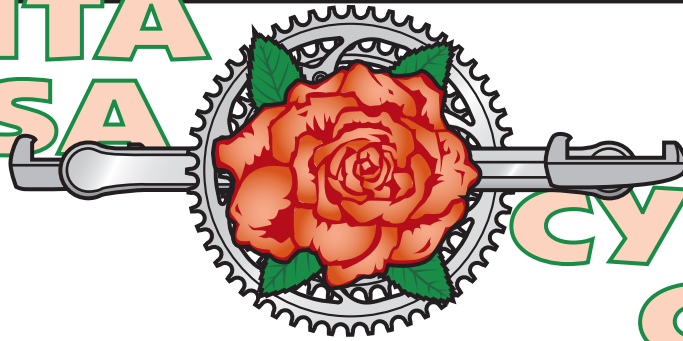


SANTA ROSA



CYCLING CLUB

OCTOBER 2008 NEWSLETTER

The Three Parks Tour: even better, ten years later

Last month in this space, we reported on the club's first one-week cycle-tour of the summer: the Plumas-Lassen-Shasta Tour. While you were reading about that tour, three dozen of your club mates were preparing for the second club tour of the season. That was the Three Parks Tour, scheduled from September 6-14, which visited Yosemite, Kings Canyon, and Sequoia National Parks.

We first ran this tour in September, 1998. Ten years later, we decided to take another crack at the out-of-scale route through the high Sierra. Many of the participants were the same, except for the unavoidable fact of being ten years older than we were the last time we tackled those mighty mountains. We wondered, ahead of time, if the old legs were still up to the task.

For the most part, the answer was yes: we did manage to surmount all of the big passes, and generally we had a great time, with much more enjoyment than suffering. There's no question though that the challenges were substantial. Everything is bigger in the big mountains. The climbs are longer, but then so are the descents. And of course the scenery in three of our greatest national parks is bigger and more impressive than just about anywhere else we will ever tour.

Before revisiting each of the stages, we need to tip the old chapeau to the people who helped to make the tour a reality. In particular, we want to acknowledge the car pool shuttle drivers Jim Draeger and Ginger Kuhn, who moved cars for us from the start to the finish. This required a 15-hour day of non-stop driving on difficult roads, with lots of heat, at least in the afternoon. This was unseen by any of the riders, so they might not appreciate what a heroic effort was made on their behalf. We must also thank our sag drivers—Robin Dean, Martha Barton, Kimberly Hoffman, and Arlene Morgan—who were there for us every day, whenever we needed a cold V8 or soda or some munchies. And, as is always the case on cooperative tours, everyone involved pitched in with the chores...not only the KP and luggage-hefting during the tour, but the prep work and clean-up before and after the tour. Staging one of these productions is no small feat, and it only works when everyone helps, which everyone did.

We drove, on Saturday, September 6, to a camp near Bridgeport, on the far side of the Sierra. One of the only logistical tangles of the tour came right at the start, when our big truck suffered a flat near Sacramento. Penske's support folks got us rolling again eventually, but the delay set the first night's timing back by a

couple of hours, and that was enough to deny most riders a shot at the little 13-mile prologue ride we had planned. (Although the riders were in camp, their cycling clothes were all in the truck.) A handful of riders managed to do the ride along the pretty lakes, including some in camp shorts and sandals.

Stage 1: Twin Lakes to Tuolumne Meadows; 57 miles. 5500'. The marquee attraction on this stage was the monster climb to 9945' Tioga Pass. But before that whopper, there was the long, gradual climb to 8138' Conway summit, with its lovely vistas over Virginia Creek and Mono Lake. For the more ambitious, there were bonus-miles add-ons to Virginia Lake and Lundy Lake and even up the Bodie Road, all of which might have added another 20-plus miles to the day (for some). The big Tioga climb, to such a lofty elevation, certainly was formidable, but most folks got it done with slow, careful metering of their reserves. Over the top, all were rewarded with the long, fast descent to the finish in Yosemite's attic. We were surprised to discover that the promised showers at Tuolumne Lodge are no longer available to campers, but we found a gem of a swimming hole in the Tuolumne River, right at our camp, and that was good enough for most people.

Stage 2: Tuolumne Meadows to Yosemite Valley; 58 miles, 2500'. More significant than the 2500' of climb listed here might be the approximately 7500' of descent on the day. This was a downhill dream—often on silky new pavement—and the only thing to distract one from the endless gravity candy was the iconic landscape of Yosemite, from Tenaya Lake and Olmsted Point to the Tunnel View overlook into the valley and then the valley itself. As often as one visits Yosemite, it never ceases to amaze. The day was not all downhill though, and several riders who had focused primarily on the downhill prospects were heard later commenting on the scope of some of the climbs we had to do. But even with the climbs, we were in camp just after midday, and that left the whole afternoon for relaxing and/or exploring the valley. Some took short hikes and others logged a few bike miles noodling around to various sites.

This is as good a spot as any for mentioning the weather. We really noticed it on this day: a wall of heat as we descended from the cooler high country into the hotter valley. It was warm all week, but rarely really baking. It had been wicked hot the previous week in this region, but we lucked into a mild cooling trend that kept temps in the 70° to 90° range every day. Warm enough to seldom

— Continued on page 6

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for September

1. Call to Order: President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, September 10. 28 members and guests were in attendance.

2. Treasurer's Report: Donna Emery announced that, as of August 31, the assorted bank balances were as follows: PayPal: \$79,622.22; money market: \$108.28; checking: \$18,387.46. It was noted that we have come very close to matching our target budget for 2008.

3. Membership: Gordon Stewart reported 410 individual memberships and 226 family memberships. Gordon raised the topic of refining the introductory information that goes out to new members to create a more comprehensive document covering all aspects of club life.

4. Donations: Greg Durbin is preparing a list of potential recipients of club donations to be submitted to the membership. Subject carried over to October meeting.

5. Tours: Bill Oetinger reported on the upcoming Three Parks Tour. He noted that preparations were beginning the following day. (See article, page 1.)

6. Jerseys: Bill Oetinger has been in touch with Voler Team Apparel about the possibility of creating a new club jersey with rose petals fading from red to yellow. Total additional cost for the order (over single-color roses) would be \$200. He will prepare a sample of the new design for the Board's consideration.

7. Picnic: Sharron Bates and René Goncalves were praised for having staged another successful end-of-summer picnic. It was noted that the picnic had come in under budget.

8. Roadside clean-up: Mike McGuire is in charge; Sunday, November 9 has been chosen for a fall clean-up day. It will be on Chalk Hill and will not be coordinated with the Dry Creek Association.

9. Trail closure: There was a Board discussion of the recent Wild Oak subdivision trail closure (the trail between Channel Drive and Oakmont). Craig Gaevert presented a summary of the conflict to date. There have been some interesting developments (as reported in the PD), but the club is awaiting further news from City staff before taking any action.

10. Speaker: Rand Libberton of Aria Velo made a presentation on bike fit...a very interesting talk.

Bike trails on TV...*be there!*

Here's an interesting project that should appeal to some of you: KRCB, our local public television affiliate, is proposing to create a short film series about the county's best bike trails, and they have appealed to the SRCC to assist them in putting the project together.

This would be a modest little production...a set of ten short (30 seconds each) films to be used to fill gaps in the program schedule when longer shows run short of the full hour. As such, they may pop up on TV over and over again for many years. They promise to give the club a credit in the production, so we may see our name in lights for years to come.

— Continued on page 7

Annual club picnic packs 'em in

The club held its annual end-of-summer picnic (and rides) on Saturday, August 30. Three rides—A, B, and C—left Ragle Park in Sebastopol in the morning, following routes meandering around the west county. All returned to the park around noon, and the many participants, their appetites honed by the morning's exertions, spent the rest of the afternoon attempting to put away several hundred pounds of potluck goodies laid out at our traditional picnic ground under the old oaks.

If you have been associated with the club for more than a few years, you will appreciate that this is an event for which an old adage is appropriate: "If it ain't broke, don't fix it!" Old timers can recall summer picnics in other venues around the county, from Armstrong Woods to Springs Lake to Finley Park. But in recent years, Ragle Ranch Park on the west edge of Sebastopol has suited our purposes best. The shady picnic ground works well for our group, and the park is well situated to offer us a nice selection of routes, with something for everyone and nothing too difficult for anyone. This is a day devoted primarily to relaxing and socializing, to eating and drinking. The riding is an essential part of the whole—this is, after all, a cycling club—but epic rides and hammering are for the most part set aside on this day...not part of the job description.

So while the picnic and rides followed a time-tested formula and were mostly the pleasantly predictable same old same old, the one piece of real news was the size of the crowd: well over 150 people on hand. The exact number is not known. People were RSVPing on Friday night, when we stopped counting at 150, and then of course we have to suppose that a few clueless souls just showed up for the event without any RSVP at all. (They always do.) We should note that an RSVP at the last minute (meaning Friday) is pretty much pointless, as the event organizers do their shopping on Wednesday or Thursday. Next year, remember to RSVP earlier so your presence will be reflected in the shopping projections.

Because the crowd was so huge, those in charge were concerned about running out of a few things, such as sausages for the barbie. But no one went hungry. A big crowd eats a lot, but it also generates a lot of potluck items. The buffet was immense, with more than enough to feed everyone.

Thanks to all of the good people who worked the event so the rest of us could laze around and have a good time. Sharron Bates and René Goncalves were once again in charge, and they were assisted by Greg Durbin, Ron Bates, Chris Cleveland, George Gallegos, Alan Bloom, Sue Bennett, and several others who pitched in here or there. (Sorry we've lost track of a few names.)

Speaking of reservations...

Our next newsletter (November) will contain reservation forms for the club's annual holiday dinner party in December. Based on last year's attendance, we are fairly confident that there will be more people wanting to attend that can fit into the available space. If you want to be a part of the party, fill out and send in your RSVP form as soon as your newsletter arrives. Do not delay at all or you will very likely be left out. No excuses. No exceptions. No special favors for folks who think they're entitled to VIP treatment. And whatever you do, don't even think about showing up at the door on the night of the event without a reservation. You will be refused entry.

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 Oettinger @ 823-9807 or send e-mail to: srcride@sonic.net.

Last month, I mentioned the Mount Tam Double briefly, noting that several club members had done it (on August 2). Now, thanks to some results crunching, I can be more specific about who those worthies were. Scott McEldowney was 7th and Bill Ellis was 8th; Garth Powell was 12th and Greg Durbin was 14th. Further down the list, Keith White, Joe Gorin, John Witkowiicki, Bob Puckett, and Ken Cabeen all finished. Matt Wilson woulda coulda shoulda finished too, but he got off-course around mid-ride and spent a few miles wandering around on the wrong roads before finally reconnecting with some of his club mates for the finish. He did most of a double...just not quite the right double.

The last club ride we covered in last month's issue was Bill Ellis' King Ridge ride on August 16. That split a weekend in two, so here we are, a month later, finally reviewing a ride that happened a day later: Wayne Kellam's Wildflour Wandering on August 17. Wayne reports: "About 23 riders started at Ragle and stayed pretty close up to Occidental. The Occidental-Freestone descent was a blast, as always. There were a few new riders who had never been to the Wildflour Bakery before. We actually had more stickybun pieces than the group could finish. The ride went out beyond Valley Ford and came back over Gericke Road. I made a mental note not to take this route during the rainy season because of the dairy ranch which straddles the road, leaving a good layer of manure to ride through. The sun finally came out as we were heading up Bloomfield Road. My quads started to feel twitchy at this point, so I knew that I had had a good day's ride."

Next up was Michael Leach's Mt Tam Century on Saturday, August 23. Michael found himself with a scheduling conflict, so I took on the leadership role on this one. It's been awhile, and the memory is fuzzy, but I think we had around 20 at the start, which is a lot for such a challenging ride. From a start in Cotati, we worked our way down into Marin via a series of back roads north and west of Petaluma, with a break at the Cheese Factory. Frequent regroupings kept the slower and faster riders at least occasionally in touch with one another. But the big climbs on Fairfax-Bolinas Road and on the Ridgecrest run up to the summit really fractured the group. What finally, irrevocably fractured the group was fog. At the summit of Tam—at exactly the halfway point of the ride—we could look down to the west and see nothing but grey and damp fog, all along the coast (where the route was supposed to go). Many of us had not brought enough cool-weather clothing for a descent into that soup, so a breakaway faction elected to essentially retrace the route back to Fairfax, Nicasio, etc., giving the foggy coast a pass. Another group was determined to stay the course and headed off toward Bolinas. We had reports after the ride that all went well in both groups. It was a huge day, a very epic century. But pretty much everyone finished what they started, for the most part looking reasonably fresh and happy...even some who rode to the start and logged over 150 miles on the day.

Mike and Janice Eunice had an A ride out of the same Cotati park on the next day...heading down Petaluma way. But they were off on a cycle-tour somewhere during the time when we were putting the newsletter together, so we couldn't get a report from

them on how it went. Knowing who was in charge, though, we can comfortably predict that it went well. You're always in good hands with Mike and Janice.

We had a note from Barbara Drucker about an unofficial but traditional club ride on this weekend: "With Steve Drucker as SAG, Barbara Drucker, Greg and Jan Conklin, and Carole and John Kolnes reprised the SRCC Avenue of the Giants two-day tour on 8/23-24. We rode the 53 miles from Garberville to Fortuna on Day 1, with a potluck lunch stop at the Humboldt State Redwoods Visitor Center. On Day 2, we did the route in reverse. The scenery and weather were beautiful and there were enough hills to keep the ride challenging." For those of you with short club memories, Barbara is referring to a weekend tour that was an annual fixture on the club calendar for several years, back in the 20th century.

Right at the end of August, we had the annual end-of-summer club picnic at Ragle Park, about which you can read more elsewhere in this newsletter.

There were three rides on the first Saturday in September, beginning with yet another ride start from Cotati. This was Ken Russeff's Chileno Valley Ramblin' ride, but we only know a little more about it than we do about the Eunice ride. Ken sent us this note: "I was unable to lead my ride out of Cotati because of a Labor Day mountain bike crash, but I did meet with 16 eager riders on a beautiful day, passed out route slips, and watched everyone leave the parking lot. Thanks to Jack Strange, my official sweep, and all those who pitched in. Apparently, all went well."

We know a little bit more about one of the other rides on this day, thanks to a nice note from the ride leader, Rick Sawyer: "We assembled a group of eight riders at the creekside picnic area at Morton's Warm Springs, a smaller group than expected, perhaps due somewhat to the depletion of our ranks by those attending the Three Parks Tour and also the continuing string of very hot days, with temperatures predicted to peak at well over 100° in the afternoon. Included were two out of town C-quality riders, visiting Sonoma County from Arcata and Boston, who had independently found the club calendar on the internet and joined us for the day. Their enthusiasm and energy were quite welcome. Ideal conditions prevailed in the morning as the group ascended Sonoma Mountain, blasted down the other side and regathered at Crane Creek Park. At that point, two riders split off and followed their own drummer back to the starting point, following a shorter route through Santa Rosa. The rest of us pacelined it on down to Bloomfield at a brisk clip. The only mishap all day was the surprise disappearance of our planned food stop: the late Italian Bakery, which until very recently was located in the Antique Society building on the outskirts of Sebastopol. (A new cafe will be opening soon, according to the sign on the door.) Just slightly miffed, we detoured up the road a short distance to the plastic fantastic, organic hipster coffee garden on the Gravenstein Highway for a bite. The two gates at the Todd Road closure between Stony Point and Dutton were successfully circumvented as we headed east and climbed Crane Canyon under some duress, with the temperature reaching 101°. Returning to Morton's, the dip in the pool was nothing short of heavenly. My thanks to everyone for contributing to another fine day in the saddle!"

The third ride on the day was Martin Clinton's Tour of Downtown Sonoma, held in conjunction with the Sonoma Bicycle Festival. We wish we knew how this ride went (and ditto for Martin's ride

— 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...go to Calendar of Rides

OCTOBER 3-5

Wendy Page Memorial Grizzly Century Weekend North Fork • Bass Lake

For more info, see article on next page or talk to...

Kimberly Hoffman—579-3754
kdhoffman10@yahoo.com

SATURDAY • OCTOBER 4

Two County Coastal Century 4/C/100 9:30 AM • Piner HS

North on Fulton > L on Piner > L on Willowside > R on Guerneville > L on Vine Hill > R on Green Valley > L on Harrison Grade > R on Graton > L on Boho (regroup in Occidental) > Coleman Valley > L on Hwy 1 > L on Bay Hill > L on Hwy 1 > R on Estero > Franklin School > L on Dillon Beach (rest stop in Tomales) > South on Hwy 1 > L on Marshall-Petaluma > L on Wilson Hill > L on Chileno Valley > L on Tomales-Petaluma > R on Alexander > L on Fallon-Two Rock > R on Carmody > L on Petaluma-Valley Ford > R on Bloomfield > L on Burnside > L on Gold Ridge > L on Bodega > R on Ferguson > L on Mill Station > R on Occidental > L on Sanford > R on Hall > L on Fulton. *Many turn off points to cut ride to 35, 55, and 75 miles. Doug's birthday ride.*

Doug McKenzie—523-3493

SUNDAY • OCTOBER 5

SRCC Welcome Wagon Ride 1/A/10-15 10:00 AM • Esposti Park

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, if the riders want it.

Mike & Janice Eunice—575-9439

SATURDAY • OCTOBER 11

SECOND SATURDAY Bike Trails Photo Shoot 2/AB/35 9:00 AM • SR City Hall

Prince Memorial Greenway > Santa Rosa Creek Trail > South on Fulton > Wright > R on Sebastopol Rd > Joe Rodota Trail > R on

JRT spur to Morris St (in Sebastopol) > Eddy Lane path to Analy > West County Reg. Trail (with assorted road sections) to Forestville > L on Hwy 116 > R on Martinelli > R on River (or frontage roads nearby...Trenton and Woolsey) > Mark West Springs > R on Riebli > Wallace > Brush Creek > L on Montecito > R on Brush Creek Trail > L on Yulupa > R on Sonoma Ave to City Hall. *The point of this ride—aside from just cycling—is to celebrate our network of bike trails, and in particular to meet with a camera crew from local public television affiliate KRCB so they can film us riding on the trails. (See article beginning on page 2 for more info on this.) Bring your digital cameras too: we want still photos of cycling on the trails as well.*

A: Barbara Drucker—538-5256
B: Bill Oetinger—823-9807

SUNDAY • OCTOBER 12

NO RIDES SCHEDULED

(Hey you out there: when was the last time you led a club ride?)

SATURDAY • OCTOBER 18

Wall and Ladder 4/C/62

8:00 AM • Healdsburg City Hall

N on Grove > L on Healdsburg Ave > R on Alexander Valley > 128 > L on Pine Flat to top > Retrace to Rest Stop at Jimtown > W on 128 > Alexander Valley > R on Lytton Station > R on Lytton Springs > L on Chiquita > R on Grove (Regroup at City Hall) > S on Grove > Vine > R on Mill > Westside > R on Mill Creek to end > Retrace to City Hall.

Randall Ray—529-1278

SUNDAY • OCTOBER 19

SRCC Welcome Wagon Ride 1/A/10-15 10:00 AM • Finley Park

See October 5 listing for details.
Mike & Janice Eunice—575-9439

SATURDAY • OCTOBER 25

Almost 40 Miles of Back Road 1.5/A/37 9:00 AM • Santa Rosa City Hall

L on First > L on SR Ave > R on Prince Greenway > Cross bridge to beginning of Joe Rodota Trail > Cross Hwy 12 to Morris St > Rejoin Trail at Analy HS > R on High School

> R on Occidental > L on Sanford > R on Hall > L on Willowside > L on Guerneville > R on Olivet > L on W. Olivet > R on Oakwild > R on Woolsey > Laughlin > R on Copperhill > L on Brickway > Aviation (*Break at Kaffe Mocha*) > R on Airport > L on Laughlin > Woolsey > R on Wood > R on Fulton > R on Piner > L on Willowside > L on Hall > L on Fulton > R on Prince Greenway > City Hall.

Ken Russeff—953-1804

Mt Tam: All the Way Around

4-5/C/43

9:30 AM • Downtown Fairfax

Fairfax-Bolinas > L on W. Ridgecrest > L on E. Ridgecrest to summit (*rest stop*) > Retrace to L on Pan Toll > L on Panoramic > L on Sequoia Valley > Edgewood > L on Marion > Cascade Dr > R on Miller (*regroup in Mill Valley town plaza*) > Continue thru Mill Valley, Larkspur, Kentfield, Ross, San Anselmo, & back to Fairfax. *There is a possibility of some riders organizing a longer (60-mile) option through Strawberry, Tiburon, Paradise Drive, etc. If it happens, there will be a leader there who is familiar with the route.*

Kirk Beedle—530-243-4504
kirkbeedle@sbcglobal.net

SUNDAY • OCTOBER 26

River Ramble

2/B/35

9:00 AM • River Road park-&-ride
(just west of Hwy 101)

R on River > R on Laughlin > L on W. Laughlin > R on Slusser > L on Mark West Station > R on Starr > L on Windsor River > L on Eastside > R on Wohler > L on Westside > R on River > R on Rio Nido > L on Armstrong Woods (*Rest Stop at coffee shop in Guerneville*) > L on Armstrong Woods > pedestrian/cyclist bridge > R on Hwy 116 > R on Mays Canyon > R on 116 > R on Green Valley > L on Vine Hill > L on Laguna > R on Trenton > L on River > R on Woolsey > R on River

Wayne Kellam—523-1878

SATURDAY • NOVEMBER 1

Sweetwater Century

4/BC/100

8:00 AM • Youth Comm. Park

R on Fulton > R on Hall > L on Sanford > R on Occidental > R on Mill Station > L on Sullivan > L on Green Valley > L on Harrison Grade > R on Graton > L on Boho (*Rest stop in Occidental*) > R on Coleman Valley > R on Hwy 1 > R on Hwy 116 > R on Moscow (*Rest stop at Duncans Mills*) > L on Main Street in Monte Rio > Over bridge > R on Hwy 116 >

L on Armstrong Woods > R on Sweetwater Springs > L on Westside > L on W Dry Creek > R on Yoakim Bridge > R on Dry Creek > L on Canyon > R on Hwy 128 (*Rest stop at Jimtown*) > L on Hwy 128 > R on Chalk Hill > L on Pleasant > R on Faught > R on Airport > L on Fulton

Jeff Burton—217-2756

SUNDAY • NOVEMBER 2

Mt Tam: Up & Back

4/B/35

10:00 AM • Downtown Fairfax

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

Wayne Kellam—523-1878

SUNDAY • NOVEMBER 9

Adopt-a-Backroad

Litter Pick-up Day

Chalk Hill Road

9:00 AM • San Miguel School

Look for more info in the November issue.

Mike McGuire—542-6687

REGULAR RIDES

Wednesday Wanna-B's

B or C • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

B: Beth Anderson—874-3685

Vin Hoagland—584-8707

Second Wednesday: Healdsburg City Hall

C: Eric Peterson—433-7737

Third Wednesday: Ragle Park, Sebastopol

C: Jeff Burton—217-2756

Fourth Wednesday: Ragle Park, Sebastopol

B: Alfred Mascy—546-0898

C: Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

B: Bob Briner—799-7146

Friendly Fridays

B or C • 30-50 • 9:00 AM

First Friday: Cotati Dog Park

B: Greg Stone—527-6116

Second Friday: Howarth Park, Santa Rosa

B: Martin Clinton—569-0126

Third Friday: Ragle Park, Sebastopol

B: Doug Newberg—579-0925

Fourth Friday: City Hall lot, H'burg

B: Buck Hall—537-1946

C: Warren Watkins—433-4403

Fifth Friday (B group only): Esposti Park

B: Gary Grayson—538-9262

2-3/A/25-30 • 9:00 AM

Same schedule as other Friday rides

Janice Eunice—575-9439

Fourth Friday: George Gallegos—544-3178

& Carole Kolnes—838-3988

Grizzly Century Weekend

The Santa Rosa Cycling Club's participation in the Grizzly Century has become a club tradition. Every year on the first weekend in October—this year, Oct. 3-5—many members head south to Bass Lake to camp together and ride together on the century that may be the most beautiful and bike-friendly in the state. It began around ten years ago when club member Wendy Page tried the ride and loved it so much she started recruiting fellow club members to go back with her in subsequent years. Her enthusiasm was so contagious, and the ride and support proved to be so wonderful that it soon became a club institution, helped along each year with a modest financial contribution from the club budget (to pay for some of the camping and some of the Sunday breakfast).

What makes the Griz so special? First of all, it's a great course. Lovely scenery just outside Yosemite, with all that same big granite and deep canyon scenery that make the National Park so famous. Traffic is next to nonexistent on most of the loop. You'll see more sag wagons than any other traffic, all day long. There are big but not brutal climbs, and there are wild descents, some as long as a dozen miles or more, almost always on excellent pavement. (The century has over 10,000' of climbing and an equal amount of descending.) There are shorter options than the full century, and a longer, 200-K option as well.

Aside from the great course, there is the great support. Rest stop chow is top notch, including sushi at one early stop and killer homemade sticky buns at another. You also get—for your entry fee—a very good free breakfast before the ride and a free dinner after. But wait, there's more: the organizers pay for our campground on Friday night, and the SRCC chips in to cover the camp fees on Saturday night and the cost of fixins for a hearty camp breakfast on Sunday morning as well. Essentially, you pay your entry fee and pay for some gas to get there, and that's your whole expense for the weekend. Their tee-shirt art is usually excellent as well. Such a deal!

While a few club members opt for nearby motels, most camp together in a reserved campsite on beautiful Bass Lake.

RSVP with Kimberly Hoffman (579-3754, kdhoffman10@yahoo.com). Sign up for the ride(s) on-line or via snail mail... <http://www.grizzlycentury.org/> grizhome.htm

Three Parks Tour — *continued from page 1*

need arm warmers or vests, but never brutally hot.

Stage 3: Yosemite Valley to Bass Lake; 56 miles, 4900'. Heading south out of Yosemite Valley means, first, a sweet run down the magnificent valley, and then a long climb along the Wawona Road, including riding uphill through a mile-long tunnel. There are other big climbs too, but there are also two 13-mile descents sandwiched around a nice rest stop at the grand old Wawona Hotel. We also offered the busy beavers in the group a couple of bonus-miles out-&-backs, including one to Mariposa Grove. We camped on the shore of Bass Lake at a campsite that had a nice beach on the lake where many went swimming in the not-too-cold lake.

Stage 4: Bass Lake to Choinumni; 70 miles, 6400' or 58 miles, 4000'. Both routes were fairly challenging, and the longer one was quite a brute. But both routes did contain more descending than climbing (9000' on the long route), so the day was not all hard slogging. In fact, there were extremely entertaining downhill all day long...real down-the-rabbit-hole twisters. This is the only day on the tour that didn't contain any miles in a national park, but that didn't mean we were riding through boring scenery. Much of the route was lovely, with oak forest and meadows and big rock just slightly less grand than what one finds in the famous parks. And without the lure of the parks, traffic was virtually non-existent. Our camp was in a remote, peaceful county park on the Kings River. We recalled this river being heart-stoppingly cold when we were here before, but we were pleasantly surprised to find it much warmer this time, so that one could actually stay in the stream and loll about. The "peaceful" aspect of the camp was somewhat compromised by about three dozen Fresno County Sheriff's personnel conducting some sort of operation in the camp, replete with low-flying helicopter, scuba divers, and pretty much all the law-enforcement toys they own.

Stage 5: Choinumni to Kings Canyon; 75 miles, 10,500'. This was a giant of a stage, the equal of a typical century, at least. But it was also one of the most spectacular stages we have ever done. The first 45 miles were taken up with climbing from the foothills to the top of the mountains along a series of smaller, steeper roads and then more gradually along the main highway into the park. A missed turn in this section led all the riders on a slight detour that didn't add any miles but did add another climb, ensuring that our total elevation gain for the day was well over 10,000'. Once into the park, the next 20 or so miles comprised one of the world's most amazing descents....down, down, and down into the massive canyon. The space available here cannot do justice to how epic this section is, with soaring rock ramparts and sheer cliffs above and below the road, and with smooth pavement much of the way. In the deepest reaches of the gorge—near Horseshoe Bend—the interplay of winding road and towering rock cliffs is as impressive as any cycling venue you might care to name, anywhere on this planet. From that dramatic spot, the last ten miles were all uphill, next to the wild cascades of the Kings River. Ten miles and 1600' of climb might seem like a hard way to end such a big, tough day, but this was never really a cruel climb, especially with the magnificent river always nearby for scenic relief and with an afternoon tailwind giving us a little assist. We camped for two nights in a pleasant group site overlooking the river.

We planned for a layover day in Kings Canyon to recharge our batteries after the long Stage 5 and ahead of the even longer Stage 6.

We also wanted more time to explore this little-known wonderland. It turned out to be a delightful, relaxing day...no camp to move; no big miles to pound. Some folks hiked to Lookout Point or Mist Falls, while others rode a few miles to Road's End in the deepest part of the canyon, where the huge granite monoliths look like the big walls in Yosemite Valley, only bigger. Many visited Roaring River Falls, a picture-perfect waterfall dropping into an exquisite punch-bowl grotto. Some even took the tour of Boyden Cavern. And a few hardy souls took the plunge into the river (much colder up here than down at Choinumni).

Stage 6: Kings Canyon to Choinumni; 84 miles, 8400'. If Stage 5 wasn't the most challenging stage, then this stage was; if Stage 5 wasn't the most spectacular stage, then this stage was. Hard to choose between them, and the fact that the tour participants are still debating which of these two was the best bike stage they've ever done tells you a little about how over-the-top these miles are. We began our final stage by retracing the last 24 miles of the previous stage, beginning with those final ten miles of climbing, now turned around to become a screaming, high-speed descent. Then we had to climb out of the deepest canyon in the United States, first with the 14 miles we had done as a descent on the main road. As we climbed, we could look back down into the canyon, and we came to realize how close we had come to having another tour messed up by forest fires. Small fires had been burning for over a week in the Kings Canyon high country, but had grown substantially while we were in the valley. Now we could see the smoke pouring down into the area where we had been camping; we had escaped just in time.

After turning off the highway and descending to Hume Lake, we began the next section of uphill: another dozen miles at a substantial gradient, topping out at a 7300' summit at mile 41. This was by no means the end of the climbing on the day, but at least from here on, the downhill began to dominate. At mile 47, we entered Sequoia National Park and began seeing those namesake trees, those prodigious paragons of the plant world. In particular, we stopped to pay our respects to General Sherman, the largest living organism on earth. The old grandfather tree has recently lost a branch that's about the size of a mature oak tree, but the main tree is still doing fine. After visiting the General, many of the riders took the pretty little spur road to Moro Rock and climbed its 300+ steps to the summit, where there are views to forever in all directions. Finally, at Giant Forest Village, we launched off the mountain into our final, epic descent: almost 5000' down in almost 20 miles, and every inch of it a curling, swirling, whirling dervish of a downhill...one slinky bend after another, most of it on satin pavement. This too-much-fun downhill was the perfect conclusion to our wonderful tour, and in fact, we ended the tour where we ended the downhill, just outside the park's southern gate, at a quaint old inn on the banks of the wild Kaweah River. Dinner on the terrace of a nice restaurant, watching the full moon rise over the river, put a final exclamation point on this best of all possible tours.

Without a doubt, this was the most spectacular and most entertaining and challenging tour we have ever done. (We've done it twice now, and it was as good the second time around as the first time.) Only the Southern Utah Tour of 2004 even comes close to matching this one for eye-popping scenery. This will be a hard act to follow in the years ahead. But we did follow it with other tours a decade ago, and we will do so again now.

More BACKROADS & BREAKAWAYS

on Labor Day), but he isn't responding to phone calls or e-mails, so we are in the dark on this front. Perhaps he's off cycle-touring with Mike and Janice.

Wayne Kellam, that trusty ride leader, was back in the saddle for another good ride on the next day (Sept 7): a B-pace loop over Coleman Valley and out to Bodega Bay. Wayne began the ride, but had to turn back at Ocean Song on Coleman because of a mini-medical issue. We only have a verbal report from Wayne about the ride, but he thinks there were about 18 riders on hand, and that all was going well until he bailed. He heard that some riders elected to do Bay Hill instead of staying on the main highway through Bodega Bay, and that others chose to detour inland to Freestone instead of sticking with the route around to Bloomfield. Apparently those dense, heavy stickybuns in Freestone have the mass and magnetic attraction of a black hole: get too close, and they pull you right in. Anyway, without Wayne riding herd on everyone, things sort of disintegrated. But it wasn't a problem. All had a good ride and a good time, as far as we have been able to ascertain.

That brings us around once again to the Second Saturday rides for the month. We know absolutely nothing about the rides for this month, not even whether they happened at all. We published as set of routes, but nobody volunteered to lead the ride(s)...not A nor B nor C. This has become a chronic problem with the SS format. Typically, when putting together the monthly ride list, the ride submissions come from members who have some route they want to share with their club mates. The members take the initiative and put the packages together. But with the SS rides, no one is taking this self-starter role; everyone assumes someone else is in charge, so no one steps up to get things rolling. And it's a challenge to come up with routes, month after month, that can work for three different sized rides out of the same start site. So the second Saturday of each month just sits there on the schedule, like a white elephant, with no one knowing quite what to do with it. The original idea of a date when all the club's assorted groups could get together on one multi-tempo ride was a noble idea. But in practice, it just hasn't worked all that well. The process is too cumbersome. Our ride list works better when the rides originate spontaneously with the members rather than from some institutional mandate. So we think it's time to declare this experiment over. We will run the SS rides this month, with or without leaders, but that will be its swan song...unless someone or some group of someones wants to take it on and make it happen every month. The concept of the multi-tempo ride will live on in our annual or semi-annual picnic rides and our free lunch ride, or whenever anyone wants to stage one. But we won't see them every month. Beginning in November, the second Saturday will be like any other weekend date: open for anyone with a bright idea for a ride they'd like to lead.

On the day after the Second Saturday rides, Barbara Drucker and Carole Kolnes had their Valley of the Moon A ride out of Howarth Park. Carole sent in a note about it: "We had 23 people for the ride. There were a few non-members who signed the waiver. It was quite a smattering of riding levels. It was my decision to lead from the back to make sure the slower riders wouldn't be left behind. There was a little confusion with that however, and next time when there is such a diversity of riders I think I will suggest

the fastest ones go ahead and lead the slower ones and then have a sweep. It was almost like having three separate rides wrapped up into one! We gave them the option of taking the path by the church through Wild Oak or following us and taking the bridge by the reservoir. Most took the path through Wild Oak. There weren't any problems. We had a nice break at the market in Glen Ellen but again, because of the numbers, people were spread out, so they couldn't find the ride leaders, even though we right were there. So they hooked up with others to find their way back. The weather was perfect after a chilly start, and you can't beat the ride to Glen Ellen on a beautiful, early fall day!"

Looking ahead... We have just returned from laying out a new club tour for July of 2009: the Blue Wallowa Tour in northeastern Oregon (exploring the Wallowa Mountains, Blue Mountains, and Elkhorn Mountains...a beautiful, remote region south of Pendleton and just west of the Idaho border along the Hells Canyon section of the Snake River). We can almost guarantee that it will *not* be as spectacular as the recently concluded Three Parks Tour. Nothing could be. But we can promise that it will be an interesting and engaging tour through a lovely and lightly traveled landscape. And we feel confident in predicting that, if we have the same *esprit de corps* on that trip that we had on both our tours this summer, then it will end up being a very successful adventure for all involved.

Bike trails on TV — Continued from page 2

There are a couple of components to this project. First of all, they want to see a group of cyclists riding on one of the trails, or maybe in a few places. We are suggesting to them that we start with a film crew near the new trout sculpture at the head of the Prince Greenway on the morning of Saturday, Sept 11 (our Second Saturday ride). They will want to interview a few people, asking about their favorite trails and so forth.

Secondly, and just as important, they are asking members to fan out all over the county with digital cameras in hand to snap photos of bike trails. These will be used to create photo montages, which will form the bulk of the little filler pieces. They want a sampling from trails all over the county...a nice wide geographic spread. These can be taken anytime, although this October would be especially nice, with the autumn coloring. The photos can then be sent to Bill Oetinger (srccride@sonic.net), who will catalog them before sending them on to KRCB.

A suggested list of trails for which we would like to see photos:

Prince Memorial Greenway and Santa Rosa Creek Trail
Joe Rodota Trail and West County Regional Trail
Brush Creek Trail
The trails network in Howarth and Spring Lake Parks
The trail past the Vallejo Adobe in Sonoma
Hunter Creek Trail
Foss Creek Pathway in Healdsburg (with shots of the sculptures along the path)
Helen Putnam Park Trail in Petaluma (between Chileno Valley Road and Windsor/D Street)
The Petaluma waterfront

If you can think of any other significant bike trails we've overlooked, please let us know. And send photos of them. Photos with cyclists riding on the trails are probably preferred, but we'll take images of peaceful, deserted stretches of trail as well.

SANTA ROSA CYCLING CLUB
PO Box 6008
Santa Rosa, CA 95406

PRINTED ON RECYCLED PAPER



Member: LAB • CBC • CABO • REBAC • SCTC • SCBC

- President: Craig Gaevart545-4133
- Vice-President: Greg Durbin528-4450
- Secretary: Donn King823-5461
- Treasurer: Donna Emery546-6359
- Officers at Large
- Martha Barton538-9315
- John Miklaucic.....545-3470
- Joe Morgan.....778-8209
- Gordon Stewart823-0941
- Martin Clinton.....569-0126
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates.....526-3512
- Membership registration: Gordon Stewart.....823-0941
- Meeting program coordinator: JoAnne Cohn.....566-9169

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

srccride@sonic.net (Bill Oetinger, e-wrangler)

To join the club or renew membership, please go to
www.srcc.com



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

GENERAL MEMBERSHIP MEETINGS

Wednesday, October 8 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Guest Speaker: Scott Bowen on the proposed SR velo park

Wednesday, November 12

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, October 2 • 6:00 PM

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

Thursday, November 6

Time to take a pull at the front!

October is the month each year when we review the club's leadership positions, with an eye to who will be doing what in the coming year.

Looking ahead this year, we can see that we will need some new people to be involved in the management of the club in 2009. Some of the current members of the Executive Board have been there and done that for a number of years now, and while some are planning to stay on, others have let us know that they will be retiring, or at the very least taking a break for awhile.

That means several people will need to fill the gaps. The club functions best when there is a steady turnover of personnel in leadership, managerial positions. Having old, experienced hands on the Board is always valuable, but without new participants, things become stale. Most importantly, without active and varying input from many people, the regular members tend to take things for granted; to forget that this is *their* club; that each and every member is a stakeholder and a potential shaper of policy and planning.

The duties entailed by being on the Board are not onerous. Two meetings a month—Board and General—pretty much cover the time outlay. Some Board members take on additional tasks, but that is not essential, especially not for first-year officers.

If you are interested in being on the Board, talk to any of the current officers to learn more about what's involved. Please consider this seriously...we need your help.