa with a route heading east into very remote and very hot areas over by Lake Berryessa. The forecast that morning was for highs well over 110°, so I made a decision I've never made before: I cancelled a ride on account of heat. It turned out to be academic: I went to the ride start to tell anyone who might be there that it was not happening, but no one had been foolish enough to show up. It really would have been killing to be out in those dry hills, especially on some of the long, exposed climbs that were on the route. I turned right around and drove to Petaluma, then rode out to the Inverness area, where it was only 75°. Probably nobody besides me cares at this point, but with the century of the month cancelled, that means there was no official century in July. I don't know what to do about it, or if it even matters. If you feel you got robbed of your shot at a "green" century, talk to me.

The last Saturday in July began with a memorial ride for Sandy Karraker, organized by Nancy Rappolt and Sandy's husband Roger. I asked Nancy to comment on the event: "I haven't known what to say. It's not your usual lighthearted ride. We had 18 riders. We shared carrying token ashes. It was a lovely, cool day and a route that Sandy loved. When we stopped at her house, we joined other friends for memories, food, and drink, and to view Sandy's multi-media artwork, of which there were many beautiful examples. Roger spoke of Sandy's life and love of her art, children, friends, and life. Several others also spoke. The day finished with a sing-along. It was a lovely memorial for a dear friend who shall be missed by all who knew her."

On Sunday of that weekend, Wayne Kellam was scheduled to lead a ride around the Franz Valley-Chalk Hill loop. But Wayne came down sick and delegated the ride leading chores to Sue Bennett, who sent in this report on the day: "Unlike the prior weekend (record breaking heat) or even the prior day (morning drizzle), Sunday turned out to be a perfect day for riding. The peloton was composed of 16 riders, including five non-members and two tandems. The group set a blistering pace far surpassing the B rating and leaving the tandems behind. (I thought the idea was to draft the tandems.) On Chalk Hill we were riding with some of the half-Vineman riders and if anyone needed a new water bottle there were plenty along the roadside to choose from. The reports from both of the stokers indicate the tandems had their own little rally at the back of the pack, had a great time, and were greeted with smiles at the Vineman water stop."

That wraps up July. August began with Bill Harrison's century-of-the-month offering, which was also his 70th birthday ride. "The first Tolerable One (or TO-I) was blessed with warm (but not hot) temperatures. A gentle breeze that cooled the riders was strong enough to work as a tail wind, but it was not much of a head wind. A nice day to ride. 22 riders started out from Esposti Park, and as the day wore on seven more joined the group, while several others bailed out at various spots. I was the 'toad of the road,' hopping along at the rear, so I had to guess what the make-up of the group was. But there were probably no more than 24 riding at any one time. The two rest

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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 • SEPTEMBER 2

### Century of the Month

2-3/BC/103

8:00 AM • San Miguel School

L on Faught > L on Old Red > L on Mark West > R on Riebli > R on Wallace > L on Badger > R on Calistoga > L on 12 > R on Melita > R on 12 > R on Warm Springs > R on Arnold (*Rest stop in Glen Ellen; 22 mi.*) > L on Boyes Blvd > R on Riverside > L on Verano > R on Fifth > L on Bike Path > Lovall Valley > R on 7th > L on Denmark > Burndale > L on Dale > R on Ramal > Duhig > R on Hwy 121 > L on Old Sonoma > L on Congress Valley > R on Thompson > L on Browns Valley (*Rest stop in Napa; 48 mi.*) > R on Westview > R on Redwood > L on Dry Creek > R on Orchard > L on Solano > R on California > L on Washington > Yount Mill > R on Fimmel > R on Yount Cross > L on Silverado Trail > L on Brannon > Wapoo > R on Grant (*Rest stop in Calistoga; 78 mi.*) > Myrtle Dale > R on Tubbs > L on Bennett Ln > R on Hwy 128 > L on Chalk Hill > L on Pleasant > Faught. *Relatively unhilly, at least by North Bay standards.*

Bill Oetinger—823-9807

## SUNDAY • SEPTEMBER 3

### The Headless Chicken Ride

2/AB/25

9:00 AM • Esposti Park, Windsor

West on Shiloh > L on Skylane/Laughlin > Woolsey > Jog L on River to R on Slusser > L on Mark West Station > L on Starr > R on Windsor River > L on Windsor to Windsor Town Green (*rest stop*) > North on Windsor > L on Old Red > R on Arata > Hembree > L on Old Red > L on Pleasant > R on Faught > R on Shiloh to park.

Suggested ride...no leader

## MONDAY • SEPTEMBER 4

### Labor Day Ride

3/BC/60

8:00 AM • Ragle Park

L on Ragle > R on Mill Station > L on Hwy 116 > R on Frei > R on Guerneville > L on Olivet > R on Woolsey > Laughlin > R on Airport > L on Faught > R on Chalk Hill > L on Hwy 128 (Regroup in Jimtown) > Alexander Valley > R on Lytton Station > R on Lytton Springs > R on Dry Creek > L on Lambert Bridge > L on W. Dry Creek > R on Westside > L on Wohler > L on Eastside > R on Trenton-H'burg > Trenton > R on Laguna > R on Vine Hill > Mueller > R on Graton > L on Ross > R on Grey > L on bike path > L on Occi > R on Barlow > L on Mill Station

> R on Ragle to park. *Potluck BBQ afterward at Tony's & Cynthia's. Call to RSVP.*

Tony & Cynthia—824-4466

## SATURDAY • SEPTEMBER 9

### SECOND SATURDAY

### New Hwy 128 Bridge Ride

2/A/23 2/B/38 3/C/66

9:00 AM Healdsburg City Hall

**A Ride:** North on Grove > L on Chiquita > R on Lytton Springs > L on Geyserville Ave > R on Hwy 128 (*Enjoy new bridge*) > L on Geysers > R on Red Winery > R on Pine Flat > Hwy 128 (*Regroup Jimtown Store*) > Alex Valley > L on Healdsburg Ave > R on Grove to City Hall. **B Ride:** South on Grove > R on Mill > Westside > R on W. Dry Creek > R on Yoakim > L on Dry Creek > R on Dutcher Creek > R on Theresa > R on Asti > Geyserville Ave > L on Hwy 128 > (*Enjoy new bridge*) > L on Geysers > R on Red Winery > R on Pine Flat > Hwy 128 (*Regroup Jimtown Store*) > Alex Valley > L on Healdsburg Ave > R on Grove to City Hall. **C Ride:** Same as B to Yoakim > Skaggs > Rockpile to end > return via Dry Creek > L on Dutcher Creek > continue on B route.

A: Looking for a leader  
B: Richard Stone 292-3006  
C: Craig White 541-0132

## SATURDAY • SEPTEMBER 10

### Wildflower Trek

3/B/30

9:00 AM • Ragle Park

Covert > R on Pleasant Hill > R on Bloomfield then R Kennedy > L on Barnett Valley > L on Bodega > R on Boho (*Rest stop at Wildflower Bakery*) > L on Boho > R on Graton > R on Green Hill > L on Occidental > R on Mill Station > R on Ragle.

Wayne Kellam—523-1878

## SATURDAY • SEPTEMBER 16

### Ken's Camel Ride

3/AB/35(?)

9:00 AM • Healdsburg City Hall

L on Grove > L on Healdsburg Ave > L on Lytton Springs > R on Geyserville Ave > L on Canyon (hump #1) > R on Dry Creek > R on Dutcher Creek (hump #2) > Cloverdale Blvd > R on First > L on Main > L on Broadway (*Rest stop at Grapes and Grounds*) > Retrace to Dry Creek, then > L on Lytton Springs > R on Chiquita > R on Grove to City Hall.

Ken Russeff—953-1804

**SUNDAY • SEPTEMBER 17****Ode to Joy**

4/BC/50

9:00 AM • Ragle Ranch Park

L on Ragle > L on Mill Station > L on Sullivan > L on Green Valley > L on Harrison Grade > R on Graton > L on Boho > R on Coleman Valley > R on Hwy 1 > L on Bay Hill > L on 1 > L on Bodega Hwy > L on Joy > R on Bittner > R on Boho > L on Bodega Hwy > L on Jonive > R on Occidental > R on Cherry Ridge > R on Mill Station > R on Ragle to Park.

Randall Ray—433-2555

**SATURDAY • SEPTEMBER 23****Denise's Ride-n-Soak Century**

3/B/100 (or 50 mile option)

9:00 AM • Vichy Springs Resort, Ukiah

L Vichy Springs > L on Watson > Knob Hill > Sanford Ranch > R on Talmage > L on Ruddick-Cunningham > R on Eastside (now called Old River) > R on Hwy 175 (*Rest stop at Sanel Valley Market*) > Continue into Hopland > L on Hwy 101 > R on Mtn. House > Turn around at Hwy 128 on Mtn. House Rd. > L on Hwy 101 > R on Hwy 175 > L on Eastside > L on Ruddick-Cunningham > L on Talmage > R on Babcock > Oak Manor > L on Vichy Springs (over 101) > R on Orchard (*Rest stop @ Planet Smoothie*) > L on Ford > R on North State > R on Lake Mendocino Dr > L Eastside-Capella > R on Marina Dr > R on Hwy 20 > L on Potter Valley > L on Westside PV > Powerhouse > R on Gibson > R on Eel River (*Rest stop @ Hopper's Corner Store*) > L to East Side PV > R on Hwy 20 > L on Marina > L on Eastside-Calpella > R on Lake Mendocino > L on North State > L on Perkins > R on Vichy Springs > Soak at resort. *Bring swim suit, towel, pot luck dish to share. Day use fee \$25 (discount rate). Vichy Springs Road exit off Hwy 101, 3 miles east of 101. Allow 1 hour to get there.*

Denise Prue—486-2015

Annie Osborn—829-5656

**SUNDAY, SEPTEMBER 24****Sweetwater-Armstrong Woods**

3/C/50

9:00 AM • Ragle Park, Sebastopol

North on Ragle > R on Mill Station > L on Hwy 116 > R on Occidental > L on Sanford > R on Hall > L on Willowside > L on Piner > R on Olivet > L on W. Olivet > R on Oakwild > L on Woolsey > Trenton > L on River > R on Trenton > Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on Sweetwater > R on Armstrong Woods Park to summit >

Return to Coffee Bazaar > R on Hwy 116 > R on Mays Canyon > R on Hwy 116 > R on Green Valley > R on Sullivan > Mill Station > R on Ragle to Park.

Craig White—541-0132

**SATURDAY • SEPTEMBER 30****Kimberly's Favorites**

2/B/40

9:30 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-H'burg > L on Mark West Station > L on Starr > R Reiman > 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—579-3794

**SUNDAY • OCTOBER 1****Fixed Gear-Single Speed Ride**

2/BC/50

9:00 AM • Ragle Park  
(all other bikes welcome too)

L on Ragle > L on Mill Station > R on Barlow > L on Occidental > R on West County Trail > L on Hwy 116 > R on Mirabel > R on Trenton > R on River > L on Wohler > R on Westside > L on W. Dry Creek > R on Lambert Bridge > R on Dry Creek (*Regroup Dry Creek Store*) > R on Kinley > L on Westside > Mill > R on Healdsburg Ave > Old Redwood Hwy > R on Bell > R on McClelland (*Regroup Café Noto*) > L on Windsor > L on Slusser > R on River > L on Old Trenton > R on Oakwild > L on W Olivet > R on Olivet > L on Piner > R on Willowside > R on Hall > L on Sanford > R on Occi > L on Hwy 116 > R on Mill Station > L on Ragle.

Craig Johnson—415-455-8631

**FRIDAY, OCT 6—SUNDAY, OCT 8****Wendy Page Memorial Grizzly Century Weekend**

North Fork • Bass Lake

See item on page 2.

Kimberly Hoffman—579-3754,  
kdhoffman10@yahoo.com**REGULAR RIDES****Wednesday Wanna-B's**

B-tempo • 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*

Johann Heinzl—539-7991

*Fifth Wednesday: Howarth Park, SR*

Bob Briner—799-7146.

**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 &amp; 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): Esposti Park*

Buck Hall—537-1946

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, August 13th

Saturday, September 23rd

Sunday, October 8th

Sunday, November 18th

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

Reservations required

707-545-0153

mailto:info@bikesonoma.org

# The Ghost Rider

—Aggie Hoff—

The old rusty freighter, loaded with containers, sounded its horn as it passed under the Golden Gate Bridge. I saw its name, *Obake Noruhito*, across its bow as I pedaled across from San Francisco to Marin at sunrise. Curious about the Japanese name, I later asked a friend to translate. She told me that the closest she could come to it in English would be *The Ghost Rider*.

As I continued on, winding my way down the bike path towards Fort Baker, a biker was heading the opposite way on the 12% grade. As we passed each other, I saw his sinewy muscles straining to make the hill. He gave me a cheery good morning as we passed, and I noticed that he was very old. His face wrinkled by time appeared chiseled, and from under his helmet a shock of grey hair protruded, emphasizing his steel-blue eyes. His smile indicated that he was at peace with the world, and his greeting cheered me. Fewer and fewer riders bother to say hello to me; sometimes I think I am becoming invisible, as my own hair turns grey, and the age gap widens between most riders and me.

After breakfast in Sausalito, I headed back towards the bridge and home. Halfway up the hill I noticed the same old man, again pedaling towards the crest.

“Where are you headed?” I asked as I pulled alongside.

“I am going up and down the hill to train for a trip across the Pyrenees in the spring,” he replied.

“I have trouble getting up the hill just once in a day, let alone going up and down it for hours,” I said with admiration.

“It’s simple,” he said. “Never look up to see how much farther you have to go, and put out of your mind any idea that you can get off.” He paused, “Besides, it’s the journey that counts...”

We rode together to the top and he told me he was 82 and had been riding bikes all his life. I wished him luck on his upcoming trip, and his eyes sparkled as he wheeled around to go back down the hill and start again.

The old man rode with me now and then in my imagination. I found hills easier to pedal when I didn’t look up or think about getting off. Most of all, I just enjoyed the journeys. I wondered if he had made it across the Pyrenees.

Three years later, I saw him again. He was lying on his back on the pavement, close to the top of the hill, on the same path where we had met. A Highway Patrol car shielded his body, and a couple of people had stopped to help. The old man was lying still, his eyes closed. There was a smile on his face. I did not stop to ask what had happened because it came to me with absolute certainty that his journey had come to an end.

Is there a special heaven for bikers? If so, I hope to go there someday because for sure the old man is there. If there is no such place, I hope he had been headed downhill, enjoying the ride when he died.

As I rode onto the bridge, a blanket of fog rolled through the Golden Gate. A fog horn sounded its mournful lament. The mists swirled just over the surface of the bay and the outline of a ship appeared. I could barely make out the words *Obake Noruhito* on its hull before the fog enveloped The Ghost Rider once again.

## Wild Rivers Tour

—Continued from page 1

### Day 4: Curly Jack to Patrick Creek; 63 miles, 5500'

On paper, the elevation profile for this stage looked almost as daunting as that for Day 2. But everyone agreed that the big climb on The State of Jefferson Scenic Byway was not nearly as hard as Etna. We gained close to 4000' in the first 21 miles of the ride, but it was never steep nor especially painful. The 4750' summit marked the beginning of a brief foray into Oregon. For a couple of hours we were out of California, first descending from that summit, then cruising along the quiet valley of the Illinois River, and finally climbing along Hwy 199 toward 2480' Hazel View summit. This last was reached via Oregon Mountain Road, a wonderful, meandering bypass off the main highway. It offered an easy climb and then a twisting, curling descent off the south side and back into California. Once back on 199, we steamed downhill at a snappy tempo on the wide, smooth shoulder of the highway, always with the wild Smith River nearby. We had worried about the traffic on 199—on this and the following day—but it turned out to be a non-issue. The shoulders were usually huge and traffic was relatively light. We stayed in a pleasant camp on the river with the best swimming hole of the tour. After dinner, over half the group strolled across the road to the 80-year old Patrick Creek Lodge for an impromptu 8-ball tournament.

### Day 5: Patrick Creek to Elk Prairie; 60 miles, 4000'

This stage took us downhill out of the mountains to the coastal hills. After 15 very fast miles along 199, the route veered south along several miles of unpaved road through a magnificent stand of old growth redwoods in Jediah Smith State Park. A few in the group were less than thrilled with the prospect of those gravel miles and improvised a route through Crescent City which turned out to be ten miles longer and much hillier, but also included a beautiful run along the rugged coastal cliffs north of town. Both routes then tackled 19 miles of busy Hwy 101, featuring the biggest climb of the day: 1200' of sometimes steep gain in five miles, followed by a descent of the same size. While the traffic on the big highway was always there, the road engineers have done a good job of providing comfortable shoulders most of the way, and with a passing lane on the ascent, most cars and trucks gave us a wide berth in the inside lane. Bottom line: it wasn't really a problem. After our third encounter with the Klamath River, now near its mouth, we went back to work on a long, steady climb from the river valley back over the mossy, fog-shrouded hills and out onto a lightly travelled backroad along the sea cliffs of Redwood National Park. It was on one stretch of this beautiful road that we had our only serious crash of the tour, with Joe Morgan tripped up by an invisible dip in the pavement. Extensive bumps and road rash, a head wound (and shattered helmet) and a possible broken scapula sent Joe to the hospital in Arcata, with a few friends along for moral support. This was our only night without a swimming hole, but no one really minded, as the chilly fog had everyone digging through their duffle bags for all the warm clothes they could find.

### Day 6: Elk Prairie to Arcata; 48 miles, 2200'

The final day of the tour included the drive home to Santa Rosa, so the actual stage was quite short. But in spite of its shortness, it turned out to be a very entertaining package. We began with another 20, mostly smooth, fast miles along 101. A few folks explored a 101 bypass called Old State Hwy, which proved to be a real gem... longer, hillier, and twistier than the main highway. At mile 21, we left Hwy 101 behind for a series of wonderful little roads closer to the

## SRCC charitable grants input sought

The Santa Rosa Cycling Club earns money from subscriptions and from events, particularly from members' efforts putting on the Wine Country Century. Traditionally we have donated funds in excess of what we need to run the club to worthy organizations, both bicycle-related and generally community-oriented. Members' opinions and suggestions are sought regarding likely grant recipients.

If you know of an organization that would benefit from a donation, please call it to the attention of any member of the club's Board. Suggestions we receive, combined with the list we used last year, will be put on a ballot, and you can vote at the general meeting on September 13. Write-ins are possible, but tend to get fewer votes unless you get your friends really well organized. Based on the club's financial results, the Board will estimate an amount to distribute and prepare a list of proposed donations at their October meeting. In accordance with the by-laws, the proposal will be presented for approval by a vote of members present at the general meeting on October 11.

Listed below are the organizations on the current ballot and the amounts of grants disbursed last year. (Because the Sonoma County Bicycle Coalition receives its donation from the club through a WCC per-rider assessment, they are not included on this list.)

- Sonoma County Trails Council (\$1500)
- Landpaths (Son. County open-space stewardship) (\$1250)
- Safe Kids project, helmet fund (\$1000)
- Ross Dillon Hope Fund (\$1000)
- Team Swift, junior racing program (\$1000)
- California Bicycle Coalition (\$750)
- Earle Baum Center of the Blind (\$750)
- Big Brothers/Big Sisters of Sonoma County (\$750)
- Lance Armstrong Foundation, cancer research (\$750)
- Diabetes Society, Sonoma County chapter (\$500)
- Canine Companions for Independence (\$500)
- SCRA (Local Ham Radio Club) (\$500)
- Community Bikes (new)

ocean: Patricks Point Drive, Stagecoach Road, and Scenic Drive, plus the quaint village of Trinidad with its picture postcard harbor. These little lanes were as nice as anything on the tour, and all were scaled perfectly to the tempo of bicycle travel. The final 15 miles of the tour were on an assortment of pleasant roads and one surprising bike trail that did a remarkable job of dodging the congestion around the towns of McKinleyville and Arcata. We had anticipated suburban sprawl but instead found lightly traveled farm roads and only a minimal amount of traffic and clutter. We rolled into the Arcata Rec. Center around midday, and after showers and a flurry of luggage juggling, our car pool caravan headed south for home.

Overall, it was a very successful tour. Riders of varying abilities and ambitions found common ground on the lovely back roads of Bigfoot country. New friendships were formed, on the roads and in the camps. Thanks to Doug Simon for planning the trip and orchestrating the impressive logistics; to Lou Salz and Bill Oetinger for cranking out the maps; to Faith Harrison and Matt Parks for keeping us fueled up on delicious chow; and to Linda Grayson, Tom Helm, and Chris Culver for running the sags all around the route. SRCC tours are back! Stay tuned for announcements about another great adventure already being planned for about the same time next summer.

## *More* BACKROADS & BREAKAWAYS

stops at Dry Creek Store worked out very well, but not many joined the lunch stop at the end of the 72-mile loop. Most of the group ended their day without taking the 28 mile out-&-back to Korbel; some because their commute to and from the ride made up their century and others because the day was growing late. Only three of us (that I know of) did the scheduled ride, and I finished alone to a greeting from my family (cheers and balloons) who prepared a special seventieth birthday party for me. Fine day, excellent company, and pleasant surprises. Can't ask for much more than that!"

The following day, Doug and Deanna McKenzie listed a ride out to the coast through the west county hills. Doug sent in this note about the day: "Before Deanna and I left the house for the ride I checked the weather online to find it was clear at the coast. We headed to the start expecting a large group because of the B/C listing and the beautiful weather. Much to my surprise, it was a relatively small group. About 15 to 20 by the time we left, with about six C riders and a dozen B's. The ride out Coleman was relatively mellow, with more chatting and enjoying the nice weather. The group split up after that. There you have it, a beautiful ride with great riders on a beautiful day. What else would you expect in Sonoma County in the summer time?" Doug's write-up was considerably longer than this, with minute accountings of every hill prime and city limit sprint, but it ran way too long for the available space, so I had to whack a great chunk of it out. Sorry about that, Doug!

On the last weekend in this reporting period, Cynthia Spigarelli listed a birthday ride. She reports: "About 30 cyclists showed up at the early hour of 8:00 am on 8/12 to sing "Happy Birthday" to Cynthia and then stretch our legs as we proceeded on a large figure-8 route. As might be expected, many in the front were never seen again ... so fast they weren't even caught at the coffee stop. The weather cooperated by giving us a lovely, mild day with the fog lasting just long enough to keep us cool up Coleman Valley. The only problem reported (besides a flat) was that Joyce was slightly inconvenienced by her shifting mechanism...not so much that she couldn't go right back the next day to do it again without a mechanical problem."

Then on Sunday, Todd Sloan led a BC ride out Tomales way: "Approximately 25 riders assembled at the start. A good mix of C and B riders as well as the McKenzie tandem. The weather, perfect; the wind, ever present out behind Valley Ford. Overtook the bakery at Tomales, as in standing room only crowd. Nothing else of significance to report other than it being a great day to be riding."

And that about sums it up: every day is a great day to be riding.

## ◦ FOR SALE ◦

### Mtn Bike Tandem

19" Gary Fischer Mtn Bike Tandem • Suitable for road as well  
Hardly ridden • \$650 gets yo and your honey out together  
Gary Wysocky—579-8404

### Look XK Lite Road Bike

49 cm • DuraAce & Ultegra • Small, fast • Excellent condition  
\$1850 (Includes \$40 toward professional fitting

Mike McGuire—542-6687

# SANTA ROSA CYCLING CLUB

**PO Box 6008  
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- Craig Gaevart (membership registration) ..... 545-4133  
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SRCC website: <http://www.srcc.com>

E-mail: [srcc@ap.net](mailto: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, October 11 • 6:30 PM

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

*Speaker: Sheri Emerson, SR Public Works*  
*The Creek Plan: Fish and Floods and Bikes and Barriers*

Wednesday, November 8

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, October 5 • 6:00 PM  
Home of Doug Simon  
1831 Rhianna St, Santa Rosa

Thursday, November 2

### By-laws amendment at October meeting

The Pizza and Politics Party—our January tradition—has outgrown our group room at Round Table Pizza. Whether it's the voting or the eating that draws the crowd, we've gone past standing room only and have now entered the realm of a fire safety issue, far exceeding the room's listed capacity.

As a result, the Board is considering alternatives. Currently, the front-running proposal is to do the annual elections at the Holiday dinner party in December, which is a free evening for all members. We would then do away—regretfully—with the Free Pizza tradition in January. However, to make up for the loss of this freebie, we would resurrect the Free Lunch Ride concept, formerly staged in March.

The Free Lunch Ride rationale used to be that it was a payback for all those who helped out at the sticking and stamping bee (of WCC and TT fliers) at the February meeting. Now that we no longer send out fliers in snail mail, we will have to come up with some other way of packaging the Free Lunch Ride. But it looks like it will happen in 2007.

To change the election from January to December requires a vote of the membership to amend the club by-laws. This will be taken up at the October meeting. This is all a work in progress: trying to find a solution to a problem. Other options are possible and we will listen to any reasonable proposals. Be at the October meeting to have a say in this matter.