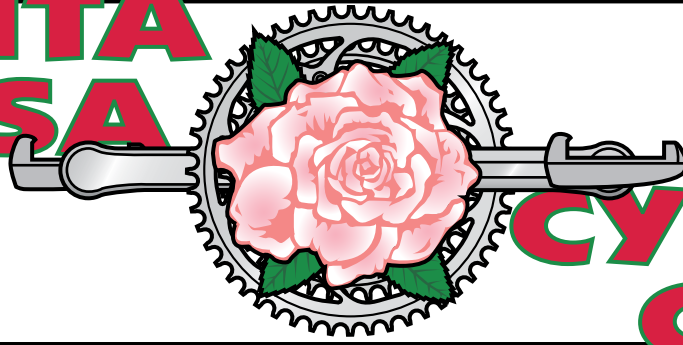
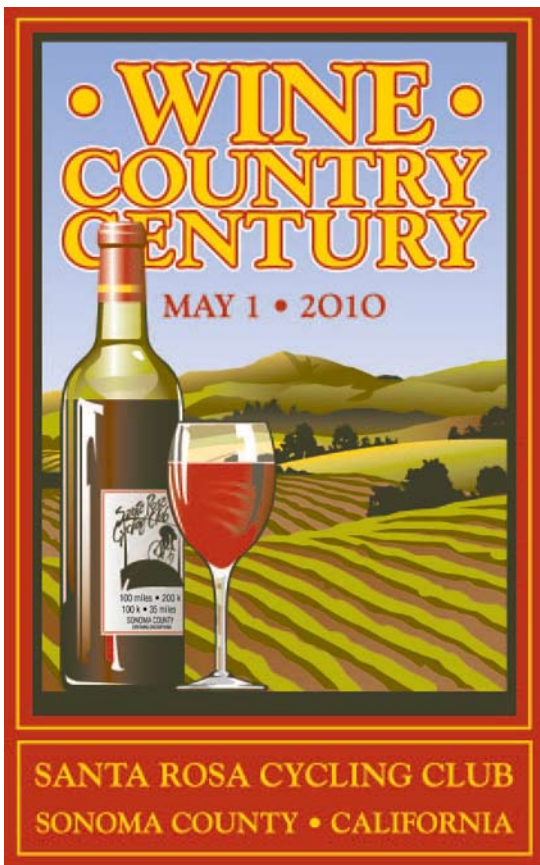


SANTA ROSA



CYCLING CLUB

DECEMBER 2009 NEWSLETTER



SRCC still seeking WCC Chair for 2010

The last month of the old year is our traditional launch date for the main event coming up in the new year: the Wine Country Century. In most years, this December kick-off is a mere formality: our way of letting the world know the WCC is on again, and that we will soon be ramping up on all fronts for our popular century on the first weekend in May.

But this time around, our launch carries with it a slightly heightened sense of urgency because we have yet to secure a commitment from a qualified club member to be the Chair of the event this coming year. With registration due to open in just two months—on February 1—we are well into the period when we would normally expect the Chair to be working (quietly, behind the scenes) to make sure all is in readiness.

Make no mistake: this is a critical moment for the club. We won't quite call it a crisis yet, but it's going to become one soon if we don't find that perfect someone to take on the oversight for the event. *Help!*

The Century Chair should be a responsible, organized person. Good people skills are a plus. Some experience of management and logistical planning is valuable. So is a fair amount of spare time (as in a retired or semi-retired person).

The Chair doesn't have to tackle the big job alone or blind. There is an immense amount of help available in the form of a detailed manual and timeline describing when and how each task should be done (or delegated). And there is always a helpful network of experienced assistant chairs or committee heads to advise and consult with the boss. It is very much a team effort.

If you think you might be a good fit for this all-important leadership role, please talk to anyone on the Board.

SEMI-ANNUAL ADOPT-A-BACKROAD LITTER PICK-UP DAY ON CHALK HILL ROAD

Over 30 SRCC members fanned out along Chalk Hill Road on November 8 to scour the road clean of all its accumulated litter. Not only did the energetic litter pickers clean Chalk Hill, they also mopped up on Pleasant, Faught, and Shiloh.

This is what we do, twice a year: once in the spring on West Dry Creek (in fact all over Dry Creek Valley now), and once in the fall on Chalk Hill and the nearby roads. This is our club's way of giving a little something back to these neighborhoods where we ride so much.

Mike McGuire was once again in charge of organizing the project, and he did his usual crackerjack job of coordinating it all. He sent his troops off with their orange bags and litter grabbers, and afterward he collected all the bags into a central location where a

country work crew would pick them up and haul them off to the dump. He also made the arrangements whereby the workers were provided with a delicious lunch at Johnny Garlics in Windsor after the chores were done. Thanks Mike...another successful day.

Folks turned up the usual sampling of litter, with cigarette butts and booze bottles being the most frequent fliers (out of the windows of cars). But there were the odd items too. Everything from a stationary bike to a computer monitor to a hash pipe.

Folks along the route thanked our volunteers for their efforts. The workers made sure they knew it was members of the Santa Rosa Cycling Club who were out there on the front lines. We do these semi-annual work days because it's simply a nice thing to do. But it's a big plus when the folks in the neighborhood notice.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for November

1. Call to Order: President Craig Gaevvert called the general meeting to order at the Round Table on Occidental Road on Wednesday, November 11. 39 members and friends were present.

2. Treasurer's Report: Donna Emery announced the club's bank account balances, as of October 31.

3. Membership: Registrar Gordon Stewart reported membership of 1096 (combining individual and family memberships). Gordon noted that the club loses one member for each two new members it gains, although some of that may simply reflect gaps between lapses and renewals of existing memberships.

4. Intro flier: Newsletter Editor Bill Oetinger passed around copies of a new introductory flier about the club. This is to take the place of monthly newsletters as a take-away item in bike shops, as of this month. The flier does a better job than the newsletters as an intro to the club, and it substantially reduces our monthly printing and shipping costs, compared to placing newsletters in the shops each month.

5. Elections: Nominating committee reported on progress in lining up candidates for 2010 Executive Board officers. They have now secured commitments from enough candidates to fill all the positions. Candidates names will officially be put in nomination at the December meeting, per the club's bylaws.

6. Holiday Parties: Sharron and René reported on planning for the December 5 Holiday Dinner. They also reported on plans for the New Years Day Ride and Party from the warehouse, noting that the lunch will not be potluck this year (too hard to coordinate), but will be provided by the club. (*See Ride List and page 7 item.*)

7. Jerseys: Apparel manager Bill Oetinger reported on manufacturing flaws in stock of red-rose club jerseys. Jerseys have now been returned to Voler for repair or replacement.

8. Litter pick-up day: Mike McGuire reported on the recent litter pick-up project. (*See article on page 1.*)

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. Rick Sawyer reported on a three-day tour planned for July 21-24 out of Grover Hot Springs. Considerable discussion about refunds of fees from the aborted Santa Cruzin' Tour and also about a revised cancellation policy. (*See article on page 8.*)

10. Warehouse: Doug Simon reported on problems ensuing from loan of club equipment to other groups; that the wear and tear on the equipment costs us more than we receive in use fees (not to mention the hassle of managing the process). He is recommending curtailing such equipment loans in future.

11. WCC: Doug Simon reported that the lunch site at Warm Springs Dam has been reserved and that WFC needs to be reserved soon. Still no Chair. (*See article on page 1.*)

12. WCC Carpools: Tom Helm, Barbara Moulton, and Sherry Adams made a presentation to the Board about setting up a carpool-networking site to reduce vehicles at WCC. An existing on-line service exists for this purpose, and the Board agreed to plug into that program for the next WCC and see how well it works.

13. Awards: Considerable discussion at the Board meeting and on

the Board chat list about End of Year awards. Suggestions have been received from several members. Awards to be presented at the Holiday Dinner.

14. Retreat: A day-long retreat was scheduled for Saturday, November 14 for the Board to discuss several long-range planning issues for the club: membership issues, warehouse management, apparel sales and inventory control, year-end donations, Board job descriptions, WCC issues, and 2010 budget.

15. Featured speaker: Craig Gaevvert and wife Michelle presented a slide show about their month-long, self-contained tandem tour from Seattle to Victoria and then down the coast to Santa Rosa.

Furnace Creek 508 Report

— Greg Lester —

Another year, another 508 under my butt. I have now completed my fifth Furnace Creek 508, a cycling adventure across the desert of Southern California. There's not a lot to say about this year's ride after the words "brutal" and "wind." Wind always has to be dealt with during some stretch of the 508 mile course from Santa Clarita to Twentynine Palms that includes a 200-mile northern first leg, followed by a 300-mile southern finish. I was not, however, prepared for a relentless pummeling by the wind for nearly 200 miles after the course turned for the southern leg.

The first 200 miles were fantastic. From Santa Clarita to the beginning of Towne's Pass was a beautiful, fast ride with a tailwind that I accepted with little hesitation. I say little hesitation rather than no hesitation because I had to hope that the wind would exhaust itself by the time I turned south later that night. That first stretch blew by in just over 10 hours. Half way up to Towne's Pass at 6:00 pm when lights go on the bike and the support van must follow, I was still making good time with little premonition of the wreckage to follow. The 60-mph descent into Death Valley was the last fun I would have until the next afternoon, as I hit the valley floor and a mighty blast from the south grabbed my wheel and didn't let go, as if the Wind God said, "you've had your fun; now it's my turn." The stretch from the bottom of Towne's Pass through Death Valley, over Jubilee and Salisbury Passes to Shoshone and down to Baker had either a head wind or a cross wind that never quit. After Furnace Creek the road weaves around alluvial fans that spill from the cliffs that form the valley walls. The wind meets these cliffs and is redirected, channelled and funneled such that a head wind of 25 mph one second is morphed into a cross wind gust of 45 mph the next second. My front wheel was lifted off the road at one point by such a gust. A few hours of this is a pain in the ass, but all night long is demoralizing. There were times when my support team could barely see me as I rode through the blowing sand less than ten yards ahead of them. One of the stories I later heard was when a team member asked their rider how she was doing, her response was, "I want to kill myself." Her unsympathetic team responded with, "wait until the race is over."

It's at times like this, when I'm thoroughly thrashed, that I say to my support team things like, "how about if we see if there's a room at the Furnace Creek Inn?" I know what the answer is, but I'm searching for a way out or at least a reminder of why it is I'm doing this. Just at that point this year the tandem of Team Scarab blew by me with (SRCC member) Craig Robertson and Robert Choi on the bike and Bill Ellis and Bob Redmond behind the wheel...

— Continued on page 7

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.

Back we go, in our SRCC time machine, to recapture the rides of the recent past...back as far as the weekend of October 24-25...

That weekend began with Jack Hartnett's AB ride out of Esposti Park. Jack reports: "Did the Sonoma County Fall Color ride this morning with a great turnout: 45 at the start. Perfect weather and the colors were beautiful. (Who needs New England when we have our Sonoma County fall colors?) Turned out to be 33 miles. Stopped at Koslowski Farms in Forestville for a coffee-and-treat break. Lots of regular club members with a few visitors along. No accidents and only one flat that I was aware of and maybe one mechanical. Great times for the SRCC."

The next day, Doug and Deanna McKenzie teamed up on a two-tier Two County Coastal Century. Let them tell it, Doug first: "Sunday was pretty much a perfect day for a ride. Good turn out at the start, about 20, including five for Deanna's B ride. We picked up about five more Petaluma riders on Piner for the ride out to the coast. The pace was good and strong the whole day. I'd have to say a solid D pace, especially on the climbs. The group split up after Tomales, with the Petaluma group going straight back in on Tomales-Petaluma Road and the rest of us, only six at this point, headed over Twin Bridge back to Carmody. It was getting late and I could sense a bit of fatigue from the fast pace. I suggested we skip Burnside... no objections. Thanks to all who came out to help me celebrate the big 5-0."

Now from Deanna: "The B group had a nice ride as well. I hadn't intended to formally lead a ride. It was more of a 'join me on my B-pace ride' invite that Doug sent out. We followed the listed ride to Occidental, then rode down to Freestone for some refueling at Wildflower, then up over Barnett and Burnside. Unfortunately Vicky missed the turn (and I missed her missing it) onto Burnside. If it's any consolation, while the view was nice, there was a bit of fog concealing the ocean. Along Bloomfield, the Buettners split off back into Sebastopol, and the rest of us continued to Lone Pine, Fredericks and back into Santa Rosa via Old Grav, Todd, Llano and the Joe Rodota Trail. The traffic on Todd and Llano was not pleasant, but it made the quiet of JRT seem that much nicer."

Not so nice was what happened on the Friday ride before this weekend. On the descent on Mill Creek (below the steep part), Tom Helm and Tom McBride crashed badly. Tom #1 lost some road hazard in the dappled shade and went down hard, and Tom #2 piled in behind him. Helm suffered a broken collarbone, broken scapula, five fractured ribs, and a collapsed lung. Not sure of all of McBride's injuries, but at least a broken collarbone and a smack upside the head. Helm ended up in ICU at Memorial for several days. Both are now in the long and tedious recovery phase. If you know either of them, they'd love to hear from you.

If you ride enough, sooner or later you'll crash. With any luck, you'll walk (or ride) away from it with just a few scuffs and bumps. Every so often though, it's a little worse, and when it is, the worst part of worse might be the weeks of recuperation: trying to find a way to sleep that doesn't hurt; trying not to forget about those ribs when a sneeze is looming; and just the boring months without a

bike ride. It all adds up to a lot of tedium and frustration. That's when it's nice to hear from your friends every so often with a few words of support.

On the last day of October, Rich Fuglewicz, now based in Sacramento, returned to his old haunts to lead one of his classic old rides: up and over St Helena-Spring Mtn and down into Napa, with out-&-backs on Langtry, Conn Valley, and Greenfield added to the basic Howell Mtn, Deer Park, Crystal Springs loop, and then the return to Sonoma County via Franz Valley. There were about 25 riders at the start at the Rincon Safeway, but what with the steepness and length of the ups and downs, plus the variables introduced by sorted, optional out-&-backs and shortcuts, it didn't take long for the group to disintegrate. There were good regroupings in St Helena and Calistoga though, so many of us managed to hook up with riding companions, at least for awhile. After the chilly fog burned off in the morning, it was just about a perfect Indian Summer day for a long ride. Those of us who did the full course as listed, with all the out-&-backs, ended up with 71 miles and 7600' of climbing. Aside from all the great cycling and scenery and good company on this ride, I had a special moment that really made the day for me...

Del, Rich, and I were plugging along on a slight uphill on Crystal Springs when we passed a bird standing in the road. Not dead or injured, as far as I could see. Just standing there. As I rode past it, I realized it was one of smaller breeds of owl (a saw-whet owl)... not something you see every day. So I stopped and went back to see what the deal was. My guess is that it had probably had a glancing-blow encounter with a car and got its bell rung and was just standing in the road while it sorted out its marbles. I crouched down and put one hand flat on the ground in front of it and then gave it a little nudge from behind, and it stepped up into the palm of my hand and just stood there, very calm. I brought it up to face level so each of us could see this magnificent little warrior. Huge golden eyes, fully round in the classic owl manner. Hawk's beak. Not more than 6" high but an intense little package of predator fierceness. After we admired it, I walked over to the shoulder and put my hand down on the ground so it could hop off. Didn't move. Seemed quite content to keep sitting in the palm of my hand. So I gave it another nudge from behind and then it took wing and flew off into a thicket, looking none the worse for whatever misadventure it had endured. Happy ending. What a sweet little moment. How often do we get a chance to be face to face with an owl?

Sunday saw Bob Hasenick listing his first club ride, a BC jaunt from Cotati out to Marshall and Tomales. Bob reports that things went well. He didn't mention how many people showed up, but from his description of the ride, it sounded like quite a few. Typically for a BC listing, there was a wide spread of fitness levels, speeds, and agendas amongst the participants. As a first-time ride leader, taking his job seriously, Bob was racing back and forth from the faster riders to the slower ones, working like a border collie to keep all his flock together (a nearly hopeless task, as any experienced ride leader could have told him). But the riders appreciated his efforts. We don't expect the ride leaders to keep track of every rider at every moment. With a combined BC listing, the disparity between fastest and slowest is just too broad. You do the best you can and have to assume the riders will ultimately be responsible for themselves. For the record (and in theory), a listing of "BC" should imply that the pace will be in the borderlands between B

— 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

TUESDAY • DECEMBER 1

Night Riding

2/BC/35 (approx. 2 hours)
6:30 PM • Finley Park (across from the Stony Point Rd Fire Station)

West county group ride. Required: good lights and reflective vest, leg bands, etc.

Bill Ellis—415-898-2998

SATURDAY • DECEMBER 5

Ragle—Tamales

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 Pet-Valley Ford > R on Carmody > R on Fallon-Two Rock > L on Twin Bridge > R on Tom-Pet > R on Hwy 1 (*rest stop at bakery*) > Dillon Beach > R on Middle > L on Whitaker Bluff > R on Franklin School > Estero > L on Hwy 1 > 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

Second Annual Holiday Chocolate Ride

2/AB/41
9:30 AM • Healdsburg City Hall

R on Grove > R on Mill > Westside > R on W. Dry Creek > R on Yoakim Bridge > L on Dry Creek > R on Dutcher Creek > Cloverdale Blvd (*rest stop at Eagle's Nest**) > L on Cloverdale Blvd > L on First > Crocker > R on Asti > Geyserville > R on Souverain > L on Fredson > R on Lytton Springs > L on Dry Creek > R on Kinley > L on Mill > L on Grove to City Hall. **Riders will receive a ticket good for a coffee, tea, or chocolate at Eagle's Nest, compliments of John & Carole.*

Carole—838-3988

SUNDAY • DECEMBER 6

Le Tour de Limantour

3-5/CD/65
9:00 AM • McNear Park, Petaluma

D St > R on Windsor > L on Western > L on Chileno Valley > Wilson Hill > Pet-Marshall > L on Hwy 1 > R on Cypress > R on Mesa (*Rest stop in Point Reyes Station*) > R on Hwy 1 > R on Sir Francis Drake > L on Balboa > R on

Limantour to beach > Retrace on Limantour > R on Bear Valley > R on Hwy 1 > L on Sir Francis Drake > L on Platform Bridge > Pet-Pt Reyes > Red Hill > D St > R on 12th > L on F St to park.

Tony Lee—766-9803

SATURDAY • DECEMBER 12

Ride the Telltale Heart

2-3/B/45
9:00 AM • Skyhawk Village Market

South on Queen Anne > L on Melita > R on Montgomery > L on Bike Path > X Channel > Stay on Bike Path over Spring Lake Dam and thru Howarth Park > L on Summerfield > R on Sonoma > R on Santa Rosa Creek Bike Trail > R on Joe Rodota Trail > L on Wright > R on Sebastopol > Continue West on JRT > R on Forest Trail Bike Path and thru bike shop parking lot > Morris > R on Eddie Bike Path > L on High School > R on West County Bike Trail > R on Hwy 116 > R on Frei > L on Guerneville > R on Laguna > L on Trenton > Trenton-H'burg > R on Eastside > R on Windsor River > L on Windsor > R on McClelland (*rest stop at Cafe Noto*) > East on McClelland > R on Bell > L on Windsor River > R Old Redwood Hwy > L on Pleasant > Faught > L on Old Red > L on Mark West Springs > R on Riebli > R on Wallace > L on Badger > R on Calistoga > L on Monte Verde > R on St. Francis > L on Raters > R on Mountain Hawk to Skyhawk Market. *Lunch at Skyhawk Market.*

Rick Sawyer—933-0760

SUNDAY • DECEMBER 13

Twin Hill Holiday

2-AB-30
9:00 AM • SW Community Park

L on Hearn > L on Stony Point > R on Roblar > R on Petaluma Valley Ford > R on Bloomfield > L on Pleasant Hill (*rest stop at Twin Hill Apple Ranch*) > R on Elphick > L on Hwy 116 > R on Joe Rodota Trail > L S. Wright > R Joe Rodota Trail > exit trail R at Brittian Ln > R on Sebastopol Rd > L on Corporate Center Parkway > L on Northpoint > R on Stony Point > L on Hearn to park.

Sue Bennett—523-1322

SATURDAY • DECEMBER 19**Cotati-Sonoma**

4-5/CD/52

9:30 AM • Cotati Vets

North on Old Red > R on E Cotati > R on Pet Hill > L on Roberts > Pressley > R on Sonoma Mtn > R on Warm Springs > R on Arnold > R on Craig > L on Carriger > R on Grove > R on Spring > L on Grove > R on Riverside > W Napa (*rest stop at Basque Boulangerie on Sonoma Plaza*) > Leave plaza via 1st St W > L on bike trail > R on 5th St W > L on Verano > R on Riverside > L on Boyse Blvd > R on Arnold > L on Warm Springs > L on Son Mtn > L on Pressley > Roberts > R on Pet Hill > L on E Cotati > L on Old Red to Vets.

Darrin Jenkins—206-9773

SUNDAY • DECEMBER 20**Everybody's Favorite Ride**

2/A-B/45

9:00 AM • Finley Park

L on Stony Point > R on Creek Trail > Under Fulton > R on Fulton (South) > 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 > R on Grays > R on Forest Hills > 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 Windsor River > L on Windsor > R on McClelland Dr (*Cafe Noto*) > Return to L on Windsor > L on Slusser > L on Laughlin > Woolsey > L on Oakwild > L on W Olivet > L On Piner > R On Willowside > L On Creek Trail > North on Stony Point to Finley Park

Rose Mello—543-5889

Le Tour de Cember

2-3/BC/99

8:00 AM • Howarth Park

R on Summerfield > R on Montgomery > L on Mission > L on Montecito > R on Brush Creek > Wallace > L on Riebli > R on Mark West Springs > Porter Creek > L on Franz Valley > R on Spencer > R on Hwy 128 > L on Bennett Ln > R on Tubbs > L on Myrtleale > Grant to Monhoff Rec Center (*water stop*) > L on Wappoo > Brannan > R on Sil. Trail > L on Crystal Springs > R on Sanitarium > R on Deer Park > L on ST > R on Rutherford Cross > L on Hwy 29 > L on Yount Mill > L on Washington > R on California > L on Solano > R on Orchard > L on Dry Creek > R on Redwood > L on Westview > L on Browns Valley (*rest stop at market*) > R on

Thompson > L on Congress Valley > R on Old Sonoma > R on Hwy 12/121 > L on Duhig > Ramal > L on Dale > R on Burndale > L on Old Burndale > Denmark > R on 7th > L on Lovall Valley > Bike path thru Sonoma (*water stop in park*) > R on 5th > L on Verano > R on Riverside > L on Boyes Blvd > R on Arnold > L on Warm Springs > L on Hwy 12 > L on Pythian > Thru Oakmont to Channel > Thru Spring Lake Park to end. *Due to winter daylight constraints, ride starts early and rest stops will be brief.*

Janice Oakley—568-7062

SUNDAY • DECEMBER 27**Fast Fixie Forty**

(plus not-so-fast option)

2/D (or B)/40

10:00 AM • Piner High

R on Fulton > L on Piner > L on Willowside > R on Guerneville > R on Laguna > L on Vine Hill School > R on Vine Hill > L on Laguna > Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > Mill > Thru Healdsburg > (*rest stop at Healdsburg Beach*) > H'burg Ave > Old Red > R on Eastside > L on Trenton-H'burg > L on Mark West Station > R on Slusser > L on River > R on Olivet > L on Piner > R on Fulton. *Fixies & single-speeds encouraged, but all welcome!*

D: Doug McKenzie—523-3493

B: Deanna McKenzie

Mid-County Meandering

2/A-B/35

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 > R on 1st > L on Front > L on H'burg Ave > Old Red > L on Limerick > R on Los Amigos > L on Arata > Hembree > L on Old Red > L on Pleasant > Faight > R on Shiloh to Park.

Kelli Saufnauer—974-8927

TUESDAY • DECEMBER 29**Night Riding**

2/BC/35 (approx. 2 hours)

6:30 PM • Finley Park

West county group ride. Required: good lights and reflective vest, leg bands, etc.

Bill Ellis—415-898-2998

FRIDAY • JANUARY 1**NEW YEAR'S DAY RIDES**

2/A/21 • 3/B/51 • 3/C/58

10:00 AM • Coffey Park

B: North on Coffee > L on Dennis > R on Barnes > L on River > R on Laughlin > R on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on W. Dry Creek > R on Lambert Bridge > R on Dry Creek > L on Lytton Springs > L on Lytton Station > L on Alexander Valley > Hwy 128 (*Regroup at Jimtown Store*) > R on Chalk Hill > L on Faight > L on Old Red > R on Mark West Springs > River > L on Barnes > L on Dennis > L on Coffey to warehouse, etc. C: same as B except continue north on W. Dry Creek > R on Yoakim Bridge > R on Dry Creek > L on Canyon > R on Geyserville > L on Hwy 128 > Rejoin B route near Jimtown. A: From Mark West Station: R on Starr > R on Windsor River > L on Windsor (*Rest stop at Cafe Noto*) > Return to Windsor River > Under 101 > R on Old Red > L on Pleasant > Rejoin other routes at Faight. Rides end up at open house at club warehouse. *RSVP! Notes: no rest rooms at park; parking limited at warehouse, so park near park and ride to warehouse. For more info see page 7.*

Ride leaders needed; will be listed in January newsletter

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

and C. It does not mean that the pace will or should vary from low B to high C. The ride leader is saying that he will ride at a tempo consistent with that BC cusp. The reality is that anyone from high A to low D is likely to show up, with predictable results. That's okay, up to a point. That's the point where folks at the far reaches—faster or slower—away from the listed pace have to take care of themselves and not expect the leader or the bulk of the riders to accommodate them.

There was another ride—a semi-official club ride—on this same Sunday and in some of the same neighborhood. At least the two routes crossed paths in Tomales. This was club member Laura Charameda's Cycle With Champions ride, a fundraiser for the Team Swift junior development racing team. The idea is that folks pay a fee for the opportunity to ride with a handful of pros and other celebrity riders. Laura, a former world-class pro herself, gets a lot of her racing pals to take part and spice up the ride. I created the route and map for the ride and so I showed up to see how it all went. It was a neat experience, I thought. I never heard an exact head count, but it looked like there were at least 200 riders at the start, including several pros in their familiar team kit. There were also numerous amateur teams well represented, all in their team livery. The event began and ended at the West County Revolution bike shop in Sebastopol and essentially followed our SRCC summer picnic route north to Harrison Grade (where there was a feisty KOM moment) and south through Occidental to Tomales, with well-stocked rest stops in each of those towns. While the pace was a bit less than pro race pace, it was not exactly a promenade. The pros and many of the semi-pro amateurs were kicking it up to a fairly brisk level, putting a big hurt on a lot of wannabes. When I was able to hang on in the big pacelines, the speeds were in the upper 20's and occasionally 30, which is big fun in the middle of a tight pack of at least 100 riders. Looking around and seeing members of Garmin-Slipstream or Team BMC riding next to me, or Levi's wife Odessa...that was pretty cool. I'm not a celebrity chaser, but it was exciting to be in the midst of a big peloton with such sleek greyhounds. The event was a huge success for Team Swift, raising lots of money to bankroll the team through another season. There was a dandy party at the finish too. A fun day. A small added bonus was that when Bob Hasenick's club ride rolled into Tomales—just minutes after the "pro peloton" rolled out—they were invited to visit that well-stocked rest stop and chow down.

Saturday, November 7 brought us three club rides. Rick Sawyer listed a B-tempo ride out to Wildflour Bakery to pillage their stock of pastries. Rick sent in this note: "Today's loop from Howarth Park to Freestone and Occidental and back rode quite a bit harder than it had looked on paper, and I should have classified this as a category 3 ride (for the hills). However, the weather was as near perfect as could be, and those attending made it more than a pleasure. I counted at least 30 in our little peloton, including two or three who joined us after the start. The pace was very frisky, or so it seemed, and I continue to be impressed by the speed and stamina displayed by many on the B rides lately. Aside from my own flat caused by a nasty staple, there were no mishaps of which I'm aware, and everyone seemed to be having an enjoyable time. Thank you, fellow clubbies and guest riders!"

Rick refers to the speed and stamina of many on the B rides, but for sure, there were a few C ringers on board as well. After the break

at Wildflour, a few of us stopped to see the Statue of Liberty across the pond at Wishing Well Nursery in Freestone. Have you ever seen it? Apparently, this ten-foot tall bronze is an authentic part of the New York statue's heritage. It's one of just three scale models constructed by the French manufacturer along with the original. How it ended up overlooking an obscure pond in Freestone is a mystery to me, but it is probably all tied up in the legacy of Tom Golden, who owned the nurse until the time of his death in 2002. He was a great patron of the arts, including having been Christo's manager on many of his projects, beginning with the Running Fence. There are also some large Bernard Maybeck pieces in the garden at the nurse. You just never know what you're going to find when you go out for a bike ride in Sonoma County.

Also on this day was Jon Dick's A ride in celebration of his birthday. Jon tells us there were almost 30 on this ride as well. It traveled from Finley Park in Santa Rosa out to a rest stop at Korbel on the Russian River. According to Jon, this was one of those no-news-is-good-news rides: nothing happened out of the ordinary; just a nice ride on a nice day.

Finally, Darrin Jenkins listed a CD ride that was a 5+ for climbing, as it included the dreaded Sonoma Mountain #1. He sent this note about it: "Whoa! Who knew it was THAT hard? We had 11 club members for Sonoma Mountain Road down in Petaluma. At least eight were first-timers for SMR and had no idea they'd signed up for one of the hardest climbs in the county. Beautiful weather and fall colors made the vistas from the top of Sonoma Mountain almost worth the agony it cost us to get up the four severe pitches. Gluttons for punishment all, we opted for bonus miles up Lynch Road too. Good times and no incidents for this short ride that was anything but easy." I've been yakking about this little monster of a road ever since I first stumbled upon it at least 15 years ago. It remains a bit of an obscurity for most riders because the approaches to it (along Adobe Road) are all a bit lame. But the road itself is epic. The first time I wrote about it, I said something to the effect that you cannot really consider yourself a certified master of North Bay climbs until you've cleaned this bad boy...and a lot of good riders have NOT cleaned it, having to cave in and put a foot down somewhere up one of those 20% walls. It really is a piece of work...for those who fancy a challenge. At least part of the reason why there were some C ringers on Rick's B ride was that they've done Sonoma Mountain #1 before and didn't want any part of it on this day.

There is also a reason why we had three rides on the Saturday of this weekend: Sunday had none at all, as the day was dedicated to our semi-annual Adopt-a-Backroad litter pick-up project on Chalk Hill. You can read more about that on page 1. I will only add that a few of us figured out how to turn this into a ride as well, pedaling up to the meeting spot at San Miguel School, then riding out to our appointed stretch of road to round up the litter, then over to Windsor for the post-pick-up lunch, and then home again afterward. A good deed, a good ride, and a good lunch, all rolled into one. That'll work!

One more weekend of rides to cover in this go-round. On Saturday, November 14, Bill Carroll listed Geysers in Winter, which is always a good attraction, as long as the weather cooperates. Bill's report: "Today was a spectacular fall day in Sonoma County, perfect conditions for a ride this time of year. We had 18 at the start at San Miguel School, many of whom rode there, and the group picked up three or four more en route to a quick break at the



Jimtown Store. We quickly strung out on the Geysers climb, but we regrouped at both summits. I waited at the second summit for some slower riders. By the time we rolled into the Cloverdale rest stop, the big group had already rolled out, but Lou Salz and Del Bogart were still relaxing and enjoying the November sun. After a lengthy rest, we rolled out, and soon it was just Del, Lou and me working a pretty brisk pace back down West Dry Creek and Westside Roads. I'm not sure I can remember a prettier fall day. With the low sun, slanting light, sparkling clear blue skies and spectacular vineyard colors, the scenery was truly inspiring. Lou peeled off on Slusser on his way home, leaving just Del and me to finish out the ride. Everyone else was long gone by the time we got to the finish. I recorded 83 miles and 5700' for the day. Thanks to everyone for coming out for a great day of cycling." I might add that Bill did not ride to the start, per the green agenda, but the other riders may forgive him for that, as he brought his car filled with munchies for everyone before the ride and good beer for afterward (beer which all those faster riders missed).

On Sunday, Janice Oakley led a B ride from Piner High out to Occidental and Freestone (for one more shot at those scones and sticky buns). It was another perfect day for the season: a bit brisk, but sunny and dry and warming up around midday or mid-ride. By my count, there were 36 on the ride, including eight of us who started from my house in Sebastopol and intercepted the ride in Graton, as it headed west. (We timed it perfectly, arriving in Graton exactly as the group rolled through.) One rider hit a bump hard on the Boho descent, launching a water bottle, flattening the front tire, and actually breaking a brake hood mount. Fortunately, he did not crash and all could be fixed, at least enough to finish the ride. Other than that, it was an uneventful day of the most pleasant sort. Those heavy rains that played havoc with our riding back a few weeks have awakened all the sleepy seeds in the fields, so that our Golden State is once again as green as Ireland. Coupled with that autumn sunlight, the effect is wonderful. A splendid time to be out on the bike.

Just as I finished typing the lines above on Sunday afternoon, after the ride—the lines about green fields and autumn sun—this e-mail arrived from Janice Eunice, who had listed an AB ride out of Cotati on the same day: "The day started out cold but sunny. The hills were a beautiful green, especially with the sun beaming on them. Everyone made Middle Rock easily, and we ended up in Penngrove at Cafe Amoré. There were 18 riders, and it was a nice, easy, and social ride, returning to the start at noon. Some riders rode to the start to add some miles."

New Year's Day Rides and Party

We are once again staging a set of ABC rides out of Coffey Park on New Year's Day, with a party to ring in the new year at the club's warehouse/club house on Coffey Lane after the rides. Same format as in the past two years, except for one detail: we will not be coordinating a pot luck for the food (too hard to coordinate); the club will provide the food at the party. All you have to do is show up and enjoy the ride and the festivities.

The party is an RSVP occasion. You can [register](#) your RSVP at the club's on-line calendar. This is one of the few SRCC events during the year that is members only. We could use a little help with set-up and clean-up around the party, if you can spare the time. See the Ride List for more information about the rides and party.

Furnace Creek 508 —Continued from page 2

yelling the encouragement I needed at just the right time. Later on, Bill and Debbie Albers from Healdsburg bounced by me on their tandem with more words that were great to hear.

After Baker, which comes around mile 380, the conditions returned to what I've typically experienced for the remainder of the ride. Three climbs, the last of which I did as the sun set, was made even more beautiful by a welcome tailwind. The last time I did this climb in the dark was my first 508 in 2004 when the winds through Death Valley were similarly evil. That year it took me 43 hours to complete the course. I had since been diligent enough not to finish after dark for fear of a return of the hallucinations that I experienced during that climb six years ago. Exhaustion after 35 to 40 hours of fighting 40-mph head and cross winds, fatigue from the concentration it took to keep the bike from being blown off the road, and a night of watching a rhythmic double shadow of myself peddling, cast by each of the two headlights of the support van, all this has a way of messing with brains. I saw dolphins swimming in the mudflats next to the road, railroad tracks running along the shoulder, and I imagined cross traffic with stop lights. I found out while riding this same stretch the following year that I had also imagined a town with shops lining the road just before the last Time Station. All this in an absolutely empty desert. As I climbed the mountain this time, I saw the shadows in the sandy soft shoulder where the railroad tracks could have come from, but I have no idea where the other visions came from.

After the descent from the last climb, the final 25-mile section is a march through hell: an uphill false flat that is barely noticeable, into a headwind just hard enough not to ignore over the ugliest part of the course. Too late to quit at this point, the promise of taking a shower and lying down in a bed, or even in the parking lot at the end, rejuvenates the body just enough to cross the finish line and smile.

Before my first 508, I asked veteran riders for advice, and without exception the advice included the idea that more than a physical test, "it's a mental thing." Obstacles inevitably occur, either of our own invention or that are thrust upon us by the conditions we find ourselves in, and how we handle those obstacles determines how and whether we finish. The phrase "metaphor for life" often creeps into conversations around this point. Sitting at home, I can enjoy the intellectual entertainment provided by the "metaphor for life" dialogue and I get the connection between success and failure with life and death. Out on the road, however, especially as one struggles to breathe, to see, to deal with saddle sores, and to keep from being blown off the road, the idea of metaphor doesn't enter my thoughts. It feels like the opposite of metaphor, a real struggle, the real deal, raw and naked. I suppose it is this delusion, that it really is life and death, that attracts nuts like me to challenges like this.

Every year at some point during the ride I ask myself what was I thinking by entering, and I swear I'll never do it again. Last year, after completing my fourth 508, I was pretty much obligated to attempt my fifth for the personal satisfaction of achieving inclusion in the Furnace Creek 508 Hall of Fame, so when I got home I left the flashing lights mounted on the van all year in preparation. This year, the first thing I did when I got home was to take the flashers off, to make it a little more difficult when the inevitable crazy idea starts to sneak into my plans for next year.

SANTA ROSA CYCLING CLUB
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To join the club or renew membership, please go to
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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, December 9 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

*Homemade Christmas cookies and home movies
(bring short slide shows of your bike adventures;
check with Craig Gaevart if you are bringing slides)*

Wednesday, January 13

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, December 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, January 7

The MOTHER LODE Tour
May 15-23 • 2010

Seven stages • 390-500 miles • 40,000'–50,000'

We invite you to join us on a one-week exploration of the Gold Country in the western foothills of the Sierras. This bike tour follows our traditional format of using campgrounds for the overnights, with a truck to haul the luggage and camp supplies, and with all participants sharing in the chores associated with supporting the tour. On this tour, that truck will only move twice during the week: we are basing our rides out of just three camps (in Pine Grove, Columbia, and Groveland), doing loop rides from those hubs.

If you know anything at all about the Gold Country, you know that there is a dense and complex tangle of tiny back roads twisting through those wooded, scenic hills. This is what allows for so many good rides from so few camp hubs. We toured here previously in 1999, and we will be making use of many of the best roads we enjoyed on that trip, but there are so many more good roads that we missed that time around, about half of this new package of rides is made up of new roads. All of them, old or new, are nice. They are also frequently hilly, and the accumulated elevation gain listed above makes this one of the hilliest and most challenging tours we've ever proposed. So it is not a tour for beginners. But if you like to climb and descend—you will love this constantly entertaining adventure. Entry fee for the tour is \$350.

For more information, go to the [Club Tours](#) section of the club website and check out the two-page promo about the tour.