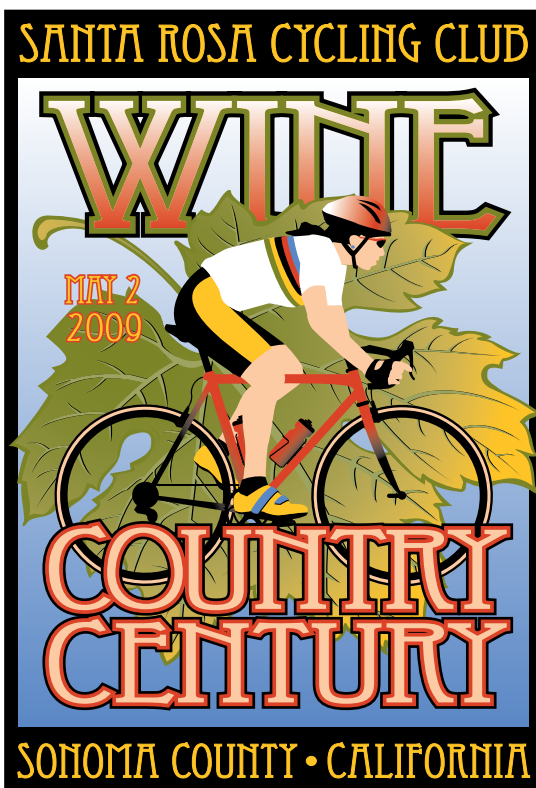


DECEMBER 2008 NEWSLETTER



The last month of the old year is our traditional date for getting things rolling on the club's biggest event of the new year: the Wine Country Century. We don't actually do anything in December, at least not anything the public would notice. Registration doesn't open until February, and it is in that same month that we first start beating the bushes for volunteers.

But the December launch is our way of telling the world that yes, we are going to be out there again, doing our usual bang-up job with our century on the first weekend in May, and that we're now beginning to ramp up for the big challenge ahead; that a committed core of club members—headed by event Chair Joe Morgan—is already at work on all the long-range plans and projects that will have to be sorted out before registration opens and things become really hectic.

One of the ways we show we're serious about another WCC is by presenting to the world the new graphic that will be front and center for the event in the coming year; the image that will appear on the commemorative tee-shirts and fridge magnets and posters. Here it is (left). While the cyclist and her bike are contemporary, the overall look of the image pays homage to the promotional posters from the first golden age of cycling...the end of the 19th and beginning of the 20th centuries. If you're viewing this graphic in black and white—in the hard-copy newsletter, for instance—you might want to check it out in full color at the club website, on the Wine Country Century page.

So...it's official: if you were in any doubt about it, the Wine Country Century rides again! Mark your calendars for Saturday, May 2, whether you plan to take part as a riding participant or as a working volunteer. One way or another, it promises to be another epic day for all involved. Be sure to be a part of it.

Semi-annual Adopt-a-Backroad litter pick-up day on Chalk Hill Road: a clean sweep

Approximately 30 SRCC members gathered at San Miguel School on Faught Road on the sunny morning of Sunday, November 8 to take part in our semi-annual round of street sweeping (picking up litter along one of our favorite biking back roads). In this case, at this six-month interval, the designated road was Chalk Hill.

Mike McGuire had done an admirable job of coordinating the project. He had trash bags marked with street numbers so the workers would know where to go, and he had even arranged things with the County so that they would pick up the trash bags, rather than having us take them to the dump. All we had to do was bring them to a central drop-off site and the County crew would do the rest.

As per our usual practice, the call had gone out for volunteers in the last newsletter, and reminders had been posted to the club's chat list. It looked as if very few people were answering the call in the days leading up to the Sunday in question. Some of us were worried that this might be the day when our pet project ran out

of steam, or out of willing workers anyway. Well...not to worry. Some in the group may have neglected to RSVP, but they were there when it counted.

Although we say we like 40 bodies for this job, the 30 people who showed up were more than enough to cover the full ten miles of Chalk Hill. In fact, they also cleaned up Pleasant, Faught, and Shiloh (down to Old Red). We picked up everything from chips of glass to beer bottles; from abandoned bicycles to truck bumpers and television sets. It was a litter-picking tour de force. And we were noticed: several locals thanked us for being out there, and we made sure they knew it was the SRCC behind the program.

After all the trash had been stashed, the crew repaired to Johnny Garlic's in Windsor for restorative infusions of burgers and fries and pasta, compliments of the club. It was a good day: perfect weather, energetic volunteers, appreciative locals...just right. Best of all, we left a little bit of the world a little bit cleaner than we found it.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for November

1. Call to Order: President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, November 12. 42 members and guests were in attendance.

2. Treasurer's Report: Donna Emery announced that, as of October 31, the assorted bank balances were as follows: PayPal: \$70,635.82; money market: \$10,104.02; checking: \$2,139.58.

3. Membership: Gordon Stewart reported 426 individual and 230 family memberships.

4. Donations: Greg Durbin made a presentation on charitable donations for 2008. After some discussion, the proposal was passed by voice vote. (*See article at right.*)

5. Website: Gordon Stewart reported on a new feature at the club website: an interactive archive of bike routes drawn from past monthly club ride lists. The list will be augmented with each new month's rides. It can be sorted by mileage, terrain, locale, and name. Each ride is linked to a full route slip.

6. Jerseys: Bill Oetinger announced that a new order of 100 units of SRCC red rose jerseys was being shipped on the day of the meeting and that they would be here and available for purchase shortly. (*See notice on page 8 for more information.*)

7. Holiday Dinner: René Goncalves reported that all prep work for the dinner is proceeding on schedule. (*For more information on the dinner, see the November newsletter.*)

8. Roadside clean-up: Bill Oetinger reported on the recently concluded litter-pick-up project. (*See article on page 1.*)

9. Awards: Craig Gaevert solicited input from the membership for the End of the Year awards to be presented at the December Holiday Dinner.

10. Elections: Craig Gaevert noted the need for members to fill vacancies on the Executive Board in 2009. He stated that we now have members who have stepped forward to fill those vacancies.

11. Velo Park: Last month, Scott Bowen made a presentation on plans to create a state-of-the-art bike park in Santa Rosa. He is working with SRCC, Bike Monkey, the SCBC, and the City of Santa Rosa on identifying a site for the facility, which would contain a BMX course, trails and obstacle courses, bike rodeo ground, and even, possibly, a paved crit course and velodrome. Based on that presentation to the membership and another to the Board, the Board decided to provide \$3000 in seed money to help keep the project moving forward. The proposal was presented to the membership at the November meeting and approved by vote.

12. Warehouse: In response to an appeal last month, Ron Bates and René Goncalves have offered to assist with the maintenance tasks associated with our warehouse. Doug Simon—currently in charge of warehouse logistics—was at the meeting and let it be known that he is not entirely stepping away from his involvement in that capacity; he'll stay involved, but simply wanted some help. Now he will have it.

13. Featured presentation: Our scheduled guest speaker was unable to attend, so at the last minute, tour organizer Bill Oetinger was called upon to give a slide show preview for the Blue Wallowa Tour, scheduled for July of 2009.

2008 SRCC Donations Report

Last month I introduced the board's proposal to re-focus the fall donations to more local and mostly cycling-related organizations. Since then, the Board has reviewed our 2008 financial results in preparation for constructing the club's 2009 budget. The Board was able to determine that we could afford to increase the donations by \$2000 to \$14,000. We presented the following specifics at the November general meeting, which were approved by a vote of the members in attendance:

\$3000 each to Community Bikes Project and Team Swift;

\$2000 each to Sonoma County Radio Amateurs, Safe Kids Project, and Landpaths;

\$1000 each to the Ross Dillon Hope Fund and the Earl Baum Center of the Blind.

The Board has also deferred an additional \$1,000 donation to a local cycling related organization pending further due diligence and will take the appropriate action if needed at the December general membership meeting.

We are proud of the hard work of the members who volunteer on the events that generate the income that allows our club to contribute in a meaningful way to the betterment of cycling in our community. Thank you all!

— Greg Durbin, Vice President

New Year's Day Ride(s) and Warehouse Party

We are having an open house and party at the club warehouse as our New Year's Day get-together, just as we did last year. A set of ABC rides will stage out of nearby Coffey Park, and after the rides, we will cruise north to the barn to chow down on a spread of pot-luck munchies provided by the members. We will have someone with a car standing by at the start to collect pot-luck items. We plan to have the club's big barbecue smokin' as well.

While the parking lot at the warehouse is big, it may not be big enough to handle all the cars generated by a big turn-out for the New Year's ride, so we expect folks to park near the park/ride start and commute the few blocks to the warehouse by bike. In the event that the rides are rained out, the open house will still be happening, and we hope most folks will find a way to keep the total volume of cars down in the warehouse lot. Carpooling would help.

The address is 4023 Coffey Lane, 1/4-mile past Dennis Lane on the left. Look for more information on the rides in the Ride List.

The open house is an RSVP event. RSVP's are being handled through the club web site. In the "Calendar of Rides and Events" section, you can sign up for the New Year's Party and list your potluck choice. All the details are there. This event is members-only: not open to the public.

Sharron Bates and René Goncalves are in charge of logistics for the party. They would appreciate a little assistance from a few folks in setting up the party and cleaning up afterward, and probably in managing the barbecue during the party. Call or e-mail either one of them if you can help. Sharron: 526-3512, technical@randalnutritional.com; René: 544-1918, leslierene@hotmail.com.

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: srcride@sonic.net.

By the time you read this in December, our glorious Indian Summer will probably be over. But as I write this in mid-November, we are in the thick of it...as thick as warm, golden honey. However, it hasn't been all warm and sunny days lately...not a seamless transition from summertime to the present moment. Our weather has been all over the map, and we have been all over the map as well, dodging the rain clouds and chasing blue skies.

First up in this reporting period was Randall Ray's C ride on October 18, Wall and Ladder. Randall reports: Eleven of us braved the 8 AM start time at Healdsburg City Hall to head for the hills. On the slate was Pine Flat's 'Wall,' and then, just when it's no longer needed, the 'Ladder' on Mill Creek. The tempo never got too high, and was mostly conversational on the climbs. Regroups seemed to take a bit longer than usual. Considering the many riding levels and the hilly course, we managed to keep the group together all day. It was a perfect day to be out on the bike, and a pleasure to be in such great company. Thanks to all who came out!"

The next day, Mike and Janice Eunice had another of their Welcome Wagon rides on the card. Janice sent us this note about the day: "We had 11 participants, three new SRCC members, Steve, Julie, Pattie; four new riders, Victoria, Colleen, Pauline, and Debbie; four SRCC members, Jan, Greg, Mike, and me. I pushed the envelope when I extended the route to Mom's Apple Pie. I had intended to stop at Andy's Market, but it was too cold to sit outside there. Everyone agreed to go on, except for Victoria, who had to get back and left the group. Colleen just had bought a new bike, and was happy to try it out with this social group. All were pleased and happy that they had ridden 20 miles." Janice also noted that no one showed up for the WW ride they had scheduled for November 2 because it was too cold and damp. She says that's the last of the WW rides until warmer weather returns in the spring.

On Saturday, Oct 25, I was the ride leader, but only unofficially. Kirk Beedle, our Redding stringer, had listed his traditional climb to the top of Mama Tam. But last-minute family demands forced him to miss the ride, so I plugged myself into the gap. (Kirk pioneered this route years ago, but I have been leading it in recent years...a fixture on our list in the autumn.) I think we had about a dozen riders at the start or maybe a bit more. The weather could not have been any better, no matter what the season. It was perfect. As is typical for this ride, with huge climbs right from mile 1, the group quickly broke up into singles and small groups, all grappling their way up the mountain at whatever tempo was sustainable. The views from Ridgecrest and the summit were about as good as they ever get, with just the thinnest whisper of fog on the far horizon, but all of the coast and the San Francisco Bay as clearly visible as a model train layout. Most of the long, winding descent to Mill Valley was its usual entertaining self, but we were dismayed to find a new and very rough chip seal job laid down on Pan Toll, making those downhill miles very dicey. After a regroup in Mill Valley, we split up, with Marvin Zauderer—a Marin resident—guiding one group along the shorter return to Fairfax, while I led the rest on the longer loop through Strawberry and Tiburon and around Paradise Drive. I love these forays down into the heart of Marin.

Overall, the riding is better up here, but every so often, it's good to go down there and revisit the best that the area has to offer, and this ride is definitely the best of Marin.

That same day, Ken Russeff listed another version of his 40 miles of Back Road ride for the A gang. I asked him—a few weeks later—if he had anything to report about the ride, and he replied that he couldn't even remember it anymore, so it must have been fairly uneventful. We'll file that under the heading, No News is Good News. Assuming the weather was as nice heading out of Santa Rosa as it was for us down in Marin, it probably was all good.

The next day, Wayne Kellam had a ride on the calendar for the B crowd: "Twenty riders showed up for the River Ramble ride on a slightly cool fall day. There was some displeasure that the mileage listed in the schedule, 35 miles, was significantly different from the 45 miles on Gordon's ride slips. It was resolved by having five riders lop off the extension up to and back from Windsor, which brought the ride closer to 35 miles. As it turned out, that group could not find the right turn on Rio Nido, so they took River Road to Guerneville. I would guess that put them right around the 35 mark. Both groups met at the coffee shop in Guerneville. I was sorry that they had missed Rio Nido. It's a great road. Just when you get to the summit, and it looks like you are going to have to climb a 20% slope straight ahead, the road turns sharply to the right on a descent to Armstrong Woods Road. We were all very thankful. Mays Canyon was wonderfully cool, and the climb and descent on Green Valley were challenging and exciting. A great ride on a beautiful day."

That was that for October. Next up was our official club century for November, with Jeff Burton listing his first ride ever. Unfortunately, this one didn't pan out the way it was supposed to. First of all, Jeff crashed on one of the club weekday rides a week or two before this and broke a clavicle, so he was off the bike. But then it rained on November 1 and so the whole deal was called off anyway. Too bad, as Jeff had put together a nice route. (List it again when you're recovered, Jeff.) I've been writing up the club rides in this space for many, many years, and I can recall many other years where the first official rain-out of the season came on this weekend nearest the transition from October to November. It doesn't happen every year, but it happens more often than not, with an almost freakish regularity. If there's any good news in all of this, it's that the rainy spell only lasted through Saturday, and anyone who was motivated enough went out on Sunday and logged some quality miles in a bright, freshly washed world. I know I did, and I saw a lot of other riders out there as well.

Wayne Kellam had a ride listed on that sunny Sunday. It was another crack at Mt Tam. Wayne and I have listed our Tam adventures jointly in recent years, but for whatever reason, they were a week apart this year. Whether it was the rain on the previous day or the switch off of Daylight Savings time or the long drive or some other wrinkle, almost no one showed up for this ride. As far as we know, only a couple of people were there. Oh well... It must have been a lovely day on the mountain.

On November 8, Matt Wilson listed a classic King Ridge-Hauser Bridge-Meyers Grade loop out of Monte Rio. This is a fabulous, legendary route, but it's definitely one where you want to be watching the weather forecast ahead of time, especially this late in the season, out there on the rainiest ridges in the region. AccuWeather was predicting a very slight chance of rain late in the

— Continued on page 6

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

TERRAIN

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

TEMPO

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

A: relaxed pace; frequent regroupings; waits for all riders. Over 26 minutes*

B: touring pace; regroupings every 30-45 minutes; waits for all riders. 23-26 minutes*

C: brisk pace; pacelines likely; regroupings every 30-60 minutes. 19-22 minutes*

D: aggressive pace; pacelines; slower riders may miss regroupings. Under 19 minutes*

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

DISTANCE

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

• RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route instructions. Riders should carry I.D., cash, 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

SATURDAY • DECEMBER 6

SRCC-AHSBC Joint Ride #1

2-3/B/25
9:00 AM • Analy HS

Bike path/Edie Lane > L on Morris > Cross Hwy 12 to Joe Rodota Trail > R on Llano > L on Hwy 116 > R on Hessel > L on Turner > R on Blank > L on Canfield > R on Roblar > R on Petaluma-ValleyFord > R on Bloomfield > L on Pleasant Hill > L on Covert > R on Ragle > R on Mill Station > Cross Hwy 116 to bike path back to Analy. *Meet and ride with the kids from the Analy HS bike club.*

Robert Hall— 526-3510

SUNDAY • DECEMBER 7

Le Tour de Limantour

3-5/CD/65
9:00 AM • McNear Park, Petaluma

D St > R on Windsor > L on Western > L on Chileno Valley > Wilson Hill > Pet-Marshall > L on Hwy 1 > R on Cypress > R on Mesa (*Rest stop in Point Reyes Station*) > R on Hwy 1 > R on Sir Francis Drake > L on Balboa > R on Limantour to beach > Retrace on Limantour > R on Bear Valley > R on Hwy 1 > L on Sir Francis Drake > L on Platform Bridge > Pet-Pt Reyes > Red Hill > D St > R on 12th > L on F St to park.

Tony Lee— 766-9803

Holiday Chocolate Ride

2/AB/41
9:00 AM • Esposti Park

L on Shiloh > L on Faught > Pleasant > R on Chalk Hill > L on Hwy 128 (*Rest Stop at Jimtown Store*) > Retrace East on Hwy 128 > L on Pine Flat > L on Red Winery > L on Geysers > R on Hwy128 > L on Geyserville Ave > R on Independence > L on Fredson > R on Lytton Springs > L on Chiquita > R on Grove > R on Dry Creek > L on Kinley > L on Mill > thru Healdsburg > L on Healdsburg Ave > Old Red > R on Eastside > L on Windsor River (*Rest Stop at Coffee Shop**) > R on Old Redwood Hwy > L on Shiloh to finish. **Rest stop at Copperstone Coffee Shop in Windsor. Riders will receive a ticket at the beginning of the ride good for a cup of hot chocolate, coffee, or tea, compliments of John and Carole.*

Carole Kolnes— 838-3988

SATURDAY • DECEMBER 13

Ragle – Tomales

3/B/39
9:00 AM • Ragle Park

Covert > R on Pleasant Hill > Watertrough > L on Sanders > L on Kennedy > R on Blucher Valley > R on Bloomfield > L on Pet-ValleyFord > R on Carmody > R on Fallon-Two Rock > L on Twin Bridge > R on Tomales-Pet > R on Hwy 1 > (*Rest stop at the Bakery*) > West on Dillon Beach > R on Middle > L on Whitaker Bluff > R on Franklin School > Estero > L on Hwy 1 > R on VF-Freestone > R on Bodega > L on Jonive > R on Occi > R on Barlow > L on Mill Station > R on Ragle to park.

Tony Buffa— 824-4466

SUNDAY • DECEMBER 14

Valley of the Moon

4/B/35
10:00 AM • Howarth Park

Thru Howarth and Spring Lake Parks to Channel Dr > Wild Oak path > L on White Oak > R on Oakmont > L on Valley Oaks > R on Pythian > R on Hwy 12 > R on Lawndale > R on Schultz > Lawndale > R on Warm Springs > L on Henno > R on Dunbar > Hwy 12 > R at Sonoma Valley Reg. Park > Path thru park > R on Arnold (*Rest stop at Glen Ellen Mkt*) > R on Arnold > L on Warm Springs > L on Sonoma Mtn (or detour on Enterprise, if closed) > L on Bennett Valley > R on Bethards > L on Summerfield to Howarth Park.

Wayne Kellam— 523-1878

SATURDAY • DECEMBER 20

Le Tour de Cember

2-3/BC/99
8:00 AM • Howarth Park

R on Summerfield > R on Montgomery > L on Mission > L on Montecito > R on Brush Creek > Wallace > L on Riebli > R on Mark West Springs > Porter Creek > L on Franz Valley > R on Spencer > R on Hwy 128 > L on Bennett Ln > R on Tubbs > L on Myrtle Dale > Grant to Monhoff Rec Center (*water stop*) > L on Wappoo > Brannan > R on Sil. Trail > L on Crystal Springs > R on Sanitarium > R on Deer Park > L on ST > R on Rutherford Cross > L on Hwy 29 > L on Yount Mill > L on Washington > R on California > L on Solano > R on Orchard > L on Dry Creek > R on Redwood > L on Westview > L on Browns

Valley (*rest stop at market*) > R on Thompson > L on Congress Valley > R on Old Sonoma > R on Hwy 12/121 > L on Duhig > Ramal > L on Dale > R on Burndale > L on Old Burndale > Denmark > R on 7th > L on Lovall Valley > Bike path thru Sonoma (*water stop in park*) > R on 5th > L on Verano > R on Riverside > L on Boyes Blvd > R on Arnold > L on Warm Springs > L on Hwy 12 > L on Pythian > Thru Oakmont to Channel > Thru Spring Lake Park to end. *Due to winter daylight constraints, ride starts early and rest stops will be brief.*

Bill Oetinger—823-9807

SRCC-AHSBC Joint Ride #2

2-3/B/32
9:00 AM • Analy HS

South on High School > L on Main Street > R on Willow > L on Jewell > R on Bike Path to Lynch > R on Lynch > L on Pleasant Hill > R on Bloomfield > R on Petaluma-Valley Ford > Straight on Hwy 1 > R on VF-Freestone > R on Bodega Hwy > L on Boho (*rest stop at Wildflour Bakery*) > North on Boho > R on Graton > R on Railroad > L on Grey > R on Bike Path > L on Occidental > R on High School to Analy. *Another opportunity to meet and ride with the Analy HS bike club gang.*

Robert Hall—526-3510

SUNDAY • DECEMBER 21

Let's Have Lunch in Sonoma

2-3/AB/45
9:00 AM • Howarth Park

Thru parks to Channel > Thru Oakmont > R on Hwy 12 > R on Lawndale > R on Warm Springs > R on Arnold > L on Verano > R on 5th > L on Sonoma Bike Path > R on 1st St W. to Sonoma Plaza for lunch break > Retrace route to Glen Ellen > L on Warm Springs > Thru Kenwood > L on Hwy 12 > L on Pythian > Thru Oakmont to Channel > Thru Spring Lake Park to end.

Rose Mello—543-5889

THURSDAY • DECEMBER 25

Christmas Day Cookie Ride

24-mile flat social ride
10:00 AM • SW Comm. Park
(Hearn Ave)

L on Hearn > L on Stony Point > R on Todd > R on Llano > L on Joe Rodota Trail > R on Forest Trail > Cross Hwy 12 to Morris > R on High School Trail > Edie Ln > R on High School > R on Occidental > L on Sanford > R on Hall > L on Willowside > R on Piner > R on Marlow (*option if weather is really cold: stop at Starbucks*) > R on Jennings >

L on Exeter > R on Putney > L on Truckee > R on Rubicon > L into Sierra Meadows Park at Stanislaus Way > Follow path to the right to the Creek Trail > L on Creek Trail to Joe Rodota Trail > L to exit Joe Rodota Trail at Roseland > R on Sebastopol Rd > L on Burbank to park. *Bring cookies to share at Sue's house after the ride.*

Sue Bennett—523-1322

SATURDAY • DECEMBER 27

2009 Prelude Ride

2.5/AB/+ or - 40
9:00 AM • Esposti Park

L on Shiloh > L on Faught > Pleasant > R on Chalk Hill > L on Hwy 128 > Alexander Valley > R on Lytton Station > R on Lytton Springs > R on Dry Creek (*rest stop at Dry Creek Store*) > Lambert Bridge > L on W Dry Creek > L on Westside > Mill > R on Healdsburg Ave > Old Red > R on Eastside > L on Windsor River > R on Windsor > L on Shiloh to park.

Ken Russeff—953-1804

SUNDAY • DECEMBER 28

Fast Fixie Forty

(plus not-so-fast option)
2/D (or B)/40
10:00 AM • Piner High

R on Fulton > L on Piner > L on Willowside > R on Guerneville > R on Laguna > L on Vine Hill School > R on Vine Hill > L on Laguna > Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > Mill > Thru Healdsburg > (*rest stop at Healdsburg Beach*) > H'burg Ave > Old Red > 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 Fulton. Fixies & single speeds encouraged, but all welcome!

D: Doug McKenzie—523-3493

B: Deanna McKenzie

THURSDAY • JANUARY 1

NEW YEAR'S DAY RIDES

2/A/21 • 3/B/51 • 3/C/58
10:00 AM • Coffey Park

B: North on Coffee > L on Dennis > R on Barnes > L on River > R on Laughlin > R on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on W. Dry Creek > R on Lambert Bridge > R on Dry Creek > L on Lytton Springs > L on Lytton Station > L on Alexander Valley > Hwy 128 (*Regroup at Jimtown Store*) > R on Chalk Hill > L on Faught > L on Old Red > R on Mark West Springs > River > L on Barnes > L on Dennis

> L on Coffey to warehouse, etc. **C:** same as B except continue north on W. Dry Creek > R on Yoakim Bridge > R on Dry Creek > L on Canyon > R on Geyserville > L on Hwy 128 > Rejoin B route near Jimtown. **A:** From Mark West Station: R on Starr > R on Windsor River > L on Windsor (*Rest stop at Cafe Noto*) > Return to Windsor River > Under 101 > R on Old Red > L on Pleasant > Rejoin other routes at Faught. *Rides end up at open house at club warehouse. RSVP! Notes: no rest rooms at park; parking limited at warehouse, so park near park and ride to warehouse. See article on page 2 for more info.*

Ride leaders needed; will be listed in January newsletter

SATURDAY • JANUARY 3

Geysers in Winter

5/C/58
9:00 AM • Healdsburg City Hall

L on Grove > L on Healdsburg Ave > R on Alexander Valley > Hwy 128 > L on Pine Flat > L on Red Winery > R on Geysers > River > Crocker > L on Asti > Geyserville > Healdsburg Ave > R on Grove to finish.

Ken Cabeen—823-2329

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—584-8607

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 Masy—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

More BACKROADS & BREAKAWAYS

day, but it seemed we would be okay for the time when we'd be out there on the edge. In the end, we dodged the rain, sort of. Things were fine until the final third of King Ridge, but at that point we rode into a dense bank of fog blanketing the coast and hanging over that last line of ridges. We stayed in the damp, clammy fog all the way around to Fort Ross Road. The fog was really more like heavy mist...just a bit less wet than real rain. We never became truly soaked, but we were definitely damp, and our bikes were not liking the sloppy, gritty road spray. Visibility was minimal, and swiping off one's glasses was a constant necessity. Descending the 20% pitch of Hauser Bridge in the wet was harrowing. I doubt I've ever gone down that rabbit hole so slowly, and I was the fastest one in the bunch. Out on Seaview, we talked it over and decided heading inland on Fort Ross Road to get away from the coastal fog made more sense than descending Meyers Grade and Hwy 1. Sure enough, by the time we crossed Black Mtn, the roads were dry and so were we, and after Cazadero, we actually rode back into sunshine. I think we all counted ourselves fortunate to have squeezed this ride in, right under the dripping noses of the rain gods. We did get a bit moist, but never miserably so, and the reward was the wonderful scenery of King Ridge in its first blush of green after the first rains of the season...plus a generous helping of splashy fall colors pretty much everywhere we looked. By the way, Matt did an excellent job of managing the ride, often waiting at corners for the slowest rider (me).

On that same day, a little closer to home, Tom Helm was offering another of his bike handling skills clinics. This one wasn't just about pace lines, as the previous ones had been. It was more about simply feeling comfortable on the bike. Tom reports: "It was a good two-hour exercise session. Eleven people altogether, I think. Steve and Jessie Kroeck joined in and helped greatly with the leadership. We didn't rush anything. It's really fun doing all these exercises, even if you've done them before: dangling your butt off one side of the bike and picking things up off the ground; moving the bike to the side while your body stays in a straight line; giving control to someone riding next to you to see and steer for you. We'll do those things all over again next time, and maybe approach wheel bumping. Miles, zero. Climbing, zero. Fun, a lot. Everyone there felt it was new and valuable. Steve said he was impressed with the gain in confidence and trust we all experienced." I once attended a two-day skills clinic with Tom that covered all of this same stuff. It was a blast and highly informative and useful. If you've never participated in a clinic of this type, you ought to try it out. No matter how much you think you know, you'll probably learn a few things and improve your overall cycling skill set.

The next day was devoid of official club rides because it was the date set aside for our semi-annual litter pick-up day. You can read about that project on page 1. Thanks to Mike McGuire for pulling it all together so efficiently.

There were two rides on the following Saturday, which fell right in the middle of the amazing heat wave alluded to at the top. It was a record-breaking 90+ on Friday and only slightly cooler—mid-80's—on Saturday, which made for idyllic cycling...nothing but jerseys and shorts in mid-November. Strange but nice!

Ken Russeff led a ride from Healdsburg up to Cloverdale: "Twenty-six A and B riders, including one tandem, showed up for the

11/15 ride from Healdsburg City Hall. The 41-mile route went to Cloverdale via Canyon and Dutcher Creek Roads. A beautiful day only marred by one known flat, a couple of mechanical adjustments, and facing the reality that our usual rest stop, Grapes and Grounds, has closed. Our substitute location, the Eagles Nest Cafe, came up a little short in the goodies department, with no pastries, muffins, or normal rest stop fare." Sounds like mission-not-quite-accomplished on the munchies front, but it's hard to find fault with a ride on such a nice day, even if the rest stop venues were a little bit wanting.

Meanwhile, I had an even larger group of C riders gathering at San Miguel School for the semi-traditional pilgrimage to the top of Ida Clayton to check out the autumn colors in the Mayacamas Mountains. The lure of a good route and that astonishing weather brought folks out from near and far. It was a pleasure to see so many old friends gathered together. I think there were almost 40 riders at the start, although one group of half a dozen just dropped by to say hi before going off in another direction. The bulk of the group stayed in contact with one another until the first big climb on Franz Valley. Short regroup at the beginning of Franz and again at the beginning of Ida kept things bunched up, but the big climb on Ida finally strung things out. However, another, longer regroup at the summit had the group galloping back down the mountain in something approaching close formation. But I'm getting ahead of myself here; I can't leave the Ida Clayton highlands without commenting on the fall colors. I wish I knew my trees better so I could tell you which ones make the best colors up there. There is one in particular where the leaves turn a luminous lemon yellow. Seeing a canopy of these translucent, neon-bright leaves overhead, with the clear blue sky behind... it's as beautiful and—for me—as inspiring as any stained-glass window in a cathedral. Anyway, back on the bikes... The day was not entirely glitch-free. Donn F King had two flats, one on the way up Ida and one on the way down. (On this day at least, F stood for Flat.) We waited at the bottom, and waited...and waited. Finally, a few riders rode back to find him and offer assistance. While that was going on, about half the group grew impatient and sloped off along the balance of the route. But the rest of us hung in there until Donn and his helpers reappeared, and then we had a sweet, smooth paceline run all the way along 128 and into the early miles on Chalk Hill. The lumpier rollers on Chalk Hill eventually split the group in two, with a slightly friskier group and a more sedate, sociable group, but all rolled into the finish close enough together for a final regroup and chat before everyone headed for home. Flat tire fussing notwithstanding, it was just about a perfect day out there on the back roads of Sonoma county. To trot out the tired old cliché: It doesn't get any better than this.

On Sunday, Rick Sawyer had a B ride that covered most of the same roads: "A carbon copy of Saturday's weather: blue skies, temperature in the mid-70s, and flaming fall colors set the stage for an idyllic ride out over Chalk Hill to the Jimtown Store and back via Franz Valley and Porter Creek. One flat and a slight bonk or two were unable to dampen our high spirits. Thanks—for being there—to Buck, Laurie, Chris, Matt, Nick, Rick, Rachel, and another woman whose name I can't recall just now." Jose Mundo also had a ride this day: an off-road jaunt to the summit of Mt St Helena. We haven't heard from Jose, but he and his fellow riders could have looked down from the big mountain and seen Rick's crew toiling along Hwy 128, far below in Knights Valley.

The Bald Eagle's view of the 2008 Furnace Creek 508

SRCC member Bill Bald Eagle Ellis recently took part in the 2008 edition of the Furnace Creek 508 ultramarathon bike race. He wrote this account of his experience shortly after the event.

Well, I'm actually able to sit normally again! What an epic ride. I think this year had much more variety of weather than I've ever seen. I'll try to recap a bit of it for you now.

We started off with very cool temperatures and thick fog. The fog got thicker as we made our way over the first climb prior to Elizabeth Lake. Since we started at 7:00 AM, many riders did not have lights. I had bar end lights however that I turned on, which eased my mind a little. Once out into the Mojave, the fog cleared and we started to get the wind.

The wind was a factor for most of the race. Fortunately favorably. My average speed from California City to Trona was 20 mph! My overall time was just under 40 minutes faster than my time six years ago. At other times though, I'd feel the strength of the wind when I would make a turn and have it in my face or to my side. The final stretch to the start of Townes Pass was very slow because of that. We were sailing along through Panamint Valley, made the right turn towards Townes Pass and wham! Descents seemed to be hampered as well, at least for me. There were numerous gusty crosswinds on the descents which made it feel as though you were going to be swept off the road. I ended up needing to use my knees on the top tube to stabilize the bike, so my position on the bike was awkward which eventually caused my lower back to become quite uncomfortable, especially later on in the ride. The wind also created several sand storms which we got to ride through.

However, having mostly favorable wind caused me to climb Townes Pass in daylight! That was quite a treat as this climb is usually done in darkness except for the fastest riders. I reached the summit at dusk and then started the descent in dark. Here we were treated to an awesome lightning storm! The descent was on wet roads and I could feel a slight sprinkle, but nothing too heavy.

By the time we got to Furnace Creek, the heavy rain had already passed through and I got only a slight sprinkle, but the roads were soaked, so my bike ended up looking pretty trashed!

The winds through Death Valley seemed to calm down a bit for the night. At times I think I even had a tailwind, but maybe not. Somewhere along the way I started to develop a raw butt. I had also changed my shoes and the new shoes were not fitting so well, causing the outer ball of my left foot to really hurt. By time I got into the Jubilee Pass and Salsberry Pass climbs at the south end of Death Valley, my butt and feet were starting to cause me problems. My crew was awesome, experienced, and prepared however, and we made adjustments by changing back to my original shoes and by managing the butt problem effectively, so that it never became a serious issue. My ride seemed to be a roller coaster of ups and downs, physically and mentally. My crew was there with the right answers and encouragement during my low points, and they were there during my high points cheering even louder!

My diet was fortunately never an issue. My calorie sheet in review was rather boring, with around 3/4 of the ride done on Perpetuem! I also drank a few Ensures and had some solid food: a couple Larabars and Nectar bars, a couple of eggs, some pasta salad; but mostly it was liquid and mostly it was Perpetuem.

Leaving Death Valley and descending Salsberry Pass towards Shoshone was when I started getting really tired (just past mile 325). Once we finished the descent and rode into Shoshone's time station and checked in, I decided to take a much needed 15-minute nap. When I woke we were able to get back on the road fully energized and feeling good!

The sun rose on the way to Baker, which is always an energizing feeling. I felt good at this point, which was good because after Baker you start a 20-mile climb. The first part is the worst. The pavement is horrible and the grade is around 1% or so for what seems like forever. Finally you get to where the grade goes up a little and you feel like you're actually climbing. I felt pretty good from that point on. I actually seemed to do best on the real climbs. The descents were plagued by winds and I seemed to slump on the flat or 1% stuff. But put me on a real climb and I was happy!

Near the end of the ride, around 50 miles or so from the finish, as you drop down into Amboy—a 20-mile descent!—we experienced our next bit of weather. We finally got some heat. But climbing over Sheephole Pass, it cooled off again.

I was feeling pretty good going up Sheephole and at the point where it's at its steepest, I decided to see what was left in the legs. I got into a pretty big gear, got out of the saddle, and put it all out there. I reached the summit, descended and kept the effort up on the final 22 miles of 1% into Twentynine Palms. I again got out of the saddle for a short but steep little bump about a mile from the finish and then kept it going into the parking lot of the finish hotel, where I waited for my crew to park before we all crossed the line together.

Graham Python Pollock was there at the finish line to hold my bike for me. We got to visit with friends and of course do the photo thing. It's a funny thing to finish an event like this. On the one hand, you're glad to finally get off the bike, especially this year. On the other hand, it's somewhat sad. This thing which has occupied your life for around a year is done. I guess that's why so many people return to either ride again or crew or help with the event.

I think I'm attracted to this event not only because of the physical challenge, but also for the mental focus that is needed. This year I had to learn pretty quickly when and how to differentiate between being alive in the moment and when to focus away from the moment, depending on how that moment was going! When I was doing great, I'd relish being there. When I was not doing so great, I'd re-focus to something down the road that I found enjoyable. For example, there are several climbs and views on this route that I particularly enjoy. When I'd hit a slump, rather than focus on that moment, I'd imagine this great climb or view that was just down the road a ways.

Thank you to everyone who offered encouragement and support along the way and for those who made a contribution to my Cancer Research fundraising effort. I also would like to give a huge thank you to Ron and Sharron Bates who offered their van for us to use. That was extremely generous of them.

And finally my deepest thanks to Evelyn Ellis, Bob Bradan Redmond, and Paul Muddy Mudskipper McKenzie, my amazing crew. Thank you!!!

Editor's note: Last month we listed incorrect finishing times for Bill and for Greg Lester at the 508. The correct times were 33:20 for Greg and 35:20 for Bill. Also, Greg's 508 totem was listed incorrectly in that report. It is Merlin.

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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, December 10 • 6:30 PM

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

Bring homemade holiday cookies to share.

*Also: small slide shows of your latest cycling tour...
bring a CD to share.*

Wednesday, January 14

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Special time; Wednesday, December 3 • 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, January 8

New club jerseys have arrived!



Just in time for holiday shopping, 100 units of classic, red-rose SRCC jerseys have arrived on our doorstep. Sizes from small to double-X. Sharron Bates, our apparel boss, will bring a representative sampling of jerseys to each club meeting for sale. If you can't make it to a club meeting, you can arrange a transaction with Sharron in person, at another time and place. 526-3512, technical@randalnutritional.com