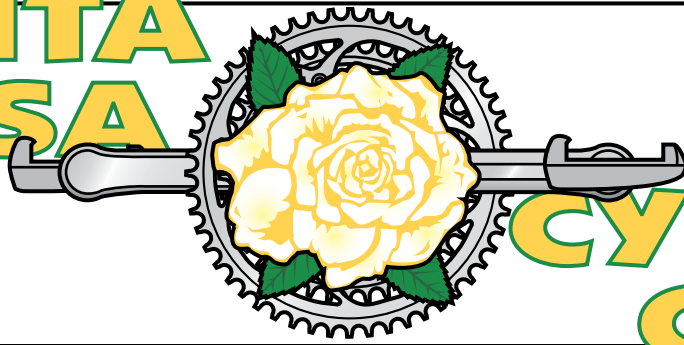


SANTA ROSA



ADOPT-A-BACKROAD
LITTER PICK-UP DAY
Sunday, November 8
See item in Ride List

CYCLING CLUB

NOVEMBER 2009 NEWSLETTER

HOLIDAY DINNER PARTY & YEAR-END AWARDS

The club's annual Holiday Dinner Party is scheduled for Saturday evening, December 5. Look elsewhere in this issue for a reservation form. If you really want to be there, fill it out and send it in immediately. Seating is limited and reservations are taken in order of receipt. A \$20 deposit is required to hold your place, but that will be returned to you when you check in at the dinner. Only no-shows forfeit their deposits.

For the most part, this Holiday Dinner follows the format of other Holiday Dinners in recent years: it will be held at the Druids Hall in Santa Rosa, and the club will pick up the tab for the entire evening, except for the following items: while the dinner itself is catered, the appetizer and dessert courses originate in the kitchens of our many members...pot luck, in other words. Also, there will be no bar. If you want your favorite tippie, beer or wine, you must bring it with you. The good news is that there is no corkage fee, so bring that special vintage and share it with your table mates.

As always, the entertainment during and after dinner will be provided by the presentation of our annual end-of-year awards. There is a more-or-less standard list of awards presented each year. (For a detailed list of our traditional awards, see last November's [newsletter](#) at the club website.) Many club members imagine that those awards are institutions of great weight, with long histories. Quite the opposite is true: almost all of them began as the inspiration of some individual member. In all cases, the awards are never meant to be taken too seriously. The club's Board decides on most of the standard ones, but with over 1000 members in the club now, it's well beyond impossible for the Board members to be familiar with who is doing what on all the different club rides and on other, bigger rides, further afield. That is where this club becomes a true grass-roots democracy: the Board members need the help of any members who have good suggestions as to who might be deserving of winning any of the awards. Most Improved? Rookie of the Year? King (or Queen) of the Mountain? All of these and many more are open for discussion, suggestions, nominations. And if you have an idea for a new award, go for it. It may become one of the traditional awards of future years.

Try to remember—and to really believe—that this is your club and not just the domain of a few Board members. The Board members are there to serve the membership, not the other way around. To do that, they need your help. Think about the awards and pass your ideas along to anyone on the Board.

SRCC involvement with Levi's King Ridge Gran Fondo

Whether or not you were personally involved with Levi's King Ridge Gran Fondo—as a rider or as a supporter—you cannot help being aware of what happened on that first Saturday in October, as it was covered so extensively in the mainstream press: it went off pretty much without a hitch, and all those associated with the planning and staging of the event feel it was successful beyond their wildest hopes and expectations.

In the weeks leading up to the Gran Fondo, our club's involvement grew from just hosting one rest stop to a deeper, more complex role in assisting with the overall logistics.

Carlos Perez, Editor of *Bike Monkey* and the overall coordinator for the Gran Fondo, is most appreciative of the support and guidance the SRCC provided, as he expresses in this letter sent to the club after the event...

To the Santa Rosa Cycling Club:

I don't have to tell any of you how successful the Gran Fondo was this past weekend. But the front page of the *Press Democrat* showed an image that would cause any event promoter to shudder at the very idea of sending a sea of cyclists out on the very roads we directed them to. Many of you have surely ridden King Ridge Road, and there is no question that descents like Bohemian Highway just outside of Occidental, Hauser Bridge, Meyers Grade, Coleman Valley, and even Highway 1 could prove fatal to anyone not riding within a safe envelope. So I stayed awake at night, many nights, with concern for the safety of the thousands of riders who had come from around the world to partake in something that was being billed as a fantastic event before it even occurred. I was holding my breath...

At the end of the day I found myself repeatedly deflecting compliments about the success of something so large, conceived and created in such a short period of time. A lot of people have been telling me that I should be taking more credit than I am, but I feel it's important to acknowledge all the pieces of the puzzle, and how they fit, instead of just the end result.

When Doug Simon told me he would lend his expertise to manage the rest stops and Craig Gaevert volunteered to deliver his ham and sag expertise, I felt as though I had won the lottery. For years, the Santa Rosa Cycling Club has produced many of the most

— Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for October

1. Call to Order: President Craig Gaevvert called the general meeting to order at the Round Table on Occidental Road on Wednesday, October 14. 35 members and friends were present.

2. Treasurer's Report: Donna Emery announced the club's bank account balances, as of September 30.

3. Membership: Registrar Gordon Stewart reported membership of 1098 (combining individual and family memberships). Gordon noted that he has set up a survey at the site to log the ages of club members (to assess the "graying" of the membership). It's easy to log on and enter your age. Help us build this data base.

4. Intro flier: Newsletter Editor Bill Oetinger agreed to prepare a one-page introductory flier about the club. This is to take the place of monthly newsletters as a take-away item in bike shops.

5. Griz: Grizzly Century Weekend coordinator Kimberly Hoffman reported on the event. (See item in *Backroads & Breakaways*.)

6. Holiday Dinner: Sharron and René reported on planning for the December 5 Holiday Dinner. (See items on pages 1 & 2.)

7. Gran Fondo: Members recounted their involvement, as riders or as volunteers, with Levi's King Ridge Gran Fondo on October 3. (See article on page 1.)

8. Litter pick-up day: Semi-annual litter pick-up day is scheduled for Sunday, November 8. Mike McGuire will chair. (See item on *Ride List*.)

9. Club tours: Bill Oetinger reported on plans for the Mother Lode Tour, a new one-week club tour scheduled for May 15-23, 2010. There was also a report on the Santa Cruzin' Tour, which had just been rained out and called off during the previous week. (See items in *Backroads & Breakaways*.)

10. Warehouse lease: Doug Simon presented a proposal to the Board (and subsequently to the membership) to extend lease at warehouse for two years and to also lease the covered area west of the building, which we want to use for staging larger events. Increase in cost of \$250 a month. Board approved and membership ratified with voice vote.

11. Permits: Outgoing WCC Chair Joe Morgan reports that Sonoma County seems to be moving toward requiring event permits for bicycle events. This will mostly apply to pay-to-ride events. Presently bicycle events that do not require road closure (such as the WCC) are not required to have permits, but the county could change this, and what is the process to make this change? Permits will probably include rider limits. CHP may have power to cancel event if they deem conditions unsafe. Joe suggests that we be very involved in consultation on writing the guidelines for the permits. Craig Gaevvert will represent club and on county permit planning committee.

12. WCC Carpools: Rick Sawyer opened discussion of potential for setting up a carpool-networking site to reduce vehicles at WCC. Topic was tabled pending more study and input from members who made the initial proposal on the chat list.

13. Featured speaker: Robert Redmond prepared a slide show of the club's July Blue Wallowa Tour. Robert was unable to attend, but Bill Oetinger ran the slide show and did the narrative.

• Holiday Dinner Party • • Annual Awards Presentation •

Saturday • December 5

Druids Hall • 1011 College • Santa Rosa

Reception (appetizers and BYOB...no bar): 5:30-6:30

Dinner (buffet service): 6:30

Dessert & Awards: 7:30-9:00

• Menu •

Appetizers from the kitchens of our club members

• • •

Entrée (choose one)

*Includes Garden Green Salad, Dinner Rolls,
Potato, Mixed Vegetables*

Roast Prime Rib

Roast Chicken

Vegetarian Lasagne

• • •

Assorted desserts from the kitchens of our club members

Coffee service

Dress: from "special occasion" casual to black tie

Evening is free to club members and their partners. A \$20 per person deposit holds your places. Deposit will be refunded at the door. Seating is limited! To ensure your inclusion in this special evening, reservations must be received by November 28.

We will need some help with set-up and take-down at the event. If you can lend a hand, call event coordinator Sharron Bates: 526-3512, or... technical@randalnutritional.com

Clip or copy the form below and RSVP by November 28 to: Sharron Bates, 1110 Suffolk, Santa Rosa, CA, 95401.

Make checks payable to the Santa Rosa Cycling Club

See article on page 1 for more information.

Name(s)	Entrée selection
_____	_____
_____	_____

Please specify whether you intend to bring an appetizer, dessert, or a gift for the Holiday Giving Tree. (One item per membership.)

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.

As I mentioned last month, I was off cycling in France for a big chunk of September. I was accompanied on this self-organized tour by eight members of the SRCC family: Janice Oakley and Steve Thomas, Linda and Sid Fluhrer, Ginger and Karl Kuhn, and Robin Dean and Gordon Stewart. We did 14 stages in the SE corner of France (eastern Provence and the southern Alps). As drawn up, the 14-stage tour totaled a bit over 900 miles and quite a bit more than 100,000' of elevation gain. (Some did fewer miles and some did more.) We rode over many famous Tour de France cols and down into several spectacular gorges. We ate lots of wonderful French food and soaked up the scenery and culture of the country as we rolled along. It was a grand trip. Not quite glitch-free, but about as smooth as one would hope for. Someday, I'll do a longer write-up on the adventure, and we promise to inflict a slide show (or two) on you, once we can sort through the thousands of photos we took. In the meantime, if you're interested, you can read a brief summary of the tour at my October [BikeCal.com](#) column.

While we were off in France, club life continued along its normal course closer to home. First up in this reporting period was Sue Bennett's AB ride out of the Cotati Vets. Sue reports: "Unlike the days just prior to my ride, the morning weather was delightful and 26 riders were present. A few mechanical issues in the beginning of the ride were solved and we headed out. The Estero loop was particularly delightful as the tide was in and there was no wind, making for stunning reflections off the water. Being short, the ride was finished before the temperature got too warm. A great day."

Rick Sawyer had an excursion to Rockpile the same day. He sent in this report: "With a little morning fog still hanging above the Santa Rosa Plain, we assembled a strong group of around 24 riders in Healdsburg, including four non-club members. I would estimate that the C or better riders outnumbered the B's among us by a 5-to-1 ratio, so the pace was brisk on the way out to Warm Springs Dam. Soon after commencing the ascent of Rockpile, the group fragmented and we of the rear guard lost touch with the leaders for the rest of the day, except to see them whiz by on their way back down from the summit as we continued to climb. Upon returning to the Visitor Center at the dam, a small handfull of us paced back into Geyserville together, and then exercised some discretion in deciding to skip Red Winery and take the short way home. By that time, temps were in the high 80's and there was a pesky head-wind blowing (or did I just imagine that?). Although the lead group was long gone by the time we reached Healdsburg, so no discussion with them, I think it safe to say a good time was had by all. The serenity and vistas up on Rockpile make it worth taking on that brute of a hill that seemingly doesn't want to quit."

This was also the weekend of the Knoxville Double Century, which always seems to attract a lot of SRCC riders. This year was no exception. Based on accounts from participants on the chat list and the results at their site, these are all the homies who completed the ride: Rick Arnold, Ken Cabeen, Jeff Cummings, Greg Durbin, Michael Eller, Barley & Susan Forsman, Joe Gorin, Travis Guillory, Michael Leach, Sam Payne, Paul Stimson, Karen Thompson, and John Witkowicki. From what I hear (or read), it was a reasonable

day: not too hot, not too windy, etc. Still a damn big ride though! Congratulations to all who did it.

Next up was Darrin Jenkins' Sonoma-Napa Ridge Running ride on September 26. The date is important: it was the hottest day of the year and the hottest September 26 in recorded history...a nice day to pick to do Sonoma Mtn (twice), Cavedale, Mt Veeder, and Dry Creek (the climb up the backside of Trinity), at which point it was a blistering 105°. What a tough ride this turned out to be! Even without the heat, all those big climbs would have been a handful, but with the cruel heat, it was killer. This was my first ride after returning from France, and nothing I did over there—none of those epic TdF summits, including one day with 14,000' of gain—was as brutal as this ride. There were about 20 people at the start, but I think about half of them bailed after Cavedale, turning down Trinity from the firehouse rather than going over the ridge into Napa. For those who stuck with it, it was a kiln-dried monster.

Ken Russeff had listed an A ride out of Willowside School on this day as well. He sent in a short report: "The September Spinning Ride had 33 riders on another 'Chamber of Commerce' day. I had to just watch everyone leave the parking lot as I was still in a recovery mode. Thanks to Sue Bennett and George Gallegos for taking over the reins, or handlebars. Apparently, only a chain problem resulting in a little road rash marred the ride. Cafe Noto and 36 miles." I must have missed a report on whatever it is that Ken is recovering from, but we hope he's back in the saddle soon.

In that department, we can report on the travails of our pal Charles Beck, who crashed badly recently. He was riding on an extremely remote rode up in Mendocino County with Tony Lee and Robert Redmond when he suffered a sudden front-wheel blow-out while descending at speed. Bad things happened. He did a great deal of damage to his right elbow, grinding flesh and muscle away, all the way down to the bones. As the road was so remote, and as they had no cell phone coverage, Charles was forced to ride 17 miles into Ukiah with the elbow wrapped up in Tony's bandana. He made it to the emergency room, thanked Tony and Robert for their help, and promptly passed out. Charles is a tough old nail and he's well into his recovery, back on the bike already for some short, cautious rides.

The last day in September offered two more good rides. Craig Johnson had a ride for single-speeds and fixies on the card: "Sunday's SS/Fixed ride started with six 'normal' bikes, two single speeds, and one fixie. The morning was cool, but by the time we finished around 1:30 it was really hot. The route (designed by Gordon Stewart) was perfect for fixies and single speeds. Enough rollers to make the ride interesting. After the Dry Creek store stop, the group split up. The last four of the group soldiered on to the finish, after which we proceeded to Hopmonk Brew Pub is Sebastopol to do some product research."

The other ride on the day was Rose Mello's Willowside-Bodega AB ride. Rose checks in: "I had a small group of ten riders; four of the riders only went half way up Coleman Valley and turned around; the rest rode the whole course. Overall, we had a great time. It was amazing how many signs we saw for the GranFondo event on Coleman Valley Road." Speaking of which...

The first weekend in October was an odd one for club rides: there weren't any, at least none listed locally. Our energies were divided

— 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...go to Calendar of Rides

SUNDAY • NOVEMBER 1

Cotati - Marshall - Tomales 3-4/BC/50-60 9:00 AM • Cotati Vets Bldg

R on Myrtle > L on Old Redwood > R on W. Railroad > L on Stony Point > R on Jewett > Center > R on Liberty > R on Skillman > 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*) > L on Chileno Valley > Wilson Hill > Marshall-Petaluma > R on Hwy 1 > (*rest stop in Tomales*) > Retrace (south) on Hwy 1 > L on Tomales-Petaluma > L on Twin Bridge > R on Fallon-Two Rock > L on Carmody > R on Pet-Valley Ford > L on Walker > L on Pepper > L on Mecham > L on Stony Point > R on W. Sierra > R on Valparaiso > Myrtle

Bob Hasenick—573-1426

SATURDAY • NOVEMBER 7

Long Time No Score 2+/B/55 9:00 AM • Howarth Park

South on Summerfield > R on Bethards > L on Yulupa > Bennet Valley > R on Sonoma Mountain > R on Pressley > Roberts > L on Petaluma Hill > R on Railroad > R on Stony Point > L on Roblar > R on Canfield > R on Bloomfield > L on Kennedy > L on Barnett Valley > L on Bodega Hwy > R on Bohemian Hwy (*rest stop at Wild Flour Bakery*) > North on Boho > R on Graton > Frei > R on Guerneville > R on Willowside > L on Hall > Third > Bike Path > R on Mendocino > L on Sonoma > L on Summerfield > Howarth Park

Rick Sawyer—933-0760

Jon's Birthday Ride 2/A/35 9:00 AM • Finley Park

L on College > L on Fulton > R on Hall > L on Sanford > R on Occidental > R on West County Trail to Forestville > L on Hwy 116 > R on Mirabel > L on Trenton > L on River (*rest stop at Korbel*) > Retrace (east) on River > R on Laguna > L on Trenton > L on River > R on Woolsey > R on River > R on Hart > R on Fulton > L on College to Finley.

Jon Dick—695-8076

Sonoma Mountain Road #1 5/CD/35 9:00 AM • Cotati Vets

L on Myrtle > Macklin > R on John Roberts > L on Lebec > L on Eucalyptus > R on Willow > L on E. Railroad > R on Davis > R on Woodward > L on Main > L on Old Red > L on Ely > L on Sonoma Mtn Parkway > L on E. Washington > L on Adobe > R on Sonoma Mtn # 1 to top > Retrace to R on Adobe > R on Lynch > Hardin > Corona > R on Ely > Elysian > Goodwin > L on Penngrove > R on Minnesota > L on Old Red > R on Myrtle.

Darrin Jenkins—206-9773

SUNDAY • NOVEMBER 8

Adopt-a-Backroad Litter Pick-up Day

9:00 AM • San Miguel School

Time for our semi-annual litter pick-up project. This time we're tackling the approximately ten miles of scenic Chalk Hill Road. We need about 40 workers to cover the road (typically in teams of two). The collected bags of litter are hauled off to the dump by the county. After all the work is done, we will retire to a local bistro for lunch, with the tab picked up by the club. Whoever thought picking up litter could be so much fun?

This program is one of long standing in the club: we've been doing it twice a year since 2000. We alternate our efforts between this run along Chalk Hill and another run along West Dry Creek and nearby roads that happens in the spring. We do this because it's simply a good thing to do, and we do it to let the folks along these popular cycling roads know that cyclists—at least those in the SRCC—are good neighbors and a positive force in the community. To sign up for this very worthy project or to get more info, call...

Mike McGuire—542-6687

SATURDAY • NOVEMBER 14

Geysers in Winter 5/C/80

9:00 AM • San Miguel School

R on Faught > R on Chalk Hill > L on Hwy 128 > R on Pine Flat > L on Red Winery > R on Geysers > L on River > R on Crocker > R on Asti > R on 101 overpass (*rest stop at Shell station*) > L on Dutcher Creek > L on Dry Creek > R on Yoakim Bridge > L on W Dry Creek > R on Westside > L on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station > R on Slusser > L on Laughlin > L on North Laughlin > on R Airport > L on

Faught. *Ride to start from SR or Sebastopol or (?) to make a green century.*

Bill Carroll—539-7568

SUNDAY • NOVEMBER 15

Pink Ride (la Maglia Rosa)

3/B/35

9:00 AM • Piner High School

R on Fulton > L on Piner > R on Olivet > L on W. Olivet > R on Oakwild > R on Woolsey > Laughlin > L on W. Laughlin > R on Slusser > L on Mark West Station > L on Trenton-H'burg > Laguna > R on Vine Hill > Meuller > R on Graton > L on Boho (*rest stop at Wildflour Bakery*) > R on Boho > L on Bodega Hwy > R on Barnett Valley > L on Burnside > R on Watertrough > L on Blackney > L on Pleasant Hill > L on Covert > R on Ragle > R on Mill Station > Bike trail > L/R on E. Hurlbut > L on High School > R on Occidental > L on Sanford > R on Hall > L on Willowside > R on Piner > R on Fulton to Piner HS. *Riders are encouraged to wear pink!*

Janice Oakley—568-7062

Cotati to Penngrove

3/AB/28

9:00 Am • Helen Putnam Park

R on Myrtle > Valparaiso > L on W. Sierra > L on Stony Point > R on Mecham > R on Pepper > L on Bodega > R on Middle Two Rock (*regroup*) > L on Eucalyptus > Skillman > L on Liberty > R on Rainsville > R on Stony Point > L on Old Redwood Hwy > R on Main Street (in Penngrove) (*rest stop at Café Amore*) > Main Street > R on Woodward > Davis Lane > L on Railroad > L on Eucalyptus > R on Lebec > L on John Roberts > Macklin > Myrtle to park.

Janice and Mike Eunice—575 9439

SATURDAY • NOVEMBER 21

Lotsa Hills and Two Rocks

3/BC/46

9:30 AM • Cotati Vets

R on Myrtle > Valparaiso > L on Lund Hill > L on Cypress > R on Railroad > L on Stony Point > R on Jewett > Center > R on Liberty > R on Skillman > Eucalyptus > R on Middle Two Rock > L on Purvine > R on Spring Hill > L on Petaluma-Valley Ford > L on Gericke > R on Fallon-Two Rock > Whitaker Bluff > L on Middle > L on Dillon Beach (*rest stop in Tomales*) > R on Hwy 1 > R on Fallon-Two Rock > L on Carmody > R on Petaluma-Valley Ford > L on Walker > L on Pepper > L on Mecham > L on Stony Point > R on W. Sierra > R on Valparaiso > Myrtle to Vets.

Steve Drucker—538-5256

SUNDAY • NOVEMBER 22

Let's Ride the Rollers to

Tomales

2-3/AB/55

9:00 AM • Cotati Dog Park

R on Myrtle > L on Old Red > R on W Railroad Ave > L on Stony Point > R on Jewett > R on Pepper > R on Bodega > L on Spring Hill > R on Chileno Valley > L on Tomales-Petaluma > R on Hwy-1 (rest stop at Tomales Bakery) > R on Hwy 1 > R on Pet-Valley Ford > L on Roblar > L on Stony Point > R on W Sierra > R on Valparaiso > Myrtle to park.

Rose—543-5889

Preemptive Turkey Burn

3/C/60

9:00 AM Healdsburg City Hall

R on Grove > Vine > R on Mill > Westside > R on West Dry Creek > R on Yoakim Bridge > L on Dry Creek > Skaggs Springs > Rockpile to end > Retrace to rest stop at Visitors' Center > L on Dry Creek > L on Dutcher Creek > R on Theresa > R on Asti > R on Zanzi > L on Chianti > L on Canyon > R on Geyserville > R on Souverain > L on Fredson > R on Lytton Springs > L on Chiquita > R on Grove to City Hall. *Rest stop has water (& restrooms) only.*

Randall Ray—529-1278

SATURDAY • NOVEMBER 28

Turkey Trotting

2/A/35 11/28/09

9:00 AM • Esposti Park

R on Shiloh > L on Skylane > Laughlin > R on W. Laughlin > R on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > Mill > L on Center (*Coffee at Oakville Grocery*) > R on Matheson St E. > R on 1st > L on Front > L on Healdsburg Ave > Old Red > L on Limerick > R on Los Amigos > L on Arata > Hembree > L on Old Red > L on Pleasant > Faught > R on Shiloh to Esposti Park.

Ken Russeff—953-1804

SUNDAY • NOVEMBER 29

Mt Tam: All the Way Around

4-5/C/60

9:30 AM • Downtown Fairfax

Fairfax-Bolinas > L on W. Ridgecrest > L on E. Ridgecrest to summit (*rest stop*) > Retrace to L on Pan Toll > L on Panoramic > L on Sequoia Valley > Edgewood > L on Marion > Cascade Dr > R on Miller (*regroup in Mill Valley town plaza*) > Continue thru Mill Valley, Straw-

berry, Belvedere, Tiburon, Paradise Drive, Corte Madera, Larkspur, Kentfield, Ross, San Anselmo, & back to Fairfax. *See route slip at website for full route. Very complex, but plenty of regroup and good maps. Shortcut available that saves 18 miles, but probably will be leaderless unless someone who knows the way volunteers to lead that route.*

Bill Oetinger—823-9807

SATURDAY • DECEMBER 5

Ragle - Tomales

3/B/40

9:00 AM • Ragle Park

Covert > R on Pleasant Hill > R on Watertrough > L on Sanders > L on Kennedy > R on Blucher Valley > R on Bloomfield > L on Valley Ford > R on Carmody > R on Fallon-Two Rock > L on Twin Bridge > R on Tomales-Pet > R on Hwy 1 > (*rest stop at the bakery*) > L on Dillon Beach > R on Middle > L on Whitaker Bluff > R on Franklin School > Estero > L on Hwy1 > R on Valley Ford-Freestone > R on Bodega > L on Jonive > R on Occi > R on Barlow > L on Mill Station > R on Ragle to park. *Work up an appetite for the Holiday Dinner on this West County scramble.*

Tony Buffa—824-4466

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

More BACKROADS & BREAKAWAYS

between Levi's Gran Fondo—about which you can read more elsewhere in this issue—and our traditional Grizzly Century weekend up in the Sierra. Griz coordinator Kimberly Hoffman sent in this report: "This year's Grizzly trip was a little small because we had this other thing going on (the Gran Fondo). But nine of us SRCCers made it down to Bass Lake to camp and enjoy the Grizzly Century. For the first time in three years, the weather was simply excellent; blue skies with a mild breeze made it one of the best years ever. The only little bad tidbit is that Sherry's dropout sheared off and she had to give it up and come down the mountain in a car. No crash for her though, she was headed uphill and not down at the time. In her usual good spirits, she couldn't wait to show off her dropout, a new talisman for her. In Grizzly tradition, we got up to make breakfast in camp Sunday morning. Matt got up first and started the fire and got the coffee going and soon everyone else was up getting going on cooking. It was a tad bit overcast in the morning and eventually decided to throw a couple droplets as we cooked. Then, all of a sudden, what the... Hail!!! I swear it dropped 30° in 5 minutes." I guess the Griz gods unleashed the hail just to remind everyone that this is the mountains and it is October. But at least they got the ride done under beautiful, Indian Summer conditions. When it's like that, there is no better century in the state. Let's hope we have good weather and no GF conflict next year so we can have a good turnout again.

This was also the weekend of the infamous Furnace Creek 508. SRCC member Greg Lester once again completed the ride as a solo—for the fifth time—and Craig Robertson was part of a successful two-tandem relay team (with Robert Choi, Peter Burnett, & Steve Smead...all Terrible Two stalwarts), with Robert Redmond and Bill Ellis crewing. Everyone who was there agrees that these were the most unpleasant, painful, brutal conditions ever for the 508, with a raging sandstorm/headwind blowing out of the south for all of the grueling miles through Death Valley and on to the finish. Over half of the solo field DNF'd, so Greg's top-ten finish is especially impressive. Greg sent us a vivid account of his ride, which we forwarded to the chat list. If we have the space, we will reprint it in the next newsletter.

One week later, things were somewhat back to normal on the club calendar, with a varied bill of fare...something for everyone. I kicked things off with one of my far-flung centuries, this one out of Hopland and working its way over to Clear Lake and back, via Ukiah, Redwood Valley, Blue Lakes, Lakeport, Kelsey Creek, and Hopland Grade. We had ten at the start and picked up a couple of Lakeport locals for part of the ride. It was in the high 40's at the start, but felt a lot colder, thanks to a clammy mist in the upper Russian River Valley. But it wasn't too many miles before the sun broke through and chased the clouds away. It may have made it into the mid-70's by mid-ride, but it never approached the 96° we saw on this same ride last October, so no one was really stretched by the day's efforts. With nobody but me familiar with the rather esoteric route, we chose to hang together all day. Even I—who should have known better—went off-course once or twice, adding enough bonus miles to get us up to 103, but still with only around 5000' of gain (much of that on the four miles of climb on Hopland Grade). We saw deer and wild turkey and even a herd of wild boar crashing through the roadside brush in Scotts Valley. The pear orchards around Kelseyville were doing a nice autumn-color

display. One thing I had forgotten about riding up there: terrible pavement. As hard as it is to believe, there are many roads on this route that are worse than the worst roads in Sonoma County. I didn't think that was possible, but we found them. Even Hwy 175 (Hopland Grade) is in dismal shape. Is this what the future looks like in our bankrupt state?

On Sunday, Rose Mello was back in business with an AB ride out of Youth Community Park, heading up to Healdsburg along the Russian River Valley. Rose reports: "For a cool gray morning, we had 28 riders. The weather was fine all the way into Healdsburg, but after we left there, it started to mist pretty heavily and get a little colder. Just another Sunday ride with a big group of friends."

Also on this day was another Bill Dunn King Ridge package...57 miles at BC tempo. "The drizzle that only threatened the last two editions of my King Ridge ride finally came home to roost. Nine of us enjoyed dry pavement and 50° temps both going and coming from Cazadero even though there was mist in the air. Not far up Ft. Ross Road, it began to really drip and never quite let up. I began to worry about whether to bail and if I did, where and which direction should I choose. As I descended Black Mtn, that decision was made for me when I saw Joyce Chang and the rest headed back towards me. Joyce put into words my own thoughts: 'It can only get worse, and it could get dangerous.' Two riders, Steve and Nathan, did not turn back with the rest as they were too far ahead when the decision was made. This was not a good situation, and while I did some real worrying about it, I finally decided that there was a fair chance they had waited only a bit before heading on whichever direction they chose and there was only a small chance that I would find them. We regrouped in Cazadero and hightailed it back to Monte Rio. I put a note on Steve's car asking him to please call me. When he did, I found out that they had waited 45 minutes and then finished the ride as planned. (When I made a pitch to the group about observing regroups, these two guys really did listen to me!) Steve did say he really enjoyed the beauty of the new-to-him roads, that on Seaview they could see only about 50 feet, and that from King Ridge to the finish it was dry."

This was the weekend of the Bass Lake Powerhouse double century, and a few of our gang went down to visit the country we've come to know so well over the course of so many Grizzly Centuries. They did okay. In fact, five SRCCers occupied the top five spots at the finish! John Witkowicki and Garth Powell finished first in a time of 12:20, while Ken Cabeen, Paul Stimson, and Karl Kuhn were next in at 12:51. Michael Eller and Rick Arnold also finished, but I don't know their times. Nice work, fellas!

Finally, this weekend marked the beginning of the club's last one-week tour of the year: the Santa Cruzin' Tour, organized by Joe and Arlene Morgan. Unfortunately, the weather turned ugly on Tuesday, with the first rain storm of the year blowing ashore along the California coast...and not just a little drizzle either: this was a serious, gully-washing, frog-strangling downpour, especially where they were planning to ride (and camp): over 18" of rain fell in two days (some kind of record, I think). With their campground closed down and many of their routes either washed out or under water, they threw in the very wet towel after a couple of frustrating, uncomfortable days and called the whole thing off. They did get in one very nice ride on Monday before the rains swarmed ashore. Adding injury to insult, when she got home, Arlene went for a ride, caught a wheel in a paving crack and crashed, breaking her left elbow, which now contains a couple of screws and is in a



big cast. At least she did her off-arm, unlike Charles Beck. Heal quickly Arlene! Nothing has been decided at this point, but we hope to encourage and support Joe and Arlene in rescheduling this tour for some time in the sunny months of 2010.

Speaking of 2010 club tours, we do have another one in the works already: it's going to be called the Mother Lode Tour, and as the name implies, it will be set in the Gold Country foothills. This one has seven full stages, with long and short routes every day, although even the shorter routes are quite hilly. Thanks to the multitude of little bike roads in that region, we can put together multiple loops from base camps, rather than moving every day. In fact, we will only move twice all week, staying four nights in Pine Grove, one night in Columbia, and three nights in Groveland. All camps have showers and swimming pools. The dates for the tour are May 15-23 (one week after the WCC Workers' Ride and one week before the Bad Little Brother). Yes, we know: it's the week of the Tour of California. We're sorry about the conflict, but we didn't have much choice. We had to list this tour in the spring because it gets too hot up there later in the summer. Couldn't do it ahead of the WCC, and couldn't do it later in May (think Memorial Day weekend...ugh!). We're not yet ready to set up the entry form page at the club website, but it will be along pretty soon.

We can squeeze in reports on one more weekend here before we have to wrap it up and go to press. This would be October 18-19. On the Saturday, Randall Ray had a ride from Healdsburg that went south down the river to Sebastopol. Randall check in: "We were 24 riders, including one distinctive (and much appreciated) red tandem as we rolled out of Healdsburg. The fog lingered just long enough to provide those backlit views of the vineyards along Dry Creek Road, then gave way to a perfect fall day with temps in the 70's. It was a good mix of strong riders looking for some base miles and newbies looking to challenge themselves, with a few rock-solid vets thrown in. Thanks to many turns and stop signs, and one unfortunate lay-down resulting in some world class road rash, the group stayed together for the whole return trip from Sebastopol. Lots of smiles and chatter in the parking lot at the ride finish. What a great day to be out turning the pedals!"

Sunday brought us Rick Sawyer's Mankas Century: from Sonoma out around the Carneros, thru downtown Napa and the swanky suburbs east of town, then up and over Mt George on Hwy 121 and down into Wooden Valley...and back (more or less). A very nice day. It was mostly cloudy and a bit cool, but the sun peeked out every so often, especially later in the day. Too bad more people weren't there. We had five at the start and picked up three more en route. (Why are ride starts in Sonoma so lightly attended when there is so much good riding down there?) We stayed together thru the first 30 miles to the first rest stop, then spread out on the long climb over the hill and down into Wooden Valley. That whole Wooden Valley experience is wonderful: the main road, plus Gordon Valley, Wooden Valley Cross, and especially the 3-mile up-&-back on Twin Sister, which should properly be called Twisted Sister, what with all its wiggly, twisting curves and loops. A really classy road and almost unknown to almost everyone. One guy had flat troubles, then bonked pretty comprehensively and ended up calling for someone to come out and pick him up. The rest of us plugged away at it and had a fine day. A stiff wind out of the WSW did make the late miles along Ramal a bit tiresome, but aside from that, a good ride. Thanks to Rick for exposing at least a few of us to all those roads less traveled.

Gran Fondo

— Continued from page 1

successful cycling events in the state. Testament to that is the volume of participants who turn out every year to participate in the Wine Country Century. This is a level of experience I did not have, and without them and the many members of the club who contributed their time, the outcome of Levi's Gran Fondo would have been drastically different.

In addition to the support, I had the opportunity and honor to occupy the hot seat at one of the SRCC Board's monthly meetings. I had never been that nervous! No public speaking or interview could have prepared me for the sensation of being put in front of that level of experience before. I feared being told that my plan of approach was completely wrong. If it were so, I would have no other choice than to believe them. But instead of doubt, I felt a sense of trust and encouragement, and an invaluable complement of advice and interrogation about things I may or may not have planned for. I went to the club because I saw the SRCC as one of the most vested and organized groups of cyclists in the greater bay area. My hat is off to you for your commitment to seeing us through the unknown. We have emerged on the other side of something that has elevated Sonoma County to a global level of recognition as a place that can accomplish great things. None of this would have been possible without your help. Thank you.

Best regards,

— Carlos Perez

Event Director, Magazine Editor, and a guy who loves to ride his bike in a place called Sonoma County

Doug Simon adds these comments...

When my name is in print and I get thanked for helping with something like the Gran Fondo, it is not correct. Instead of my name, there should be 100+ SRCC members' names, and the club itself. As Craig Gaevert wrote: "Doug is the go-to guy." That translates to: "go to" if you want to spend all day moving boxes of ice & bananas, or cleaning 50 water jugs, or standing at a sink and washing dishes, or working all day at a rest stop (and by-the-way, "you are in charge")... then "go to" Doug.

Craig also wrote: "But he doesn't do it by himself and we do rely on club members so much to help out." I agree: very little gets done by just Doug; it takes many, many willing hands, some to work on their own and even more willing to take direction and bend with the flow.

I'm going to list a few members I want to thank in particular. I apologize in advance for those I leave out, as there were so many. These were the folks who did not blink when I asked them to step up to the plate and fill key spots in managing Gran Fondo rest stops. They all hit home-runs:

Monte Rio: Rose Mello, Lou Salz; Duncan Mills: René Goncalves; King Ridge: Steve Drucker, John Miklaucic; Fort Ross School: Janice & Michael Eunice; Goat Rock: Pilar Rand, Maureen Kirkpatrick, Jack Hartnett; Coleman Valley: Bill Mattinson; also, Vern Weirich helped four days in a row.

There were 30+ SRCC members who helped Steve and John at King Ridge and another 40+ who helped me bring all the food, equipment, and trucks together, plus countless others who helped in other aspects of the ride that I don't even know about.

THANK YOU !!!!! You all are awesome. — Doug Simon

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

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

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- Gordon Stewart823-0941
- Martin Clinton569-0126
- Newsletter editor, ride director: Bill Oetinger823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates526-3512
- Membership registration: Gordon Stewart823-0941
- Meeting program coordinator: JoAnne Cohn566-9169

To join the club or renew membership, please go to
<http://www.srcc.com>
srccride@sonic.net (Bill Oetinger, e-wrangler)



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, November 11 • 6:30 PM
Round Table Pizza
(Occidental Road, west of Stony Point)

Speaker: Craig Gaevert on his Three Wheels South Tour
Wednesday, December 9

EXECUTIVE BOARD MEETINGS

(Open to all interested members)
Thursday, November 5 • 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, December 3

Big shoes to fill in 2010
Looking for Board officers and WCC Chair

The club is looking for some new leadership in the coming year. There are two areas of special concern...

After two very good years, Wine Country Century Chair Joe Morgan will not be returning in that role. We need a solid, reliable person to take this on. It is one of the most important positions in the club each year, organizing our biggest event. It takes a good deal of time and energy to manage it properly. It's a big commitment. Good organizational and people skills a must. A flexible schedule is a big plus as well. In case that all sounds too intimidating, bear in mind the assignment comes with a how-to manual and calendar that is very well thought out; that walks one through the process, step by step. The Chair will also be surrounded by many experienced committee chairs who can and will provide assistance and guidance.

Our other openings are for officers on the Executive Board. At least three current officers have decided to retire and give new folks an opportunity to share in these leadership roles. The Board is in discussion with some members at this time who are considering taking this on. But we may still be looking for candidates next month. The three out-going officers—Martin Clinton, Martha Barton, and Randall Ray—comprise the nominating committee charged with securing commitments from potential candidates a month in advance of the January election. If you are interested or simply want to know more about what being on the Board entails, please talk to anyone on the Board.