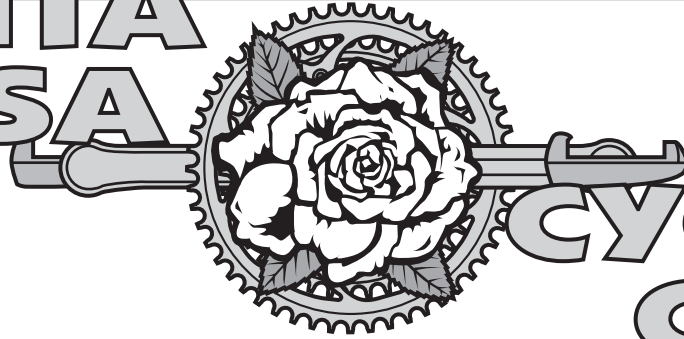


SANTA ROSA



January elections!
See page 8.

CYCLING CLUB

JANUARY 2007 NEWSLETTER

To the club ride leaders of 2006: **Holiday Dinner: bigger (and better) than ever** **THANK YOU!!!**

A round of applause please for the folks who got us out on our bikes this past year. There were more ride leaders than ever in 2006. More rides; more fun; more back road adventures. More climbs; more descents, more pacelines. More coffee stops; more after-ride lunches; more good company. Thanks for all of that and more.

- | | |
|------------------------|--------------------|
| Bill Osburn | Craig Gaevert |
| Charlier Rowell | Rich Fuglewicz |
| Bill & Evelyn Ellis | Donn F King |
| Kimberly Hoffman | Tony Buffa |
| Tom Kuhn | Ken Russeff |
| Rose Melo | Jay Sexton |
| Randall Ray | Ken Cummings |
| Wayne Kellam | Bill Dunn |
| Nancy Rappolt | Jim Draeger |
| Gordon Stewart | Jon Dick |
| Denise Prue | Emilio Castelli |
| Annie Osborn | Richard Stone |
| Beth Anderson | Sue Bennett |
| Terri Peterson | Steve Drucker |
| Doug Newberg | Chris & John Mason |
| Bob McDonell | Bob Redmond |
| Johann Heinzl | Roger Karraker |
| Chris Cleveland | Bill Harrison |
| Dave Trumbo | Cynthia Spigarelli |
| Rich Winegarner | Alan Bloom |
| Martin Clinton | Bob Briner |
| Warren Watkins | Buck Hall |
| Martha Barton | Craig White |
| Todd Sloan | Craig Johnson |
| Dave Andersen | Susan Noble |
| Janice Eunice | Jonathan Lee |
| Doug & Deanna McKenzie | Brian Carroll |
| Steve & Jessie Kroeck | Mark Sedgwick |
| Ron Bates | Lou Salz |
| Doug Simon | George Gallegos |
| Bill Oetinger | Vin Hoagland |
| Bill Mattinson | Graig Robertson |
| Nikola Farats | Greg & Jan Conklin |

In 2004, club leaders reinvented the annual Holiday Dinner by moving it from a restaurant to the venerable Druids Hall, home to many of our past workers' dinners. No one was sure whether the reality of the event would match the expectations of the planners, but in fact the evening went very well and everyone was happy. With two years of successful Druids Hall dinners behind us now, it was an easy decision as to how to stage the event for 2006: do it all the same. The "bigger" in the headline refers to sheer numbers. Last year, 150 members attended. This year, over 180 packed the hall...certainly the largest gathering ever of clubsters in one room. The "better" refers to a multitude of subtle changes to the service over the course of the evening, all of the little refinements making things flow more smoothly.

The main meal was a catered affair (and done very well). The appetizers before dinner and the desserts after were the responsibility of club members, and as we have found at many a potluck in the past, our members know how to cook...or at least enough of them do to keep the rest of us fed. In addition, the no-corkage policy at the Hall ensures that all who wish to do so can share their favorite wines with their table mates. Last but far from least, add in the festive cheer provided by the holiday trimmings all around the Hall. (Thanks once again to René Goncalves, Sharron Bates, and all their busy elves for taking most of the day before the party to decks the halls with boughs and bows and dancing bears.)

Throughout the course of the dinner, the supper-club floor show was provided by our Year-in-Review Awards presentations. The now traditional tag team of club President Martin Clinton and Newsletter Editor Bill Oetinger took turns on stage distributing certificates and awards far and wide.

After his opening remarks about the past year of club life, Martin kicked off the awards disbursement with Rookie of the Year certificates to George Gallegos and Hiroko Lambert. The natural segue from Rookie is to Most Improved, and Bill presented awards in that category to Eric Peterson and Annie Osborn, with an Honorable Mention to Todd Sloan. So...once you've been Rookie of the Year and Most Improved, what worlds can you conquer next? One option is to be a demon climber, and the awards for King and Queen of the Mountain this year went to those frisky fliers Kipp Frey and Firouzeh Attwood.

Sometimes cyclists find themselves behind the medical eight-ball, off the bike and nursing assorted aches and pains. But the best of them fight back from that adversity and get back on the bronc that bucked them off. For this pluck, we have the Comeback Kid of the Year award, and for 2006, it went to Gordon Stewart and to Craig Robertson, both of whom crashed hard this year, then went through months of surgeries and rehab, but finally got back out on the road in good shape.

Most inspiring, to be sure. But we have a different award for Most Inspirational. It might involve rising above a medical crisis, but it might also simply honor cyclists who, by their actions, and above all their attitude, have impressed and inspired those around them. For that, this year, we salute Susan Noble, who completed the California Triple Crown of

— Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for December

- 1. Call to Order:** President Martin Clinton called the general meeting to order at the Round Table on Occidental Road on Wednesday, November 8. 40 members and guests were in attendance.
- 2. Treasurer's Report:** Treasurer Donna Emery announced that, as of November 30, the checking account balance was \$42,245.17 with \$10,860.91 in savings. Greg Durbin noted that on December 13, in agreement with a previous decision by the membership, we transferred \$30,000 from the checking account into a new savings account earning a better return.
- 3. WCC:** Century Chair Doug Simon announced that the first planning meeting for the 2007 WCC (November 13) had gone well. He noted that sign-up sheets for volunteers would appear at next month's meeting. Many details are being fine tuned on the logistics of the big event, but no major changes are contemplated.
- 4. Membership:** Craig Gaevert noted that club membership has officially reached 600.
- 5. Budget:** Greg Durbin presented the proposed budget for 2007 to the Board for final tweaks, then presented it to the general membership for approval. After some discussion, it was approved as presented.
- 6. Tour of California:** Martin Clinton, local volunteer coordinator for the Amgen Tour of California, outlined plans for the event and put out the call for volunteers. (See article on page 6.)
- 7. Cookies:** Many members brought Christmas cookies to share with one another.

FOR SALE

Gary Fisher Mtn Bike

17" • Less than 100 miles • \$350

AXO Mtn Bike Shoes

Two pair (new and nearly new)

Size 43 (9.5) • \$35 per pair

Marty Powell—528-9592

Mtn Bike Tandem

19" Gary Fischer Mtn Bike Tandem • Suitable for road as well
Hardly ridden • \$650 gets you and your honey out together

Gary Wysocky—579-8404

Nearly New Flat-bar Road Bike

'06 Specialized Sirrus Sport • XL frame • Less than 200 miles

Paid \$700...selling for \$450

James Aubuchon—633-3412

Nearly New Commuter Bike

Novara 06 15" town bike • Only 75 miles • Rear Rack & Fenders

Shimano Nexus 7-Speed internal rear hub and drivetrain

Lights & Kickstand • Puncture-resistant Vittoria Randonneur

Cross Tires • \$350

Avila Filomena—484-9625

WANTED

Tandem road bike for me and my wife. I'm 5'11" and she is 5'2".

Jeff Crouch—292-3074

Club Cycle-Tours for 2007

• THE MID-STATE TOUR •

June 2-9, 2007

Six stages • 410-250 miles • 29,000' (or less)

Slightly more accessible than our Northern Oregon Tour: a little closer to home and a little shorter on bike miles, with some form of shorter, easier option on each of its six stages. (The longest, hilliest options each day will still be quite challenging.) It doesn't move around as much, using only three campgrounds total, with multiple loop rides from those base camps...less set-up and take-down of your tent and camp! Also one day shorter than the Oregon Tour. We'll drive home on a Saturday, leaving Sunday free for decompressing and doing a week's worth of cycling and camping laundry.

Routes are recycled from two previous tours: the Condor Country Tour of 2001 and the Central Coast Tour of 1997. Four of the stages are in or near the Santa Ynez Valley (Solvang-Santa Barbara area) and two work out of a base camp in Paso Robles. We will drive from the Solvang area to Paso Robles to connect the two hubs, but that drive day will also include a full stage to be ridden after the short drive. While three of the stages will be almost the same as on the previous tours, the other three will incorporate some old roads in new routes that will allow them to function as loops from central hubs.

See the December newsletter for a more detailed prospectus on the tour, or e-mail Bill Oetinger for a detailed stage-by-stage preview.

Entry fee: \$350. (Includes all camp fees and most meals.) To request a PDF entry form, e-mail or call Doug Simon (desimon@sbcglobal.net or 577-0113).

• The Northern Oregon Tour •

August 4-12, 2007

Seven stages • 570 miles • 35,000'

Beginning and ending near Eugene, this grand tour 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.

This is a wonderful, epic loop, with spectacular and varied scenery throughout. One of the most epic tours we have ever offered. It is also a very long loop, with all stages over 70 miles and some over 80 or 90 miles. Participants will need to bring good fitness and good attitudes about long rides for this to be a positive experience. Either that or make liberal use of our sag fleet (always a viable option).

See the November newsletter for a more detailed prospectus on the tour, or e-mail Bill Oetinger for a detailed stage-by-stage preview.

Entry fee: \$350. Includes all camp fees and most meals, but NOT three nights in motels. First 30 registrants are assured of motel reservations (based on double occupancy). After that...who knows? To request a PDF entry form, e-mail or call Bill Oetinger (srcc@ap.net or 823-9807).

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.

Happy New Year to you! As we ring in the changes on the season, let's spare a few minutes to glance backward at the season just past...the ghost of early winter. We pick up the thread of our never-ending saga with Steve Drucker's latest edition of his Lotsa Hills and Two Rocks ride on November 18. Steve tells us how it went: "For the third edition of Lotsa Hills and Two Rocks, I expected a small turnout. It's at that time of year when people are doing less bicycling. The ride had a late start was kind of hilly, and was fairly long. Weather can be bad. We often get busy gearing up for Thanksgiving, and there was another ride on the same day. In fact, we had about 30 riders. Some of the B-paced riders split off and took their own route, avoiding some of the early hills. The more C-paced riders hung together for awhile, then split up as a fast pacerline formed on Petaluma-Valley Ford Road. The weather was perfect, after some chill and early morning fog. I managed to stay near the front of the pack as ride leader and not have to be leader of the back. Several riders rode from home, myself included, some from as far away as Healdsburg!"

The other ride that Steve mentions was Rich Fuglewicz' Hopland Hills and Thrills. This is the one I did, and it turned out to be a wonderful day on the bike. And I do mean day: with a 10:00 am start and with the short winter day, we pretty much used up all the sunlight we were given on this 70-miler over the grade and down to the lake...and back. This hilly workout had a tough climb front-loaded into the route before the hop over the grade. That would be the Old Yorkville out-&-back. This is such a jewel of a road! A hard climb, for sure, but it rewards you with one of the sweetest descents in the North Bay on the way back down to Hopland. Then add in two trips over the Hopland hump and you have a day with a full ration of tough climbs and dancing descents (even on damp pavement). Over 7000' worth. And throw in Kelsey Creek for a little added spice...we hadn't done that excellent little back road in years. Plus a pleasant stop for lunch in Lakeport, with a little prowling along the lakefront thrown in. We didn't have as many riders as Steve had on his somewhat more accessible Two Rock ride, but we had a surprisingly large crowd, considering the faraway start, the dark and damp season, and the daunting elevation profile. About 15 riders? Something like that, and a lot of them old, familiar faces. All the grizzled old hammers.

There was another ride on this day as well. It wasn't on the ride calendar, but it was definitely a club event...a family affair. It was called the Missing Kathy Ride and was put together on short notice by friends of Kathy Hiebel. Laurie Buettner sent in this note about it: "About 30 of us met on a cool and foggy Saturday morning at Youth Community Park. We quietly gathered together while Jose released his caged doves. They circled above us and then disappeared into the white sky. We rode at a civil pace, for a while, but even when a few riders lost the pacerline, no one rode alone. The sun soon burned through the clouds, and gave us a blue sky. The vineyards, carpeted in green from the recent rains, were still bright in their fall golds and reds, and a yellow hot air balloon completed the Sonoma County postcard image. I thought to myself, 'What more could one ask for? Except to have Kathy here with us, as she has been so many times before.' But I know she was with us, at least in our hearts. After a leisurely stop in the warm sun at the Oakville Grocery, we returned

for a pot luck at the park, where we were joined by other friends and family. There were lots of hugs, tears, laughter, and memories shared. What brought most of us together, also took one of us away. We miss you, Kathy."

Sunday, George Gallegos was the engineer on the A-train, and he logged this report afterward: "We had 17 bicycles, plus one recumbent and one tandem, which made a total of 20 riders for the trek from Howarth Park to Glen Ellen. There was so much enthusiasm that we added the Henno-Dunbar loop, which added an additional four miles to the ride (35+ in all). It was a brisk, cool, foggy morning, but I did hear some singing from the group. We even had a rider named Frank who found us on the Web and joined us from Boise, Idaho while in town for a holiday visit. Excellent ride with no flats." George is our newly crowned Rookie of the Year for 2006, but he's not resting on his laurels. He has now taken on the mantle of ride leader as well. Keep it up George!

That brought us to Thanksgiving week. The early part of the week featured some lovely weather for the season—cool and clear and sunny—but after turkey day, the whole thing fell apart. It rained from the holiday right on through the weekend, presenting us with our first official washed-out weekend of the winter. Instead of doing Randall Ray's Alexander Valley ride on Saturday or my Ida Clayton ride on Sunday, we all had to stay home and work hard at making the leftover turkey and dressing disappear. But the storm blew itself out after the weekend, and by Wednesday, we were able to get in a good ride up to Lake Sonoma (on Chris and John Mason's West County Wednesday ride). I have to guess the Wednesday Wanna-B's also had a good ride. It wasn't exactly balmy though. The mercury didn't climb above the 40° mark until a couple of hours into the ride.

The only ride on the first Saturday in December was a short one: just five miles. No, that's not a typo. It was the club's official memorial ride for our fallen comrade Kathy Hiebel...a short, silent procession from Howarth Park to the church where her service was held. I'm not sure how many people took part. Others told me they counted to 110 and then lost track, with more riders still filing past. It was a fitting way to honor our friend, and by extension, all of the other members of our extended family who have gone off the front in the past year or so: Greg Godwin-Austen, Carson Boyd, Sandy Karraker, Robert Rand...good folks, one and all, and all missed. The large procession of riders was joined at the church by hundreds of other club members and friends. Many people stood to say a few words about Kathy, but none was as bright and upbeat as Betty Hiebel, her mom. We just received a Christmas card from Betty with this note: "To the bike club: thank you for all you did for Kathy's service. It was a wonderful day, to remember and see all who loved her. Thanks for all the work you put in." And thanks to Betty for making us smile when we all wanted to cry.

The clear-but-crisp weather held for the first real weekend ride in December (on Sunday), another of our Century-of-the-Month offerings...a relatively easy loop from Willowside out to Freestone and Bodega Bay, then up the coast and back inland along the river, and finally out around the Dry Creek, Alexander Valley, and Chalk Hill wine regions. The flat-to-rolling terrain was ideal for tandems, and four showed up: Craig Robertson & Jennie Phillips, Andreas Schultz & Ken Holloway, Barley & Susan Forsman, Doug & Deanna McKenzie. If you know these folks, you won't be surprised to learn that the tempo at the front of the ride was pretty hot. Not C tempo...more like D+.

Some of the solo riders were able to hang with the big rigs, but a

— Continued on page 6

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

TERRAIN

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

TEMPO

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

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

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

DISTANCE

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

• RSVP WITH RIDE LEADER •

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

HELMETS ARE MANDATORY ON ALL CLUB RIDES!

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

RAIN CANCELS ALL RIDES, UNLESS OTHERWISE NOTED.

RIDES LEAVE PROMPTLY AT TEN MINUTES AFTER THE LISTED TIME.

RIDE SCHEDULE

PDF route slips available at www.srcc.com...go to Current Ride List

MONDAY • JANUARY 1

New Years Day Ride & Party

2-3/ABC/25-50
10:00 AM • Finley Park

A route: L on Stony Point > R on Joe Rodota Trail > Thru Sebastopol > West County Reg. Trail to Forestville & back. *B route:* Same as A to Forestville, then > 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-Healdsburg > L on Mark West Station > R on Slusser > R on River > L on Trenton (aka Woolsey) > R on Oakwild > L on W. Olivet > R on Olivet > L on Piner > R on Fulton > L on College to Finley Park. *C route:* Same as B route to Graton, then > L on Graton > R on Boho > Thru Monte Rio > R on River > L on Westside (rejoin B route). *After-ride festivities and munchies at the home of Ron and Sharron Bates (1110 Suffolk, near park). RSVP for directions to their home (or to volunteer to help Sharron with food prep).*

- A: Kimberly Hoffman—579-3794
B: Ron Bates—526-3512
C: Charlie Rowell—585-2695

SATURDAY • JANUARY 6

Mid-County Meandering

2/A/35
9:00 AM • Youth Community Park

L on Fulton > L on Piner > R on Olivet > L on W. Olivet > R on Oakwild > L on Old Trenton > L on River > R on Trenton > Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > Mill > L on Center (*Coffee at Oakville Grocery*) > R on Matheson > R on 1st > Front > L on Healdsburg > R on Old Red > L on Limerick > R on Los Amigos > L on Arata > Hembree > R on Shiloh > L on Skylane > Laughlin > Woolsey > L on Wood > R on Fulton to Park.

Ken Russeff—953-1804

Pine Flat

5/C/70
9:00 AM • El Molino HS

R on Covey > R on Trenton > R on River > L on Wohler > R on Eastside > R on Windsor River > Old Red > L on Pleasant > L on Chalk Hill > L on 128 > R on Pine Flat to the guardrail > Retrace Pine Flat to 128 to Jimtown Store > R on 128 > 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 > R on River > L on Trenton > L on Covey to end. *Coffee afterwards at Roasters in Forestville.*

John & Chris Mason—887-1239

SUNDAY • JANUARY 7

Just Out and About

2/A/B/30
9:00 AM • Youth Community Park

L on Fulton > L on Piner > L on Olivet > R on Guerneville > R on Laguna > Trenton-H'burg > R on Eastside > R on Windsor River > L on Windsor to coffee shop on the Green > L on Windsor > L on Slusser > L on River > R on Olivet > L on Piner > R on Fulton.

Rose—543-5889

SATURDAY • JANUARY 13

SECOND SATURDAY

Valley of the Moon...plus
3/A/35 • 3/B/38 • 5/C/55
9:00 AM • Howarth Park

A route: Thru parks > Channel > Thru Oakmont > Pythian > R on Hwy 12 > R on Warm Springs > L on Henno > R on Dunbar > R on Arnold (*regroup at Glen Ellen Store*) > Return on Warm Springs > L on Lawndale (incl. Schultz) > L on Hwy 12 > L on Pythian > Thru Oakmont > Channel > Thru parks. *B route:* Same as A thru Dunbar, then...L on Arnold > R on Hwy 12 > R into Sonoma Valley Reg. Park > Bike path thru park > R on Arnold (*regroup at Glen Ellen Store*) > Rejoin A route to Howarth. *C route:* Same as A & B thru Dunbar, then L on Trinity Grd > Dry Creek > L on Oakville Grd > L on Hwy 29 > R on Oakville Cross > L on Silverado Trail > L on Pope > Thru St Helena > R on Spring Mtn > St Helena > L on Calistoga > R on Harville > L on Baird > R on Badger > L on Middle Rincon > R on Rinconada > L on Mission > R on Montgomery > L on Summerfield to park.

- A: George Gallegos—544-3178
B: Wayne Kellam—523-1878
C: Lou Salz—528-8052

SUNDAY • JANUARY 14

Winter in the Wine Country

2/B/30 & 3/C/40
9:30 AM • Healdsburg City Hall

B route: L Grove > L Healdsburg Ave > R Alexander Valley > Pine Flat > L Red Winery > L Geysers > Hwy 128 > R Geyserville > L Canyon > R Dry Creek > L Yoakim Bridge > L

West Dry Creek > L Westside > Mill > L Vine.
C route: add loop north on Asti > L Teresa > L Dutcher Creek > L Dry Creek > R Yoakim Bridge to rejoin short route. *Beers and chow at Bear Republic after the ride.*

Kimberly & Matt—579-3794

SATURDAY • JANUARY 20

Century-of-the-Month Survivors and Supporters Ride

3/BC/100
8:30 AM • Esposti Park

L on Faught > R on Chalk Hill > L on Hwy 128 > R on Pine Flat > L on Red Winery > L on Geysers > R on 128 > R on Geyserville > Asti > L on S. Cloverdale > Dutcher Creek > R on Dry Creek > Skaggs Springs to Lake Sonoma vista point (*regroup*) > Retrace to Dry Creek (*regroup at Dry Creek Deli*) > Lambert Bridge > L on W. Dry Creek > R on Westside > R on River > L on 116 > R on Mays Canyon > R on 116 > R on Green Valley > L on Vine Hill > L on Laguna > L on River > R on Wohler > R on Eastside > R on Windsor River > R on Windsor > L on Slusser > L on W. Laughlin > L on Laughlin > Skylane > R on Shiloh. *A ride to celebrate the joy of surviving and being alive.*

Susan Noble—546-6445
Randall Ray—433-2555

SUNDAY • JANUARY 21

Korbel Ride

2-A/B-30
9:00 AM • Ragel Park

N on Ragle > R on Mill Station > L on Hwy 116 > L on Green Valley > R on West County Regional Trail to Forestville > L on Hwy 116 > R on Martinelli > L on Old River > R on Forest Hills > L on River (*rest stop at Korbel*) > L on River > R on Sunset > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > Laguna > L on Guerneville > R on Frei > L on Hwy 116 > R on Mill Station > L on Ragel to park.

Rose—543-5889

SATURDAY • JANUARY 27

Sebastopol-Tomales FunRun

3/BC/50
9:30 AM • Annie's house:
5100 Thomas (off Green Valley)

R on Thomas > L on Maddocks > R on Green Valley > L on Harrison Grade > R on Graton > L on Boho > R on Bodega > L on Valley Ford-Freestone > L on Hwy 1 > R on Middle > L on Dillon Beach (*rest stop at bakery*) > South on Hwy 1 > L on Tomales-Petaluma > L on Twin Bridge > R on Fallon-Two Rock > L on Carmody

> L on Petaluma-Valley Ford > R on Roblar > L on Canfield > Bloomfield > L on Pleasant Hill > L on Covey > R on Ragle > L on Mill Station > L on Sullivan > L on Green Valley > R on Thomas to Annie's house.

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

South County Meandering

2.5/A/34
9:00 AM • Cotati Dog Park

Ron Myrtle > S on Valparasio > L on W. Sierra > L on Stony Point > R on Roblar > L on Petaluma/Valley Ford > L on Skillman > Corona > R on Sonoma Mtn Parkway > L on Washington > R into Airport (*regroup at coffee shop*) > Retrace to Parkway > R on Ely > Cross Old Red to Elysian > R on Goodwin > L on Penngrove > R on Minnesota > L on Old Red > R Myrtle to park.

Ken Russeff—953-1804

SUNDAY • JANUARY 28

Emerald Triangle Ride

4/C/70
9:00 AM • SW Community Park

L on Hearn > L on Stony Point > R on Mechem > R on Pepper > R on Bodega > L on Spring Hill > R on Chileno Valley (*regroup at Helen Putnam Park*) > Wilson Hill > Marshall Wall > R on Hwy 1 (*regroup in Tomales*) > R on Fallon-Two Rock > L on Ghericke > R on Petaluma-Valley Ford > L on Bloomfield > L on Burnside > R on Barnett Valley > Sanders > R on Watertrough > L on Hwy 116 > R on Joe Rodota Trail > Sebastopol Rd > R on Corporate Center Pkwy > R on Stony Point > L on Hearn to park.

Brian Carroll—579-4975
Mark Sedgwick—575-8942

SATURDAY • FEBRUARY 3

Century-of-the-Month

3/BC/100 • 6500'
8:30 AM • Willowside School

R on Hall > L on Sanford > R on Occi > L on HS > R on bike path > Mill Station > L on Ragle > R on Bodega > L on Watertrough > R on Sanders > L on Kennedy > R on Blucher Valley > R on Bloomfield > R on Pet-VF > L on Hwy 1 (*regroup in Tomales*) > South on Hwy 1 > R on Cypress > R on Mesa > Thru Pt Reyes Station > R on Hwy 1 > R on Sir Francis Drake > R on Pierce Ranch > R to Heart's Desire Beach, Tomales Bay State Park (*regroup at beach*) > Retrace to L on Pierce Ranch > L on SFD > R on Bear Valley > L on Hwy 1 > L on Mesa > L on Cypress > L on Hwy 1 > R on Fallon-Two Rock > L on Ghericke > R on Pet-VF > L on Bloomfield > L on Pleasant Hill > R

on Covert > L on Hwy 116 > R on Hurlbut > R on E. Hurlbut > L on HS > R on Occi > L on Sanford > R on Hall to school.

Bill Oetinger—823-9807

SATURDAY • MARCH 17

14th Annual Apple Cider Century

3-5/C/100 • 6000' • 3/BC/100K
Details next month...

REGULAR RIDES

Wednesday Wanna-B's

B-tempo • 30-45 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa
Vin Hoagland—584-8607

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

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
Greg Stone—527-6116

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

Street Skills for Cyclists

Saturday, January 6th

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

Reservations required
707-544-0153

mail to: info@bikesonoma.org

second tier of riders, including your reporter here, went off the back immediately. No problem though. We had enough folks back there to keep one another company, and we had plenty of leisure for admiring the beautiful scenery. The coast was especially stunning, with big winter surf coming ashore. Eventually though, all of my second-tier companions bailed, so from Wohler Bridge onward, I was riding solo. But I found John Russell at the Jimtown Store regroup, and we motored on in together. It was just about as nice—and as easy—as a century could be. And just so you know: we plan to continue the century program in 2007. Only we're going to rename it the Century Challenge. There will still be at least one official club century on the calendar each month, but we want folks to understand that any century at all can be logged into our on-line century log at the club website. Solo training rides, big pay-to-ride events, club rides...they all count.

For those who didn't hanker after a whole century, or even most of one, there was another option on this day. (No, not staying at home and watching football.) That would be Wayne Kellam's Franz Valley-Chalk Hill ride. Wayne sent in this report on the ride: "The Franz Valley loop started clear and crisp. I was glad for the 10:00 am start. It was cold enough that we weren't too hot climbing Franz Valley, and it felt easier than usual. Dave Batt pulled us along through Knights Valley. We were going 25 mph+ at the north end. We waited at Chalk Hill for one of our riders who had fallen off the back because he was low on glucose. I offered him a Hammer Gel; Dave offered a Power Bar. He downed the Power Bar and was a new cyclist in a few minutes. The return on Chalk Hill was still pretty cool so that there was no sweat on the big climb to the summit."

One week later and it was Second Saturday time again. I was the C ride leader, and I didn't show up. Hey, it was raining at my house. But others were more optimistic (or delusional), as evidenced by this note sent in by Steve Drucker. "Ten souls were there at 9:00 am with no ride leaders. Susan Nobles acted as *de facto* leader. The course was changed to a safer route through Oakmont and over Lawndale to Warm Springs and Arnold Drive and Glen Ellen. This avoided the narrow sections with freeway-speed cars. Two riders were off the front, never to be seen again. One was off the back with a flat and later rejoined. All riders rode basically the A route with a brief stop in Glen Ellen in the hope of avoiding the rain. Alan and Sue came prepared with touring bikes, fenders and raincoats. The rain began on the return through Oakmont and mercifully stopped by the end of Channel Drive. We made the final miles on wet streets but without rain." I was sorry to have missed the ride and so I did it the following Monday, including the "freeway-speed" sections of Hwy 12, and I felt safe through all of it. Not a problem.

Sunday, Bill Dunn listed a Point Reyes ride. But bad weather again kept everyone away...except for that hardheaded Tony Lee, who not only did the ride but rode there from his home in Petaluma, logging about 120 miles in the process. Tony loved Pierce Ranch and saw lots of elk. I rode down to Pierce Ranch from Sebastopol mid-week (after the weather improved), with the specific goal of seeing elk, but I didn't see a single one. I did however have a big bobcat lope across the road right in front of me, so that made up for the missing elk. A clear, dry, mid-week day in mid-December out in the National Seashore...not a tourist to be seen (not on Hwy 1 either). Everything as green as could be. Can't ask for much more than that...

On December 16, Denise Prue and Annie Osborn had scheduled a BC ride from their new office in Santa Rosa. Let Denise tell it: "Kudos to the mighty 16 who showed up for the inaugural ride yesterday from our new healing center. Annie and I are grateful to Bill Shaffer and Charlie Rowell, who substituted as our leaders, since she and I are still recovering from the Crud. We will revisit this ride again in February or March and promise to add hot cocoa and tea to the yummys provided at the end of the ride. I set out munchies we had left over from our grand opening party and the group descended upon the buffet like a small swarm of locusts." Well...not much news about the ride itself, but at least we can see the riders had good appetites.

On Sunday, Nikola Farats had the helm for his River Rambles C ride. I did this one, and it proved to be absolutely fantastic, all day. Rain had been predicted, but it never showed up. On the other hand, it was wicked cold at the start: 32° when I left home; frost riming the grasses and ice in the puddles. But blessedly dry, so that if you had dressed right, it was really very pleasant (and it did warm up later). We had a dozen riders early on, but that number was whittled in half by mid-ride as folks implemented shortcuts here and there. Although not as long as the century on December 3, the route had some similarities, leading to a curious sense of *deja vu* for me: dumped off the back of the fast group through the rollers on Westside, then all of my second-tier companions bailed by Wohler Bridge and I rode solo to Jimtown. This week, instead of John Russell, it was Lou Salz I met at the store, and we rode in together. This was one of those crisp winter days when it just feels good to be out there, alive and on the bike. Puffy little clouds decorating a bright blue sky. Everything looking as fresh and as green as Ireland after the recent rains. No winds. A dream ride. May we have many more of the same in 2007!

Amgen Tour of California

It's back, and it's BIGGER!

Do you remember Presidents' Day back in February, when the peloton rode into Santa Rosa? I had asked in the SRCC newsletter, "What does it take to get tens of thousands of bicycling enthusiasts to mass in Santa Rosa on a Monday afternoon in February? Think of Santa Rosa's Rosa Parade, and that's the sort of crowd that will possibly show up to see the finish of Stage 1 of the Amgen Tour of California!" Whatever it took, the crowds *did* show up, and the riders, race organizers, and civic officials were amazed and delighted.

Maybe it's a case of, "No good deed goes unpunished," but the reward for the fantastic effort and enthusiasm displayed by Sonoma County and Santa Rosa residents is to have *more* in 2007!

Changes to the Tour

There will be two more teams, for a total of 18 international and US-based teams, with eight riders per team.

As in 2006, this international stage race will take eight days to cover the coastal region of the state. Some cities that were visited in the first race are not on the route for 2007 and are replaced by others, including Sacramento and Long Beach.

Because the crowds were large and enthusiastic and the City of Santa Rosa put a lot of resources behind making this a great event, in 2007 Santa Rosa will again be the finish for Stage 1, *and* the start location for Stage 2. Unless winter storms cause damage to some roads, the routes should be:



Stage 1: Sausalito to Santa Rosa - Presidents' Day, February 19

The course follows Highway 1 through Tomales, Valley Ford, and Bodega Bay, then climbs Coleman Valley. There is a three-mile loop in downtown Santa Rosa that riders will cover three times. With a larger Expo area, bicycle parade events, and then the (probable) sprint finish, downtown is *the* place to be!

Stage 2: Santa Rosa - Tuesday, February 20

If you want to see the riders up close as they get ready for this long stage, then you need to be in Railroad Square! The peloton moves off on Fourth Street at 10:00AM, then Third Street and Santa Rosa Avenue. Just as in the Terrible Two, the course uses Bennett Valley Road to Glen Ellen, then climbs Trinity Road and descends Oakville Grade into the Napa Valley.

We're going to need the help of *all* SRCC members. Volunteer! Go to the web site www.amgentourofcalifornia.com and enter your name and a job preference in the database. You need to do that for both days. Expect to be contacted (and thanked!) by the Santa Rosa Local Organizing Committee, and offered a wider range of volunteer opportunities as well as or in place of your initial selection.

If you *must* be at the top of Coleman Valley and Trinity Roads, then consider some of the other opportunities, such as:

- Litter pickup. We'll try to get the garbage removed before the TV cameras arrive.
- Delivering notices and posters to residents and businesses along the route.
- Posting no-parking signs and removing them after the race.

The main requirement, however, is for Course Marshals within Santa Rosa, because we need to guard every intersection and driveway along the course. There will be a training session in early February to show what it takes to keep the race safe.

It's not just a bike race!

The 2006 race had a huge impact on the awareness of political leaders about bicyclists and bicycling. Again in 2007:

1. February 19th and 20th should be fun days for everyone involved.
2. The race brings together bicycle enthusiasts of all types and varieties.
3. It will bring large numbers of citizens and tourists into downtown Santa Rosa and the Railroad Square area.
4. The economic impact will again be scientifically studied, so that all we've been saying about, "Bicyclists are good for the economy" can be seen to be true.
5. Visitors to the area can get a chance to experience riding in country we (almost) take for granted. We are listing club rides in early February in publicity materials for the tour. Please come on those rides and be welcoming, as always, to visitors.
6. Daily television coverage on the Versus (OLN) channel will also be distributed internationally, showcasing the beauty and cycling opportunities of California.

Talk about the race! We need every bicyclist to talk up the event with friends, neighbors, and that guy in the check-out line. This is a big deal for bicycling in California and Santa Rosa. Come on those February rides; help where you can; volunteer to marshal (guard the course in downtown) in particular; and cheer the racers!

—Martin Clinton, Volunteer Coordinator, Santa Rosa

Holiday Dinner

(Continued from page 1)

Double Centuries (including the Terrible Two) while in her fifth year of cancer survivorship. And we also salute Donn King, our club's brevet coordinator. In Donn's case, the award was not for overcoming any particular adversity, but simply for his consistently positive and upbeat attitude in all circumstances related to cycling.

Martin presented Volunteer of the Year awards to Kimberly Hoffman and Richard Stone, both of whom have toiled long and hard in service to the club and the wider community. Whenever a project needs doing and the call goes out for help, their hands always go up first. In a similar vein, we have an award we call the Leader of the Pack, which recognizes above-average contributions in the field of cycling advocacy. This year's winners were the husband and wife team of Tom Banning and Vicki Duggan. (By the way, our newly elected Santa Rosa City Council member, Susan Gorin—wife of long-time SRCCer Joe Gorin—has just appointed Vicki to the SR Planning Commission. Add that to Vicki's other hats: Vice-President of the Sonoma County Bicycle Coalition and Vice-President of the SRJC Neighborhood Association. You can't be much more of a Leader of the Pack than that!) While on stage, Vicki took the opportunity to read a letter of thanks from the SCBC to the SRCC for their continuing support of the Coalition's advocacy efforts.

While Bill and Martin took a minute to tuck into their entreés, Al Bloom and Sue Bennett mounted the stage to present the Lewis and Clark Award, which honors a club member who has made a substantial self-supported tour during the previous year. In this case, the worthy recipient was Phil Grinton, who completed the legendary End-to-End run in the British Isles.

Bill returned to the stage to hand out awards for Ride Leader of the Year. No surprise here: the two who led the most club rides in 2006 have been there and done that in previous years as well: Doug Newberg and Wayne Kellam. Martin continued with the theme of club rides by handing over the traditional shepherd's crook—symbol of the Good Shepherd Award (for most supportive, helpful ride leader) to Randall Ray. (Watch out Wayne and Doug: Randall may be gaining on you!) And while still on the theme of being supportive, Adrienne Ruggles presented the Golden Shoe Award—for most supportive (or most uncomplaining) spouse—to Kathy Oetinger.

Bill had one more award to hand out: Rider of the Year. This can sometimes honor someone for being supportive or inspirational or plucky. But more frequently, it is simply the hardcore hammer award: the fastest, strongest, biggest dawg on the block. This year's very deserving winner: Marc Moons, who was just a handful of minutes shy of being the overall CTC Stage Race winner in 2006. On a parallel track to this Big Dawg award is the Gearhead Award, which honors not only being strong and fast, but having done things so far beyond the pale of what normal riders would consider feasible as to seem almost lunatic. The reigning Gearhead—John Staroba—brought the award up on stage with him and made a handsome speech in honor of the newly crowned Gearhead, Bob Redmond, whose long, sometimes rocky season all came together in the best possible way with a strong ride at the Furnace Creek 508 in the fall.

In betwixt and between all the other awards, and just to make sure everyone was paying attention, the emcees pulled names out of a hat and called members down to collect door prizes...all sorts of juicy bike swag, compliments of the club. Well fed, entertained, and in some cases, carrying awards or booty, everyone went home happy.

SANTA ROSA CYCLING CLUB

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

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Member:
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- President: Martin Clinton569-0126
- Vice-President: Craig Gaevvert545-4133
- Secretary: Adrienne Ruggles539-1503
- Treasurer: Donna Emery546-6359
- Officers at Large**
- Greg Durbin528-4450
- Doug Simon577-0113
- John Miklaucic545-3470
- Gordon Stewart823-0941
- Ron Bates526-3512
- Bill Oetinger (newsletter editor, ride director) 823-9807
- Bill Osburn (webmaster) 477-6974
- Annie Osborn (meeting program coordinator) 829-5656
- Sharron Bates (club apparel sales) 526-3512
- Craig Gaevvert (membership registration) 545-4133
(cgarch@sonic.net)

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

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

Membership applications available at website.



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

GENERAL MEMBERSHIP MEETINGS

Wednesday, January 10 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Annual elections (and some more awards)

Guest Speaker: KC Butler, California Bicycle Coalition

Wednesday, February 7

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, January 4 • 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, February 1

January Meeting & Elections

Our regular January club meeting doubles as election night: voting in a new slate of officers for the Board. In the past, it also served as the occasion of our Year-in-Review awards presentation. And best of all, the club picked up the tab for all the pizza and beer.

That was then... Now, the awards (most of them) have moved to the Holiday Dinner, and because we were filling our room past its “Fire Marshal” capacity, we have decided to eliminate the free pizza to see if that will hold down attendance just a bit. However, it is our important election night still, and we do want a good crowd there. Furthermore, we hate giving up on giving out the free food. So we’re offering a compromise: deferred gratification. Here’s how it works...

To reward those who attend (and vote), we will be handing out vouchers good for the price of lunch at El Sombrero Taqueria in Healdsburg on the occasion of our Free Lunch Ride (Second Saturday in March). Yes, the famous Free Lunch Ride—the original multi-tempo club ride—is back. The crucial question is this: will folks show up for a Free Lunch voucher (deferred until March) in the same numbers as the folks who showed up for the free pizza and beer? We’re hoping just a slightly smaller crowd will be there...just under the room’s rated capacity.

There are other reasons to attend this meeting (aside from the lunch voucher and the election): Alan Bloom will be holding a drawing for all those who logged their miles at the club’s commute-miles on-line log in 2006 (srcc.com...go to Commute Miles). You must be present to win any of the sweet bike swag he has collected. And there will be a guest speaker (see note in calendar at left).