

SANTA ROSA

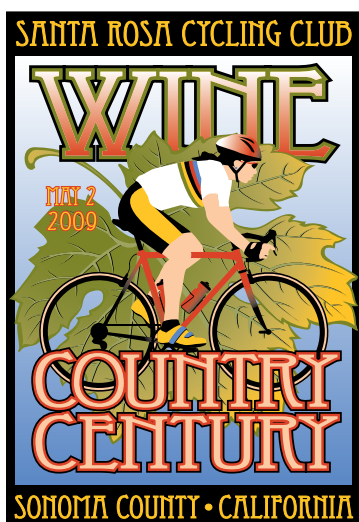


WCC WORKERS' RIDE
Saturday • May 9
Details on page 7

CYCLING CLUB

MAY 2009 NEWSLETTER

WCC 2009: SATURDAY, MAY 2



Ready or not, here it comes: the biggest event on the Santa Rosa Cycling Club's annual calendar. Saturday, May 2 is the day the club rolls out the red carpet for our 2500 guests. Or, considering the lovely spring scenery, perhaps we should call it the green carpet.

As for whether we're ready or not, we had better be! And for the most part, we are, or we will be when the big day arrives. Our committee chairs have all been busy for months now, and we have things well in hand. However, we can still use a few volunteers for specific tasks here and there.

Back when the newsletter only appeared in hard copy and only arrived in your mailbox a day or two before the WCC (almost always on the first Saturday in May), there wasn't much point in appealing for any more workers so late in the process. But now that the newsletter hits the cyber-street with a couple of weeks to go in the previous month, we figure we can bang the drum one more time for the few remaining, unfilled jobs on our list.

We always need sag drivers. If you have a vehicle that can work in that capacity, please consider it. Some bike tools and a little bike-fixing expertise are always a bonus here, but are not essential.

We could use a few more course hosts and course marshals. And we need folks for the final clean-up crews at the end of the day on Saturday and also on Sunday morning.

We still need a few people to work in support for our WCC Workers' Ride on May 9. The appealing aspect of that task is that those who support the workers' ride get to ride the actual WCC...for free! In light of the fact that reg for the WCC has been sold out since early February, any entry—let alone a free one—is a real prize.

Every year our WCC participants tell us the same thing: what makes the WCC so special is the terrific support the club lays on. That terrific support means you...and you. Each of you. All of you. All of us. It's not too late to join the party. The roster of committee chairs is still on page 8...

TT 2009: Saturday, June 20

The big effort put out by the Santa Rosa Cycling Club each year is like a double-hump summit...twin peaks. The first peak is the Wine Country Century in early May. We climb that mountain through most of the early months of the year, getting everything organized. Then, once we crest that big col, we don't really get to go into downhill cruise mode right away. There is another hill still to climb.

That's the Terrible Two double century, falling this year on Summer Solstice, Saturday, June 20. The TT typically has only about one-tenth as many riders as the century, but it is much, much harder—with twice as many miles and over three times as many feet of elevation gain—and generally demands considerably more out of both its participants and its support staff. It is a big, epic, hard-ass ride...one of the hardest single-day rides in the country.

In addition to having a reputation as a fierce challenge, it also has a reputation for superb support. It has been voted the #1 double in California for several years in a row, and for good reason. That *numero uno* status is no accident. It is thanks to the work of all the club members who pitch in on that long day that the event is held in such high esteem.

This year we will have all the usual tasks to attend to. We will need sags and rest stop crews and a big gang handling all sorts of jobs at the start and even more at the finish. If you've been out there on TT day in the past, you know what it's like. If you have not been involved, you might want to check it out this year. It's quite a production.

In addition to all the rank-&-file jobs, this year we find ourselves in need of new crew chiefs for both the Geysers and Monte Rio rest stops. Running a rest stop on the TT is great fun. You share in the excitement of what the riders are taking on, and you have the reward of knowing you have helped them realize their lofty goal of finishing this most daunting of doubles.



— Continued on page 2

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for April

- 1. Call to Order:** President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, April 8. 52 members and friends were present.
- 2. Treasurer's Report:** Donna Emery announced the club's bank account balances, as of March 31.
- 3. Membership:** Gordon Stewart reported membership of 910 (combining individual and family memberships).
- 4. Rides:** Ride Director Bill Oetinger conducted a drawing (for three prizes of \$25 each) for all members who had led rides during the first four months of 2009. Each ride led puts a ticket in the drawing pool; the more rides led, the more chances at winning a prize. No rides led? No chances at all. Craig Gaevert, Rose Mello, and Martin Clinton were the worthy winners.
- 5. Member participation:** At the Board meeting, there was discussion about how to connect with new members most effectively; about how to involve new members and make them feel welcome and a part of the club. Possibly publish a primer that explains the club and its benefits and responsibilities to new members. Should we re-vamp mission statement? Bill Oetinger has agreed to prepare a primer that can be sent to new members.
- 6. TofC:** There was a discussion at the General Membership meeting about a plan to impose a surcharge on future WCC entries to help fund Santa Rosa's continued participation in the Tour of California. No decision at this time but lots of ideas and interest.
- 7. WCC:** Event Chair Joe Morgan spoke about final prep work for the WCC. Graphics chair Bill Oetinger reported on the arrival of the jersey and magnet shipments. Volunteer coordinator Kimberly Hoffman reviewed volunteer needs. All rest stop crews are full, but we could use some course hosts, some wristband checkers at lunch, some riding course marshals, and some sag drivers. (We *always* need and want more sag drivers.) We also need folks for the final clean-up on the day of and day after the event. (See *articles on pages 1 and 7.*)
- 8. Club store:** Gordon Stewart reported on the opening of an on-line store for sales of club apparel, using a PayPal system, including discounts for members. Check it out at the club website.
- 9. Brevets:** SRCC-RUSA coordinator Bob Redmond reviewed the year's brevet season. He noted that we are assisting the San Francisco brevet group by hosting a rest stop in Mendocino County on their 600-K brevet on May 30.
- 10. Club tours:** Bill Oetinger noted that he has secured the services of a food coordinator/truck driver for the Blue Wallowa Tour. It was noted that the dates for the Santa Cruzin' Tour have been changed to one week later (October 11) due to reservation problems at the campsites.
- 11. TT:** Terrible Two Chair Craig Gaevert opened discussion on the upcoming event, noting that we need chairs for the Geysers and Monte Rio rest stops. (See *article, page 1.*)
- 12. Pardee:** Ken Russeff reported on participation of some members in the Party Pardee century...all in formal party attire.
- 13. Guest speaker:** Laurel Green, bike racer and instructor, spoke on programs for junior racing development locally and nationally.

SRCC on-line apparel store

The SRCC has recently set up a new feature at the club website: an on-line Club Store. You can go there to purchase a full range of club jerseys and vests in a wide range of sizes. Vests and jerseys are available to non-members at \$65 each, and the long sleeved jersey and jacket are both \$75. All items are available to members at a \$10 discount.

Payment is on-line through PayPal and you can use any major credit card or a PayPal account. To obtain the member discount, you must log in (e-mail and password) and retrieve a discount code from the members-only section. Shipping is included in the price, but if you wish to forego the shipping and pick up the garment at a monthly members' meeting (second Wednesday, Round Table Pizza), you may do so and receive an additional \$5 discount.

There is a full line of the club garments: red and yellow rose club jerseys, as well as WCC, TT, and Bad Little Brother jerseys, and in some cases vests too. Note that TT garments are restricted to finishers of the event. You can find a link to the store at the club home page (www.srcc.com) and the store itself is at... www.srcc.memberlodge.com/store .

TT 2009

—Continued from page 1

It's easy for long-time club members to assume that everyone knows everything about the Terrible Two...that we have all been a part of it as riders or supporters, often for many years in a row. But with new members joining our family all the time, it may be that this grand old event is as yet a bit of a mythic mystery to many. There is a fair amount of information about the TT at the club website, including a brief history of the event, a course description, and all sorts of results. But if the event captures your interest and you want to know more, former TT Chair Bill Oetinger has written two history-related articles about the TT at his monthly BikeCal.com column. Go to <http://bikecal.com/>, find the *On The Road* column and click on the link for Past Columns. Then scroll back to the columns for July and September, 2006 for a feast of TT trivia.

The Terrible Two is a partner in the California Triple Crown Series of double centuries. Within that annual series, there is a competition known as the Stage Race, where elapsed times for three of the toughest doubles are added together to decide a winner, as in a Tour de France type stage race. Several of the hardest doubles take turns being one of the three in the set each year, and this year is the Terrible Two's turn to be left out of the competition. Because some riders focus on the three Stage Race events each year, we expect our attendance to be down slightly in this, our non-Stage Race year. But we will still have a big field, and we will still need to offer the same level of support for those who are here.

If you haven't been a part of the TT before, it might be difficult to appreciate the excitement the event generates. Because it is so challenging and because a good finish feels so rewarding and prestigious, there is an electric sense of esprit that animates riders and workers alike. Everyone gets into it. There really isn't another double or century around that generates quite that level of energy and pizzazz. If you want to plug into that, pick up the phone or hit the keyboard and get in touch with...

Craig Gaevert, 545-4133, cgarch@sonic.net
Bill Oetinger, 823-9807, srccride@sonic.net

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.

This reporting period for club rides begins with the Vernal Equinox, the official launch of springtime. This was the date of the 16th annual Apple Cider Century, beginning at Ragle Park and heading for Fort Ross and Meyers Grade, then down to Whitaker Bluff and Tomales. Typical for mid-March rides in general and for the ACC in particular, the weather forecast was not entirely optimistic. AccuWeather said rain would arrive around 3:00 pm. Our fear was that it would arrive sooner and our hope was that it would arrive somewhat later.

We had about 50 riders at the start, and the group split about half and half for the 100-k or 100-mile courses (the split taking place at the first rest stop in Monte Rio). The skies looked bright enough that the long-course folks entertained the notion of getting out to the top of Fort Ross and back in toward home (and shelter) before any bad weather arrived, and in the end, that aspiration was fulfilled. It was as blue-sky dry and lovely out on Meyers Grade and Hwy 1, overlooking the ocean, as it would be anywhere, all day. Looking south from up on Campmeeting Ridge at nothing but clear skies, we began to imagine we could get the whole century done without any wet stuff. But AccuWeather got it right this time: just a few minutes before 3, we rode into sprinkles not too far from Valley Ford. Susan Noble and I, who were together at the time, promptly turned tail and scampered for home. I'm not sure of the numbers, but I would guess close to a dozen riders stuck it out, riding through the steadily increasing drizzle to log their full centuries. They got soaked doing it. The rest of us found some way to run for cover, but even at our best pace we couldn't outrun the front. We stayed ahead of it for awhile, but it eventually reeled us in and gave us a modest dunking. So a slightly damp Apple Cider Century—not the first time this has happened on an ACC—but at least it was gorgeous and dry out on the high ridges over the ocean. (If it starts raining on you out there, you're in for a very long day.) In the uncertain days of March, we'll take what we are given and say thank you.

This wasn't the only ride on the Equinox. Rose Mello had an AB ride, also leaving from Ragle Park at 9:00 am. Rose's ride covered some of the same west-county hills as the ACC, but only about 35 miles of them, so her gang of about 15 riders was out there ahead of us around mid-ride. Their destination for the day was the Wildflour Bakery in Freestone, tracking down those monster sticky buns. Rose reports no special incidents or alarms; just a nice day on the bikes. And thanks to their shorter route, they got it all done and were home and dry before the rains arrived. By the way: have you ever noticed the wall-sized painting on the end wall in the bakery's main room? Take a minute to check it out next time you're at Wildflour. It is a really wonderful, beautifully crafted piece of art...well worth a look.

On Sunday, the weather was a little better. The only ride on this day was Greg & Jan Conklin's 30-mile AB ride out to Mom's Apple Pie near Graton. (If it's not sticky buns, it's apple pie. That's what I love about biking...all the eating!) Jan reports a small crowd of just eight, but they all had a good time and punished quite a bit of pie in between their pedaling.

One week later, and folks were hitting warp speed in their quest to max out their March Magic miles before they ran out of March days. Ken Cabeen listed a tough century and, not to be outdone, Martin Clinton and Steve Drucker collaborated on a double metric.

Ken reports on his century: "About 20 of us departed Howarth Park with beautiful weather conditions, which blessed us the entire duration of the ride. It never got too warm or too cold, and there were just a couple of little spots with headwinds. A few went down Trinity from the fire station stop to abbreviate their ride, while a few more peeled off at the Dry Creek turn to continue down Oakville Grade to go back via Spring Mtn and forego the Pope Valley-Ink Grade leg. The rest of us made our way along the always fun and fast Silverado Trail before getting separated a bit along Chiles-Pope Valley Road. The rustic Pope Valley Market was a welcome sight; we regrouped and fueled up there. Pope Valley is just one of the many reminders to me of what a beautiful area of the world we are lucky enough to live and cycle in. A few more miles from there and it was the very distinctive patch of daffodils that marked the turn onto Ink Grade. We more or less regrouped at the top and then continued on for a fun descent of nearly eight miles. Deer Park is a really fun descent, smooth and wide open. As has always been the case for me, Sping Mtn came many miles into the ride, and it kicked my ass. After that, it was all downhill, mostly, and very nice to get back to Howarth. I believe 13 of us finished the entire ride." Ken mentions fueling up at the Pope Valley Store. Used to be that store was closed on Saturdays. (Operated by Seventh Day Adventists.) But it changed hands awhile back, and I'm not sure we've ever made a note of that fact in this space. Good to have the place available on Saturdays now.

Steve Drucker sent in this report on the 200-K: "We had about 20 riders to start on a perfect day, not too cold and not too hot. We quickly broke into a fast C group and B group with riders in between. Some cyclists joined us en route, kicking up the pace, and some left along the way. Throughout the day, we regrouped at the rest stops and spread out again in accordion fashion. No problems except the dangerously bumpy and poor pavement on 128 approaching Calistoga, the occasional flat, and some tired riders." This ride heads north to Healdsburg, then curls around through Alexander, Knights, and Napa Valleys before retracing along much the same route...a variation on our 200-K brevet course, really.

But wait, there's more...or less. If something on the high side of 100 miles was more than you wanted on this weekend, you had other options. Ken Russeff had another ride heading out to Wildflour Bakery for the buns. Ken checks in: "Wildflour Wandering had 23 riders on a A ride out of Ragle Park which found us wandering out to the bakery in Freestone via Occidental. We continued through Valley Ford, around Whitaker Bluff, etc and home on a beautiful day for a perfect 36 miles." And for the shortest, easiest ride of all, Mike and Janice Eunice had another of their entry-level Welcome Wagon rides on Sunday. They put the WW rides in mothballs over the winter, but this ride tells us they're back for a new season.

There were other ways to log miles on this weekend as well. Quite a few clubsters drove south for the Solvang Double Century. Between notes to the chat list and the results posted at the Solvang site, I can come up with these finishers: Craig Robertson, John Witkowicki, Nabeel Al-Shamma, Rick Arnold, Bill Carroll, Michael Eller, Karl Kuhn, Michael Leach, Bob Puckett, and Barley & Susan Forsman. Reports indicate it was a lovely day of mild weather. A

— Continued on page 6

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

TERRAIN

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

TEMPO

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

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

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

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

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

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

DISTANCE

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

• RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route instructions. Riders should carry I.D., cash, 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 • MAY 2

WINE COUNTRY CENTURY BE THERE!

SUNDAY • MAY 3

Fearsome Five

5/CD/129 • 15,000'

8:00 AM • Alexander Valley School

L on Hwy 128 > R on Pine Flat > L on Red Winery > R on Geysers > R on Pine Mountain to end > Retrace to L on Geysers > L on Red Winery > R on Pine Flat > L on Hwy 128 > L on Ida Clayton to end > Retrace to R on Hwy 128 > R on Pine Flat to end > Retrace to L on 128. Check out: http://www.leefamilyportal.com/ff_website/ff_index.html

Tony Lee—766-9803

SATURDAY • MAY 9

WCC Workers' Ride See article and timetable on page 7.

SUNDAY • MAY 10

Out Sebastopol Way

2-3/AB/40

9:00 AM • Howarth Park

L on Summerfield > R on Bethards > L on Yulupa > Bennett Valley > R on Sonoma Mtn > R on Pressley > Roberts > R on Pet. Hill > L on E. Cotati (*regroup at Plaza Park*) > R on W. Sierra > L on Stony Pt > R on Roblar > R on Peterson > L on Blank > R on Canfield > R on Bloomfield > L on Pleasant Hill > R on Lynch > L on McFarlane > R on Hayden > L on Litchfield > R on Palm > L on Hwy 116 > R on Joe Rodota Trail > L at Forest Trail to Coffee Catz > Return to L on Joe Rodota Trail > L on S. Wright > Fulton > R on SR Creek Trail > Prince Greenway > Sonoma Ave > L on Summerfield to Howarth Park.

Sue Bennett—523-1322

SATURDAY • MAY 16

Auburn - Iowa Hill Burn

5/C/60-65 • 6-7000'

9:00 AM • Raley's, Auburn*

R on Lincoln > L at Bowman Undercrossing > R on Bowman > R on Lake Arthur > R on Placer Hills > L on Applegate > R on Rugby > High View > Slight L at Ponderosa > Canyon Way into Colfax (*store on right for regroup and water*) > Reverse on Canyon Way > L on Iowa Hill > (*regroup in Iowa Hill—last*

chance until Foresthill) > Cont. on Iowa Hill > Sugar Pine > R at For Rte 10/Sugar Pine > R Foresthill > Cont. thru Foresthill > Over Foresthill Bridge (third highest in the world) > R on Lincoln Way > R into Raley's lot. *I don't expect any riders to show, but even if you don't make it this time, but like a hilly, challenging ride, be sure to keep the route in mind in case you travel this way.*

*13384 Lincoln Way, Auburn. Hwy 50 to Foresthill-Auburn Ravine Exit, exit to R, at traffic light turn L and parking lot is first right. Park at corner near the road.

Rich Fuglewicz—916-977-0510
r.fuglewicz@sbcglobal.net

SUNDAY • MAY 17

Just to Ride

2-3/AB/50

9:00 AM • Youth Community Park

L on Fulton > L on Piner > L on Olivet > R on Guernville > L on Frei > Graton > R on Bohemian Hwy > L on Moscow (*rest stop in Duncans Mills*) > R on River > R on Sunset > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > Trenton > L on River > R on Woolsey > R on Oakwild > L on W Olivet > R on Olivet > L on Piner > R on Fulton to park.

Rose—543-5889

SATURDAY • MAY 23

Dairies, Doubles, and Drives

3/A/49

9:00 AM • Cotati Dog Park

R on Myrtle > L on Old Red > R on W RR > L on Stony Pt > R on Jewett > Center > R on Liberty > L on Skillman > R on Thompson > L on Magnolia > R on Horn > R on Lohrman > L on Bodega > R on Cleveland > R on Western > L on Chileno Valley > L on Tomales-Petaluma > R on Hwy 1 (*break at Tomales Bakery*) > R on Hwy 1 > R on Fallon Two-Rock > L on Gericke > R on Petaluma-Valley Ford > L on Roblar > L on Stony Pt > R on W Sierra > R on Valparasio > Myrtle to park.

Ken Russeff—953-1804

14th Annual Bad Little Brother

5/CD/133 • 14,500'

8:00 AM • Lk Sonoma Visitor Cntr

Dry Creek > L on Dutcher Creek > Cloverdale Ave > L on Hwy 128 (*rest stop in Boonville*) > L on Mountainview > L on Hwy 1 (*rest stop*

in Pt Arena) > L on Annapolis > L on Skagg Springs (rest stop at Camp Gualala) to finish. *Extreme, challenging ride for fit cyclists.*

Greg Durbin—528-4450
gdurb@sbcglobal.net

SUNDAY • MAY 24

The Bad Little Brother's Lazy Old Uncle

4/C/70

9:00 AM • Monhoff Rec Center
Calistoga (TT rest stop site)

L on Grant > R on Greenwood > L on Hwy 29 > R on Lawley (Old Toll Road) > L on Hwy 29 > R on Mora > L on Grant > R on Oak > L on Washington > Bike path > R on Dunaweal > L on Hwy 29 > L on Bale > R on Sil Trail > L on Crystal Springs > R on Sanitarium > L on Deer Park > R on Mund > L on Sunnyside > R on Deer Park > Howell Mtn > R on Falls (bike trail) > R on Howell Mtn > L on Pope Valley (rest stop at Pope Valley Store) > L on Aetna Springs to end > Retrace to R on PV > R on Ink Grade > R on White Cottage > Howell Mtn > Pope (rest stop at Jacob Meily Park) > In St Helena, jog R on 29 to L on Spring > White Sulphur Springs to end > Retrace to L on Oak > R on Madrona > L on 29 > R on Pratt > L on Sil Trail > L on Brannan > Wapoo > R on Grant. *If you're not quite up for the rigors of BLB, here's a slightly easier ride, but still with some challenge and adventure, and a lot of obscure, screwball roads.*

Bill Oetinger—823-9807

MONDAY • MAY 25

MEMORIAL DAY

Sweetwater Bazaar

4/B/45

9:30 AM • Willowside School

West on Hall > R on Willowside > L on Guerneville > R on Laguna > L on Trenton > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on Sweetwater Springs > L on Armstrong Woods (rest stop at Coffee Bazaar) > L on River > R on Hwy 116 > R on Mays Canyon > R on Hwy 116 > R on Green Valley > R on Sullivan > R on Mill Station > L on Hwy 116 > R on bike path > L on E Hurlbut > L on High School > R on Occidental > L on Sanford > R on Hall.

Rick Sawyer—933-0760

SATURDAY • MAY 30

Airport Touch 'n Go

3/A/42

9:00 AM • Healdsburg City Hall

Ron Grove > Vine > R on Mill > Westside > L on Wohler > L on Eastside > R on Trenton-H'burg

> L on Mark West Station > R on Slusser > L on Laughlin > L on Skylane/Laughlin > R on Airport (rest stop at Kafe Mocha) > L on Faught > R on Chalk Hill > L on Hwy 128 > Alexander Valley > R on Lytton Station > R on Lytton Springs > L on Chiquita > R on Grove to City Hall.

Jack Hartnett—694-0922

King Ridge

4+/CD/83

9:00 AM • Ragle Park

L on Ragle > L on Mill Station > L on Cherry Ridge > L on Occidental > R on Boho > R on Old Boho > L on River > R on Austin Creek > R on Caz Hwy > King Ridge > L on Hauser Bridge > Seaview > Fort Ross > Meyers Grade > L on Hwy 1 > L on River > R on Moscow > R on Boho > L on Graton > R on Sullivan > R on Mill Station > L on Occi > R on Barlow > L on MS > R on Ragle to park.

Darrin Jenkins—206-9773

SUNDAY • MAY 31

Pope Valley Loop

3/B/35

10:00 AM • St Helena Safeway

Church > L on Pope > R on Silverado Trail > L on Sage Canyon (Hwy 128) > L on Chiles & Pope Valley > Pope Valley > L on Ink Grade > R on White Cottage > Howell Mtn > Pope, etc

Wayne Kellam—523-1878

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Healdsburg City Hall

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

Mike & Janice Eunice—575-9439

SATURDAY • JUNE 6

Terrible Two Trainer #1

5/C/135

7:00 AM • Howarth Park

L on Summerfield > R on Sonoma > L on Yulupa > Follow TT route to Cloverdale with rest stops at Jimtown (63 miles) and the Cloverdale Shell Station mini-mart > L on South Cloverdale Blvd > Dutcher Creek > L on Dry Creek > R on Grove > Vine > Cont. on Healdsburg Ave > Old Red > R on Fulton > East on SR Creek Trail > Prince Greenway > Sonoma Ave > L on Summerfield to park.

Jeff Burton—217-2756

SUNDAY • JUNE 7

Terrible Two Trainer #2

5/C/105

8:00 AM • Monte Rio

East on River > R on Sunset > R on Westside > L on W Dry Creek > R on Yoakim Bridge > L on Dry Creek > Follow TT route back to start with a rest stop at Fort Ross Store.

Jeff Burton—217-2756

SATURDAY • JUNE 20

The Terrible Two

5/CD/200 • 16,000'+

5:30 AM • Analy HS

Pre-regged riders only. Reg forms available at SRCC website. Get in on the fun, either as a participant or as part of the support crew for the #1-rated double century in the California Triple Crown Series, year after year. For more information, get in touch with...

Craig Gaever—545-4133
cgarch@sonic.net

Bill Oetinger—823-9807
srccride@sonic.net

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 Masey—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

bracing 40° at the dawn start, but warming to around 70° later, with no significant wind issues and no rain. And while we're saluting the double-century riders out there, let's note that Craig Robertson and Karl Kuhn did the Death Valley Double as well, back at the end of February. Craig's time of 11:28, on a tandem with Graham Pollock, was good for 8th overall and first tandem. Karl's time of 12:08 netted him 15th place. Craig, always busy on the long-haul circuit, has been busier than usual this spring. He did the Camino Real Double (formerly known as the Butterfield Double) on February 21, finishing 7th in a time of 11:34. And on April 11, he finished 5th overall in a time of 12:59 at the Mullholland Double. Mullholland marked a significant milestone for Craig: it was his 100th double century. Those are just his official doubles finishes. If you count brevets and other unofficial doubles, such as the Winter Solstice double (which he created), he has 60 more doubles-sized rides. Whew!

Thanks to a thread on the chat list, a skills clinic was organized for the Sunday of this same, jam-packed weekend. Several people said they would welcome a clinic on downhill cornering technique, and in response, Jonathan Lee and Kevin Buchholz (of Echelon Cycle and MultiSport and Team NorCal Bike Sport) offered a hands-on tutorial on the slopes of the Geysers. About 20 members showed up...pretty good, considering it was just a chat list item. (Look for another, similar clinic to be listed on the official ride calendar in some future month.) Everyone seemed to think it was time well spent. Thanks to Jonathan and Keven for generously offering their Sunday for this project.

That busy weekend ushered out March for another year. First up in April was Rick Sawyer's ride from Glen Ellen out to near Lake Berryessa. This one had some similarities to Ken's ride from the previous week—the backside of Trinity, Sage Canyon, Chiles Valley—but had a different flavor, somehow. Two trips over Trinity and a lot of other climbs added up to around 7500' in 75 miles. Anyone who rode out from Santa Rosa—and several did—ended up with an 8000' century. (Some other club members threw together a chat-list ride on this same day, trying to log a lot of elevation gain for April Alpina. For some reason, they figured Rick's ride wouldn't be hilly enough for their AA agendas, but after all their busy hill climbing, they ended up with the exact same amount of climbing: 8000'.) Weather for both rides could not have been better: that perfect spring moment: a bit nippy at the start, but mellow through the rest of the day, and with all the meadows still green and wildflowers strewn about like so much confetti. Each of these two rides drew around 15 participants. I only know about the chat list ride from posts to the list, but I was on Rick's ride and can tell you it was just about as nice as a ride could be. The route took us on some roads we haven't done lately, like Lower Chiles Valley and Montecello and Oak Knolls and lower Dry Creek. Coupled with the perfect spring scenery, it added up to a fresh landscape that the riders appreciated. A very nice day.

On the same day, Tom Helm hosted another of his bike-handling skills clinics. It is so nice that we have good, experienced mentors like Tom (and Jonathan and Kevin) to bring folks along with their bike skills. Anyone who thinks that we learned all we need to know about bike skills when our dads took the training wheels off our kiddie bikes...well, they should attend one of these clinics. Good,

competent riding involves all sorts of skills that aren't obvious or entirely natural. There is a lot to learn, and these assorted clinics are a great asset for picking up the lore of cycling.

If 8000' of April Alpina climbing wasn't enough for you on this first weekend in April, how about 10,000' in just 55 miles? Yikes! Those were the critical numbers for the Nifty Ten Fifty on Sunday, led by Paul McKenzie over in the steep East Bay hills. Paul sent a note to the list with a link to a site covering this annual bit of brutality, with an account of the latest edition. Double-digit steep doesn't really do justice to this one. Several of the grades are up in the high 20's...as steep as roads get. It's killer.

For a slightly less daunting challenge on that day, there was Rose Mello's Cotati-Tomales ride (35 miles, AB tempo): "About 30 riders showed up. We lost a couple of riders on Franklin School Road. They just forgot to turn on Whitaker Bluff and ended up doing three extra miles. We had one rider with a total of four flats, all on the back wheel." (Moral of the story: figure out what caused the first flat before putting in the new tube.)

Easter weekend is the last weekend we can cover this month. No one listed a ride on Easter Sunday, but we made up for that with an A ride, a B ride, and a C ride on Saturday. Working through the list alphabetically, let's begin with Ken Russeff's A ride: "The Wine Country Romp A ride out of Healdsburg City Hall on the 11th had 21 riders with several new faces, including a rider visiting the area from Colorado. Another super day of riding to Cloverdale via West Dry Creek and Dutcher Creek Roads, despite a headwind going north. One flat and a couple of lost cleat screws (gotta use loctite). Starbucks turned out to be a nice place for our break, with adequate indoor and outdoor seating."

Craig Gaevert listed a tandem ride in honor of our old friend Robert Rand, who used to lead tandem rides with his wife Pilar. Robert has ridden off the front now, but we haven't forgotten him or those good rides. Craig reports: "The tandem ride had a good turnout. Six or seven tandems and about 30 other folks showed up, but I was really hoping for more (tandems, that is). Pilar was out with Owen in a trailer. The singles dutifully took up their places behind the speedier tandems. We all noticed the wind was already pretty good at the start but with the ride on the northbound leg skirting the west edge of the valleys, we avoided the worst of it. Had some pretty good crosswinds though as we turned east on Lytton Springs. There was some touristy group riding on West Dry Creek that were all over the road and close to causing unintended consequences as we headed north and the Fighting Bobas were pacelining south. The tailwind down 128 was just what we expected, and with the recent rains, the fields were full of grasses and flowers, making for many convention-bureau postcards. Seemed to be just the right ride on the right day."

Bill Carroll listed another of his century rides, this one exploring the west county hills. "Listing a club ride is a little like hosting a party: you never know who will show up—what if no one comes?—and what the spirit of the event will be. That's part of the fun of both. Saturday's ride was a good party.

"Perfect early spring weather greeted the nearly 25 riders, including Martin Palacios, visiting from Dallas. Other riders joined in along the way. It was a pretty controlled pace until we got to the west county, where the riders strung out on Green Valley and Harrison Grade. We regrouped in Valley Ford and then soldiered





Compared to the über-dry March of 2008, to us cyclists itching to pile on the miles, March of 2009 was a wet month. However, on average, we were lucky, as the two inches of precipitation in March this year were half of the normal four inches we see in Santa Rosa. And while we try to keep in mind the dire need for rainfall in our area, it was hard not to grumble just a little when we had a few weekend rides get rained-out. So some folks' mileage may have suffered, but on the

whole, there was plenty of opportunity to ride if you were prepared and flexible.

Overall, we had 40 club members taking part in the annual mileage challenge, and they rode an average of 460 miles each during the month for a total of 18,414 miles.

For the statistically minded, extra kudos go to:

- Almost half of the participants who met their goals.
- Dave Theonnes and Jess Robel who get overachiever awards by crushing their 500-mile goals by riding 1,313 and 1,176 miles, respectively!
- Vern Weirich, who rode the most total miles in March: 1,603. Vern logged miles on 25 out of 31 days in the month.
- Even more consistent riding was demonstrated by Dave Theonnes who managed to log miles every day of March!
- Two other riders topped 1,000 miles: Eric LaFranchi and Matt Wilson.
- Former Board member Charlie Rowell, who achieved his mileage goals by riding in the much less bike-friendly climate of Iowa, where he now lives.

Thanks to all who participated! We hope you enjoyed March Magic 2009, and we look forward to seeing all of you involved in this friendly challenge again next year.

on into a stiff (20-25 knots at times) headwind north towards the coast, up to Occidental and down to Duncans Mills. This was the middle third of the ride, which I think everyone would agree was the toughest segment. Even with the wind knocking me around on the Coleman Valley ridge, I still marvelled at the sweeping vistas of the white-capped ocean and the redwood covered western hills. The climbs on Hwy 1, Bay Hill, and Coleman Valley effectively scattered the group, but we once again formed up after the rest stop in Duncans Mills. A fast peline driven by Darrin and Greg made quick work of River Road. From Westside on, the group dissipated, as many made their ways back to their various starting points. Still, there were about half a dozen of us who gathered at the market at the end to refuel and revisit the ride. Riding from home, I ended up with 105 miles and 5900'. This was a day to again be grateful we live in one of the best cycling regions in the world."

Wine Country Century Workers' Ride: May 9

There are three levels of reward for volunteering to help support the club's Wine Country Century on Saturday, May 9.

1. You have the fun and the satisfaction of being a part of the crew that makes this event one of the best run and consequently most popular centuries in the region. It's cool to be a part of such a winning team.
2. You get to do the Workers' Ride one week later, in the company of all your club mates and pals. The same courses; the same great scenery; the same great spring weather (we hope).
3. You get the Workers' Ride picnic afterward. With all due respect to Willie Bird and the fine spread they lay on for the regular WCC after-ride feast, we think the spread at the workers' picnic is quite a bit better. Once again, we will have the services of Matt Parks and his excellent culinary catering crew for the after-ride picnic. Matt promises some new and delicious entrées to fill you back up after your ride. NOTE: Workers' Ride and Picnic are for WCC workers only.

We are moving the start/finish and after-ride festivities from Shiloh Park to the club's warehouse. There are many logistical and social reasons for the change—too many to list here—but we are hoping it creates a better event all around: more fun for the riders and a little easier to manage for the support crew. To assist riders in hooking up with others riding along the same course and maybe even at the same tempo, we are publishing here a chart of start times and rest stop windows. If you plan to start from Coffey Park or the warehouse, aim for those targets. If you plan to start from home and intercept the ride somewhere along the course, use those times to calculate your intersecting trajectories.

If you think having a picnic at a warehouse sounds kind of industrial and not too picnicy, then you probably have not been to our particular warehouse, which is located out in the country, surrounded by vineyards and oak trees. It's about as non-industrial as it can be. And if you have been there before but not recently, you might be interested in checking out some of the improvements that Doug Simon and his crew have been making to the facility.

WCC Workers' Ride Start Times

Route	Start location	A	B	C	D
35-mile	Coffey Park	12:00	12:30		
100-K	Coffey Park		9:30	10:30	
100-mile	Warehouse		7:00	8:00	9:00
200-K	Warehouse			6:30	7:00

WCC Workers' Ride Rest Stop Times

Rest Stop	Open	Close
Monte Rio	8:00	10:30
Wohler Bridge	9:30	2:00
Warm Springs	11:00	2:15
Alexander Valley	12:30	4:00
Warehouse (after-ride picnic)	1:30	5:30

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

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

- President: Craig Gaevert545-4133
- Vice-President: Greg Durbin528-4450
- Secretary: Donn King823-5461
- Treasurer: Donna Emery546-6359
- Officers at Large
- Martha Barton538-9315
- Randall Ray433-2555
- Rick Sawyer933-0760
- Gordon Stewart823-0941
- Martin Clinton569-0126
- Newsletter editor, ride director: Bill Oetinger823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates526-3512
- Membership registration: Gordon Stewart823-0941
- Meeting program coordinator: JoAnne Cohn566-9169

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, Wednesday, May 13 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Guest speaker: Bret Gave, owner of the Trek Bicycle Store, will speak on bike advocacy: One World, Two Wheels

Wednesday, June 10

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, May 7 • 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, June 4

• Directory of WCC Committee Chairs •

- WCC Chair Joe Morgan, 778-8209, themorganfamily@comcast.net
- Vol. coordinator Kimberly Hoffman, 579-3754, kdhoffman10@yahoo.com
- Registration Gordon Stewart, 823-0941, gordon@gsathome.com
- Sags & Communication Craig Gaevert, 545-4133, cgarch@sonic.net
- Food & Materials Doug Simon, 577-0113, desimon@sbcglobal.net
- Equipment cleaning Dave Batt, 546-5301, irenebatt@hotmail.com
- Course marking Tony Lee, 776-9803, dr_tony_lee@yahoo.com
- Course hosts Tom Bahning, 525-1960, duncansmills@sbcglobal.net
- Course signs Vicki Duggan, 525-1960, duncansmills@sbcglobal.net
- Course marshals Ron Bates, 526-3512, technical@randallnutrition.com
- Customer service Dave Trumbo, 765-9022, jumpin@sonic.net
- Day-of sales Sharron Bates, 526-3512, technical@randallnutrition.com
- Graton Janice Eunice, 575-9439, nicenice@sonic.net
- Ocean Song Wayne Kellam, 523-1878, wkellam@sonic.net
- Monte Rio Bunni Zimberoff, 544-3999, bunnizim@gmail.com
- Wohler Bridge Cynthia Spigarelli, 824-4466, cstar3@sonic.net
- co-chairs Bob Puckett, 579-4545, robert.puckett@att.net
- Warm Springs Dam Jim Williams, 538-3793, jjwilliams@earthlink.net
- Alexander Valley Steve Drucker, 538-5256, sdrucker@santarosa.edu
- LBC Michelle Kane, 292-5707, kearykane@yahoo.com
- Volunteer Ride Joe Conway, 875-9056, bodegajoe@comcast.net