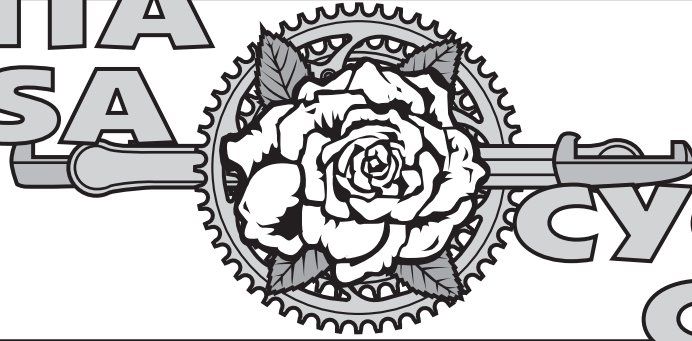


SANTA ROSA



OCTOBER 2006 NEWSLETTER



**Friday evening
December 8**



**Druids Hall
Santa Rosa**

... and Annual Awards Presentation

It's hard to imagine, while the warm days of autumn are still with us, that the holiday season is just a couple of months away. But those days will be here soon enough, and with them comes our annual holiday dinner evening. It may be too soon to dig out your tux or brush down that basic black dress, but it's not too soon to be thinking about the big affair...to be marking your calendars.

The evening will follow essentially the same format as in the past year or two: the club is picking up the entire tab for the festivities. A reservation deposit will be required but will be returned when you check in at dinner. Only no-shows will forfeit their fees.

Dinner service will be buffet style and will be preceded by a social hour with no-host bar. You may bring your own wine and there is no corkage fee. Extra staff is being hired to keep things moving smoothly.

Something to be thinking about now: awards. We use the occasion of the Holiday Dinner to hand out awards to various members for deeds done in the year now just drawing to a close. Some of those awards originate with the club Board, but that doesn't mean you can't lobby for a certain result. In fact, we are already logging comments from members urging us to consider this or that person as a worthy winner of one award or another. If you've been around the club for awhile, you know the awards in question, and if you have an opinion as to who might qualify for one of them, let us know. With over 500 members, it's impossible for the Board members to see and know everyone on every ride and at every club event. The members need to be our eyes and our spies out there.

And then there are the unofficial, often un-serious awards that come directly from the membership, memorializing something that went

on in club life this year. They can be sincere tributes in recognition of good deeds or spoofish roasts for some foolish goofs. The only limitation is your imagination and a minimal amount of good taste.

Look for more information on the dinner in the November newsletter, along with a registration form. The dinner coordinators could use a little help with decking the hall in its festive holiday trimmings on Friday afternoon (and with taking them down afterward). Call Sharron Bates (526-3512) or René Goncalves (544-1918) if you have the time to help out.

West Dry Creek Adopt-a-Backroad

Date set for Sunday, November 12

It's almost time again to revisit our adopted backroad of West Dry Creek. Time to gather the troops and sweep the road clean of a year's worth of accumulated litter.

This is the usual appeal for volunteers, but it comes with a little extra urgency. When we did our other adopted backroad—Chalk Hill—six months ago, the turnout was a little bit thin. Those who showed up got the job done, but they worked a little harder than they would have had to with a full crew on hand. Is it possible we have become a little complacent about these twice-a-year commitments?

Let's not leave this job for the usual handful of die-hard volunteers. With a club as large as ours, there ought to be plenty of new folks who can step forward to do what needs to be done. And we not only need many hands to make light work of the project, we also need some special person to take on the duties as chair of this endeavor. Richard Stone will return one more time as chair, but he has let us know that he's ready to let someone else take over. If you're interested, you can act as co-chair or apprentice chair this time around and then take it on single-handedly for the Chalk Hill project in May.

Do the Second Saturday ride on the 11th, then set the bike aside and go for a pleasant walk along a section of one of our prettiest country roads on Sunday (tidying it up as you go along). After the clean-up, enjoy a sociable lunch with your friends in a Healdsburg bistro, compliments of the club. It's a remarkably painless way to do a good deed that benefits the larger community and makes cyclists look good into the bargain.

For more information, to sign up, or to volunteer as co-chair, talk to Richard Stone at 292-3006.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for September

- 1. Call to Order:** President Martin Clinton called the general meeting to order at the Round Table on Occidental Road on Wednesday, September 13. Approximately 30 members and guests were in attendance.
- 2. Treasurer's Report:** Treasurer Donna Emery announced that, as of August 31, the checking account balance was \$64,167.23 with \$10,186.04 in savings.
- 3. Elections:** The Board discussed changing the annual election night. (*See item, this page.*)
- 4. Picnic:** The Board reviewed the recently held club picnic. All agreed it was better off the Labor Day weekend. The pies disappeared way too fast this year, prompting the question as to how many of those in attendance actually called up to RSVP.
- 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. Donations:** Greg Durbin reviewed the distribution and collection of member ballots for club charitable donation suggestions. The matter will be presented to the membership at the October meeting.
- 7. Wine Country Century:** Reservation of the Wells Fargo Center for the 2007 WCC has been confirmed.
- 8. Club Tours:** Doug Simon reported to the Board on the recently concluded Wild Rivers Tour and Bill Oetinger made a presentation regarding next year's Northern Oregon Tour. (*See item, page seven.*)
- 9. Speaker:** Sheri Emerson from the City of Santa Rosa gave a power point presentation on city creek trails and their future as transportation routes. Creek restoration within the city is part of the general plan and is a high priority with the city but is limited by availability of funding grants. It was a very informative presentation and she is very receptive to club members suggestions and input and thankful for the money SRCC has donated in the past for Creektrails.

Looking ahead to 2007

There are going to be at least a couple of vacancies on the SRCC Executive Board next year. This presents an opportunity for other members to become involved in the management of the club.

Being on the Board requires fairly regular attendance at both the Board and General meetings each month. (Everyone misses a meeting now and then, but the basic idea is to be there most of the time.)

If you have entertained an interest in being part of the group that steers the club—setting policies and goals, authorizing purchases, etc.—this is your chance. We are especially in need of someone with at least modest writing skills to be Secretary (taking minutes at the meetings).

Want to learn more about what it means to be on the Board? Talk to any current Board members. Your fellow club members will thank you for taking this on.

By-laws amendment at October meeting

The Pizza and Politics Party—our January tradition—has outgrown our group room at Round Table Pizza. 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.

Alternative # 1 would be to have the election at the Holiday Dinner (free to all members). We would then do away—regretfully—with the Free Pizza tradition in January. We realize that some will consider us stingy for snatching away their traditional free food, but we're simply grappling with a very real problem of violating the fire code at our meeting place. However, to make up for the loss of this freebie, we would resurrect the Free Lunch Ride concept, formerly staged in March.

Alternative #2 would be to keep the election at the January meeting but do away with the free pizza, etc, as above. Frankly, we're pretty sure it's the free food that packs the room and not the election, so doing away with the freebie should bring us back under the room's carrying capacity. However, we do want as many people to vote as possible, so we are also considering supplementing the vote at the meeting with mail-in ballots printed in the December and/or January newsletters.

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, that rationale no longer applies. However, another option we are considering would be to issue Free Lunch vouchers to anyone who votes, either by mail or in person at whichever meeting has the election.

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. Free pizza is not included in the club by-laws, so leaving the voting in January and doing away with the pizza would not require an amendment. Nor would some form of mail-in voting, as there is already a provision for that in the by-laws. In any case, nothing has been decided yet. This is all a work in progress: trying to find a solution to the problem of overfilling our regular meeting hall at the January meeting. Other options are possible and we will listen to any reasonable proposals. Be at the October meeting to have a say in this matter.

• 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

Hard Shell Bike Travel Case

Good condition: used only once • \$75

Bunni Zimberoff—544-3999

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.

First of all, a small correction to the account of the Wild Rivers Tour last month. In handing out laurels to the various people who helped make the tour a success, I forgot to mention Arlene Morgan, who was in charge of preparing the menus for all the meals we consumed. Napoleon said an army marches on its stomach, and the same is true for cycle-tourists. So the person who keeps those stomachs happy is a very important person. My only excuse for overlooking Arlene is that she did her job so smoothly (and mostly before the tour) that her hard work wasn't obvious, unless you look at all that good food...

Speaking of cycle-touring, club member Alfred Mascy has been at it again: 2300 kilometers, all over Europe. From the low countries all the way south to Nice, then west across the Riviera and up into the Pyrenees...all self-supported (with just 17 pounds added to the bike, counting panniers and their contents). Alfred has promised to distill his 600 photos down to a slide show of more manageable size for some future club meeting.

Another of our more intrepid travelers—Alan Bloom—recently returned from a solo self-supported tour in Oaxaca, Mexico. Eleven days of riding totalling around 520 miles, plus a couple of weeks living with a local family while immersed in a Spanish language program. (That part came first.) Al has put together a nice report with many photos at his website: <http://www.cds1.net/~n1al/index.htm>.

Speaking of Al, the first ride in this reporting period was his Kool-Aid Century on August 19...just a week after he got back from Mexico. He sent in this note about it: "We had 20 riders for the Kool-Aid Century. By the way, the name 'Kool-Aid' comes from the fact that it is not quite as *strong* as the Wine Country Century. I think we were the first official club ride to use the new Geyserville Bridge. It's a nice, functional bridge with wide shoulders and a walled-off pedestrian walkway. Sue and I rode at the back, so after the group split up on Chalk Hill we never saw most of the riders again. But I haven't heard of any problems." That's the same view I seem to be seeing on a lot of the rides I lead these days...

The next day, Greg and Jan Conklin led the River Ramble, and the ride name explains a lot about it. Jan reports: "The ride went great. That's a fun, easy route. We had about 17 riders, a couple of new folks. A couple of the ladies took a wrong turn but we found them and stayed with them the rest of the ride and I think everyone had a good time. Afterwards about eight of us went to the Stony Point Grill for lunch."

On the final weekend in August, we had our annual end-of-summer club picnic. We caught a lovely summer day for the occasion and all the rides went about as well as one could hope they might. I led the C group and Denise Prue and Annie Osborn did the B's. I know Annie sent me a note about the B ride, but I can't find it anywhere. I can recall she said it was all good, except was that the ride where Denise got stung by a bee? Anyway...mostly good. I can attest that the C ride was just dandy, although I honestly can't recall any highlights...just a nice ride out to Tomales and back. No report on the A ride because there was no assigned A leader. (We often have trouble recruiting A leaders. Hey, you A riders out there: some of you need to step up to the plate and take charge!)

As for the picnic, it was every bit as successful as the rides that

preceded it. Sometimes we think we ought to reinvent the annual picnic: new venue; new rides; new something. But if ever there was a case of, "if it ain't broke, don't fix it," this is it. The picnics continue to be popular because the venue is nice, the rides are nice, and the whole package works. How popular? Picnic coordinator Richard Stone counted at least 135 people in attendance, and he probably missed a few. Richard supplemented our usual barbecue fare this year with fresh salmon fillets, all gussied up with lemon slices. The buffet of potluck offerings was as good and as varied as ever, and the Mom's pies disappeared very quickly. Maybe a little too quickly. We might want to bump up the order next year. Several people pitched in to help Richard with the set-up and clean-up of the big feed. I can't recall who all was involved, but I do want to mention Keith Keehan, who volunteered to be the barbecue boss, and who spent long hours under a hot sun standing over a hot grill so the rest of us could munch on lunch. Good job, Keith, Richard, and all the others who helped out!

The club picnic date is a tough act to follow, but Randall Ray was up for the challenge and listed his Occidental Tourist ride on the next day. "The second edition of this ride had a better turnout: 14 riders with one tandem. The fog cover lingered for most of the ride, providing us with those classic scenes of treetops and hilltops disappearing into the haze. We had four non-club members riding with us today. One was visiting from Connecticut, and his comments were about the poor condition of our roads, the gorgeous scenery, and the geographical features (specifically, hills) that our region offers. He was also blown away by our route slips, with turn-by-turn instructions and a map to boot! (Good stuff, Gordon.) Another first-timer exclaimed at the end of the ride as he was clicking out, 'So where do I sign up!' Well, from what I can tell, that's what ride leading is all about." Randall has been one of our more active ride leaders in recent months. It wasn't that long ago that he first tried his hand at leading a ride. He discovered it was easy and fun, and he's all over the schedule now. We could use a few more like him...

And that wraps up August. In the school days of my youth, that meant that summer was officially over. But in Sonoma County, with our somewhat atypical weather patterns, the advent of September means that some of our best, most summery days are just ahead of us, and with any luck at all, we'll be wallowing in a glorious Indian Summer for another couple of months.

Not that it's exactly broiling out there... I had the first ride on the schedule in September, and it was quite nippy at the start in Larkfield at 8:00 AM. Arm and knee warmers and vests were much in evidence amongst the nearly 30 riders who showed up. This was my century-of-the-month offering: a grand loop all the way down Sonoma Valley, around the Carneros, and back up Napa Valley, linking back to Larkfield via Chalk Hill. I have to say it turned out to be just about as pleasant and as easy as a century could possibly be. First of all, I was delighted to see such a big crowd for a ride of 104 miles. Although there were no obvious shortcuts, a handful of riders did figure out ways to bail with less than the full deal, but most who showed up went the whole distance, and only a couple of people looked at all knackered at the end. The weather had something to do with that. The forecast had called for a high of 92° inland, but that must have been somewhere we didn't go. The highest high we saw was 82° briefly near Calistoga, and most of day was in the mid-70's. And while we did battle a mild headwind for awhile near the end, for a much longer time in the middle of the ride—all around the Carneros and up Napa Valley—we enjoyed a very friendly tailwind that had even

— Continued on page 7

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

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 > R 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 8.

Kimberly Hoffman—579-3754,
kdhoffman10@yahoo.com

SATURDAY • OCTOBER 7

Toolin' Around Town

2-3/B/40

9:00 AM • Healdsburg City Hall

East on North > R on First > Front > L on Healdsburg Ave > L on Bailhache to Adventist Academy and return > R on Healdsburg Ave > R on Front > R on Matheson > Fitch Mtn > Powell > L on Center (refresh at Oakville Grocery) > Continue S on Center > R on Mill > Westside > R on Mill Creek to end and return > L on Westside > Mill > R on Vine to finish.

Randall Ray—433-2555

SUNDAY • OCTOBER 8

Two County Coast Century

4/C/100

9:30 AM • Piner HS

North on Fulton > L on Piner > L on Willowside > R on Guerneville > L on Vine Hill > R on Green Valley > L on Harrison Grade > R on Graton > L on Boho (regroup in Occidental) > Coleman Valley > L on Hwy 1 > L on Bay Hill > L on Hwy 1 > R on Estero > Franklin School > L on Dillon Beach (rest stop in Tomales) >

South on Hwy 1 > L on Marshall-Petaluma > L on Wilson Hill > L on Chileno Valley > L on Tomales-Petaluma > R on Alexander > L on Fallon-Two Rock > R on Carmody > L on Petaluma-Valley Ford > R on Bloomfield > L on Burnside > L on Gold Ridge > L on Bodega > R on Ferguson > L on Mill Station > R on Occidental > L on Sanford > R on Hall > L on Fulton to finish. *Many turn off points to cut ride to 35, 55, and 75 miles. Doug Birthday Ride. Part of the Century-a-Month program.*

Doug McKenzie—523-3493

SATURDAY • OCTOBER 14

SECOND SATURDAY

Bike Path-Glen Ellen Run

2-4/A-B-C/45-60-65

9:00 AM • Analy High School

L on High School > L on Main (Hwy 116) > L on Bike Path to Santa Rosa > Cross bike bridge over Hwy 101 > Sonoma > L on Summerfield > R on Montgomery > R on Channel Drive > into Oakmont > L on Meadow Creek > R on Stone Bridge > R on Oakmont > L on Valley Meadow > R on Pythian > R on Hwy 12 > R on Warm Springs > L on Henno > R on Dunbar > R on Arnold (rest stop at Glen Ellen Market) > **B ride:** retraces route; **C ride:** L on Sonoma Mtn > L on Pressley > Roberts > R on Pet Hill > L on E. Cotati > W. Sierra > L on Stony Pt > R on Roblar > R on Canfield > R on Bloomfield > R on Pleasant Hill > Thru Sebastopol to Analy. **A ride:** Follow B/C route to L on Summerfield > R into Howarth Park > Spring Lake > Exit park on Newanga > R on Hoen > R on Summerfield > L on Sonoma > R on Hahman > L into north side parking lot to Copperfield's for refresh > Thru town to SR Creek Trail > L on Fulton > R on Hall > L on Sanford > R on Occidental > L on High School to Analy.

A: Ken Russeff—953-1804

B: Annie Osborn—829-5656 &

Denise Prue—486-2015

C: Bill Oetinger—823-9807

SUNDAY • OCTOBER 15

Dillon Beach

3/B/43

9:00 AM • Walnut Park, Petaluma

L on D Street > R on Windsor > L on Western > L on Chileno Villy > L on Pet-Tomales > R on Hwy 1 > L on Dillon Beach to end (rest stop) > Retrace on Dillon Beach > L on Franklin School > R on Whitacker Bluff > Fallon-Two Rock > R on Pet-Valley Ford > R on Spring Hill

> Western > R on Howard > 6th > L on D St.
Wayne Kellam—523-1878

SATURDAY • OCTOBER 21

Donn's & Susan's Birthday Ride

Depart Howarth Park to Brush Creek Trail > Brush Creek > L on Wallace > L on Riebli > L on Mark West Springs > River > L on Woolsey > R on Olivet > L on River > R on Slusser > L on Mark West Station > R on Starr > R on Reiman > L on Windsor > L on Windsor River > R on Starr > L on Old Redwood Hwy > Healdsburg > Old Redwood Hwy > R on Front St > 1st St > L on Matheson (*refresh at Oakville Grocery*) > L on Center > R on Mill > Westside > L on River > R in Hacienda to L on Old River > R on Martinelli > L on Hwy 116 > R on 1st St to Bike Trail > L on Occidental > R on Barlow > L on Mill Station > Bike path > L on High School > R on Eddie Ln > L on Morris > Cross Hwy 12 to Joe Rodota Trail > L on Dutton > R on Third > R on Santa Rosa Ave > L on Sonoma Ave > L on Summerfield to Howarth Park. *RSVP for potluck birthday party at Susan's house after the ride.*

Susan Noble—546-6445
Donn King—823-5461

SUNDAY • OCTOBER 22

ABC Ride (Tour de Trash)

10:00 AM • Eastside Cycles
Petaluma

Join with other North Bay cyclists in touring the county's backroads, locating illegal trash dumping sites and logging their GPS coordinates for County Works clean-up. You read about last year's Tour de Trash in the *PD*. Learn more at <http://www.abcrides.blogspot.com/>

Jonathan Lee—578-1879

SATURDAY • OCTOBER 28

Cotamalesaluma Ride

3/AB/50
9:00 AM • Cotati Dog Park

R on Myrtle > L on Old Red > R on W. Railroad > L on Stony Point > R on Jewett > R on Pepper > R on Bodega > R on Petaluma-Valley Ford > L on Fallon-Two Rock > Whitacker Bluff > L on Middle > L on Dillon Beach (*rest stop at Tomales Bakery*) > South on Hwy 1 > L on Tomales-Petaluma > R on Chileno Valley > Western > L on Bantam > L on Bodega > R on Lohrman > L on Magnolia > R on Thompson > L on Skillman > R on Liberty > Center > Jewett > L on Stony Point > R on W. Railroad > L on Old Red > R on Myrtle to Park

Ken Russeff—953-1804

SUNDAY • OCTOBER 29

King Ridge-Hauser Bridge

5/C/95
8:30 AM • Willowside School
(end of Daylight Savings Time)

R on Hall > L on Sanford > R on Occidental > R on bike path > L on Grey > R on Railroad > L on Graton > R on Boho > L on Moscow (*rest stop in Duncans Mills*) > R on River > L on Caz Hwy > King Ridge > L on Hauser Bridge > Seaview > (*water stop at Fort Ross School*) > Meyers Grade > L on Hwy 1 > L on Hwy 116 > > R on Moscow (*rest stop in Duncans Mills*) > L on Boho > R on River > R on Hwy 116 > R on Mays Canyon > R on 116 > R on Green Valley > R on bike path > L on Occidental > L on Sanford > R on Hall to finish.

Brian Carroll—579-4975
Mark Sedgewick—529-8626

SUNDAY • NOVEMBER 5

Mt Tam: Up & Back

4/B/35
10:00 AM • Downtown Fairfax

Fairfax-Bolinas > L on W. Ridgecrest > L on E. Ridgecrest to summit (*rest stop*) > Retrace route to Fairfax.

Wayne Kellam—523-1878

Mt Tam: All the Way Around

4-5/C/60
10:00 AM • Downtown Fairfax

Same as B ride to summit, then: Retrace to L on Pan Toll > L on Panoramic > L on Sequoia Valley > Edgewood > L on Marion > Cascade Dr > R on Miller (*regroup in Mill Valley town plaza*) > Continue thru Mill Valley, Strawberry, Belvedere, Tiburon, Paradise Drive, Corte Madera, Larkspur, Kentfield, Ross, San Anselmo, & back to Fairfax. *See route slip at website for full route. Very complex, but plenty of regroupings and good maps. Shortcut available that saves 18 miles.*

Bill Oetinger—823-9807

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) • 5:00 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): Esposi 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, 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>

Saturday Mtn Bike Ride

4/AB/15-20 • 9:00 AM • Rincon Cyclery • 1st & 3rd Saturdays, each month • Beginning to intermediate off-road in Annadel

Russ—538-0868

Flat Fixing Clinic

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

NorCal Bike Sport—573-0112

More BACKROADS & BREAKAWAYS

moderate riders pacelining in the low to mid-20's without much effort. The topography helped too: this was likely as unhillly a century as one could lay out in the North Bay. I logged 4000' of elevation gain, with the biggest hills of the day being the county line climb north of Calistoga and Chalk Hill. That's dang near flat! The bulk of the group stuck together pretty well, probably because most of them were worried about getting lost on some of the more obscure side roads I had thrown into the route. About the only downside to the ride was something like five flats, but aside from that minor irritant, the day was delightful.

No one submitted a ride listing for the next day, so I threw in a suggested route which I called the Headless Chicken ride (due to its leaderless quality). I always wonder if anyone shows up for these leaderless, suggested rides. In this case, I am happy to find that people did show up. Ken Russeff sent in this note about the day: "We had, per my observation anyway, 12 riders show up with three new female faces to join us. We elected John, or Jon (sorry, last name unknown but he is a familiar face at the club meetings) to be our unofficial leader. Greg and Jan Conklin volunteered as sweeps on their tandem and off we went from Esposti Park. We covered plus or minus 22 miles on a cool Sunday morning, had a nice coffee stop at Café Noto in Windsor. No known incidents and we arrived back at Esposti with our original 12 riders intact."

This was Labor Day weekend, so the riding fun was capped off on Monday with a really nice package: Tony and Cynthia listed a ride out of Ragle followed by a barbecue on their deck in Sebastopol. As ever, the lure of good food brought the cyclists out in droves. Tony reports: "A total of 46 cyclists showed up at one time or another yesterday. 33 started from Ragle. We picked up another eight along the route with five doing a shorter ride out of Ragle. Nice turn out. Great day. No injuries or incidents. Just loads of fun!" With that many riders, it was inevitable that the group would split up into smaller pods of pedalers, but very few riders actually ended up alone. Mostly it looked like folks found company in groups of half a dozen or so moving at similar speeds. There were no less than six tandems on this ride, but because it was generally kind of a relaxed day, the tandems didn't charge to the front and force the pace, burning off the singles. Everyone mingled and meandered and took it easy. We swarmed over the Jimtown Store like a column of army ants, eating everything not nailed down, then went on to Tony's and Cynthia's house and did the same thing. The crowd was so dense out on their sunny deck that some of us were wondering how much weight it was rated to hold. Over in one corner of the deck, old-timey country music could be heard...not coming from speakers, but from bikers turned musicians: Eric Peterson on guitar, Tom Kuhn on stand-up bass, Tony on banjo, Bert Daniel on mandolin. Who knew these guys could play? Quite a party!

Next up on the ride-go-round were the Second Saturday offerings, which ventured from Healdsburg up into Dry Creek and Alexander Valleys. C-ride leader Craig White sent in this note about the day: "We had 22 riders show up for the C ride on Saturday. The weather was far more pleasant than the last time I rode Rockpile with the group back in March, when we were freezing at the Lake Sonoma Visitor's Center. We started after the B's and worked our way through them on West Dry Creek. With various riders taking the lead, we had a pretty good pace to Lake Sonoma. I waited for the rest of the group to show up there and then we started up Rockpile. The ride continued

at a brisk pace on Dutcher Creek into Geyserville. Those of us in the lead made an impromptu stop at a market there to refuel and wait for the rest of the group to catch up. Some rides chose to ride directly to Healdsburg from that point, bypassing the Geyserville bridge. There was one final stop in Jimtown where I met up with five or six riders and we left there for the final leg of the ride."

Following the big SS rides is often a tough assignment, but Wayne Kellam took it on this month with a Wildflour Trek. Here's how he saw it: "Only eight riders joined me on this foggy Sunday morning ride. Some may have decided that this ride was too short to bother with. We did too, when we saw Gordon's ride list, so we added Bloomfield and Valley Ford to extend the mileage. No ride is too short though, when it includes the Wildflour Bakery in Freestone and a descent on Graton road. The sun came out as we left the bakery, so we had a cool, sunny finish."

One week later, Ken Russeff led his Camel Ride ("two humps") out of Healdsburg. "The Camel ride to Cloverdale landed on all fours. We had a strong contingent of B riders and a handful of A's for a total of 31 riders, including two tandems and a few new faces. A little breeze at times but otherwise excellent weather. Outside of one known flat early in the ride, everything went smoothly. The original ride was slightly altered and we finished with 40 miles and change. Thanks to all who participated."

On the next day—Sunday, September 17, in case you're losing track here—Randall Ray listed a ride called Ode to Joy, a BC romp in the west county hills. Randall relates: "We were 25 riders leaving Ragle Park and picked up a few along the way. Richard Stone showed up on his motorcycle and was a great help directing us through intersections all the way to the coast. As usual, I stayed toward the back, trying to keep an eye on as many riders as I could. The fast group stayed mostly together, doing quick regroupings and managing themselves. Coleman Valley Road presented its usual spectacular views, and the weather on the coast was, well, perfect: maybe 70° with just a hint of a breeze. It did warm up considerably as we headed inland. Of course, the star of this ride was Joy Road, which is anything but what its name implies, at least in the direction we traveled. It's a grinder! In Freestone, those sticky buns and jet fuel coffee were necessary to get over those last few remaining climbs. I recorded 5000' of climbing on my GPS, and a snaggle-tooth elevation profile to boot. These were 46 quality miles today."

I missed any involvement in the rides of these last two weekends because I was off in Southern California leading a couple of dozen of our club mates on a long, steep tour of the San Gabriel, San Bernardino, San Jacinto, and Laguna Mountains. Seven stages, 470 miles, and over 47,000' of elevation gain (about equal to the hilliest club tour ever: the Gold Country Tour of 1999, which logged just over 47,000' in about 490 miles). This was indeed a very tough tour, and while some hardy souls rode every mile (and a few extra miles besides), others prudently made use of our sags to whittle the stages down to manageable size. Whichever way one approached it, the scenery was sensational. Many Northern California cyclists automatically assume there can't be any decent riding nor any knock-out landscapes down in auto-sprawl SoCal. Wrong. We found nearly 500 miles of lovely open spaces, shady woods, quiet roads, and panoramic vistas over vast tracts of alpine emptiness, from the Angeles Crest to Palomar Mountain and beyond. It was a hard tour to organize and a hard tour to ride, but it was worth it. I'm proud of everyone who participated and am delighted to finally check this one off on my "been-there-done-that" list.

Northern Oregon Tour preview

August 4-12, 2007

577 miles • 33,500'

Plans and routes for the 2007 SRCC tour have been drawn up. This will be called the Northern Oregon Tour. Beginning and ending near Eugene, it follows a counterclockwise loop: first two days moving from west to east, up and over the heart of the Cascade mountain range; then two days heading north through the dry, austere beauty of Central Oregon; then one fabulous stage riding downstream along the legendary Historic Columbia River Highway; and finally two days heading south amidst the wooded foothills, farmlands, and rivers on the west side of the Cascades.

Two important notes about this tour: first, it is a wonderful, epic loop, with spectacular and varied scenery throughout; second, it is a very long loop. Our initial studies of maps had suggested the stages would have to be long, but by the time all the little roads were added together, it turned out to be even longer than expected. And while most of the stages will still be relatively easy, there are a couple that will test even the hardest hammers. Participants will need to bring their best games—both physical and mental—for this to be a positive experience. Either that or make liberal use of our sag fleet.

We'll drive up on a Saturday and stay in a motel in Springfield on our first night...and again on our last night before driving home on a Sunday. The drives will take around nine to ten hours.

Stage 1: Springfield to Frissell Crossing; 78 miles, 3500' up, 1450' down. Forty easy, nearly level miles along Dexter Lake and Lookout Point Reservoir (including passing or crossing four historic covered bridges). Then 33 miles of mostly easy climbing on the wonderful Aufderheide Forest Drive—a dream cycling road along the headwaters of the Willamette, with moderately stiff Box Canyon Summit at the end of the climb. Finally, nearly five miles of smooth, twisting downhill to our Forest Service camp on the McKenzie River.

Stage 2: Frissell Crossing to Sisters; 71 miles, 5000' up, 4400' down. The shortest day but the biggest climb. Over 20 miles of mostly downhill fun to start: still on the dreamy Aufderheide, along the whitewater McKenzie and past Cougar Reservoir. Another lovely covered bridge. Then 35 miles of mostly uphill challenge as we tackle 5325' McKenzie Pass, one of the most impressive alpine-style cols in America. Scenery is incredible and the road is tiny, twisty, and virtually car-free. Cycling nirvana. Wrap it up with 15 thrilling, mostly downhill miles off the summit to a camp in Sisters.

Stage 3: Sisters to Kah-Nee-Ta; 77 miles, 3500' up, 4800' down. The “high desert” is showcased today: not the true desert of the southwest, but vast sheep and cattle ranches on rolling terrain with the Cascade peaks always framing the western horizon. Highlights include visits with the pretty Deschutes River, the dramatic, deep Crooked River Gorge, and huge, impressive Lake Billy Chinook. More descending than climbing, although there is a tough ascent near the end that will make people work. Another long, fast descent to the finish at a resort on the Warm Springs Indian Reservation, complete with a swimming pool and water slide.

Stage 4: Kah-Nee-Ta to The Dalles; 81 miles, 4500' up, 5800' down. Empty, middle-of-nowhere miles for most of the day...the definitive wide open spaces of the American west. Two big climbs—six miles at the start and seven miles mid-stage—will work the riders over. But

there are fun descents too, including most of the final 30 miles, as we drop from the high country to the Columbia River at The Dalles. Overnight at The Dalles High School...a nice, quiet site with that all-important feature: showers.

Stage 5: The Dalles to Troutdale; 78 miles; 4000' up, 4200' down. Undoubtedly the marquee stage of the tour, the run along the Historic Columbia River Highway is very, very special. The mighty river and its splendid, rock-ribbed gorge are of course magnificent: towering cliffs, plunging waterfalls, tranquil woods, eye-popping panoramas...all in abundance. But the road itself is special too: opened in 1913 as “the most beautiful road in the world,” it still pretty much lives up to that promise. A few miles of the old road have been lost to the interstate, but most of it still exists in its original form, with the only improvements being excellent new pavement. The easiest climbing day of the tour. Overnight in a hotel at the off-beat, historic Edgefield Resort, with on-site brew pubs, wineries, and restaurants.

Stage 6: Troutdale to Silver Falls; 91 miles, 9000' up, 7500' down. This is the 900-pound gorilla of the tour. It can't be ignored. There are no huge climbs at all, but the stage is packed with dozens of short, steep ascents that all contribute to that daunting total of elevation gain. The profile shifts from downhill to uphill at least 60 times! On the other hand, there are dozens of slinky, kinky descents beyond each of those climbs...never a dull moment from start to finish. And the finish is great too: a quiet group site in Silver Falls State Park where, if you have any energy left, you can hike to, and even behind, several gorgeous waterfalls.

Stage 7: Silver Falls to Springfield; 101 miles, 4000' up, 5100' down. Short option: 90 miles, 3000' up, 4100' down. In spite of the miles, a rather mellow day...much easier than Stage 6, although after the rigors of the previous day, you may not want to contemplate doing a century today! In which case, a sag ride over part of the route might look appealing. (Sags are always available to make any ride more comfortable.) Probably comparable to a Wine Country Century or even a little easier, but with Willamette Valley farmlands in place of our vineyards. Only two serious climbs and neither is especially difficult, and the final 22 miles are all downhill, although only very gently. There are no real highlights on this lazy day, except for a few frisky descents, a couple of pretty waterfalls, and five more historic covered bridges. Just rolling miles winding through quiet woods and farms on our way back to our starting motel in Springfield.

Cost: The basic fee for our most recent club tour was \$350. In the past, when we have been forced to use motels along the way (on what are supposed to be campground-based tours), we have not included the cost of the motels in the fee. Participants have had to pay for that on their own. However for this new tour, with three nights in lodgings, we are considering folding those costs into the overall tour budget and raising the total fee to somewhere between \$450 and \$500.

Nothing is final yet. It will take some careful negotiation with the inns we plan to use to come up with a package that works for all concerned, and it's possible the total number of rooms available will determine the total size of the tour. We'll keep you posted on that. We are using motels because no campgrounds exist where we need them to be to make the route work. The inn at the start/finish in Springfield is a better quality motel of a generic sort. Nice but not exceptional. McMenemy's Edgefield Resort however is a very exceptional place—loaded with quirky charm that has to be seen to be believed—and it will surely turn out to be one of the highlights of the tour.

Look for an entry form in January.

SANTA ROSA CYCLING CLUB

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Membership applications available at website.



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

GENERAL MEMBERSHIP MEETINGS

Wednesday, October 11 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Guest speaker: Craig Gaevart on the Midwest Tandem Rally, by way of the Colorado National Monument and the Mickelson Trail

Wednesday, November 8

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, October 5 • 6:00 PM

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

Thursday, November 2

Wendy Page Memorial Grizzly Century Weekend

North Fork • Bass Lake

Friday, October 6 to Sunday, October 8

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 or you can register online at 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:

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