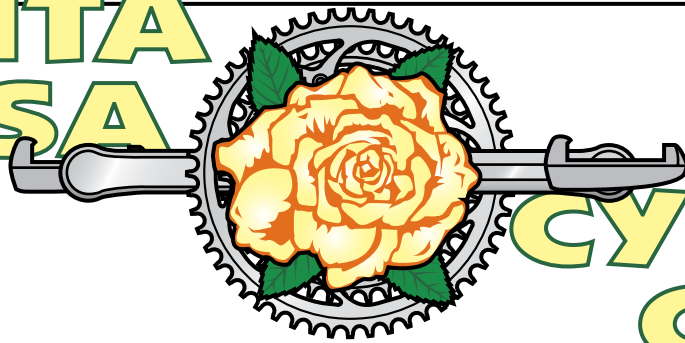


SANTA ROSA



CYCLING CLUB

JUNE 2009 NEWSLETTER

Mother Nature rains on WCC parade

An unwelcome and unregistered participant barged into the 2009 edition of the Wine Country Century and made life difficult for everyone else. That would be Mother Nature, making her presence felt with a wet wall of weather that rolled through Sonoma County over the first weekend in May.

We don't usually think of rain in conjunction with the WCC, and yet its appearance is not all that uncommon. Looking back through our recent records, we see it rained in 1998, 2000, 2003, and now in 2009. Four times in 12 years...one year out of every three. It's true, in 2000 and 2003, the rain was spotty and light, so many folks almost rode dry (with a little luck). 1998 (the *el Niño* year) saw serious, steady rain, and so did this year.

But what was amazing this year was that the vast majority of riders (and workers) didn't let the rain get them down. Of the 2500 riders who were registered, 2000 showed up and checked in to ride. We did have far more riders sagging out than in a dry year. (No one knows for sure, but best guesses might be around 300.) Some of the rest improvised bail-out routes, so it's impossible to know how many completed the rides they set out to do. But for sure, a great many people did so, and for the most part, they did it with good cheer, shrugging off the damp as just one of life's wry little jokes. Likewise, the 340 or so workers remained upbeat and chipper throughout the long, wet day, and their energy and *esprit* were a great boost to the riders.

One small saving grace about the weather was that it was neither too cold nor too windy, so being wet didn't degenerate quite so quickly into being miserable or hypothermic. It was yucky and inconvenient, but not horrible.

If anyone ever needed more proof that wet roads cause more flats, this century can stand as Exhibit A: the road shoulders were thronged with little clutches of riders messing with messy tube swaps, and the mechanic at the Alexander Valley rest stop reported selling 42 tubes to riders! Presumably, similar brisk business in tubes was seen in the other rest stops as well. It's unclear whether the wet roads contributed to an increase

in crashes. There were some, including two resulting in broken collarbones and one requiring some stitches, but they didn't appear to be especially weather-related. A dead buzzard in the road caused at least one crash, and that can't be blamed on the rain, unless perhaps the buzzard had drowned.

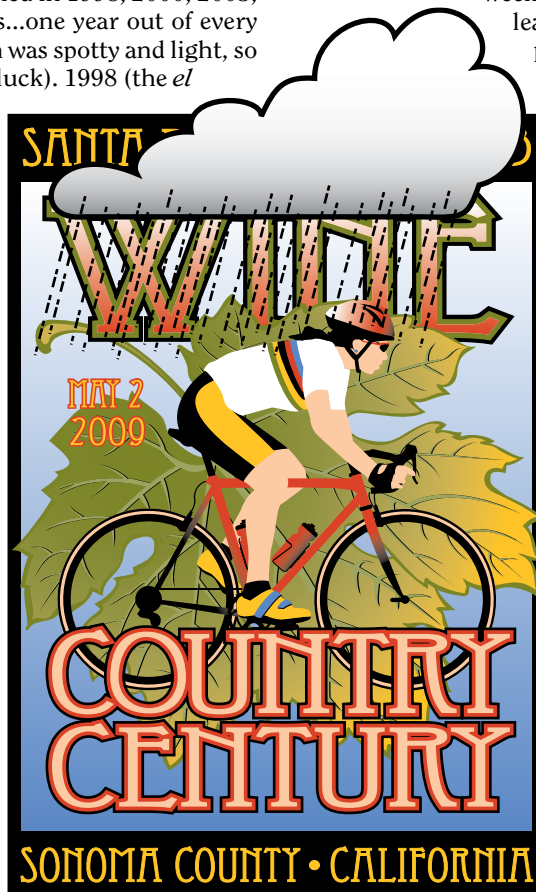
Event Chair Joe Morgan had something nice to say about every single WCC member who pitched in somewhere on this soggy weekend or in the weeks and months of prep work

leading up to it. 340 workers represents approximately half of all the adult members in the club. That's impressive. But what the raw numbers don't express is the fact that many of those members worked multiple jobs on different days and on different committees, sometimes showing up for various assignments as many as six or eight times! It would have been very easy for folks to have looked out the window on that grey morning and decided to stay home and dry. But in fact, the crisis of the weather seemed to have the opposite effect on people, prompting them to stay a little longer, to find one more task to do, to make one more sag run before calling it a day. What a great club!

We would be remiss if we did not also mention the long hours logged by our friends in the radio club, who kept our lines of communication open all day.

And a special salute to Steve Urbanek and the Sonoma County road maintenance department for patching potholes all around the course and for sweeping the entire course ahead of time. We've never seen that kind of proactive cooperation from the County before (perhaps because we never asked for it before), and it was very gratifying to see.

So... not the idyllic spring fling we expected it to be, but not as awful as it might have been, had it been a bit colder or had the attitudes of the riders and workers been a bit less upbeat and resilient. We took what the weather gave us and carried on. Hats off to Joe and all his energetic volunteers, and a big round of applause to the plucky riders who kept on spinnin' in the rain.



MINUTE MIX

Highlights from the General Membership and Executive Board meetings for May

- 1. Call to Order:** President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, May 13. 50 members and friends were present.
- 2. Treasurer's Report:** Donna Emery announced the club's bank account balances, as of April 30.
- 3. Membership:** Gordon Stewart reported membership of 963 (combining individual and family memberships).
- 4. WCC:** At both the Board and General meetings, an extensive review of the WCC took place, in each case led by WCC Chair Joe Morgan, with contributions from many committee chairs. At the General meeting, there was a standing ovation for Joe Morgan, and he was presented with a framed copy of the event poster. (See articles on pages 1, 2, and 7.)
- 5. TT:** TT Chair Craig Gaevert reviewed prep work for the upcoming Terrible Two, scheduled for June 20. He noted that Donn King has agreed to chair the Geysers rest stop, Jon Dick has agreed to chair the Gualala River stop, and John Russell has agreed to chair the Monte Rio stop. Bill Oetinger noted that registration is a bit low so far, probably because this is the TT's year to be out of the California Triple Crown Stage Race rotation. (See item on page 8.)
- 6. Officers:** Board member Donn King spoke at the General meeting on the subject of officers to serve on the 2010 Executive Board. He noted that there will be several openings, including that of President. (Current Prez Craig Gaevert is stepping down after three years.) He stressed how crucial it is that members become involved in the management of the club.
- 7. Bike Monkey:** Carlos Perez, publisher of Bike Monkey, spoke at the meeting on several topics. He noted the upcoming Ross' Epic Hill Climb on June 6 (a benefit for the family of Ross Dillon and for the SCBC). He mentioned that the current issue of Bike Monkey has an article about the Terrible Two and passed out free copies. And he spoke about ongoing efforts to fund the return of the Tour of California to Santa Rosa, including Levi Leipheimer's Granfondo (a 103-mile ride to King Ridge) scheduled for October 3.
- 8. Litter:** Craig Gaevert and Bill Oetinger reviewed the semi-annual Adopt-a-Backroad litter pick-up project from April 18. (See report on page 5.)
- 9. Brevets:** SRCC-RUSA coordinator Bob Redmond reviewed the year's brevet season, including the 400-K from April 18.
- 10. Club tours:** Bill Oetinger noted that Nick Curran—on the catering crew at the WCC Workers' picnic—is the food coordinator for the Blue Wallowa Tour. Greg Durbin reminded BWT participants that the balance of their entry fee is due by June 1.
- 11. Crits:** Jeff Crouch, of 2-Wheel Racing, made a presentation to the Board on the race day his group will be staging on June 7 at Sonoma Mountain Village (the old HP facility in SE Rohnert Park). He requested the loan of some SRCC materiel for the event. They are working to make this excellent venue a new permanent site for crits in Santa Rosa. [Click here for more info on the June 7 crits.](#)
- 12. Guest speaker:** Brett Gave, owner of the Trek Bicycle Store, made a presentation on getting people out of their cars and onto bikes: One World; Two Wheels.

• WCC LETTERS •

A quick note to all of the members of the Santa Rosa Cycling Club and volunteers who worked the Wine Country Century this Saturday to thank you for a job well done!!

Six friends and I registered and rode. Despite the rain, the SRCC members and volunteers were very upbeat, friendly and helpful!

This was my first time (and not the last) doing the Wine Country Century, and it lived up to its billing. Great scenery (in between the heavy rain drops), great route, great food and great hosts!!

I spoke with a group of people in the parking lot after the ride who had made the Wine Country Century their first organized event. We shared a few laughs, stories about riding in the rain and towels. I remembered why I started riding when they cheered each other for completing the ride and one of them (drenched to the bone) said, "now this is living!!"

I ride with the Peninsula Velo bike club in San Mateo, sponsor of the Burlingame Criterium, so I appreciate the time and effort that goes into organizing an event of this magnitude. THANK YOU again for the great job!!

—*Sincerely, Bill Yang*

I just wanted to let you know that the support on the ride Saturday was excellent. At the second rest stop a fellow approached me as I was icing my neck and introduced himself as the medic and asked if I needed anything else (other than a warm room). I was fine, but it was so nice to have someone available in case something serious had happened. All other volunteers were cheerful and more than happy to help.

—*Barbara Daugherty*

THANK YOU! I was wet, tired, and cold, but I had a wonderful time. The rest stops were great and everyone was so helpful. My sincere thanks to you and everyone who helped make this year's WCC so much fun.

—*Nathan Valles*

We enjoyed the ride, even in the rain! Thank you! We came from Montana where we had one foot of fresh snow in our yard...so we are hearty!

—*Jeanne MacPherson*

In addition, our course hosts circulated survey forms after the ride, and in spite of being wet and tired, many people took the time to enter their comments about the day and the event. In light of the weather, it's no surprise that there were a few grumbles, but only a few, and most of those were directed at the weather and not at the event:

"Fantastic to see so many volunteers out in the field today. They make the event possible!"

"Awesome! Excellent rest stops!"

"Wet but still beautiful; great organization."

"Loved the sunny weather *last* year! Love all the happy people on such a cold, rainy day."

"My sixth time; wet & wild. Great job & best volunteers."

"Volunteers were very kind. Can't control the weather..."

"So beautiful – very nice selection of snacks at each stop!"

And much more of the same...

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 begins with the weekend of April 18-19. There were two club events on that Saturday and two more on Sunday. One of the Saturday events was our semi-annual litter pick-up day in Dry Creek Valley. Read more about that on page 7.

The other event that day was our 400-K brevet. Being an off-PBP year, attendance for all the brevets has been slim, but those who are taking part are a hardcore group of randonneurs who seem to be enjoying every minute of these long, long rides. Our brevet coordinator Robert Redmond posted a long and entertaining note to the chat list about it. In it, he mentioned the five club members who completed the ride: Bob Puckett, Jose Mundo, Jeff Burton, Mike McGuire, and David Strong.

The next day, Doug McKenzie had his annual Pine Flat time trial, which begins as a more-or-less normal club ride down at Piner HS. The only thing not quite normal about it was looking around at the crowd of 30 riders assembled at the start: about 20% younger and 20% leaner than the crowd at most C rides. (This was listed as CD.) You might say it was a D crowd, except that, because most of the riders would be saving something for the time trial part of the day, the ride up there along Chalk Hill and 128 was actually pretty laid back. Other riders met the group at Jimtown, and then the whole group took off at noon for the timed run to the top. (This is Doug's mass-start time trial. Half a year away, he does another one with individual starts, like an authentic ITT.) Some riders, me included, only went as far as the flat and didn't get timed. But most hammered it out all the way to the top. It was amazingly hot for mid-April. While I was hanging out at the guardrail overlook, my bike thermometer hit 98°. That may have been a little inflated, although the 91° I recorded down in Alexander Valley was probably accurate. But there was a soft breeze with a cool, marine feel to it, and that took the edge off the heat. Doug has the time trial results here: <http://www.sonic.net/~douglassi/bike/pineflat.html>

On our way down Pine Flat, we ran into Linda and Sid Fluhrer, still climbing the hill. We hadn't seen them at all on the ride before this. Odd. Did they get a late start? Not exactly: in pursuit of gaudy April Alpina numbers, they had climbed the Geysers to the TT rest stop before tackling Pine Flat!

Pine Flat is always good for wildflowers in the spring, and this year is no exception. The sky lupine and blue-eyed grass were sensational...whole hillsides carpeted in blue, with poppies and penstemon and peas adding bright accents.

Doug sent an extensive report about the ride and the time trial to the chat list (as Robert did for the brevet). We cannot reproduce reports that long in this limited space, much as we might wish to. So if you want to tap into those more extensive reports, which really do contain a lot of good stuff, you need to be on the chat list.

Also on this Sunday, Susan Hester listed an A-tempo ride out of Windsor. She reports: "Over 20 people showed up for my birthday ride. One rider came all the way up from Martinez. We did most of the WCC 100 k backward and many of the riders did it as a training ride for the WCC. The weather was lovely, even though it turned very hot in the afternoon. No reports of any flats or lost folks."

This was also the weekend of the Devil Mountain Double, over in the East Bay. This is a very challenging ride. Any finish at all is a triumph. The fastest SRCC finisher was Barley Forsman, whose time of 13:24 was good for 8th overall. Other finishers: Pat Krueger, Garth Powell, Michael Leach. Did I miss anyone? *Chapeau!* to all who finish this big beast of a ride.

On the last weekend in April, we traditionally have the Clear Lake Double Metric, a Rich Fuglewicz creation. Rich handed off the ride leading awhile back, and now Tony Lee is in charge. Someone suggested an early start for riders who might be a bit slower than the fastest cohort, and quite a few people picked up on that offer. I was among them. We had nine in the group that left Healdsburg at 7:45, and there were another dozen in the group that left at the official time of 8:30, plus the front group picked up another four riders on the road, so about two dozen, total. Some in the early-bird group were eventually reeled in by the faster gang, but the quicker ones in the front group were never caught. Both groups took the same regroupings: Middletown, Soda Bay, and Hopland. Some may have stopped in Cloverdale. It was an absolutely gorgeous day for a long ride. It was a *brrrrisk* 42° in the early going for the early group, but it warmed up to a pleasant mid-70's, and from Hopland on, we had a nice tailwind to blow us home. An interesting incident: Mark Sedgwick charged off the front of the second group on Ida Clayton and disappeared up the road. But a little later he came riding back down the hill to the group. He'd come face to face with a mountain lion in the road and decided it would be better to be with company than all alone. That means the mountain lion walked out onto the road sometime after the last of the slower riders in the front group had gone by. We almost never see mountain lions, but I often have the feeling they're out there, watching us as we go by. Reviewing all the talk about the ride on the chat list—to refresh my memory—I can report that it was an almost entirely incident-free day. One rider had a minor crash on the gravel on the highly hairball Western Mine descent, but no injuries. Final stats: 122 miles and 10,000' of climbing.

The only ride on Sunday was Rose Mello's rain check ride, a 45-mile, AB ride going down to Sonoma for lunch. Rose sent in one of her usual brief notes about the day: "About 25 riders showed up for the ride, with one new rider. We had two riders, father and son, who turned around on Warm Springs Road and rode into Kenwood and back to the park. We ate lunch at the Sonoma cheese store. Lots of tourists in Sonoma. Everybody had a great time."

You know what happened on the next weekend, the first weekend in May. You can read about the wet Wine Country Century on page 1. We hope you were a part of it in some capacity, as a rider or—better yet—as part of our world's greatest support crew.

The day after the WCC, the funky weather was still around but was in the process of packing up to move on, which made for a tough decision for anyone thinking about doing the Fearsome Five that day. Tony Lee reports: "I know several of you planned to do this ride but looked out your window Sunday morning and said 'forget it.' Those of us who showed thought the same thing as we drove to the start with wipers at full speed. Nature was kind though. By the time we left the parking lot we had less than ten minutes of sprinkles before the rain stopped entirely, giving way to Hawaii-like conditions on Geysers. Seven riders started at 8 am with a tandem from Napa (Troy and Karen) and a gal from Dublin (Becky) starting a little earlier.

— 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 • 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

Bike Skills and Paceline Clinic

For any level

10:00 AM • Seb. Comm. Center
Morris Street

Turn those struggling-to-keep-up, nervous-being-close rides into enjoyable, social experiences. Learn how to be more relaxed and comfortable, first on the bike, and then in a group. Then, with your new confidence, you can shmooze with people, at the start of a ride, or very early on, and organize a group of people willing to stay together.

Tom Helm—332-8792

Speed Trap & Caz Crossover

4/B/65

9:00 AM • Graton

(corner of Ross Road & Graton)

West on Graton > R on Boho > L on Hwy 116 > R on Austin Creek > Cross Caz Hwy and stay on Austin Creek > L on Caz Hwy (rest stop at Cazadero Store) > North on Caz > L on Fort Ross > L on Meyers Grade > L on Hwy 1 > L on River > L on Moscow (rest stop in Duncans Mills) > L over bridge in MR > R on River > R on Forest Hills > L on Old River > R on Martinelli > L on Highway 116 > R to West County Reg. Trail in Forestville > L on Green Valley > R on Ross Rd trail to Graton. *A somewhat challenging metric century. If you haven't done so for a while, time yourself on the SRCC speed trap at the start of the ride: Graton Rd from Ross Rd to the summit at the Tanuda/Facendini junction. There will be frequent regroupings, although not mandatory (3 or 4 in addition to the 2 stops). Criders are welcome; can ride their own pace and also skip regroupings.*

Rick Sawyer—933-0760

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

River Ratz to Coffee Catz

2.5/A/30

9:00 AM • Piner Youth Park

L on Fulton > L on Piner > R on Olivet > L on W. Olivet > R on Oakwild > L on Woolsey > R on River > L on Slusser > L on Mark West Station > R on Trenton/H'burg > L on Eastside > R on Wohler > L on Westside > L on River > R on Forest Hills > L on Old River > River > R on Mirabel > L on Hwy 116 > W. County Reg. Trail > L on Occidental > R on Hwy 116 > L on bike trail > L on High School > Around north side Analy HS > Morris (*break at Coffee Catz*) > Rodota Trail > L on Wright > Fulton > L on Hall > R on Willowside > R on Piner > R on Fulton to Park.

Ken Russeff—953-1804

SATURDAY • JUNE 13

King Ridge

3/B/55

9:00 AM • Monte Rio

L on 116 > R on Austin Creek > L on Old Duncan's Gr > R on Caz Hwy (*regroup in Caz*) > King Ridge (*regroup at end of King Ridge*) > L on Hauser Bridge > Seaview (*regroup at Ft Ross School*) > Meyers Grade > L on Hwy 1 > L on 116 > R on Moscow > L on Main to finish.

Tony Buffa—824-4466

SUNDAY • JUNE 14

Bread Run

4/C/60

8:00 AM • Healdsburg City Hall

South on Grove > Vine > R on Mill > Westside > R on Sweetwater Springs > R on Armstrong Woods (*regroup at park picnic area*) > Retrace S on Armstrong Woods > R on 116 > R on Mays Canyon > R on 116 > R on Green Valley > R on Harrison Grade > R on Graton > L on Boho (*rest stop at Freestone*) > L on Bodega > L on Jonive > R on Occidental > L on Mill Station > L on Sullivan > R on

Green Valley > L on Vine Hill > L on Laguna > Trenton-Healdsburg > R on Eastside > L on Old Red > R on Front > L on North > R on Grove to finish.

Randall Ray—529-1278

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 Gaevert—545-4133
cgarch@sonic.net

Bill Oetinger—823-9807
srccride@sonic.net

SUNDAY • JUNE 21

Descending Clinic
10:30 AM • NorCal Bike Sport
or 11:30 AM • Jimtown Store

Jonathan Lee and Kevin Bucholz will conduct a descending-cornering-handling clinic similar to the one run on March 29. Meet at NorCal and ride to the Geysers, or join at the first regroup at the Jimtown Store.

Jonathan—jonathan@leemail.com

SATURDAY • JUNE 27

If it's Saturday, it's Sonoma!
2/AB/40
9:00 AM • Trek Store
512 Mendocino Ave.

L on 7th > R on E S > L on Sonoma > R on Summerfield > L on Hoen > L on Newanga > Thru Park > R on Channel > Thru Oakmont > R on Hwy 12 > R on Lawndale > R on Warm Springs > R on Arnold > L on Boyes Blvd > R on Riverside > L on Verano > R on 5th > L on Sonoma city bike path > R on 1st st to Sonoma plaza (Cheese Factory for lunch) > Retrace route to Kenwood > L on Los Guilicos > R on Randolph > L on Clyde > R on Mission > L on Hwy 12 > L Pythian > Thru Oakmont > R on trail to Channel > L on Violetti > R thru Spring Lake Park > L on Newanga > R on Hoen > L on Sonoma > R on E St > L on 7th to the Trek Store.

Robin Abramson—569-0620
Kelli Saufnauer—974-8927

SUNDAY • JUNE 28

Point Reyes Out-&-Backs
5/C/73
9:30 AM • Pt Reyes Station
(corner of 4th & Hwy 1)

South on Hwy 1 > R on Sir Francis Drake > R on Pierce Point to end (*regroup and explore ranch*) > Retrace to R on SFD to Pt Reyes Light Station (*regroup and explore*) > Retrace to R on Mt Vision to summit (*regroup*) > Retrace to R on SFD (*regroup at store in Inverness*) > R on Vallejo > L on Portola > R on Balboa to pass-thru gate > L on Limantour > L on Bear Valley > R on SFD > L on Hwy 1 to Pt Reyes Station. *Quite a challenging ride...*

Bill Oetinger—823-9807

SATURDAY • JULY 4

Bicycle Santa Rosa Festival

Two rides in conjunction with the SCBC bike festival in Julliard Park. One is short (1/A/14) and is a meandering circuit of Santa Rosa ridden by as many local politicians as we can get onto bikes. The other is a regular (3/BC/35) ride out to Glen Ellen. Both return to the festival, where all sorts of bike-related fun will be happening. Look for more details in the July issue.

A: Martin Clinton—569-0126
BC: Bill Oetinger—823-9807

SUNDAY • JULY 5

Riparian Habitats

2/B/39
9:00 AM • River Road Park & Ride
(just west of 101)

R on River > R on Laughlin > L on (west) 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 > L on River > R on Forest Hills > L on Old River > R on Martinelli > L on Hwy 116 > R on West County Reg. Trail in Forestville > L on Green Valley > R on Ross Rd trail > Ross Rd > R on Grey > L on trail > L on Occidental > L on Sanford > R on Hall > L on Willowside > L on Piner > R on Olivet > R on Woolsey > R on River to finish.

Wayne Kellam—523-1878

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

B: Doug Newberg—579-0925

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

Litter pick-up day a clean sweep

On Saturday, April 18, a large crew of SRCC members joined forces with folks from the Dry Creek Valley Homeowners' Association and a new contingent from Westside Road to scour the Dry Creek Valley clean of roadside litter. The club began this project several years ago, and we have since been joined by these local groups, so that now there are so many people involved, we have more than enough pick-up power to clean West Dry Creek (our original adopted back road)...and then some. With all the troops deployed, we are now cleaning virtually every road in the valley, from Westside in the south to Canyon in the north; Lytton Springs at least as far east as Chiquita, etc.

Not only has the project grown in scope and become a great success in terms of tonnage of litter removed, it has also proven to be a great vehicle for bringing the cyclists of the SRCC into convivial contact with the residents of this popular biking region. They now recognize us as their neighbors, as good folks, not just as some faceless nuisance cluttering up their roads.

Thanks to all the SRCCers who came out to pitch in and pick up. And thanks to Ed Ellington for coming up with the idea of the Adopt-a-Backroad campaign so many years ago.

After a morning of filling big orange bags with litter, we all retired to the Bear Republic in Healdsburg to fill our faces with fish and chips, burgers and fries, Racer 5 and Red Rocket ale.

More BACKROADS & BREAKAWAYS

As we cruised the back side of Geysers enjoying the warm balmy temperatures, the fragrant wild flower-scented air and the swollen waters of Big Sulphur Creek, we heard a loud bang from Paul Stimson's rear tire. A blow out. Little did we know then that this was the first of many to come. By day's end, our little group of seven riders (plus Becky) had 16 flats. We think this is a new club record. All agreed that this year's Fearsome Five should forever be remembered as the Fearsome Flats!

"Doug McKenzie and Matt Wilson joined the group on the back side of Geysers. Doug peeled off for home after two peaks and Becky and Brent were content with three peaks. The rest of us moved on. By the time we reached the top of Ida Clayton, most were ready to call it a day. It was after 5 pm. Marc, Matt, and I decided to go for peak five so kept moving while the others waited for Hunt, who had his 5th and final flat of the day. Hunt spotted a mountain lion crossing the road as he descended. Probably the same one Mark Sedgwick saw last week.

"Troy and Karen had no mechanical problems with their tandem and were never caught. They were the first ones to reach the top of Pine Flat. Awesome job! They proved they are ready for their next big challenge: the TT. As the five of us descended Pine Flat, the sun was setting. A scenic backdrop to a long but memorable day. A special thanks to SRCC for providing Hunt with a carload of food from the WCC. It was thoroughly enjoyed." Check out the results at the Fearsome Five web page.

The next ride on the schedule is also covered elsewhere in this issue: the WCC Workers' Ride (and Picnic). As that article notes, it was as lovely as the previous week's actual WCC was dismal. This probably amounts to the biggest "club" ride of the year: the ride with the most club members together on the road. It's fun to see so many of our friends out there on the same ride, sharing the same experience. I've been on pay-to-ride centuries where the riders on the road were fewer and farther between than on this ride, and here, they're all our pals. That's very cool.

Sue Bennett bravely took on the challenge of listing a ride the day after the popular Workers' Ride...a tough act to follow. Sue checks in: "Even though my ride was the day after the workers' ride, we had 12 riders. The weather was perfect. Unfortunately, 1.5 miles into the ride, two of the newer riders had flat/tire problems, so the group was split in two. When the last of us got to Coffee Katz, the rest of the group was all there and every one reported they were having a great ride."

A few clubsters missed the Workers' Ride festivities because they were down south doing the Central Coast Double. Club members whose names show up in the results: Barley Forsman, Pat Krueger, Craig Robertson, Andreas Schultz, John Witkowicki, Garth Powell, Karl Kuhn, Bob Puckett, and Michael Leach. Because of some logistical problems, detours on the course stretched this already hard ride out to 218 miles—a whole extra hour of riding for most folks—making for a very long day. Congratulations to all.

The last weekend we can cover begins with Rich Fuglewicz' far-off ride listing from May 16. The ride started in Auburn and the marquee attraction was the infamous Iowa Hill. Only three of us made the long drive for this exotic offering. Was it worth it? Yes! Rich will post a long report to the chat list, complete with GPS

details about the legendary Iowa Hill climb...a true monster. It was 100° on the most exposed and steepest part of this climb, making for a truly memorable experience. I will only say I was pleasantly relieved to find that the really steep pitch was only one mile at about 17%...my guess. (I had understood it was much longer.) I recorded 65 miles and 6700' of climb, with over 5000' of the climb in the first half of the ride. This is a loop any true fan of climbing and descending should find time to do someday. I'm glad Rich gave us the opportunity to explore it.

On Sunday, Rose Mello had an AB ride of 50 miles from Youth Community Park heading out to Occidental, then down to the Russian River region. What we know about that ride comes from a note sent to the chat list by Donn King: "The route took us out to Duncans Mills, still fairly cool in the late morning. Moscow Road was all in shadows and pleasant. It was a warm day, but as long as you kept moving it was tolerable. The only place where I felt uncomfortably warm was on River Road, east of Trenton-Healdsburg, going over the big hump. It was a hot day for sure. When I got back to Sebastopol in the afternoon the bank clock said 97. There were a lot of different paces on the ride, and it seemed like everyone was happy."

This hot day was even hotter for folks doing the Davis Double. We don't know how many or which SRCCers did the big ride. We had a note from Craig Robertson mentioning the heat, but that's all we know now. Maybe more info will be available next month.

Ride to Remember: Two Wheels North

In 1909, two Santa Rosa High School students, Victor McDaniel and Ray Francisco, set out to bicycle to the Pacific Exposition in Seattle. Fifty-four days later, after battling bad roads, bad luck, and the occasional bad person, they arrived in Seattle. The story of their trip, recorded in post cards and a book published in 2000 (*Two Wheels North* by Evelyn McDaniel Gibb), takes place in a world far removed from our experience. Where they had to seek out roads that might take them to their destination, Interstate Route 5 now runs.

The interesting question that arises is not what has changed since then (pretty near everything), but what, if anything, remains of the towns they passed through and the farms where they worked; what landmarks would the boys recognize if they could bicycle that path again a hundred years later?

On June 6, SRCC member and retired Santa Rosa Junior College Instructor Bill Harrison will begin a bicycle trip along the McDaniel-Francisco trail, looking for the memories that were so clearly written down in 1909. Other SRCC members supporting the ride are Gordon Burns, Tom Reed, and Gordon Stewart.

"Ride to Remember" is in part a tribute to the spirit of that original ride and also (appropriately enough) a fund raiser for the Northern CA Chapter—North Bay Region—of the Alzheimer's Association. Pledges for support of the Association's work can be made in the name of Bill's "Ride to Remember" at <http://memorywalk09.kintera.org/winecountry/1909>. Pledges or donations can also be sent to "Ride to Remember", Alzheimer's Association; 1211-A N. Dutton Ave, Santa Rosa, CA 95401.

After the trip, a summary of Bill's observations will be made available to supporters of the ride. Thank you for your backing; it means a great deal to Bill and to the Association.

SRCC on-line logs: yes or no?

We've just wrapped up another of our on-line log activities: April Alpina (wherein folks see how many feet of elevation gain they can rack up in one month, then log the results at our club website). This year only 21 members participated. Quite a few met their target goals. Of particular note, four people vowed to log at least 100,000' of gain for April, and all four met their goals. John Witkowitz, Paul McKenzie, Vern Weirich, and Linda Fluhrer each averaged at least 3334' a day for the month. Wow!

Those are very impressive numbers. What is less impressive is the low level of overall participation, down a bit from last year. (As a group, the 2009 AA participants failed to top a million feet of climbing for the month for the first time.)

This lower level of participation is not confined to April Alpina. Numbers are off a little or a lot across all four of our interactive logs at the club website. March Magic, which had 74 participants in 2008, had only 41 this year. The Commute Miles log, which had averaged 31 participants a year from 2001 through 2008, with a high of 39 in 2006, has only 17 folks signed on so far this year. The Century Challenge, which had 33 participants in its first year (2007), has only 28 this year. (Each year, a few people sign up for this one and then never log a single century. If we eliminate those non-starters, we had a high of 27 in 2007 and 21 so far in 2009.)

While the declining numbers are cause for some head-scratching, the overall numbers are not all that great by any reckoning, even at their highest peaks. For a club with perhaps 700 adult members, that puts the participation levels somewhere between 10% and 3%...barely a blip on the radar.

This raises a few questions, which we have kicked around a little on the club's chat list. Does the club really want to continue to support these logs if so few people are participating? The general consensus seems to be that we do want to, because it's fun for those involved and it encourages people to ride more, to commute more, to climb more, etc. The next question then is why aren't more people getting involved? If the logs are worth continuing, what can we do to encourage wider participation? How many club members are even aware the logs exist or what their purposes are?

If there is a failure here, it isn't a failure on the part of the members. You—a member—are not a backsliding slacker for not participating. The failure lies somewhere within the way we're presenting or promoting these activities. Somehow, we're not selling the premise of the logs to most of you. We have to figure out how to make it seem more exciting and desirable to be involved in some or all of these programs.

How do we do that? We run articles in the newsletter from time to time, sometimes with graphic flourishes. We list centuries (for the Challenge), extra-hilly rides (for AA), and lots of rides (for MM). What else can we do? We are seriously, honestly looking for bright ideas to make these programs more appealing to more members. (They really are fun and impart a very satisfying sense of accomplishment when you see your numbers on the site.)

March Magic and April Alpina are done deals for 2009, but the Century Challenge and Commute Miles logs go on all year. It's never too late to open your account and join the party. And if you have any suggestions for making this more interesting to more of the membership, we would love to hear from you.

— *Bill Oettinger, SRCC Ride Director*

WCC Workers' Ride & Picnic: sunny and dry!

A key component of our pitch for volunteers to work on the WCC is that they get to do the WCC Workers's Ride and attend the picnic that follows (all on the Saturday one week after the official WCC). We make the claim that the workers' event is actually a better deal than the real WCC, offering you the company of all your friends and a better spread of food at the picnic, not to mention being free. This year, you can add to that the difference in the weather: what a change one week can make!

After the dreary, damp conditions at the actual century, the workers were rewarded for their volunteer efforts with a day of springtime perfection for their own ride. Sunny and dry, with temps in the mid-70's...ideal for cycling our lovely course. You would have to dig really deep to find anything to complain about on the day. Maybe a bit too much cross wind over the last few miles, but that would be it. Everything else was as good as it gets.

And to add to the pleasure of the day, there was a record crowd taking part in it all. Of the 300+ members who worked on the WCC, it is estimated that well over 200 were out there on the course, logging at least a few miles before descending on the after-ride picnic. A handful of hearties did the full 200-K, while many more knocked off a complete century. Thanks to the start times published in the newsletter and a little networking on the chat lists ahead of time, folks were able to band together into large pods of friends covering the miles at similar paces. You would have had to work at it to end up riding alone. Someone was always coming along to keep you company.

Sooner or later, everyone homed in on the club's Coffey Lane warehouse, which is seeming these days to be less warehouse and more clubhouse. There had been some reservations ahead of time about the wisdom of shifting the party from pretty Shiloh Park to...a warehouse? But those in charge had a vision of how it could be done, and they pulled it off. Who knew, for instance, that there was a green lawn shaded by stately old oaks just behind the building? Joe Conway knew, and he made sure that lawn was user-friendly by mowing the whole thing the day before. All our picnic tables were spread out there, along with a buffet of great food and immense, ice-filled tubs of beer and other libations. Matt Parks and Nick Curran did yeoman work on catering the food service. (Barbecued ribs and baked beans were my personal fave.) Nick will be the food boss on our Blue Wallowa Tour in July and Matt will be slinging the chow for the Santa Cruzin' Tour in September.

Joe Conway is to be congratulated on his organization of this delightful day. He would doubtless want to spread the praise around to all who staffed the rest stops and helped at the picnic, and to Doug Simon, whose assistance at the warehouse and overseeing logistics in general amounts to something close to a force of nature. You cannot come away from an event like this (and the real WCC the week before) without being hugely impressed by the combination of organizational savvy and can-do energy that animates this club.

We've said it many times before, but it remains true: it's great to be a part of such a winning team! And we'll use that shameless plug as a link to one more appeal for workers on the second of our two big events: the Terrible Two on June 20. If you liked being involved with the WCC, you can expect more of the same at the TT. Look elsewhere in this issue for info on plugging into that wild and crazy day.

SANTA ROSA CYCLING CLUB
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- Officers at Large
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- 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, June 10 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Guest speaker: Eric Norris, making a presentation on a bike tour planned for July

Wednesday, July 8

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, June 4 • 6:00 PM

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

Thursday, July 2

Terrible Two
Saturday, June 20

Be a part of the Terrible Two, the #1 rated double in terms of participant satisfaction.

Plenty of things that need doing on the day of the big event: rest stop crews, sag drivers, dinner crew, and more. For more information about the Terrible Two or to volunteer...



Craig Gaevart, 545-4133, cgarch@sonic.net

TT-Prep Work Parties (SRCC Warehouse, 4023 Coffey Lane):

- Sunday, June 7, 2:00 pm to 6:00 pm...need 10 volunteers
- Saturday, June 13, 2:00 pm to 6:00 pm...need 10 volunteers
- Thursday, June 18, 9:00 am to 1:00 pm...need 4 volunteers
- Friday, June 19, 9:00 am to 1:00 pm...need 5 volunteers
- Friday, June 19, 1:00 pm to 5:00 pm...need 4 volunteers

Clean-up:

- Saturday, June 20, 5:00 pm to 10:00 pm...need 2 volunteers
- Sunday, June 21, 9:00 am to 1:00 pm...need 12 volunteers

As usual, lots of food & drink provided at all work parties.

Doug Simon, 547-7403, Desimon@sbcglobal.net