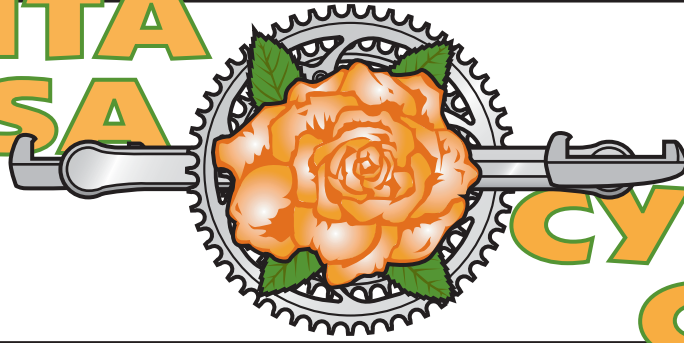


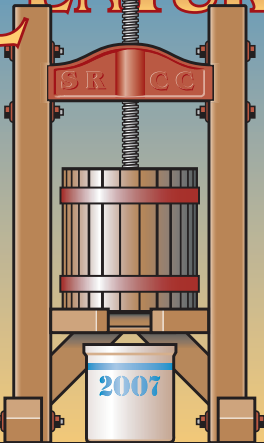
# SANTA ROSA



# CYCLING CLUB

## APRIL 2007 NEWSLETTER

### WINE COUNTRY CENTURY



SANTA ROSA CYCLING CLUB  
SONOMA COUNTY • CALIFORNIA

Registration for the club's Wine Country Century on Saturday, May 5 is running well ahead of any previous year's pace. We'll hit our 2500-rider limit by early April. Now we need to hit our maximum on support staff as well..

We still need volunteers for a number of tasks:

- Registration, Friday night and Saturday morning
- Course Hosts, Saturday, 4-hour shifts
- SAG, Saturday, 4-hour shifts
- Staff at finish (WFC, aka: LBC), Saturday, 4-hour shifts
- Clean-up, Saturday, 4-hour shifts
- Materials handing, Sunday (5/6), 4-hour shift

For members who plan to ride the WCC, there are still opportunities to help on the event. You can help out at the Volunteers' Ride on May 12th. Volunteers who support this ride by staffing one of the four rest-stops or helping prepare and serve the BBQ at the end can ride the WCC for free. If you can help us out, please call Susan Noble (303-4275) or René Goncalves (544-1918).

Aside from the pride of knowing they helped put smiles on the faces of 2500 WCC riders, of putting on one the best centuries around, and of being an active part of the Santa Rosa Cycling Club, volunteers receive other rewards as well: a beautiful event t-shirt, delicious BBQ meal at the finish of the WCC, and a fully supported ride along the same wonderful course with our own BBQ picnic one week later. Add to that all the money you will be helping to raise to support numerous great local causes and non-profits. So, what do you say? Are you going to join us in the fun? Call a committee chair today! (See Committee Chairs roster on page 8.)

WCC Volunteer Appreciation Ride and BBQ is on Saturday, May 12th, at a new location: Shiloh Park on Faught Road. RSVP with your WCC Chair. Look for ride start times and more BBQ info in the May newsletter.

**One more thing...WCC work day at club locker:** Sunday, April 8th, 8:00 am to 5:00 pm. Building shelves, fixing signs, sorting and taking inventory of equipment. Come for all day or just a couple of hours. Lunch provided. We need to borrow a generator for the day...got one? Please call Doug Simon to sign up (577-0113). He can be reached on that day at the locker at 481-6355 (cell), so you can get in the locked gate.

## • March Magic-Spring Fling Picnic •

### Saturday, April 14

*Open to ALL club members!*

The mileage feeding frenzy that is March Magic traditionally finds its closure with the MM Picnic, held in April...this year on Saturday, April 14. But this MM Picnic will be a little different. The club has decided to open the party up to all club members, whether they did the MM thing or not. We hope this picnic will become a new club tradition: a Spring picnic to counterbalance our Fall picnic.

All food and drinks provided by the club. 12:30 to 3:00 PM; Riverfront Regional Park (off Eastside Road). This will be our Second Saturday

multi-tempo date, and rides will be listed for A, B, & BC groups, all designed to arrive at the park in time for the feast.

There is very limited parking at the park, so we have designed these routes to start and finish elsewhere, with the riders arriving at the picnic on bikes. See Ride List for details on routes and start times. Because it is not a potluck, you won't need to worry about how to transport your tossed salad or casserole to the event on your bike.

**Menu:** BBQ tri-tip sandwiches; grilled polenta with marina sauce; grilled veggies; caesar salad; blond brownies & ice cream; beverages.

**RSVP is a must!** Let's please not have any more of those "not-clear-on-the-concept" people who can't be bothered with this simple but essential courtesy. Don't make Miss Manners mad! RSVP with Doug Simon: [desimon@sbcglobal.net](mailto:desimon@sbcglobal.net); 577-0113.

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for March

- 1. Call to Order:** President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, March 14. 61 members and guests were in attendance.
- 2. Treasurer's Report:** Treasurer Donna Emery announced that, as of February 28, the checking account balance was \$5572.13 with \$90,993.13 in savings.
- 3. WCC:** Century Chair Doug Simon reported that entries are being logged at record pace and that we will reach our 2500-rider limit earlier than we ever have before...probably in early April. Volunteers are still needed for some assignments. Volunteer ride and bbq are set for Saturday, May 12 at Shiloh Park. *(See article on page 1.)*
- 4. March Magic:** The Board decided to open up the March Magic picnic to all members. *(See article on page 1).* The Board has also commissioned souvenirs for MM participants.
- 5. Tour of California:** Bill Osburn extended a "thank you" to all members who assisted in supporting the event on its two days in Santa Rosa, and he gave a behind-the-scenes account of the logistics and economics of the event.
- 6. Free Lunch:** Bill Oetinger reported on the Free Lunch Ride and noted that 33 members had claimed their vouchers for the free food after the ride. *(At \$8 per, that's a total event cost of \$264.)*
- 7. Terrible Two:** TT Chair Craig Gaevert explained a rule change for the Terrible Two: riders will check OUT of the lunch stop, and no riders will be allowed to continue on the course at that point after 2:00 pm. This information has been added to the TT web page. Craig also announced that a ride and picnic will be held for TT volunteers on July 7. This picnic will also be for all who worked on the brevet series.
- 8. YWCA:** A representative from the local YWCA spoke about an upcoming 100-K fundraiser on August 18 for Domestic Violence counseling and women's shelter. A plea was made for help with club materials and human resources.
- 9. Tours.** Bill Oetinger reported that the Northern Oregon Tour is fully booked, with additional people on a waiting list. In fact, the waiting list is fully booked! Doug Simon announced that there are still around half a dozen spaces available for the Mid-State Tour. *(See notice on page 7.)*
- 10. Web stuff:** Bill Osburn and Craig Gaevert are in the process of switching the club's on-line addresses to sonic.net, including the club's e-mail contacts, etc. It's a complicated process but is moving forward. New addresses will be posted when the switch is complete.
- 11. Brevets:** SRCC RUSA rep Donn King reported on the recent 200-K brevet, where attendance was high and everything went well. There was a minor glitch with insurance paperwork, but it was resolved. Donn noted a need for a few more helpers for the upcoming brevets, including the 400-K in late April.
- 12. Local Crits:** Membership approved a \$1500 contribution to the prize pool for the downtown criterium race meet to be held on Sunday, May 6. This is another event where the appeal is out for SRCC members to pitch in as course marshals and materials handlers. For more information, or to volunteer, go to [renesraces.com](http://renesraces.com).
- 13. Guest Speaker:** LandPaths presentation by Craig Anderson and Jonathan Glass.

## Important SRCC Dates for 2007

**Saturday, April 14**

### **Spring Picnic (aka: March Magic Wrap-up)**

Riverfront Regional Park • Eastside Road  
*(See Ride List and article on page 1.)*

**April 28-29**

### **SRCC-RUSA 400-K Brevet**

Destination RKA • Windsor  
*(See Ride List.)*

**Saturday, May 5**

### **Wine Country Century**

Wells Fargo Center for the Arts • Santa Rosa  
*(See Chairs roster on page 8 and article on page 1.)*

**Saturday, May 12**

### **WCC Volunteers' Appreciation Ride & Picnic**

Shiloh Park • Windsor  
*(See page 1 & the May newsletter for more info.)*

**May 26-27**

### **SRCC RUSA 600-K Brevet**

Destination RKA • Windsor

**June 2-9**

### **Mid-State Tour**

Santa Barbara • Solvang • Paso Robles  
*(See item on page 7.)*

**Saturday, June 16**

### **The Terrible Two Double Century**

Analy High School • Sebastopol

**Saturday, July 7**

### **TT & Brevet Volunteers' Ride & Picnic**

Oak Knoll Group Site • Spring Lake Park • Santa Rosa

**August 4-12**

### **Northern Oregon Tour (FULL)**

**Saturday • September 8**

### **Fall Picnic**

Ragle Regional Park • Sebastopol

**October 5-7**

### **SRCC Grizzly Weekend**

Bass Lake • North Fork

**Sunday • November 11**

### **West Dry Creek Adopt-a-Back Road Litter Pick-up**

City Hall • Healdsburg

**Saturday, December 8**

### **Holiday Dinner & Awards Presentation**

Druids Hall • Santa Rosa

## 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.*

It's always about the weather, isn't it? Especially in the springtime. This past reporting period was no exception...from late February to mid-March. (Call it the month of *Febarch*.) It started out pretty rotten, but just kept getting better as we went along.

Randall Ray's A Hill and a Bump ride led things off on February 24: "So much for never having listed a rain ride. The forecast called for 'overcast, with occasional showers.' As the start time approached, there was a steady light rain falling. Nine riders showed up, two of whom weren't dressed for the rain. The other seven of us talked ourselves into at least giving the ride a shot. We had one guest, John, who is a very strong rider. In the spin out to Pine Flat we ate a lot of grit, and someone turned back. The remaining six of us made an easy tempo the first few miles up Pine Flat. As we passed the pond, I pointed out where I had gone into the fence, and was surprised to see a little fluorescent piece of my shell ensnared in one of the barbs. Pretty good reminder. The higher we climbed the more the wind picked up and the horizontal rain really began to sting. Five of us went to the foot of the wall, and the new guy and I made it to the gate. That was the easy part...

"We descended very carefully, partly because the wet brakes didn't work so well, but mostly to minimize the wind chill. We regrouped at Jimtown, where they quickly recognized our near-hypothermic plight. We were offered moist towels heated with steam from the espresso machine. As we cuddled our coffee and gumbo, appreciating the return of sensation to our extremities, we agreed to cut the ride short and head back to Healdsburg. This was a character-building experience. We all share a stronger bond as a result. Cycling is so much more than just riding the bike, isn't it?"

You know the left-hand column next to the Ride List on page four? The part where it says, in large caps: "RAIN CANCELS ALL RIDES, UNLESS OTHERWISE NOTED." I guess either they didn't understand this sentence, or perhaps it was one of those "otherwise" rides. These guys were crazy. Simple as that. But who among us has not conned himself into riding in the rain? See that little patch of blue over there? Yeah...it's getting bigger! (*Not.*) Most of us found something else to do on this soggy day, and it looked as if Sunday was going to be more of the same when we rolled out of bed. Personally, I wrote off all the listed club rides—three of them—as wash-outs. But around 9:30 in the morning, the rain stopped and the skies cleared, more or less. If you were paying attention, you jumped all over this with both feet: out the door and on the bike to wherever...salvaging something out of what had appeared to be a lost weekend.

Sue Bennett was in charge of one of the rides and sent in a report: "It had been raining off and on, mostly on, all morning, and at 9:00 am it was still raining. At 9:15, the sun poked out between the clouds, so Alan and I decided we had probably better go to the start in case someone showed up. No one was there, not unexpectedly, but we waited until 9:45 anyway. During this time the sky continued to clear a bit, so we decided to ride. Along the route, Kirsten joined us. She had ridden from home, once the rain let up, and intersected the ride. On the way back from Petaluma, we could see rain here and there around the area. At one point the roads were even newly wet, but we managed to dodge the rain the entire ride. Yahoo!"

I rode solo to Petaluma on the same day, and for about one mile right in Chicken City, I got nailed by a rain squall. Aside from that, a nice day to be out riding. The reports I get from the other two rides seem to bear this out. Denise only had one person show up for her Mix and Match Ride, but they had a great day, with mostly sun and just a teeny bit of drizzle. Nikola Farats had a small handful of riders show up for his 74th Birthday Ride, and they too got away mostly dry and made it back to Nick's for a gourmandizing gala...vast quantities of food. If it had just looked as good at 8:30 as it was starting to do at 9:30, a lot of us would have been there to share in the feast.

And that was the end of the funky weather, at least for now. March opened up pleasant and warm. There were two fairly ambitious rides on the first Saturday and another on Sunday that could be as ambitious as you wanted to make it...an infinitely expandable ride. Saturday began with the opening salvo in our season-long march to Paris-Brest-Paris in August. This was our qualifying 200-K brevet...a run from Healdsburg to Napa and back. Club brevet boss Donn King reports: "We had ideal conditions on Saturday for a speedy 200-K and that's just what we got. Craig Robertson and Jennie Phillips pretty much defined the pace at the front on their tandem and finished in six hours flat. Club members who rode: Dave Batt, Charlie Rowell, Bill & Evelyn Ellis, Greg Durbin, Dennis Forer, Craig Robertson, Mike McGuire, Barley and Susan Forsman, and Donn King.

"Sharon and Donna handled the check-in and brevet card distribution unflappably. Bill Mattinson helped out with crowd control and gave the instructions to the riders at the start. Lo and behold, Bob Redmond came up from Petaluma just to be there and provide moral support. Chris Culver, Casey Morigan, Tom Kuhn, and John Miklaucic set up and ran the turnaround at Skyline Wilderness Park, just NE of Napa. John M.'s wife was there too, and my apologies because I don't remember her first name. There were 102 entrants, 90-some starters, and 88 finishers. Everyone got back in one piece. For the second year in a row, thanks to Bill E.'s concept, and Kimberly Hoffman's administration, the finish was located at the Bear Republic in Healdsburg. On Saturday, the weather was fine and we had our own little 200-K corner outside on the patio. It was very congenial. Many, many thanks to Matt and Kimberly for your support and time and good naturedness."

The other ride on the day—a bit shorter but equally challenging—was Wes Hoffschildt's Franz Valley-Spring Mountain loop. Any ride that climbs Spring Mountain is going to be a full-tilt ass-kicker of a ride, and this one didn't disappoint. There were close to 20 riders at the start in Santa Rosa, and they stayed *gruppo compatto* over the climbs on Montecito and Riebli, then broke apart on the Mark West-Franz Valley ascent, regrouped on the far side, then split up again on the Franz Valley School climb, regrouped again in Calistoga, and finally split up for good not on some big climb, but on a little roller on Silverado Trail. Once distanced from the lead group, those of us in the back group decided to abandon Silverado for Crystal Springs, and this lovely little side road was reckoned by all to be a big improvement over the busier main drag. But it put us even further behind the front bunch. Then Janice Oakley got a complicated flat requiring first a tricky boot to get into St Helena and then a purchase of a new tire in town. All of that took more time, so that we never saw the *avant garde* again. But we still had a great time, if you can call struggling up Spring Mountain a positive experience. That is just one seriously hard climb! But the descent off the far side pretty nearly made up for it. Did you know those are the headwaters of Mark West

— 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, tube(s), 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](http://www.srcc.com)...go to Current Ride List

## SUNDAY • APRIL 1

### The Nifty Ten Fifty

HC/CD/55 • 10,000'

8:45 (C ride) • 10:00 AM (D ride)

Paul & Janet's house:

6020 Sutter Ave, Richmond, CA

10,000' of ridiculously steep climbing in the Berkeley hills. Earlier starts, any time after 7:00 am, not guided, but maps, coffee, Clif Bars, and a pat on the back gladly provided. 5:00 pm dinner and beer at Pyramid Brewery. Designated drivers not provided. This April, Bill Dunn and Doug McKenzie are organizing their third annual "April Alpina" altitude challenge. RSVP a must!

C: Bill Dunn—415-269-0591

Janet McKenzie—510-526-8873

D: Paul McKenzie—510-526-8873

### Cotati-Tomales Loop

B/3/40

10:00 AM • Cotati Dog Park

R on Myrtle > L on Old Red > R on W. RR > L on Stony Point > R on Jewett > R on Pepper > R on Bodega > Petaluma-Tomales > R on Hwy 1 > L on Dillon Beach > R on Franklin School > R on Whitacker Bluff > Fallon-Two Rock > L on Carmody > R on Petaluma-Vlly Ford > R on Roblar > L on Stony Point > R on W. Sierra > R on Valparaiso > Myrtle to park.

Wayne Kellam—523-1878

### SRCC Welcome Wagon Ride

1/A/10

10:00 AM • Keiser Park, Windsor

An introductory ride for novice cyclists (although veteran riders are welcome too). Easy, social pace. Plenty of opportunities for learning bike skills with supportive, experienced mentors. Instruction on working on bikes, on request.

Mike & Janice Eunice—575-9439

## SATURDAY • APRIL 7

### Sonapa Century

2-3/BC/105 • 4000'

8:00 AM • Howarth Park

Path through parks > R on Channel Dr > Thru Oakmont > Pythian > R on Hwy 12 > R on Warm Springs > R on Arnold > L on Boyes Blvd > R on Riverside > L on Verano > R on Fifth > L on Bike Path > Lovall Valley > R on 7th > L on Denmark > Burndale > L on Dale > R on Ramal > Duhig > R on Hwy 121 > L on

Old Sonoma > L on Congress Valley > R on Thompson > L on Browns Valley (*rest stop in Napa*) > R on Westview > R on Redwood > L on Dry Creek > R on Orchard > L on Solano > R on Oak Knoll > L on Silverado Trail > L on Brannon > Wapoo > R on Grant (*rest stop in Calistoga*) > Myrtle Dale > R on Tubbs > L on Bennett Ln > R on Hwy 128 > L on Chalk Hill > L on Pleasant > R on Faught > L on Old Red > L on Mark West Springs > R on Riebli > R on Wallace > Brush Creek > L on Montecito > R on Mission > R on Montgomery > L on Summerfield to Howarth Park. A *very easy, unhilly century*.

Alan Bloom—538-7115

Sue Bennett—523-1322

### Robin's Passover Ride

3/A/100 K

9:00 AM • Ragle Park

L on Ragle > R on Mill Station > Cross Hwy 116 to bike path > L on East Hurlbut > L on High School > R on Occidental > L on Sanford > R on Hall > L on Willowside > L on Piner > R on Olivet > L on W. Olivet > R on Oakwild > L on Old Trenton > R on River > L on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > L on Westside > R on River (*rest stop at Korbel*) > R on Old Monte Rio > R on Hwy 116 > L on Bohemian Hwy > R on Main > R on Moscow > L on Hwy 116 > L on Hwy 1 > L on Bay Hill > L on Hwy 1 > L on Bodega > L on Boho (*rest stop at Wildflower Bakery*) > Retrace to L on Bodega > R on Barnett Villy > L on Burnside > L on Watertrough > R on Bodega > L on Ragle.

Robin Abramson—569-0620

## SUNDAY • APRIL 8

### Spring Ramble

2/B/30

9:30 AM • Ragle Park, Sebastopol

L on Ragle > L on Mill Station > R on Barlow > L on Occidental > R on West County Bike Path to Forestville > L on Hwy 116 > R on Martinelli > L on Old River > R on Grey > L on River > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > Trenton > R on Laguna > R on Vine Hill > R on Green Valley > L on Bike Path > L on Graton (*rest stop at Willowood Market*) > Ross > Bike Path > L on Occidental > R on Barlow > L on Mill Station > R on Ragle to Ragle Park

Annie Osborn—829-5656

Denise Prue—486-2015

## Marin-SF Adventure

4/M/35

9:00 AM • Larkspur Ferry

Ferry Terminal parking lot > L on bike path > Eliseo Dr > L on Bon Air > L on Magnolia > Corte Madera > Camino Alto > L on Blithedale > Ron bike path > Bridgeway > Ron Richardson > L on 2nd > L on Alexander > R on East > L on Conzelman > R on Field > L on Bunker Mitchell to gate > Return via Mitchell > Bunker > Thru Barry-Baker tunnel > R on Sausalito Lateral > Over GG Bridge > Bike Path to Battery East Rd > L on Lincoln > L on McDowell > R on unnamed road > R on Mason > Marina Blvd > L on Marina Green > Path thru Ft Mason and Aquatic Park > Jefferson Street > Embarcadero to Ferry Building (Lunch) > Take Ferry back

Rose—543-5889

## SATURDAY • APRIL 14

### SECOND SATURDAY

#### March Magic/Spring Picnic

*Limited parking at the picnic.. Do NOT drive there! Ride to and from. RSVP to Doug Simon: 577-0113. If you don't RSVP, don't come.*

2/BC/50 (or more with bonus)  
9:00 AM • Analy HS

R on High School > R on Occidental > L on Sanford > R on Hall > L on Willowside > R on SR Creek Trail > North on Fulton (*regroup at Piner HS at approximately 9:30 to pick up B group*) > L on Wood > R on Woolsey > Laughlin > R on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > Thru Healdsburg > H'burg Ave > Old Red > R on Eastside > R into Riverfront Park (*Picnic*); R on Eastside > L on Trenton-H'burg > L on Mark West Station > R on Slusser > L on River > R on Olivet > L on Piner > R on Willowside > R on Hall > Sanford > R on Occidental > L on High School to Analy. Bonus: out-&-back on Mill Creek Road.

Bill Oetinger—823-9807

2/BC/38

9:30 AM • Piner HS

Same as BC route (from Piner HS on); after the picnic, stay on Piner Road to return to Fulton and Piner HS.

Charlie Rowell—432-4538

2/A/23

10:30 AM • Piner HS

Same as B route to Mark West Station, then > R on Starr > L on Windsor River > L on Eastside to park & picnic; after the picnic, same as B route back to Piner HS.

Looking for a leader

2/A/13

10:30 AM • Keiser Park, Windsor

R on Windsor River > R on Windsor > L on Shiloh > R on Skylane > R on Laughlin > R on Slusser > L on Mark West Station > R on Trenton/H'burg > R on Eastside to park & picnic; after the picnic, L on Eastside > R on Windsor River to Keiser Park.

Mike & Janice Eunice—575-9439

## SUNDAY • APRIL 15

### Pine Flat Challenge

3-5/CD/70

10:00 AM • Piner HS

R on Fulton > L on Wood > L on Woolsey > R on Olivet > L on River > R on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on Kinley > R on Dry Creek > L on Grove > L on Healdsburg Ave > R on Alexander Vly (*regroup at Jimtown Store*) > L on Pine Flat (mass start at bridge at approx. noon...rest stop at top) > Retrace to L on 128 > R on Chalk Hill > L on Faught > R on Airport > L on Fulton.

Doug McKenzie—523-3493

### SRCC Welcome Wagon Ride

1/A/10

10:00 AM • Keiser Park, Windsor

See listing on April 1 for more details.

Mike & Janice Eunice—575-9439

## SATURDAY • APRIL 21

### Clear Lake Double Metric

4/C/121 • 10,000'

8:30 AM • Simi Winery, H'burg

Healdsburg Ave > R on Alexander Valley > R on Hwy 128 > L on Ida Clayton > Western Mine (2 miles of gravel) > L on Hwy 29 (*rest stop in Middletown*) > L on Hwy 175 > R on Barnes > Big Canyon > R on Siegler Canyon > L on 29 > R on Soda Bay (*rest stop in Soda Bay*) > L on Clark > L on Gaddy > L on State > R on Main > L on Big Valley > L on Argonaut > R on Highland Springs > L on Matthews > L on Hopland Grade (*rest stop in Hopland*) > L on 101 > R on Mountain House > L on 128 > R on Cloverdale Blvd > Dutcher Creek > L on Dry Creek > L on Lytton Springs > R on Chiquita > L on H'burg Ave to Simi. *If it rains on Saturday, reload for Sunday. RSVP to be sure.*

Rich Fuglewicz—575-0678

## SUNDAY • APRIL 22

### Like Sweetwater for Coffee

5/BC/40-60 • 5000'

9:00 AM • Healdsburg City Hall

R on Grove > Vine > R on Mill > Westside > R on Sweetwater Springs > L on Armstrong

Woods (*coffee in Guerneville*) > Retrace on Armstrong Woods > R on Sweetwater Springs > L on Westside to finish. *Optional out-and-back on Mill Creek.*

Randall Ray—433-2555

### SRCC Welcome Wagon Ride

1/A/10

10:00 AM • Keiser Park, Windsor

Mike & Janice Eunice—575-9439

## APRIL 28-29

### SRCC RUSA 400-K Brevet

6:00 AM • Dest. RKA, Windsor

400-K route to Clear Lake and back via Cloverdale, Hopland. Check the Brevet page at [srcc.com](http://srcc.com) for more info on season-long series.

Donn King—823-5461

## SATURDAY • APRIL 28

### Apple Blossom Time

2-3/A/32

9:00 AM • Ragle Park

L on Ragle > L on Mill Station > R on Barlow > L on Occidental > R on bike path > L on Graton > L on Boho > R on Bodega Hwy > L on Valley Ford-Freestone Rd > L on Hwy 1 (*rest stop at Valley Ford Market*) > S on Hwy 1 > Petaluma-Valley Ford Rd > L on Roblar > L on Canfield > R on Bloomfield > L on Pleasant Hill > L on Watertrough > R on Bodega > L on Ragle to Ragle Park.

Ken Russeff—953-1804

### Sonoma Hills

5/C/65 • 7500'

9:00 AM • Vallejo barracks lot (off First Street East, Sonoma)

East on bike path > Lovall Valley > L on Lovall Vly Loop > R on LV back to town > R on Chericke to end > Retrace to R on Brazil > L on 4th St E. > R on bike path > R on 2nd St E. > L on Cypress (thru Sonoma Mtn Cemetery) > L on Willow > L on Laurel > R on Norbom > L on High > L on Mallard > R on Lower > R on High > L on Norbom to end > Retrace Norbom to 1st St W. > R on bike path > R on 5th St W. > L on Verano > R on Hwy 12 > R on London > L on Mission > L on Adobe > R on Moon Mtn to end (take left fork at end) > Retrace MM to R on 12 > R on Cavedale > L on Trinity > L on Dunbar > R on Arnold > R on Craig > L on Carriger > R on Grove > R on Spring > L on Grove back down the hill > L on Riverside > Willow > R on Verano > R on 5th St W. > L on bike path > R past bocce courts to parking lot.

Linda & Sid—925-689-3056

—Continued on page 6

# MORE RIDES

**SUNDAY • APRIL 29**

## Maury's Memorable Metric Plus

3-4/BC/65  
9:00 AM • Piner HS

L on Fulton > R on Hall > L on Sanford > R on Occi > L on Jonive > R on Bodega > L on VF-Freestone > L on Hwy 1 > R on Estero > Franklin School > L on Dillon Beach (*rest stop in Tomales*) > No. on Hwy 1 > R on Fallon-Two Rock > L on Carmody > R on Pet-VF > L on Walker > L on Pepper > L on Mecham > L on Stony Pt > L on Roblar > R on Orchard Station > L on Blank > R on Canfield > R on Bloomfield > L on Pleasant Hill > L on Watertrough > L on Bodega > R on Ragle > R on Mill Station > L on Hwy 116 bike path > R on Occidental > L on Sanford > R on Hall > L on Willowside > R on Piner > R on Fulton to Piner HS.

Maury Cohen—579-9129

## 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

### Wednesday Dinner Rides

6:30 • Finley Park (Stony Pt lot)

Ride awhile and end up at a dinner place. Lights required. Call for more info.

Kimberly Hoffman—579-3754

### 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

## Tuesday Twilight Crits

April 17 to August 28  
Corporate Center

Races for Cats 4-5, 3-4, 1-2-3-Pro.

René Goncalves—544 1918

## Street Skills for Cyclists

Sunday, April 1st

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

Reservations required

707-545-0153

mail to: [info@bikesonoma.org](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 Armadel

Russ—538-0868

## FOR SALE

### Mtn Bike Tandem

19" Gary Fischer Mtn Bike Tandem

Hardly ridden • \$650

Gary Wysocky—579-8404

### 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

### '95 Cadex 2 (Giant) Road Bike

56 cm • Excellent condition

Many upgrades • \$300

Bernie—766-7056

### DT Swiss Rims, new & used

1450's (1450 grams a set) • 28 spokes,

bladed, front & rear • Radial front, 2x rear

Used • Retail: \$750 a set; asking \$275

340's (1685 grams a set) • 28 spokes front,

32 rear • New • Retail: \$600; asking \$400

Wes—545-3240

### Diadora Ergo Mtn Bike Shoes

Men's size 44 (10) • Worn twice • \$75

Also Shimano SPD 520 pedals • \$50

Todd Sloan—571-1804

### '04 Trek 5200 Road Bike

Carbon fiber • Blue/Gray frame

Shimano Ultegra • 6000 miles • \$1300

Annie Osborn—829-5656

## Santa Rosa Corporate Criterium

Saturday, April 14 • All day

USACycling-sanctioned event with races for all categories, from Juniors through Masters; Men and Women. Reg opens at 7:00 am; races start at 7:30 and run all day to the 1-2-3-Pro race at 3:40.

Course is the same as the Tuesday Twilight course: a .7-mile, flat, fast, five-corner course in the Corporate Center Business Park.

Prizes through 5th place in all races. Special kids' races. Early reg encouraged; late reg fees applied. For more information...

[www.renesraces.com](http://www.renesraces.com)

## April Alpina is Here!

After months of planning and anticipation, April Alpina *est arrivée*. With the mostly dry and warm weather we have had this March, most club members have sprinted out of any winter doldrums they may have been experiencing and have increased their riding frequency, time, and distance. April Alpina is a program that encourages a change of focus from quantity of rides to quality of rides. It is thought that a month of "hitting the slopes" will help most riders to ramp up to a level of strength and conditioning that will serve them well for the rest of the year.

As noted in an earlier article, there are two new aspects to this year's edition: a new, very challenging ride and a new goal of accumulating 1,000,000' of gain through the month of April. Intellectually, one can assume that club members overall accumulate at least a million feet of gain in a month, but the April Alpina data page *is the only place one can see it documented*.

As for the new ride—the Fearsome Five—due to scheduling conflicts for its creator, Marc Moons, we are holding it on March 31 but still counting the gain in April. Guidelines on how to log your elevation gain can be found on the club's AA web page. Also, it has come to our attention that a certain number of riders doing the Solvang Double Century on March 31 are, rightly or wrongly, feeling left out, so it has been decided to *also* allow their accumulated gain to be logged in April. (There will be a SAG vehicle at the base of Pine Mountain Road during the FF for water and other supplies.)

To sign on, contact Bill Dunn (415-269-0591; [fcycle@yahoo.com](mailto:fcycle@yahoo.com)) and tell him your goal and preferred password, if any.

Creek along that descent? I didn't until I looked it up on the map just now. The creek was cranking, and several cascades and waterfalls were as cute as calendar photos. A flurry of e-mails to the chat list after the ride reassured us that all parties made it home okay, if somewhat tuckered out in a few cases.

The next day, Steve Drucker reprised Martin Clinton's March Magic miles making ride: a 25-mile loop out of Cotati that could be repeated as often as one wished. Steve reports: "We had just six riders for the 8 am ride. Crisp air, virtually no traffic, and beautiful scenery. 15 or so riders of all abilities were out for the 10 am ride. Ditto for the 12 o'clock round. Just two of us rode all three loops. Several did two circuits and many rode from home or added variations to the club ride. The wind picked up as the day went on, but the green fields splattered with yellow and the perfect bike riding temperatures made the riding very enjoyable."

And that brings us to the March Second Saturday Ride, which was something old made new again. This marked the rebirth of the venerable Free Lunch Ride. Those who attended the January meeting and voted in our election were rewarded not with free pizza at the meeting but with a promise of a free lunch in March. The Free Lunch Rides were the original multi-tempo, all-inclusive rides in the club...the prototype for all the Second Saturday and Friendly Friday rides that have followed. It had fallen by the wayside a few years back, but is now with us once again, and it functioned as it used to do and as these affairs are supposed to do: all the different factions of the club ended up mingled together, both at rest stops and along the country roads. Something like 60 or 70 people showed up for the ride on a day that was about as nice as it could possibly be. None of the routes was too killer, so the atmosphere was relaxed and congenial. That doesn't mean the pace was entirely pokey though. There was a frisky, feisty dynamic at the front of the fastest group, with two or three strong tandems trading pulls and making the singles work a little to hang on. But it was all good fun and stayed just this side of painful.

There was a big regroup at the Jimtown Store. Folks were a bit thoughtless in the disposal of their bikes, eventually obstructing the entrance to the store, which prompted an awkward moment with the manager. Let's be very clear about this: the folks at the Jimtown Store like cyclists. They have the water spigot there for us in the alley, and they like our business. But we need to be considerate of their needs and the needs of their other customers. We need to be a little less clueless about how we clutter up the forecourt with our bikes. Anyway...back to Healdsburg and our date with El Sombrero, where around half of the whole ride contingent stayed on to do battle with their burritos. Good weather; good company; good roads; good food. Did we leave anything out?

The Free Lunch Ride would be a tough act to follow, but Wayne Kellam and Janice Eunice both were up to the task with ride listings on the following day. Janice (and, it should be noted, her ever-supportive husband Mike) continue their series of entry-level Welcome Wagon rides. No report from Janice this time, but her note to me listing another round of these beginner rides this month indicates that the demand is still there and the rides are still an important part of club life. The ranks of active club members are filled with "graduates" of the Eunice School of Bike Beginnings. Also on the day was a ride from that other perennial ride leading workhorse, Wayne Kellam. But although he listed the ride—an Alexander Valley-Dry Creek Valley loop—Wayne wasn't on the ride. Sue Bennett was the stand-

in ride leader and sent in this report: "This was one gorgeous day and about 25 riders came out to spend a portion of it riding their bikes. The majority of the riders were ahead of us and never seen again after Jimtown. The mustard along Hwy 128 just after the Alexander Valley store was spectacular. I should have brought my camera! The route had been listed as 40 miles, but per Gordon's route slip was actually about 10 miles longer. A few people, due to time constraints, or whatever, did various shorter versions."

Next up was another day of above-average excitement on the club ride front. That would be the 14th annual Apple Cider Century out of Sebastopol. Due in part to the unbelievably nice weather and in part to it being a great course with an established reputation, we had a substantial turn-out for the combined 100-mile/100-K start: at least 100 riders on hand, from all over the bay area. (Hidden between those two distances is an increasingly popular third option: beginning on the longer course, then peeling off for Sebastopol in Occidental, which works out to around 75 miles. Many people chose to do this.) The massive group stayed somewhat cohesive to the first rest stop in Monte Rio, where the 100-Ks turned south. On the long course, the big hills—and a few flat tires—soon had the pack fractured into many little splinters, and many of those never came back together again. It was weird: from one of the biggest packs of the year at the start to some of the most isolated little clusters of riders at the finish. But whether riding in big groups or small, no one could ignore the scenery: everything as green as Ireland on St Paddy's Day. You'd think we'd grow jaded with this Disneyland-for-grown-ups where we get to do our biking, but when great weather and great spring scenery combine to showcase the west county, it's pretty well impossible to ignore it all. And not only is it gorgeous to look at, it's also a hoot for cycling thrills. No wonder 100 people show up to take part. This was as nice as any of the previous 13 Apple Cider Centuries.

Once again tackling the tough job of following up on a big event, Rose Mello listed a ride on the following day, from Cotati down through the rolling, green dairylands to Petaluma. Rose reports that around 30 riders showed up for this one and that it was, as usual, another day in Paradise. Uneventful, except for being perfect.

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## • THE MID-STATE TOUR •

June 2-9, 2007

Six stages • 250-450 miles • 30,000' (or less)

*Still a few spots on the roster..*

The fact that this tour has not sold out yet is astonishing. This is one of the most exciting tours we've ever offered. Every stage is fantastic...hardly a dull mile to be found. Epic climbs, jaw-dropping panoramas, wild descents, shady canyons, secluded beaches, premium vineyards, swimming holes...this tour has a little bit of everything and a lot of what cyclists like best. Four stages in the hills and valleys near Santa Barbara and Solvang, then two more stages near Paso Robles, plus we have added a short half-stage for our getaway day. If you're not familiar with the superb riding in the coastal hills of Central California, this tour offers a great way to become better acquainted with it all. It really is a gem of a tour.

E-mail Bill Oetinger for a detailed stage-by-stage preview (pdf).

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

# SANTA ROSA CYCLING CLUB

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

PRINTED ON RECYCLED PAPER   
Member:  
LAB • CBC • CABO • REBAC • SCTC • IMBA • SCBC

- President: Craig Gaeverd ..... 545-4133
- Vice-President: Greg Durbin ..... 528-4450
- Secretary: Donn King ..... 823-5461
- Treasurer: Donna Emery ..... 546-6359
- Officers at Large
- Robin Abramson ..... 569-0620
- Charlie Rowell ..... 432-4538
- John Miklaucic ..... 545-3470
- Gordon Stewart ..... 823-0941
- Martin Clinton ..... 569-0126
- 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
- Bill Ellis (membership registration) ..... 415-898-2998  
(red\_tandem@yahoo.com)

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

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

**Membership applications available at website.**



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

## GENERAL MEMBERSHIP MEETINGS

Wednesday, April 11 • 6:30 PM

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

*No speaker scheduled yet.  
A post-WCC debriefing instead?*

Wednesday, May 9

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, April 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, May 3

## • Directory of WCC Committee Chairs •

- WCC Chair ..... Doug Simon, 577-0113, [desimon@sbcglobal.net](mailto:desimon@sbcglobal.net)
- Volunteer chair ..... Kimberly Hoffman, 579-3754, [kdhoffman10@yahoo.com](mailto:kdhoffman10@yahoo.com)
- Site reservations ..... John Miklaucic, 545-3470, [jmiklaucic@comcast.net](mailto:jmiklaucic@comcast.net)
- Registration ..... Gordon Stewart, 823-0941, [gordon@gsathome.com](mailto:gordon@gsathome.com)
- Sags & Communication ..... Craig Gaeverd, 545-4133, [cgarch@sonic.net](mailto:cgarch@sonic.net)
- Food & Materials ..... Doug Simon, 577-0113, [desimon@sbcglobal.net](mailto:desimon@sbcglobal.net)
- Equipment cleaning ..... Dave Batt, 546-5301, [irenebatt@hotmail.com](mailto:irenebatt@hotmail.com)
- Course marking ..... Dave Trumbo, 765-9022, [jumpin@sonic.net](mailto:jumpin@sonic.net)
- Course hosts ..... Looking for a committee chair!
- Course signs ..... Vicki Duggan, 525-1960, [duncansmills@sbcglobal.net](mailto:duncansmills@sbcglobal.net)
- Course marshals ..... Ron Bates, 526-3512, [technical@randallnutrition.com](mailto:technical@randallnutrition.com)
- Customer service ..... Joe Morgan, 778-8209, [themorganfamily@comcast.net](mailto:themorganfamily@comcast.net)
- Day-of merchandise Sharron Bates, 526-3512, [technical@randallnutrition.com](mailto:technical@randallnutrition.com)
- Mechanics ..... Dave Ruggles, 525-0353, [druggles@sonic.net](mailto:druggles@sonic.net)
- Graton ..... Janice Eunice, 575-9439, [nicenice@sonic.net](mailto:nicenice@sonic.net)
- Ocean Song ..... Wayne Kellam, 523-1878, [kkellam@sonic.net](mailto:kkellam@sonic.net)
- Monte Rio ..... Bunni Zimmeroff, 544-3999, [bfz@sonic.net](mailto:bfz@sonic.net)
- Wohler Bridge ..... Maury Cohen, 579-9129, [maury@lowepro.com](mailto:maury@lowepro.com)
- Warm Springs Dam ..... Jim Williams, 538-3793, [jjwilliams@earthlink.net](mailto:jjwilliams@earthlink.net)
- Alexander Valley ..... Steve Drucker, 538-5256, [sdrucker@santarosa.edu](mailto:sdrucker@santarosa.edu)
- LBC ..... Michelle Kane, 877-892-1823, [kearykane@yahoo.com](mailto:kearykane@yahoo.com)
- Volunteer BBQ ..... Susan Noble, 303-4275, [noblesusan1@yahoo.com](mailto:noblesusan1@yahoo.com)
- Volunteer Ride ..... René Goncalves, 544-1918, [leslieene@hotmail.com](mailto:leslieene@hotmail.com)