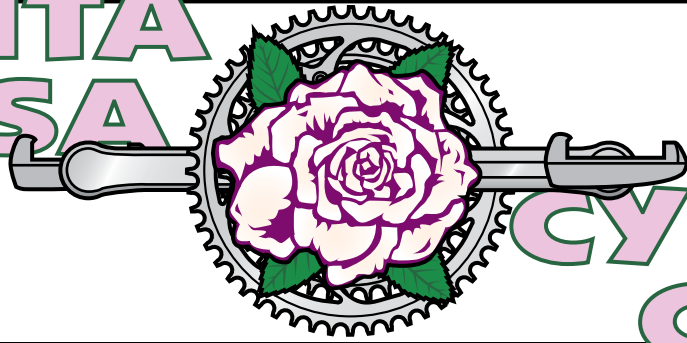


# SANTA ROSA



# CYCLING CLUB

## SEPTEMBER 2009 NEWSLETTER

### Blue Wallowa Tour: far from home; far from ordinary

The club's first multi-stage tour of 2009 took place from July 18-26, with 40 members in attendance, plus a crew of two transport/food wranglers. This was the Blue Wallowa Tour, which explored the Blue and Wallowa Mountains of Northeastern Oregon. Seven stages, averaging 74 miles each, added up to a full tour of over 500 miles. This made it one of the longer tours we've ever put together, but with less than 30,000' of elevation gain, it was one of the least hilly. What hills there were though were quite substantial and memorable: they were rarely steep, but were often long. Every day offered at least one climb of at least four miles in length, and some were well over ten miles. We just don't see grades of that length in our Sonoma County backyard.

The real challenge for the riders was heat. We flirted with 100° on almost every stage, and it always seemed as if the hottest temperatures were to be found on the steepest, longest, and most exposed climbs. This took a toll on everyone, and most folks felt pretty well wrung out when they rolled into camp each afternoon.

The other big challenge was travel: this tour was as far away from home as any we've done, requiring a long drive to Bend, an overnight in a motel there, then another long drive to the start of Stage 1 the next morning, followed by a full stage. At the end of the tour, the process had to be repeated, in reverse. The timing and logistics of this long haul were rather complex, but we pulled it off.

As the tour went along, more and more participants expressed pleasant surprise at how green and woodsy the landscape was. When imagining Eastern Oregon ahead of time, most had envisioned a barren expanse of mesas and sagebrush...an empty western desert. We did see some of those wide open spaces, but more frequently we were riding through rugged granite mountains not unlike the Sierra or Trinitys, cloaked in forest of douglas fir, ponderosa pine, and aspen. Or else we were meandering along next to one pretty river or another, cruising through verdant farm fields, or visiting charming little towns.

**Stage 1: Long Creek to Sumpter; 81 miles, 5000'.** From our motel in Bend, we drove 190 miles east and north, through the Ochoco National Forest and the John Day Fossil Beds National Monument, fetching up in the little town of Long Creek, where we stashed our car pool fleet at the high school for the week. We began our ride with a modest climb followed by a long, fast descent into the beautiful canyon of the Upper Middle Fork of the John Day River. Moderate riders were given an option of skipping this first up-and-

down section and ending up with a stage of 68 miles. Once down into the river canyon, we enjoyed a dream-like run of 40 miles, heading east alongside the wild, wandering river: perfect scenery and no traffic, along the southern fringe of the Blue Mountains. The final 27 miles were on a slightly busier highway—but still very quiet—which included two 5000' summits (6 and 4-mile climbs), with a nice descent in between. Our destination was a vast, rolling lawn near the tiny town of Sumpter. Known as “the grounds,” this big meadow is the site of flea markets three times each summer, but is otherwise empty and available for camping, and includes a big picnic area and bathrooms with showers.

**Stage 2: Sumpter to Halfway; 85 miles, 3200'.** This stage ran gently downhill for most of its miles, along two different sections of the Powder River: long, lazy runs with even a hint of a tailwind to make the miles fly by. In between the river runs was a transit of Baker City (pop. 10,000, the biggest town we would see all week). A smallish climb led to and past a museum about the Oregon Trail, which passed nearby. It was from this hill that we began seeing the rocky ramparts of the Wallowa Mountains on the NE horizon. After the second Powder River run, we climbed gently to the town of Richland and then geared up for the one really big climb of the day. This unnamed ascent was only four miles, but what a tough four miles it was! Every inch of it was out on an exposed, rocky cliff face, and midway up the hill we were seeing 103° on our bike thermometers. Pretty much everyone in the group was hammered by this brute. But at least we were rewarded with a long, fast descent to the charming town of Halfway, where we set up camp on the shady lawn at Pine Eagle High School.

**Stage 3: Halfway to Wallowa Lake; 78 miles, 6500'.** This was probably the most spectacular stage of the tour: a hilly trek through the high heart of the Wallowas, ending up at lovely Wallowa Lake. It was also the stage with the most climbing: a 19-mile, 2600' climb, followed by a ripping descent, and then an 11-mile, 2000' climb. There were other uphill as well, and downhills to match. There was also an optional 6-mile out-&-back to a vista point looking down into Hells Canyon on the mighty Snake River. Some of the more ambitious riders tackled this. Scenery was a mix of deep forest along Pine Creek and the Imnaha River and open, sub-alpine meadows in the high country. Then, in the last few miles, all that wilderness gave way to green pastures and farm fields around the quaint town of Joseph. Finally, on the far, uphill side of Joseph, we

— Continued on page 7

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for August

- 1. Call to Order:** President Craig Gaevvert called the general meeting to order at the Round Table on Occidental Road on Wednesday, August 12. 33 members and friends were present.
- 2. Treasurer's Report:** Donna Emery announced the club's bank account balances, as of July 31.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1036 (combining individual and family memberships).
- 4. Newsletter:** Based on the fact that most non-members can now learn about the club by visiting the website, the club is considering no longer placing newsletters in local bike shops every month. Instead, we would prepare a one-page introductory flier about the club as a take-away item for the store shelves. This undated flier would not need to be replaced every month.
- 5. Griz:** Grizzly Century Weekend coordinator Kimberly Hoffman reminded folks of the upcoming event on October 2-4. (*See item on page 5.*)
- 6. Club picnic:** Sharron and René reminded members to RSVP for the club picnic on August 29.
- 7. Gran Fondo:** SRCC has agreed to host a rest stop on Levi Leipheimer's King Ridge Gran Fondo on October 3. About 20 members are needed to run the stop. (*See item on page 8.*)
- 8. Litter pick-up day:** Semi-annual litter pick-up day will be scheduled for a date in November. Mike McGuire will chair.
- 9. Club tours:** Bill Oetinger reported briefly on the recently concluded Blue Wallowa Tour and promised a photo show for the October meeting. The club's second tour—Santa Cruzin'—is scheduled for October 11-16, and there are still spaces available. (*See articles on page 1 and page 2.*)
- 10. Guest speaker:** Steve Drucker presented a slide show of photos of US racing (and HPV events) from the 1970's. Very retro!

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## Fine-tuning newsletter distribution & dues

*Recently membership registrar Gordon Stewart proposed a change in how we assess membership dues, relative to whether a member receives the monthly newsletter by US mail or e-mail. He proposed it first to the Board and the Board then presented it to the members at the August meeting, where the members present voted to adopt the change. Gordon's proposal is reprinted below, and this is how we will proceed in future.*

Current process: We extend the membership period by 25% for anyone who agrees to receive their newsletter by e-mail. The base membership fees are \$20 for Individuals and \$25 for Family Memberships.

Proposed change: We retain the base membership fee of \$20 for Individual and \$25 for Family and give an option for a \$5 surcharge for anyone who wants US mail delivery of the newsletter. We do away with the membership extension option. The option to change between US mail and e-mail delivery will only be available at renewal time.

From the perspective of the member, this is a trivial change. Instead of giving the folks who get their newsletter by e-mail a 25% exten-

sion, we are imposing a 25% surcharge on the US mail delivery members. The renewal page on the web will contain a required selection for the e-mail delivery or US mail delivery (with a \$5 surcharge for mail delivery). The change in fees to the members and revenue to the club is insignificant.

Why? The current process of extending the membership is entirely external to our membership system (administered by Wild Apricot), which means that our registrar has to export the membership database to his computer, make the necessary changes and re-import it to Wild Apricot. This was probably worth doing initially because it allowed people to shift to e-mail part way through their membership period. However, for the last few months no one has shifted from US mail to e-mail except at renewal time.

The proposed change is fully supported by the WA software and requires no manipulation of the membership database. Besides greatly simplifying the process, it means that the registrar may be able to hand it off to someone else at some point in the future, which is not reasonable in the current environment.

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## *Santa Cruzin' Tour*

### *October 11-16, 2009*

Now that the Blue wallowa Tour is over and done with, we turn our attention to the second of our club tours for this season: the Santa Cruzin' Tour, scheduled for October 11-16. Note that those dates are one week later than the dates originally laid on for this tour. We had to move it because of reservation issues at the camp. The good news is that the new dates do not conflict with either the SRCC's Grizzly Century Weekend or Levi's King Ridge Gran Fondo (both on the previous weekend).

There are still a few spaces available on the roster for this tour, perhaps as many as half a dozen more. This tour is shorter and easier than the BWT...more accessible for moderate riders.

There had been a wildfire burning in the Santa Cruz Mountains, but we anticipate the fire will be gone and we will have clear skies. Our routes will go from the strawberry fields in the Watsonville area to the hills east of Aptos and more hills west of San Gregorio, Pescadero, and La Honda. We will be exploring Tunitas Creek, Gazos Creek, Cloverdale Road, Eureka Canyon, Green Valley, and Browns Valley Road. There will be some climbing, but no more than you would expect in Sonoma County. The pavement is good for the most part and when it is not, it is about the same as our roads.

There are farms everywhere. You will have your choice of vegetables, organic or not, and flowers too. Wednesday night is the Farmer's Market in downtown Santa Cruz. Since we will not be moving camp, tour members will have a chance to ride in the morning and visit the Santa Cruz attractions in the afternoon. Some choices are hiking, mountain biking, playing in the ocean, visiting shops in the area, etc. Some of the routes can be expanded to include more miles per day.

We have checked with the park ranger at New Brighton Beach and she assures us that the park will be open because it is one of the most-used parks in the California system.

For more information on the tour, or to obtain an entry form, visit our club tours page at the club website.

## 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.*

The beginning of this reporting period corresponds with the dates of the club's Blue Wallowa Tour, about which you can read more elsewhere in this issue. But while 40 of your club mates were occupied with that adventure, many more were closer to home, taking part in our regular round of club rides, beginning with Bill Carroll's Mt Tam Century on July 18 (the day the BWTers were driving to Oregon). Bill reports on his ride...

"We had 17 riders for the Mt Tam century, a number which surprised me, given that so many of the club's riders were on the Blue Wallowa Tour. In fact, we had eight non-club riders join us, including three members of the Berkeley Bike Club, who made the trip from the East Bay for what proved to be a fantastic day in the saddle. It was already warm when we rolled out from Petaluma and made our way to Fairfax. I have never seen so many cyclists on the road at one time: we saw literally hundreds of riders over the course of the day. I listed the ride as a BC, and we certainly had riders of varying abilities, including Michael, who had never ridden more than 50 miles before, and chose this stout century as his first. To his credit, he finished, a bit worse for wear. This was a very social ride, with even the fastest riders patiently waiting for the regroupings, of which there were many. No one seemed too pressed to get in and out of the stops quickly, and it was fun to just enjoy the beautiful day. We had long breaks in Fairfax, at the Fairfax-Bolinas/Ridgecrest junction (where four riders diverted to Hwy 1), at the summit of Mt. Tam, in Stinson Beach, and in Pt. Reyes Station, adding up to well over two hours. At the top of Tam, we just relaxed and enjoyed the view.

"It was hot on the exposed portions climbing Mt. Tam. It surprised me just how hot, given that the fog bank was stacked up on the coast. I recorded a max of 103°, probably overstating the real temperature, but still... By the time we had descended to Hwy 1, it had cooled to 65°, a welcome relief.

"The ride was 100 miles of the Mt. Tam Double, mostly the first half. I knew it would be a tough day, but it was even more challenging than expected: 102 miles and 8100' of climbing. Couple that with the heat, and you have a hard day on the bike. Thanks to everyone for coming out and making it a great day."

This big ride was not the only one on the club list for this day. Sue Bennett had an A ride out of SW Community Park, heading down into the south county. Here's her report: "This was like a reunion ride. We had 18 riders, even though a number of the usual riders were off doing the Healdsburg Harvest Century and BWT. Seven riders were non-members and three were former members who had not been seen on club rides in some time: Ron Stout, Vern Schuck, and Robert Welch, who is back in the area. Unlike when I have led this ride in the spring, no headwinds this time. In fact, the return on Stony Point had a nice tailwind. There were equipment issues: one had a blown tire; another had the valve come out of two different tubes, and yet another had a cleat come loose and bend out of shape. Ron Stout (aka head bike elf) came to the rescue on that one. But with a good route and favorable weather, all enjoyed the day." Nice to know Ron and Vern and Robert are still on the bikes and still showing up for club rides. Hi guys!

The next day, Rose Mello listed a ride heading into San Francisco and then returning on the ferry...one of my favorite bike adventures. "Twenty riders showed up for the ride to the city. I would like to thank Bill and George for taking the riders that wanted to do the headlands and back around to the GG Bridge. The bridge was busy, between the tourists and the impatient cyclists coming out of the city. We stopped at the Sports Basement for the ones who had never been there before, then rode on to the ferry building for lunch. Some riders caught the early ferry and the rest of us took the 2:40 back."

One week later—on the final day of the BWT—Barbara Drucker and Carole Kolnes listed an A ride out of Esposti Park...rather long for the A group at over 55 miles. Carole checks in: "The ride started at 8:00 a.m. with a bit of chill in the air. There were 27 riders, seven of whom were visitors and non-members of the club. There was a diverse range of skills. Barbara and I led the pack from the back and made sure everyone was headed in the right direction. When we reached Rio Lindo, it was time to start shedding jackets. As there were several ins and outs, parts of the group were always in sight, either coming or going. Everyone seemed delighted with the route and many said they had never had been on some of those streets. There were three flat tires, a couple of them being discovered as we rolled into Jimtown, making it a perfect place to pull out all the tools!

"As we headed back toward Esposti Park, the weather was absolutely perfect! We had chosen the early hour to leave with the anticipation of a possible scorcher on that day, and we were relieved when the thermometer stayed in the low 80s. As the ride was fairly flat, riders completed the route quite early. It totaled 55.5 miles and the parking lot was empty by 1:00 p.m. Both Barbara and I want to thank the riders for making this such an enjoyable ride with all their positive feedback and the nice notes left on our cars!"

Randall Ray had a Pine Flat-Mill Creek ride scheduled for July 26, and the ride did happen, but with only a partial lead from Randall. He had a tangle with a golden retriever in early July that banged him up a bit and put a crimp in his riding schedule. He managed to do part of the ride: up to the Pine Flat guardrail and back to Healdsburg. He reports nine riders for this very tough hill fest. Only three went all the way to the top of PF and only two finished it off with the challenging Mill Creek out-&-back.

First ride up in August was Rick Sawyer's B ride from Glen Ellen out to Tomales. It was listed as a straight B ride, but Rick threw in a line in the copy block about C's being welcome. So a few did show up and formed a front tier some distance ahead of the B's. It's not often we see a route that combines the wooded hills around the Valley of the Moon with the open dairy country around Tomales. It seems somehow counterintuitive—two separate worlds—and yet it works, as long as one is willing to climb over Sonoma Mountain twice, which in the event proved to be quite a challenge for some of the B's. Some solved that problem by joining the ride in Cotati. Some bulked the miles by riding out from Santa Rosa to the start in Glen Ellen, which added up to a nice, green century. Overall, attendance was pretty light—about a dozen—perhaps because this was also the day of the Marin Century and Mt Tam Double, so the roads we did out around Tomales were thronged with riders, including many SRCCers, some of whom we saw in the crowd.

These days, with so many new members doing the bigger rides, it's almost impossible to keep track of who did an event like the Mt

—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 30-60 minutes; waits for all riders. 23-26 minutes\*

**C:** brisk pace; pacelines likely; regroupings every 45-90 minutes. 19-22 minutes\*

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

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

#### DISTANCE

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

#### • RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route instructions. Riders should carry I.D., cash, tube(s), flat repair kit, water bottle(s), and have their own map in case they get lost.

#### HELMETS ARE MANDATORY ON ALL CLUB RIDES!

Non-members are welcome on club rides! (Non-members must sign a liability waiver provided by the ride leader.) If the course seems too long or difficult, the ride leader can generally suggest an alternate starting place or bail-out route.

RAIN CANCELS ALL RIDES,  
UNLESS OTHERWISE NOTED.

RIDES LEAVE PROMPTLY AT TEN  
MINUTES AFTER THE LISTED TIME.

# RIDE SCHEDULE

PDF route slips available at [www.srcc.com](http://www.srcc.com)...go to Calendar of Rides

## SATURDAY • SEPTEMBER 5

### Napa Valley—Pope Valley

3/C/52

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

R on Stevenson > R on Lincoln > L on Washington > Bike path > R on Dunaweal > L on Hwy 29 > L on Lodi > 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 > R on Silverado Trail > L on Brannan > Wappoo > R on Grant to finish.

Gary Kenworthy— 942-5550

## SUNDAY • SEPTEMBER 6

### River Ramble

2+/AB/32

9:00 AM • Finley Park, off Stony Pt

R on Stony Pt > Marlow > L on Guerneville > Ron Laguna > L on Trenton > Trenton-H'burg > R on Eastside > R on Old Red > R on Starr > L on Windsor River > L on Honsa (*stop at Cafe Noto*) > R on Windsor River > L on Starr > L on Mark West Station > R on Slusser > L on River > R on Olivet > L on Piner > R on Marlow > Stony Pt to finish.

Greg & Jan Conklin— 539-4099

## SATURDAY • SEPTEMBER 12

### Oh Hill, Another One...

3/AB/51

9:00 AM • Cotati Dog Park

R on Myrtle > Valparaiso > L on W Sierra > L on Stony Pt > R on Roblar > R on Canfield > L on Bloomfield > R on Petaluma-Valley Ford > L on Ghericke > R on Fallon-Two Rock > Whitaker Bluff > R on Middle > L on Marsh > L on Franklin School > L on Whitaker Bluff > R on Middle > L on Dillon Beach (*rest stop at Tomales Bakery*) > North on Hwy 1 > R on Fallon-Two Rock > R on Bodega > L on Pepper > L on Mecham > R on Stony Pt > L on W Railroad > L on Old Red > R on Myrtle to park.

Anne Graver— 529-5983

### Memorial Century

3/C/105

8:30 AM • Village Mkt, Santa Rosa  
(Hwy 12 and Mountain Hawk)

R on Hwy 12 > R on Calistoga > L on Badger > R on Wallace > L on Ribeli > L on Mark West Springs > River > L on Woolsey > L

Olivet > R on Guerneville > L on Vine Hill > R on Green Valley > L on Harrison Grade > R on Graton > L on Boho > R on Bodega > L on VF-Freestone > L on Hwy 1 (*Rest stop in Valley Ford*) > R on Middle > L on Fallon-Two Rock > R on Alexander > L on Tom-Pet > R on Chileno Valley > R on Pet-Marshall > L on Hwy 1 (*Rest stop in Marshall*) > Retrace north on 1 > R on Pet-Valley Ford > L on Bloomfield > L on Pleasant Hill > L on Watertrough > R on Bodega > L on Ragle > R on Mill Station > L on Hwy 116 (bike path) (*Rest stop at Andy's*) > R on Occi > L on Sanford > R on Hall > L on Fulton > R on SR Creek Bike Path > L on Sonoma > L on Summerfield > R thru Spring Lake Park > L on Channel > R on Montgomery > L on Melita > R on Queen Ann > Mountain Hawk.

Bill Carroll— 539-7568

## SUNDAY • SEPTEMBER 13

### Mike's Birthday Ride

3/AB/72

8:00 AM • Keiser Park, Windsor

L on Windsor River > L on Starr > L on Mark West Station > L on Windsor > R on Shilo > L on Faught > L on Pleasant > R on Chalk Hill > L on Hwy 128 (*rest stop in Jimtown*) > L on 128 > L on Pine Flat > L on Red Winery > L on Geysers > R on 128 > R on Geyserville > Asti > R on Washington School > L on River > L on Crocker > 1st > L on Cloverdale Blvd (*rest stop*) > Dutcher Creek > L on Dry Creek (*rest stop at Dry Creek Store*) > R on Lambert Bridge > L on West Dry Creek > R on Westside > L on Wohler Bridge > L on Eastside > R on Windsor River > R into Keiser Park.

Mike & Janice Eunice— 575-9439

## SATURDAY • SEPTEMBER 19

### Cotati—Valley Ford

2/A/B/34

9:00 AM • Cotati Vets

R on Myrtle > Valparaiso > L on W Sierra > L on Stony Point > R on Roblar > R on Petaluma-Valley Ford (*rest stop at Valley Ford Store*) > R on Hwy 1 > L on Valley Ford-Estero > L on Marsh > L on Middle > R on Hwy 1 > Bcms Petaluma-Valley Ford > L on Roblar > L on Canfield > R on Blank > R on Peterson > L on Roblar > L on Stony Point > R on W Sierra > R on Valparaiso > Myrtle > L on Park Ave to Vets Building.

Sue Bennett— 523-1322

## Rockpile Metric

4/BC/61 • 3500'

9:30 AM • Healdsburg City Hall

North on Grove > L on Chiquita > L on Lytton Springs > R on Dry Creek > L on Lambert Bridge > R on West Dry Creek > R on Yoakim Bridge > L on Dry Creek (*Water Stop at Warm Springs Dam*) > Skaggs Springs > R on Rockpile to end > Retrace to Skaggs Springs (*Water Stop at Warm Springs Dam*) > Dry Creek > L on Canyon > R on Geyserville Ave (Food stop in Geyserville) > Continue to L on Hwy 128 > L on Geysers > R on Red Winery > R on Pine Flat > Alexander Vally > R on Lytton Station > L on Geyserville > Healdsburg Ave > R on Chiquita > L on Grove to finish.

Rick Sawyer—933-0760

## SATURDAY • SEPTEMBER 26

### Sonoma-Napa Ridge Running

5/CD/74

9:00 AM • Cotati Vets

North on Old Red > R on E. Cotati Blvd > R on Pet Hill > L on Roberts > Pressley > R on Sonoma Mtn > R on Warm Springs > R on Arnold (*regroup in Glen Ellen*) > L on Madrone > R on Hwy 12 > L on Cavedale > R on Trinity (*water at fire house*) > Dry Creek > L on Orchard > L on Solano > R on California > L on Washington (*regroup in Yountville*) > R on Yount Mill > R on Hwy 29 > L on Oakville Grade > Dry Creek > Trinity (*water at fire house*) > R on Dunbar > L on Henno > R on Warm Springs > L on Sonoma Mtn > L on Pressley > Roberts > L on Pet Hill > R on Railroad > R on Willow > L on Eucalyptus > R on Old Red to Vets.

Darrin Jenkins—206-9773

### September Spinning

2/A/36

9:00 AM • Willowside School

R on Hall > L on Sanford > R on Occidental > R on West County Trail to Forestville > L on Hwy 116 > R on Martinelli > L on Old River > Thru Hacienda > L on River > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station > L on Starr > R on Reiman > L on Windsor (*Café Noto for coffee*) > L on Windsor > L on Slusser > L on Laughlin > Woolsey > L on Oakwild > L on W. Olivet > R on Olivet > L on Piner > R on Willowside > L on Hall to end.

Ken Russeff—953-1804

## SUNDAY • SEPTEMBER 27

### Fixed-Gear & Single Speed Ride

2/BC/50

9:00 AM • Ragle Park

(all other bikes welcome too)

L on Ragle > L on Mill Station > R on Barlow > L on Occi > R on West County Trail > L on Hwy 116 > R on Mirabel > R on Trenton > R on River > L on Wohler > R on Westside > L on W. Dry Creek > R on Lambert Bridge > R on Dry Creek (*Regroup Dry Creek Store*) > R on Kinley > L on Westside > Mill > R on H'burg Ave > Old Red > R on Bell > R on McClelland (*Regroup Café Noto*) > L on Windsor > L on Slusser > R on River > L on Old Trenton > R on Oakwild > L on W Olivet > R on Olivet > L on Piner > R on Willowside > R on Hall > L on Sanford > R on Occi > L on Hwy 116 > R on Mill Station > L on Ragle to park.

Craig Johnson—415-455-8631

### Willowside—Bodega

3-4 /AB/45

8:30 AM • Willowside School

R on Hall > Sanford > R on Occidental > R on Mill Station > L on Sullivan > L on Graton > L on Bohemian Hwy (*Regroup in Occidental*) > R on Coleman Valley > L on Hwy 1 (*Rest stop at the Tides*) > R on Hwy 1 > L on Bodega > L on Boho > R on Occidental > L on Sandford > R on Hall to Willowside School.

Rose Mello—543-5889

## 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: Lowell Antze 237-7014

*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: Kim Nelson 291-3525

*Fourth Friday: City Hall lot, H'burg*

B: Buck Hall—537-1946

C: Nabeel Al-Shamma—479-6246

*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: Carole Kolnes—838-3988*

## Grizzly Century Weekend

The Santa Rosa Cycling Club's participation in the Grizzly Century has become a club tradition. Every year on the first weekend in October—this year, Oct. 2-4—many members head south to Bass Lake to camp together and ride together on the century that may be the most beautiful and bike-friendly in the state. It began around 12 years ago when club member Wendy Page tried the ride and loved it so much she started recruiting fellow club members to go back with her in subsequent years. Her enthusiasm was so contagious, and the ride and support proved to be so wonderful that it soon became a club institution, helped along each year with a modest financial contribution from the club budget (to pay for some of the camping and some of the Sunday breakfast).

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

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

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

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

## More BACKROADS & BREAKAWAYS

Tam Double. We know of some members who finished, including Karl Kuhn, Karen Thompson, Greg Durbin, Michael Leach, Ken Cabeen, Craig Robertson, Nabeel Al-Shamma, and Barley Forsman. And we know for sure that our own Tony Lee finished first, rolling in with Bill Brier, who wrapped up the Triple Crown Stage Race victory with his good placing at Tam. Barley Forsman finished something like fifth at Tam and second overall in this year's Stage Race. Tony didn't choose to pursue the Stage Race this year. With a result like this one, perhaps he should have!

We might note that Tony logged the most miles of anyone on the Blue Wallowa Tour (ending one week prior to Mt Tam), usually duking it out at the sharp end of each day's ride, then doubling back from the finish to ride in with wife Jill. It looks like all those long miles paid off.

Barley said he felt a little guilty taking second in the Stage Race, as he had achieved that result only after some other riders DNF'ed at Tam. But that's part of what makes a success in the Stage Race special. It isn't just the folks who finished that one must consider. It's all the riders who began the season with the goal of finishing. That so many do not manage to do so is a testament to how hard it is to put all those pieces together. Take Bill Brier, who won it all this year: last year, he was the guy taken out by the pit bull on Yulupa during the Terrible Two. One little encounter with Murphy's Law can ruin the whole endeavor. Ask Levi about that.

The next day, an AB ride led by Jack Hartnett visited the same stretch of country: Cotati to Tomales. "Approximately 20+ riders at the start including a few regulars—Sue, Alan, Rose—and a few new faces. Cool, foggy, almost drizzly at the start, and then the sun came out by the time we got to Hwy 1. Lots of hills but no complaints or whining. The group got pretty spread out, but no accidents or mechanicals that I was aware of, and feedback at the end was very positive. Another day in paradise (Sonoma County style) with the best club around.

There were two rides scheduled for August 8. This was a case where the (slightly) shorter ride was considerably harder. That was Hunt Moore's CD ride out of Petaluma, visiting four very challenging out-&-backs: Sonoma Mountain #1 and Lynch (both off Adobe), Lichau (off Roberts), and Warrington (off Petaluma Hill Road). That is a lot of very steep climbing packed into 64 miles. The only saving grace might be that SM#1 came first, as it is by far the toughest of the bunch, with pitches over 20%. Add in temps in the mid-90's, and you have a wicked day. Hunt made it slightly more humane by parking a car midway along the route filled with food and cold drinks. Thanks to Hunt for listing and leading and supporting his first club ride. We think there were a bit more than a dozen riders on this hard, hot ride.

Bill and Evelyn Ellis took a different approach to keeping the troops fueled up on their BC ride on the same day. This ride through Marin County was built around a lunch break at a beer garden at the golf course in San Geronimo Valley. It started and ended in Novato, went north to the Marshall Wall, then south along Tomales Bay to Pt Reyes Station and Bear Valley, then inland through Sam Taylor State Park and Lagunitas and thence to the golf course and the beer and food. The menu ran to barbecued sausage—Giant Kielbasa and Bruno's Big Bratz—sluiced down with IPA and nice German lagers. The folks at the golf course beer garden have a

sign out by the road saying, "Cyclists welcome!" Which is good, as you would never think to ride into a golf course otherwise. They were delighted to see us and worked hard to get the food and brews into us promptly. (There were around two dozen of us.) They even filled our bottles with ice water for the rest of the ride (Nicasio Valley, Lucas Valley, and Ignatio Valley). The cool refreshment was welcome, as we were seeing 95° on our bike thermometers at the finish, although most of the ride, closer to the coast, was not that toasty. We ended up with exactly 70 miles, and it would be hard to imagine an easier 70-mile ride. Thanks to Bill and Evelyn for putting on the *wurst* ride ever!

The only ride listed on August 9 was a suggested AB ride out of Esposti Park. We got a nice note from Barbara Drucker about it: "In case you haven't heard, yesterday's leaderless ride from Esposti Park was an overwhelming success. I didn't count, but there were at least 30 riders and not just the usual A group. Several members took the initiative to bring waiver forms (yes, there were some non-members) and extra route slips. Of course it would be better for members to volunteer as leaders, but yesterday was quite a pleasant surprise. Thank you for adding a route to the schedule for all of us."

The last weekend we can cover this month is (was) the weekend of August 15-16. Ken Cabeen sent in a nice note about his Krusing with the King ride on Saturday, but we're running low on space here, so I'm going to do a digest of his more lengthy note. This ride featured the always spectacular King Ridge, plus a walk on the wild side: unpaved Kruse Ranch. There was an early start from Sebastopol that added up to over 100 hilly miles (almost 9000' of steep climbing), and a second start at Monte Rio that would have added up to 71 miles. In addition, some folks elected to skip the Kruse cruise by either shorting the route via Hauser Bridge or by going straight south on Hwy 1. There were 14 in the group that started from Analy, plus six more who joined in MR, plus two more—Gordon Stewart and I—who left Sebastopol early, figuring the fast guys would eventually overtake us. (They never did.) It was a marvelous day out there: varying from 68° on the coast to 84° inland, with next to no wind. Not a single problem for anyone, anywhere, except all those hard miles. A grand tour.

On Sunday, new ride leader Andy Pearson ran a preview ride around Levi's Medio Fondo course, which began in SR and included Boho, Duncans Mills, Hwy 1, and Coleman Valley. Andy says 14 showed up. Their peaceful country ramble was a bit frazzled by stumbling into the middle of a motorcycle rally at Duncans Mills, with around 500 motos rumbling along the roads. But aside from that excitement, another nice day in the west county hills.

I've been trying to save space at the end here to mention three members who have just returned from long tours. Club Prez Craig Gaevart and wife Michelle attended a tandem rally in Victoria, BC in July, then rode home, all the way down the Pacific shore. Craig promises us a report in the newsletter in the months ahead and possibly a slide show at a future meeting. And Board member Gordon Stewart just finished riding from Astoria, Oregon (at the mouth of the Columbia River) to Portsmouth, New Hampshire. Yep, the full transcon...3600 miles, across the northern states and a bit of Canada. Whereas Craig and Michelle did their tour as a self-contained unit, loaded with panniers and pulling a trailer, Gordon did his journey with a group, with luggage traveling in a support van. Gordon has also promised to share his adventure with us by way of a slide show at a future meeting.

## Blue Wallowa Tour — *Continued from page 1*

rode out onto a low ridge overlooking magnificent, blue Wallowa Lake, cradled in its deep bowl of surrounding alpine peaks and glacial moraines. What a view! The stage ended with a run down the shore of the lake to the state park at the south end, where two nice group sites had been reserved. In addition to all the scenic charms of this pretty lake and park, we were treated to many up-close encounters with the tame mule deer who inhabit the park, all of them comfortable with being petted by the park visitors.

**Stage 4: Wallowa Lake to Cove; 87 miles, 2500'.** The longest stage, but not the hardest, at least if one could ignore the heat. But the heat was hard to ignore on this day, as it once again topped out at triple-digit levels in the late miles, making what should have been an easy day more of a hard slog. The stage began with a mildly downhill run along the Wallowa River, flowing north out of the lake. Some of these miles were spent wandering around on little side roads through a succession of small, quaint farm towns... Enterprise, Lostine, Wallowa...and some of them were taken up with the Wallowa River Scenic Corridor, a rugged, dramatic gorge. This pretty run ended our easy, downhill cruise, and we then had to work our way up and over a 5-mile climb known as Minam Hill, up above the Minam River. It was the only significant climb on the day, and with only a thousand feet of gain, should not have loomed too large. But the heat made it harder and it all worked us over pretty thoroughly. After a long, screaming descent to Elgin, now curving us around to the western flank of the Wallowas, the last 28 miles were a more-or-less level run south, down the valley of the Grande Ronde River, amidst fields of wheat, mint, sunflowers, and alfalfa. We spent a pleasant afternoon and evening at the 75-year old resort of Forest Cove Warm Springs, lolling about in their big pool, heated by a natural spring to a balmy 86°.

**Stage 5: Cove to Anthony Lake; 45, 63, 80 miles, 4000'-6000'.** This was the only day with longer and shorter options, and the group split up fairly evenly into three groups for the three routes. We were headed west, back across the twin valleys of the Grande Ronde and Powder Rivers, leaving the Wallowas behind and heading back to the Blues. The stage ended with the most challenging climb of the whole tour: the 15-mile, 3600' ramp up to Anthony Lake. But before that whopper, we had the various options that gave us our longer or shorter courses. The longest course looped south along pretty, shady Catherine Creek, then bore west across a more austere landscape, through the town of Haines. The middle distance did the best part of Catherine Creek before doubling back to the short course. The shortest course headed southwest, over one small summit and down to the town of North Powder before approaching the big climb. Fortunately for all of us, it was not quite as hot on this day—only 95!—and a thin veil of cloud kept us borderline comfortable for the long, long climb, which included some pitches as steep as 14%. Some of us stopped midway up the climb to splash about in a snowmelt creek, and that made the climb much more manageable. Camp was in a wonderful USFS group site on the shore of the lake. The lake itself looked like a classic, rock-ribbed Sierra lake. Picture-postcard perfect and pleasant for swimming. The only bad thing about the site was a plague of voracious mosquitos. Without liberal applications of Cutters and Off, we would have been eaten alive.

**Stage 6: Anthony Lake to Lehman Hot Springs; 64 miles, 3300'.** This stage was mostly about descending—over 6000' worth—but there were also a few climbs to keep us honest. A small climb of a

bit less than two miles started things off and took us to the high point of the tour: 7392' Elkhorn summit. From that peak, it was down, down, and more down: 37 of the next 43 miles were downhill, often at a very speedy tempo. First we had about 14 miles of fast free fall in deep fir forest, railing it around one sweeper after another. Then, after a moderate, 5-mile climb, another seven or so miles of the same downhill rush through the trees. Finally, the dense forest gave way to huge meadows, and we rolled out along the headwaters of the Grande Ronde for another 15 sweet miles, curling back and forth by the stream, with big basalt cliffs knuckling up next to the road. But eventually this heavenly glide had to end, and after a regroup at friendly Starkey Station, we had to grapple our way over ten mostly uphill miles, gaining 1200' along the way. One more lazy, downhill cruise brought us to our camp. This was a good news-bad news camp. The good news: wonderful hot springs—up to 105°—where we soaked our weary bones all afternoon. The bad news: a very funky campground; the worst we've seen in several years of tours. The hot springs made up for it to some degree, and we just laughed off the rest of the inconvenience. We made it work: forty-plus people with good attitudes can overcome a lot of adversity.

**Stage 7: Lehman Hot Springs to Long Creek; 59 miles, 3300'.** While this stage featured two stiff climbs near the end, it began with 30 miles of really tasty descending, first along Hwy 244 for 17 miles and then for another 13 miles of Hwy 395, next to Camus Creek, along another Scenic River Corridor. The long, easy grades were perfect for tandems, and we had two good ones on the tour: the Kane's green Comotion and the Ellis' red Comotion. Both pulled like steam engines on this section, and the singles lined up behind in droves. At one point, we had side-by-side pachelines, 15 riders deep, snaking down the gorge at close to 30 mph. Locomotion by co-Comotion! So favorable were the conditions and so efficient were the pachelines that over half the group ran off over 25 miles in the first hour of the ride...a very sweet run. But then we had to dig ourselves out of the hole at the bottom of the gorge: first, a 7-mile, 1400' climb to 4127' Meadow Brook summit; then, after an absolute howler of a descent, a final, 4-mile, 1100' climb in the midday sun. After that summit, ten miles of rolling terrain delivered us back to Long Creek, where our car pool fleet was waiting to shuttle us back to Bend for another night in the motel. We dined on both our nights in Bend at the excellent McMenamin's Old St Francis brew pub in old town, and as it happened, on our final Saturday night there, the Cascade Classic pro stage race was running a criterium right past the front door of the restaurant. (We thought we were fast in our double-downhill pachelines until we saw the pros scorching the streets of Bend.)

From both an organizational and a cycling point of view, this was a nearly perfect tour. No rain, no forest fires, no crashes, no mechanicals on bikes or follow fleet (at least none we couldn't fix). Next-to-no traffic and very little highway construction. None of the bogeys than can bushwhack a tour. Good roads, good scenery, good food, good company, friendly locals. An opportunity to explore a far-off region that most of us would otherwise be unlikely to see in this lifetime...and to explore it on our bikes. What could be better? Aside from the riding, food and friends, a large part of what makes these tours special is the cooperative ethos that animates them: all of those involved pitching in with the various chores, from shopping and prep work before the tour, through clean-up afterward, and through all the cook crews and luggage-loading brigades on every day. Everyone does a little and it all adds up to a lot.

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

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To join the club or renew membership, please go to  
[www.srcc.com](http://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, September 9 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

**Guest speaker: Jill Mason, a paralyzed public speaker  
advocating against drunk driving**

Wednesday, October 14

**EXECUTIVE BOARD MEETINGS**

(Open to all interested members)

Thursday, September 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, October 8

**SRCC involvement with  
Levi's King Ridge Gran Fondo**

By now, most of you will know that local racing star Levi Leipheimer is hosting a big fund-raising event in Sonoma County on Saturday, October 3. This is Levi's King Ridge Gran Fondo, a group ride with three courses and over 3000 participants. Funds raised by the event will go toward future costs associated with the City of Santa Rosa hosting stages of the Tour of California in the years ahead.

The event is being coordinated by Carlos Perez of Bike Monkey. He and his people are doing a good job on the logistics. But what they need help with is volunteers to work the various rest stops and to drive sags, act as course marshals, etc.

The SRCC has agreed to host one rest stop at the event. We're not sure yet which one it will be. We're hoping for the top of King Ridge, but it may end up being on Coleman Valley or elsewhere. We need about 20 workers for our stop.

If the club produces more volunteers than we have space for in our own stop, there will be many other opportunities for members to make a positive contribution during the event. Some of the groups hosting other rest stops will have much less experience of what's involved in such a project than we have, so any veterans of TT or WCC crews will be valuable assets on any crew or in any other task on the day.

Please sign up as a volunteer for the event at <http://www.levisgranfondo.com/volunteer/>. To volunteer for our rest stop, get in touch with Doug Simon: [desimon@sbcglobal.net](mailto:desimon@sbcglobal.net).