



## OCTOBER 2009 NEWSLETTER

### Annual End-of-Summer Picnic

Nearly 200 SRCC members converged on Ragle Ranch Park in Sebastopol for the club's End-of-Summer Picnic on Saturday, September 3. And while it may have been billed as a celebration of the end of summer, nobody informed Mother Nature that she was supposed to be dialing back the heat. Or maybe this was just her swan song: one final scorcher to see summer off in style. How hot was it? At least 100° in mid-afternoon, when the picnic was in full swing. Fortunately, the site under the stately old oaks provided lots of shade, and what wasn't covered by the trees was shaded by about 20 of the club's canopies, and we were grateful for every one of them.

The picnic was as usual preceded by a trifecta of rides at A, B, and C tempo, with miles for each route tailored to balance out the various speeds. Given the torrid weather, it was nice that the routes headed out into the west county, where it was a few degrees cooler than it was inland. Only at the end of the rides, nearing Sebastopol again, did we see on-the-bike thermometers edging up into the high 90's. At least for the B and C routes, the plan of different routes for different tempos worked to perfection: around 40 C riders started half an hour ahead of an equal number of B's and did an extra loop down to Tomales. After that add-on, both groups turned onto Bloomfield Road, heading for home, at almost exactly the same moment. For the balance of the ride—the final five miles or so—the two groups were sociably intermingled.

"Sociably intermingled" would be a good description of the festivities following the rides, with riders from all levels sitting down together to polish off vast rations of good food. That good food came from many sources. There were numerous delicious dishes prepared by club members: green salads, pasta salads, potato salads, fruit salads; desserts of all sorts; munchies and appetizers; on and on. Even a small army of hungry cyclists couldn't finish it all. And then there was the chow the club provided: all sorts of goodies grilled up on the barbecue, from tri-tip to sausages to veggie burgers, plus all those yummy pies from Mom's.

On this especially hot day, we were especially appreciative of the work done by René and Sharron, Ron and Matt and Kimberly, Cole and Frederika, Doug and Craig, Susan and Dave and JD, and all of the other volunteers who showed up early to help set up those canopies, who sweltered in the afternoon heat with the cooking and clean-up, and who showed up on Sunday for the final clean-up at the warehouse. Thanks to everyone who helped out so that the rest of us could have such an enjoyable day.

### 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. Levi is taking an active role in promoting the event and has been meeting personally with residents along the route. He even held a rally for the kids at Fort Ross School, who were very excited to have a celebrity visit their far-off outpost.

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 now have confirmed that the site of our rest stop will be the premier spot on the King Ridge course, at the corner of Hauser Bridge and Tin Barn (our traditional regroup spot at the north end of King Ridge). This is going to be a fairly substantial lunch stop, so we are upping our request for volunteers from 20 to 35 or 40.

It's our understanding that the landowner at this site is very supportive of the event and of cyclists, and even remembers when the Coors Classic Road Race passed that way back in the '80's.

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.

In addition to our rest stop needs, we will also need help with two work parties at the warehouse:

Pre-event equipment cleaning and sorting on Saturday, September 26th, 2:00 pm to 6:00 pm. Pizza and beer provided.

Post-event equipment cleaning and sorting on Sunday, October 4th, 9:00 am to 2:00 pm. Lunch provided.

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 Steve Drucker at [sdrucker@santarosa.edu](mailto:sdrucker@santarosa.edu).

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for September

- 1. Call to Order:** President Craig Gaevvert called the general meeting to order at the Round Table on Occidental Road on Wednesday, September 9. 31 members and friends were present.
- 2. Treasurer's Report:** Donna Emery announced the club's bank account balances, as of August 31.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1060 (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 bike store shelves. This undated flier would not need to be replaced every month but would provide links to club activities.
- 5. Griz:** Grizzly Century Weekend coordinator Kimberly Hoffman reminded folks of the upcoming event on October 2-4. *(See item on page 6.)*
- 6. Club picnic:** Sharron and René and a merry band of volunteers once again hosted some 180 club members at the fall picnic. This year's picnic was slightly over budget and will be reviewed at a future budget meeting.
- 7. Gran Fondo:** SRCC has agreed to host a rest stop on Levi Leipheimer's King Ridge Gran Fondo on October 3. About 40 members are needed to run the stop. *(See article on page 1.)*
- 8. Litter pick-up day:** Semi-annual litter pick-up day is scheduled for Sunday, May 8. Mike McGuire will chair. *(See item on page 8.)*
- 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:** Jill Mason, a cyclist paralyzed by a drunk driver, related her experience and spoke about advocacy against drunk driving.

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## Donations

In years past, we have usually allocated some of the monies we've raised from the WCC to various non-profits. Since we've changed our fiscal year to match the calendar year, the process has been a little more difficult to run. We don't really know exactly what extra funds we have as the year isn't over. With this and some concern that balloting for donations last year had the heavy hand of the board on it, the board has decided to postpone our donations until after the first of the year. This gives us a chance to square up the books and devise a system that is more inclusive of the membership. Be advised though that the board is reviewing our donation policy to insure that it complies with our IRS 501(c)4 status and our by-laws. This is what drove decisions we made last year. We are also looking at ways to streamline the process. Expect to see something closer to election season.

Craig

## • DATES TO REMEMBER •

### Upcoming SRCC activities

October 2-4

Wendy Page Memorial  
Grizzly Century Weekend

See article on page 6

October 3

Levi's King Ridge Gran Fondo

SRCC rest stop on King Ridge  
See article on page 1

October 11-16

Santa Cruzin' Tour

See article...

November 8

Semi-annual Litter Pick-up Day

9:00 AM

San Miguel School (Faught Road)  
See item on page 8

December 5

Annual Holiday Dinner  
and Awards Presentation

Look for reservation form in November newsletter

December 9

Annual Member Vacation and Trip Pictures Night

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Speaking of reservations...

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

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Wine Country Century 2010

is looking for a chair. Joe Morgan, who has done a stellar job over the last two years, has opted to bow out. The WCC starts up in earnest in January, so we need to find someone to champion the WCC in the next few months. If you're at all interested in chairing this club's premier event, please contact any of the board members. You will have the support and expertise of those who have done it before and the support of some 200 volunteers.

## 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.*

I was away on a bike tour in France during most of the month of September, so this column and much of the rest of the October newsletter was cranked out by Craig Gaever while I was gone. (I'm putting this in the past tense, as you'll be reading it after the fact. But I'm writing it before I leave, just at the end of August.) This marks the first month that I have been unable to complete this column—or this newsletter—since March of 1992...211 months in a row! It's not like I never leave town. Over 20 cycle-tours and numerous other vacations have enlivened those 17-plus years. It's just that the timing always worked before with respect to the newsletter deadlines. It's been a stretch a few times, but it always worked out. This time, finally, I had to ask for help from a guest editor. I started this column but Craig will have to finish it.

We begin this month's chronicle with Ken Russeff's ride on Saturday, August 22, for which Ken sent in this brief report: "I had 48 riders show up for the ride from Youth Park to Oakville Grocery in Healdsburg. There was a mix of A, B and probably some C riders amongst the group, with 11 non-members. Perfect weather and 36+ miles...dynamite ride."

The next day, we had Bill Dunn's King Ridge ride. If you recall last month's report on club rides, we had a King Ridge ride the weekend prior to this. You might think that would make Bill's ride redundant, but his ride was going around the standard loop in the other direction, which we seldom do. Bill reports: "There was solid overcast everywhere plus some areas of drizzle that put a damper on the initial anticipation of the 14 riders heading out to the start. By Hacienda bridge though, we left all drizzle behind. Not too long after starting up Fort Ross Road, we climbed out and away from the fog into clear, warm sunshine, which held for the rest of the ride except for some fog lapping over the edge of Seaview. In fact, since by about two hours after the finish it was once again overcast just about everywhere, it would only be a slight exaggeration to say that on that day, the sun shined only for our ride! Highlights include seeing Stacey, Joyce, and Frank from Bloomfield emerge at the top of Timber Cove Road after dropping down Fort Ross Road and circling north on Hwy 1; going slowly past quiet farms where we are usually shooting downhill; and one place on King Ridge where the land just drops away and you have this surprising view of oak studded hillsides into the way beyond. The only downsides were a fellow who had to turn back early due to a scraped sidewall and regroup that didn't hold together. I would like to see more full regroups in the B groups on these hilly rides! We'll try this one again in October."

And that's as far as I can take this column (before jetting off to Nice). The rest will have to come from Craig and the ride leaders for the rides through the first half of September.

We'll bid Bill a fond 'Adieu' and begin the guest editor section. Hard to imagine that Bill has completed so many columns without missing a beat.

First up Gary Kenworthy reports on the September 5th Napa Valley ride: "We had about ten riders show up to start at Calistoga, including one couple who rode from Santa Rosa to start in Calistoga. We

had another five riders who started in Santa Rosa and went over Spring Mountain Road into St. Helena. They joined us just North of St. Helena at the Lodi Lane valley cross road.

The weather can be hot on this route, but we had very pleasant temperatures for the day. Unfortunately, I had a knee problem flare up and take me out, and I didn't finish - but I trust it didn't detract from the enjoyment that was had by all. Five of us got together at the Calistoga Inn afterwards - all in all I think it was a great ride."

Sunday the 6th found the Conklins out on the road for their River Ramble: "We had quite a crowd, 32 riders ... Greg and I lead from the back and there were several quite slow "A" riders. We stayed with them and Greg helped with one dropped chain and one flat. By the time we reached Cafe Noto, the B group was heading out. The weather was perfect. All in all a good ride (though slow). We had hoped some of the group would join us at the Stony Point Grill after the ride for lunch, however, as it turned out, the Grill was closed for a long holiday weekend and most of the group had left by the time we got back to Finley."

The following weekend most folks found themselves awakened early Saturday the 12th with a rather robust lightning and thunder display. Bill Carroll's ride on Saturday comes with this report: "After a night of awesome thunder and lightning, Saturday morning weather was gray, cool and threatening rain. Maybe it was the November-like conditions, but we only had six riders at the start for the century. We picked up four more along the way and stayed together for the first 20 miles until Green Valley Road, when the group split into two, with 7 D riders off the front and 3 C riders trailing. It was not a problem though and we regrouped at the stops. We lost two riders on Bodega Highway, when they joined another group of club riders heading in the opposite direction. Our route along Chileno Valley, the Marshall Wall, and Highway 1 overlapped with the MS Waves to Wine ride, so we had plenty of company. It was a little gritty on the road with a few light showers and thick fog on the Marshall Wall. But the weather finally cleared nicely west of Sebastopol, and we had sunny skies and ideal riding weather for the duration. There were six of us at the third rest stop at Andy's in Sebastopol, and we stayed together for the trip back to east Santa Rosa. This was a day in which, if I were not leading the ride, I might have just skipped it. But it proved to be a beautiful day and an excellent ride. Thanks to everyone for coming out. Riding to and from the start, I logged 114 miles and 6500 feet on some great roads." A little gritty, I'll say! I was working the MS Waves to Wine ride, saw some of our folks on Highway 1, and you would not be surprised at the amount of small bits of glass that had to be dug out of many a tire.

Our other ride that Saturday was lead by first time leader Anne Graver: "Saturday started out windy and rainy, not sure if anybody would show up for my first ride as a leader. But 12 dedicated cyclists braved the elements and rode the 47 miles over almost all the hills west county has to offer. By the time the last of us got back to the park the sun was coming out. The only hiccup on the ride was one flat tire, The wind made the hill work challenging and took some of the coast out of the downhill but the rest stop at the Tomales bakery made it all worthwhile. Traffic was light on most of the route so we didn't have to contend with vehicles much. A very successful day, thank you to all the riders who came along." Congratulations Anne on your first.

Sunday the 13th was Mike Eunice's Birthday ride: " My birthday

— 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 • OCTOBER 3

#### Wendy Page Memorial Grizzly Century Weekend Oct 2-4 • Bass Lake

For more info, see page 6

Kimberly Hoffman • 579-3754  
[kdhoffman10@yahoo.com](mailto:kdhoffman10@yahoo.com)

### SATURDAY • OCTOBER 10

#### Ukiah-Clear Lake Century 4/C/100 8:30 AM • Hopland

L on Hwy 101 > L on Hwy 175 > L on Old River (Eastside) > Sanford Ranch > R on Knob Hill > L on Watson > L on Vichy Springs > R on Orchard (in Ukiah) > L on Brush > R on State > R on Lake Mendocino > L on East Side-Calpella > L on Moore > R on Central > L on Uva > West > R on E. School (*rest stop at store*) > R on East > L on Road B > L on Road A > L on Hwy 20 > L on Old State Hwy > L on Hwy 20 > R on Blue Lakes > R on Scotts Valley > R on Hendricks > R on Scotts Valley > 11th > R on Main (in Lakeport) > Soda Bay > R on Big Valley > Main (*rest stop in Kelseyville*) > Retrace Main to L on Bell Hill > L on Staheli > R on Kelsey Creek > Adobe Creek > L on Bell Hill > R on Highland Springs > L on Matthews > L on Hopland Grade (Hwy 175) to Hopland.

Bill Oetinger • 823-9807

#### Sonoma Bicycle Festival 1/A/10 plus longer options

Route to follow

Martin Clinton • 569-0126

### SUNDAY • OCTOBER 11

#### The Fort Ross King 4-5/BC/57 9:00 AM • Monte Rio

L on River > R on Austin Creek > R on Caz Hwy (*regroup in Caz*) > Fort Ross > (*regroup at top*) > R on Seaview > (*regroup at Fort Ross School for water*) > Hauser Bridge > (*regroup at King Ridge-Tin Barn junction*) > R on King Ridge > Caz Hwy (*regroup in Caz*) > R on River > L on Moscow > L on Main to finish.

Bill Dunn • 415-269-0591

#### Russian River Valley Ride 2/A-B/35

9:00 AM • Youth Community Park

R on Fulton > L on Piner > R on Olivet > L on (W) Olivet > R on Oakwild Dr > L on Old Trenton Rd > R on River > L on Slusser > L on Mark West Station > R on Trenton Healdsburg > L on Eastside > R on Wohler Bridge > R on Westside > Mill > L on Center > (*rest stop*) Oakville Grocery > R on Matheson St > R on East > L on Haydon St > R on Fitch > Harmon > Hudson > R on Front > L on Healdsburg Ave > R on Old Red > R on Eastside > L on Windsor River > R on Windsor > L on Shiloh > R on Skylane Blvd > Laughlin > River to Woolsey > L on Wood > R on Fulton > R Youth Community Pk.

Rose Mello • 543-5889

### SATURDAY • OCTOBER 17

#### Fairly Flat Forty-Five 2/B-C/45 9:00 AM • Healdsburg City Hall

R on Grove > Vine > R on Mill > Westside > L on River > R on River Dr > L on Old River > R on Martinelli > L on Hwy 116 > R on 1st St > West County Trail > L on Occi > R on trail along Hwy 116 > R on High School > Thru Sebastopol to rest stop at Coffee Catz > N on Morris > R on Eddie > R on High School > R on Occidental > L on Sanford > R on Hall > L on Willowside > L on Piner > R on Olivet > L on W Olivet > Oakwild > L on Old Trenton > R on River > L on Slusser > L on Mark West Station > R on Starr > L on Windsor River > R on Eastside > L on Old Red > R on Front > First > L on North > R on Grove to finish.

Randall Ray • 433-2555

### SUNDAY • OCTOBER 18

#### Manka's Century 4/BC/100 8:30 AM • Depot Park, Sonoma (270 1st Street West)

East on Sonoma Bike Path > Lovall Valley > R on 7th > L on Denmark > Burndale > L on Dale > R on Ramal > R on Las Amigas > L on Cuttings Wharf > L on South > R on Los Carneros > L on Hwy 121 > R on Old Sonoma Hwy > R on Old Sonoma Rd > Ash > L on Coombs > R on 3rd St > Coombsville > L on 3rd Ave > L on Hagen > R on Vichy (*water stop at Valley Market*) > R on Monticello (Hwy 121) > R on Wooden Valley > Suisun Valley > R on Twin Sisters to end and return > R on Suisun Valley > L on Mankas Corner Rd (*water stop at Vintage Cafe, Mankas Corner*) > Clayton

> L on Gordon Valley > L on Wooden Valley Cross > R on Wooden Valley > L on Hwy 121 > R on Atlas Peak > L on Hardman > R on Silverado Trail (*lunch stop at Soda Canyon Deli*) > North on Silverado > L on Oak Knoll > L on Solano > R on Orchard > L on Dry Creek > R on Redwood > L on Browns Valley > R on Buhman > R on Henry > L on Dealy > R on Old Sonoma > L on Duhig > Ramal > L on Acacia > R on Central > L on Knob Hill > R on Burndale > L on Napa > R on Denmark > R on 5th St E > L on Napa St > R on 4th St E > L on Sonoma Bike Path to Depot Park.

Rick Sawyer—933-0760

### SATURDAY • OCTOBER 24

#### Sonoma County Fall Colors '09

2-3/AB/45

9:00 AM • Esposti Park

L on Fulton > L on Piner > L on Olivet > R on Guerneville > L on Frei > Graton > R on Ross > L on Ross Station > R on Ross Branch > R on West County Bike Trail to Forestville > L on 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 > Windsor > R on Shiloh > R on Skylane > Laughlin > Woolsey > L on Wood > R on Fulton to Park.

Jack Hartnett - 694-0922

### SUNDAY • OCTOBER 25

#### Two County Coast Century

4/C-D/100

9:30 AM • Piner High School

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

Doug McKenzie—523-3493

### SATURDAY • OCTOBER 31

#### Santa Rosa-St Helena-Calistoga

4/C/70±, 6000-7000' est.

4/BC/45, 4000'

9:15 AM • St. Francis Safeway, Rincon Valley

on Calistoga Rd > R on St Helena (Bonus miles: right turn out-&-back on Langtry... add 4.2 mi) > Spring Mtn > L on Madrona > R on Hwy 29 ( thru St Helena ) > L on Pope > Howell Mtn (short route turns L on Silverado Trail and proceeds north to Calistoga) > R on Conn Valley to end (Bonus miles: out-&-back on Greenfield...add 4 mi) > Return to R on Howell Mtn > L on Deer Park > R on Sanitarium (near the bottom-sharp right) > L on Crystal Springs > R on Silverado Trail (shorter route rejoins here) > L on Brannan > L on Hwy 29 (thru Calistoga) > R on Hwy 128 > L on Petrified Forest > R on Franz Valley School > L on Franz Valley > R on Porter Creek-Mark West > L on Linda Ln > L on Riebli > R on Wallace > L on Badger > R on Calistoga Rd to end.

Rich Fuglewicz • 217-6909

### SUNDAY • NOVEMBER 1

#### Cotati - Marshall - Tomales

3-4/BC/50-60

9:00 AM • Cotati Vets Bldg

Right out of park onto Myrtle > L on Old Redwood > R on W Railroad > L on Stony Point > R on Jewett > Str onto Center > R on Liberty > R on Skillman > cross Bodega & continue on Eucalyptus > L on Middle Two Rock > R on Eastman > R on Chapman > R on Western > L on Chileno Valley (rest stop in Helen Putnam Park; water) > L on Chileno Valley > str onto Wilson Hill > str onto Marshall-Petaluma > R on Hwy 1 > (rest stop in Tomales) > south on Hwy 1 > L on Tomales-Petaluma > L on Twin Bridge > R on Fallon-Two Rock > L on Carmody > R on Valley Ford > L on Walker > L on Pepper > L on Mecham > L on Stony Pt > R on W Sierra > R on Valparaiso > cross Old Redwood onto Myrtle > L into Park

Bob Hasenick • 573-1426



### 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 Masey—546-0898

C: Johann Heinzl—539-7991

*Fifth Wednesday: Howarth Park, SR*

B: Bob Briner—799-7146

#### Friendly Fridays

B or C • 30-50 • 9:00 AM

*First Friday: Cotati Dog Park*

B: Greg Stone—527-6116

*Second Friday: Howarth Park, Santa Rosa*

B: Martin Clinton—569-0126

*Third Friday: Ragle Park, Sebastopol*

B: 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*

#### Flat Fixing Clinic

*First Thursday of each month  
6:30 pm. No cost • Call to sign up:*

NorCal Bike Sport—573-0112

### NOVEMBER 1



#### Team Swift

#### Cycle with Champions 2009

This year's Cycle with Champions will move to West County Revolution. The featured Celebrity is Brent Bookwalter of BMC. Look for more information on this event in the November Newsletter.

# More

## BACKROADS & BREAKAWAYS

ride on September 13 got off to a rocky start because Keiser Park was closed due to construction. However, eleven riders started, and about six started fast and disappeared forever. The rest of us made a pit stop at Esposti Park where we picked up four more riders who were confused about the starting place and the starting time.

The nine of us regrouped at Jim Town and stayed together for the rest of the ride. Some riders had never crossed the summer bridge and had never ridden on River Road. One said that he never tired of seeing Alexander Valley. We stopped for lunch at MacDonalds because it was at the side of the road.

After lunch, we found misty skies at the top of Ducher Creek and a steady stream of MS riders on Dry Creek all the way to Wohler Bridge. After a pit stop at the Dry Creek Market, we found some more mist on Westside Road, but we got some water from the closing MS rest stop at Wohler Bridge. We finally returned to the start on wet Windsor streets.

Janice invited us to Cold Stone for a birthday celebration where we sheltered from the rain showers. Afterwards, we piled into our respective cars except Martin Clinton who had ridden to the start. He insisted on riding home through the showers for a total of one hundred miles." Indeed, rain in September, who would have thought.

I know Bill greases through these newsletters with ease. I've futzed over this and that and will be happy to have Bill back in charge. I'm sure that he will have some great stories from France, and hopefully a slide show early next year. I'm looking forward to it. We're going to have some great trip presentations over the next several months so look forward to some great membership meetings.

### ELECTIONS

It is never too early to start talking about club officer elections in January. We've had a pretty solid group of folks running the club for a long time and I think that is a good thing. Steady at the helm, that sort of stuff. But it is time for more new blood in the organization. For myself, I've been on the board in one form or another for the better part of the last 12 years. It is time for me to step aside and move on to other endeavors. So there is a very real opening for club president and other positions occurring this January. Feel free to contact me about running for the board.

## 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>



## Three Wheels South - Riding the Coast

Those of us fortunate enough to still be employed often have trouble getting the time off to take some of those grand rides we often hear and dream about. Last year I decided to do something about that. At last year's Northwest Tandem Rally (NWTR) it was announced that in 2009 the rally would be in Victoria. Having never been to Victoria, this was just the excuse I needed to visit this city. After reading about Sky George's trip across the western US, I was even more intrigued with the idea of a self-supported ride. With a little encouragement from Greg Durbin, I quickly came to the conclusion that we would go to the NWTR in Victoria and ride down the coast to home. It would take a month. I proposed the idea to Michelle and she was all for it. I then checked with the bosses and their response was "WOW. Sure. No problem What a great trip!" Thus our trip of July this year was born. Given that this year was the centennial for Two Wheels North, my choice of Three Wheels South was pretty straightforward - Tandem and a BOB.

I began planning by reading the bible of Pacific Coast touring, *Bicycling the Pacific Coast* by Tom Kirkendall and Vicky Spring. This book gives a great insight into the route with options for routes around the Olympic Peninsula. I followed most of the suggested stops in all the states. After looking at other maps those stops all made great sense. We talked to Bunny Zimberoff as well as Wes Hoffschildt. As with most things, after one commits sometimes you wonder what the hell did I get into. Michelle started to have some doubts but Bunny really helped reassure Michelle that she would indeed have a great time. Bunny had some really great suggestions too as to what to bring.

June 29 Doug drove us down to the Martinez Amtrak station for our 22 hour ride to Seattle. We left Martinez at 10:55 p.m. and arrived in Seattle at 8:45 p.m., some 22 hours later. A quick ride through Seattle to our first night's stay at the Green Tortoise Hostel was an experience unto itself. July 1 we left Seattle on the ferry and headed for Bainbridge Island and our ride began. We arrived in Sequim State Park (53 miles) for our first hiker biker campsite experience. July 2 we rode through Sequim to Port Angeles to catch the passenger ferry to Victoria. A rather annoying flat almost kept us from making the noon ferry to Victoria but they were delayed loading all of the other tandems headed to Victoria as well, so we made it. Quite a sight to see 5 guys lift the bike and the 100 lbs of gear on the boat. July 3, 4, and 5 were tandem rally days as we rode to the Butchart Gardens on Friday, north up the Saanich Peninsula on Saturday and west of Victoria on Sunday.

Monday July 6th we were up early to catch a 9:45 a.m. ferry to the US. We had great weather for the last several days but that came to an end. We had gray skies and sprinkles as we headed back to Port Angeles. Arriving in PA we were greeted with a pretty good downpour but fortunately it didn't last. We headed for Fairholm at the west end of Lake Crescent, about 30 miles. We made camp and invited an English couple to dinner, who were cycling to SF then to LA and finally Florida. July 7, we packed up and headed into our first really long day. First though we faced a steady 6% climb right out of the driveway of the campground for about 2 miles. Over the top we could see a wall of rain in the distance. Before long we were stopping and pulling out the rain gear. We would ride in rain for the next 20 miles. Our long day became even longer when we had the first of four flats. In the rain I replaced the tire as well, as it seemed not suited to the task. We made Forks where it stopped raining and we enjoyed a nice lunch. After lunch the rear was flat

again. Fixed that and we were off but 10 miles later it was going flat again. I stopped and pumped it up. We made it another 10 miles and it was flat again. Full tube change and we were good. We arrived at camp about 8 p.m. and our English friends had dinner waiting for us. After 64 miles and 2500' we were tired and hungry and happy to see a hot meal. July 8th we took a rest day, having whipped ourselves pretty good over the last 7 days. It was raining anyway and we just didn't want to pack a bunch of wet gear. July 9th we left Kalaloch and headed for Lake Quinault for 37 miles and our first showers in 3 days. July 10 began another long day to Twin Harbors State Park by way of Hoquiam and Aberdeen. Fortunately the day was sunny and warm and we enjoyed a day of flat-free riding. The last 15 miles though was straight into one of those onshore coastal winds. 74 miles by the time we snagged a crab and a bottle of wine. July 11th, another gray day in WA as we made our way to Bay Center.

We finished out of Washington on Sunday the 12th with another rainy day to Astoria. We faced our second major challenge of the trip, the Astoria bridge. 4 point something miles of white knuckle bridge riding with a cross-wind and final last ascent at 6%. The motel in Astoria was a welcome sight.

The 13th we started in more typical gray weather down the Oregon coast. Our destination this day was Nehalem SP and our third test, the tunnel at Arch Cape. Tuesday was another rest day and the day off did not disappoint. Cool but sunny we made our way into town for more crab and wine, a nice counter to the volumes of pasta and IPA we often had for dinners. On the 15th we headed to Cape Lookout where we would meet Ernie Von Raesfeld, an occasional club member. It was great to be with a good friend and we had a fine evening together. The 16th we headed south to Beverly Beach SP taking in several side roads along the way. This day was some 63 miles and 3300' of climbing, so the climbing was starting to pick up. We arrived to a completely empty HB site, a contrast as the next night the HB site in Honeyman SP was completely full. Our day to Honeyman was again some 61 miles and 2500'. Saturday the 18th we headed towards Coos Bay but just north of the Coos Bay bridge we turned right to head out to the dunes to meet up with Michelle's two brothers and her sister, all camped out for a little ATV action in the dunes. Cold howling fog filled the area so RV shelter, odd as it was, was welcome. We took another rest day on Sunday. As we continued on to the border, we were treated to varying degrees of cold gray weather and occasional sunshine.

On July 22 we crossed the state line, stopping to take the obligatory photo at the sign. But we faced the fifth challenge of the ride, the Crescent City hills. We made it about halfway up before the grade got to us and we had to walk. Didn't help when one of the big fish trucks came by spilling fish juice out the back door and on the road. We made it that night to Elk Prairie where once again the HB site was full with some 20 or so riders. The next day would be our last rest day before we started the long run home. Most of you knew that I had a GPS tracking system on the BOB, but I didn't think it would be viewed as much as it was. So it was a great surprise to see Charles Beck when we neared Myers Grade. Then it was Ron Bates, Bob Redmond, and Susan Noble outside of Duncans Mills. An escort! But turning the corner at home and seeing the Finish Line tent was too much. We were truly surprised to see all of the neighbors and club members to welcome us home. It was a truly awesome time with many great stories and memories. Pictures and more at the November General Meeting. Craig Gaevert and Michelle Bellefeuille

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

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

- President: Craig Gaevart .....545-4133
- Vice-President: Greg Durbin.....528-4450
- Secretary: Donn King.....823-5461
- Treasurer: Donna Emery.....546-6359
- Officers at Large
- Martha Barton .....538-9315
- Randall Ray .....433-2555
- Rick Sawyer .....933-0760
- Gordon Stewart .....823-0941
- Martin Clinton .....569-0126
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart .....823-0941
- Club apparel sales: Sharron Bates.....526-3512
- Membership registration: Gordon Stewart.....823-0941
- Meeting program coordinator: JoAnne Cohn.....566-9169

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

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

To join the club or renew membership, please go to  
[www.srcc.com](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, October 14 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

*Speakers: Bill Oetinger & Greg Durbin will present a slide show on the club's Blue Wallowa Tour from July*

Wednesday, November 11

**EXECUTIVE BOARD MEETINGS**

(Open to all interested members)

Thursday, October 8 • 6:00 PM

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

Thursday, November 5

**Adopt-a-Backroad Litter Pick-up Day**

**9:00 AM • Sunday • November 8**  
**San Miguel School (Faught Road)**

It's time again to heft our Hefty Bags and head out into the countryside in search of litter. Most of you know the drill, but for the ever-increasing numbers of new members, a brief summary of how, where, and why we do this...

The club has committed to clearing a couple of popular cycling roads of litter each year, one road each at six-month intervals. We do this, first of all, because it's simply a good thing to do. But we also do it as a gesture of goodwill to the residents along those roads, to show them that cyclists—at least those in the SRCC—are a positive force in the community.

We began the project—in conjunction with the County of Sonoma—in 2000, under the inspired leadership of Ed Ellington. In the beginning, we were only cleaning up West Dry Creek Road, twice a year, but after a few years, we decided to divide our energies up by doing West Dry Creek once each year and Chalk Hill once as well. We coordinated a clean-up day on West Dry Creek with the local homeowners' association in that area six months ago, and now it's time to turn our attention to Chalk Hill.

Many hands make light work of this task...around 40 sets of hands would be just about right. We'll divide the ten-mile long road up into short sections to be walked by crews of two or three. The collected bags of litter are hauled off to the dump.

After all the work is done, we will retire to a local bistro for lunch, courtesy of the club.

To sign up, or for more info: Mike McGuire, 542-6687