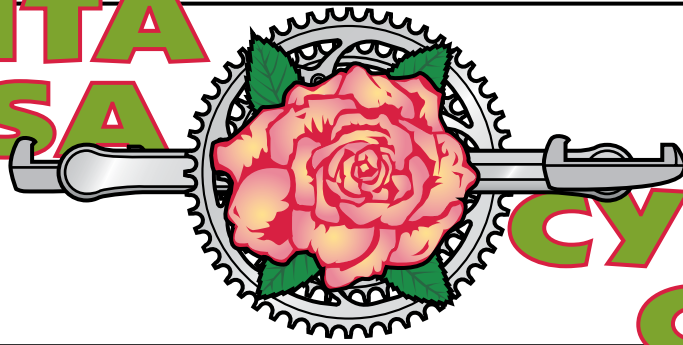


SANTA ROSA



NEW YEAR'S DAY

RIDE & PARTY

Info on pages 4 & 8

CYCLING CLUB

JANUARY 2010 NEWSLETTER

THANK YOU!

A very big thank you to the 65 people listed below: they make up less than 6% of the club's membership, but they account for 100% of the rides on our monthly ride list. They are responsible for all of the great routes; all the miles and all the smiles; all the hills and valleys, vineyards and forests, meadows and beaches; coffee stops and sticky buns.

Were it not for their initiative and imagination, our club wouldn't be a *bike* club. So a tip of the old chapeau to each and every one of them, the ride leaders of 2009!

- | | |
|-------------------------|----------------------|
| Bill & Evelyn Ellis | Rich Fuglewicz |
| Tony Buffa | Greg Durbin |
| Carole & John Kolnes | Hunt Moore |
| Tony Lee | Andy Pearson |
| Rick Sawyer | Anne Graver |
| Sue Bennett | Craig Johnson |
| Darrin Jenkins | Kimberly Hoffman |
| Rose Mello | Bob Hasenick |
| Janice Oakley | Jon Dick |
| Doug & Deanna McKenzie | Beth Anderson |
| Kelli Sauffnauer | Vin Hoagland |
| Steve & Barbara Drucker | Eric Peterson |
| Bill Oetinger | Jeff Burton |
| Ken Cabeen | Alfred Mascy |
| Bill Carroll | Johann Heinzl |
| Ken Russeff | Bob Briner |
| Robert Hall | Greg Stone |
| Wayne Kellam | Doug Newberg |
| Robin Abramson | Buck Hall |
| Dave Batt | Warren Watkins |
| Randall Ray | Gary Grayson |
| Charles Beck | George Gallegos |
| Tom Helm | Lowell Antze |
| Susan Hester | Kim Nelson |
| Steve & Jessie Kroeck | Nabeel Al-Shamma |
| Jack Hartnett | Greg & Jan Conklin |
| Martin Clinton | Mike & Janice Eunice |
| Craig Gaevert | Bill Dunn |
| Robert Redmond | Joe Morgan |

Holiday Dinner and End-of-Year Awards

Close to 200 members of the Santa Rosa Cycling Club filled the Druids Hall on Saturday evening, December 5, for the club's annual Holiday Dinner. Volunteers, led by Sharron Bates, René Goncalves, and Doug Simon, had spent the day sprucing up the old hall with seasonal decorations, even including a plate of cookies and glass of milk for Santa. The result was a festive ambience that put everyone in the right mood. Loads of tasty appetizers from the kitchens of our club's good cooks helped to get things rolling, and seeing all of our fellow bike riders trimmed out in their own version of festive holiday apparel completed the package. Looking around at the women in their pretty dresses and the men in their jackets and ties, one was reminded of the old lines, "You clean up good!" and, "I didn't recognize you with your clothes on!"

After the pre-dinner schmoozing and the musical-chairs game of getting our dinners, the assembled multitudes settled in for the floor show: the presentation of awards for all the grand deeds done over the course of the past year. But before the awards disbursement began, outgoing club President Craig Gaevert did his year-in-review and state-of-the-club speech. He also asked folks for a round of applause for the crew that had put the dinner party together, which resulted in a long and rousing standing ovation.

Club Secretary Donn King and Newsletter Editor Bill Oetinger tag-teamed the emcee chores, with a little assistance from other members on some of the awards. First of these guest presenters was Doug Simon, doing the Volunteer of the Year awards, which went to the couple of Anne and Gary Graver and to retiring WCC Chair Joe Morgan and his wife Arlene. Bill was up next with the Ride Leader of the Year awards. He made his traditional speech about rides and ride leaders being the heart and soul of a bike club, then did Honorable Mentions for Martin Clinton and Janice Eunice before presenting the 2009 awards to Rose Mello and Rick Sawyer.

Donn reclaimed the microphone for the Rookie of the Year and Most Improved Rider awards. The Rookies were Sarah Schroer and Vince Herrera, while the Most Improved awards were presented to Kim Nelson and Sam Payne. Donn then announced the Leader of the Pack award, which went to Barbara Moulton. This award honors a member who has been active on the political advocacy side of the cycling life, and Barbara certainly fills that bill, sitting on any number of committees working for better rights and infrastructure for bikes and bikers. He carried on with a heartfelt speech and presentation of the Most Inspirational male rider to Robert Redmond, and then Bill presented the Most Inspirational female rider award to a surprised and thoroughly revved-up Liz Sinna.

Gordon Stewart took over for the presentation of the Comeback Kid of the Year award to Nikola Farats. This is an award commemorating a member who has bounced back from some sort of medical setback to be riding again as strong as ever, which certainly fits Nick well. Gordon used the opportunity to highlight Nick's *palmarès*, including having

— Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for December

- 1. Call to Order:** President Craig Gaevvert called the general meeting to order at the Round Table on Occidental Road on Wednesday, December 9. 35 members and friends were present.
- 2. Treasurer's Report:** Donna Emery announced the club's bank account balances, as of November 30.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1114 (combining individual and family memberships).
- 4. Intro flier:** Gordon Stewart displayed some small racks for holding the new intro fliers (to be placed in bike shops).
- 5. Elections:** Nominating committee announced the candidates running for the 2010 Executive Board: Donn King (President), Craig Gaevvert (VP), Greg Durbin (Treasurer), Rick Sawyer (Secretary), Gordon Stewart, Don Graham, Rose Mello, Janice Oakley, Richard Anderson (Officers-at-Large). Graham, Mello, Oakley, and Anderson are running for the first time; all others are incumbents.
- 6. Holiday Parties:** Sharron and René and Donna reported on the recently held Holiday Dinner. Some simmering friction exists with Druids Hall management and our staff, so the search is on for a new venue for the party for next year. (*See article on page 1.*)
- 7. Jerseys:** Apparel manager Bill Oetinger reported that red rose jerseys have been delivered from Voler and are now available for purchase at the club on-line store. Five jerseys were allocated for door prizes at the Holiday Dinner.
- 8. Ride Leaders:** Ride Director Bill Oetinger conducted a drawing for gift certificates to a local bike shop for all members who had led rides in the second half of 2009. Four winners were selected: Rose Mello, Janice Eunice, Jack Hartnett, and Kim Nelson. (Two ride leader winners are usually selected every quarter, but there was no drawing in September, so four winners were selected for the past six-month period. Every ride led in the period adds another ticket to the drawing: the more rides led, the better the chances of winning.)
- 9. Club tours:** Preview write-up on the 2010 Mother Lode Tour and an entry form are available at the club website. Greg Durbin reported that entries have been coming in. (*See article on page 8.*)
- 10. WCC:** Member Bruce Hopfengardner appeared before the Board to offer his services as WCC Chair for 2010. His previous experience includes chairing a century ride and an LAB rally in another club. After discussion, the Board agreed to accept Bruce's offer, with Gordon Stewart, Joe Morgan, and the other Board members and WCC Committee Chairs supporting and mentoring him as he gets up to speed. Wells Fargo Center has been reserved.
- 11. Get well:** The Board sent flowers to two members who are facing tough medical challenges.
- 12. Featured entertainment:** December is the month for a catch-all of small video presentations. Bill Oetinger showed the Sonoma County Bike Trails spots created by local TV station KRCB (in conjunction with the SRCC). Chris Jones presented a short slide show of a ride he did in Provence. Dave Batt presented a slide show of a tour along converted railroad grades and canal tow paths in the Eastern US. It was also Christmas cookie night, so plates of home-made cookies were passed around during the meeting.

Margaret Clinton

January 4, 1932 • December 15, 2009

Margaret Clinton grew up at a time when almost everyone went to school or work by bicycle. She told how during WWII in England and Scotland she and her Mother would go into the countryside sharing one bike: whoever rode would leave the bike and start walking, to be passed by the other person and so taking turns.

She was teaching college-level dress design when she met and married Martin Clinton. They had three sons before the whole family came to San Francisco by sea in 1967. Margaret taught again in Palo Alto Adult Education classes.

When her spouse and sons preferred bicycling to the hiking she enjoyed, she used one of the "spare" bikes to join the family. Her riding soon included metric and full centuries until a shoulder injury on the Grizzly Peak ride in 1984 reduced arm movement. The next year she was diagnosed with breast cancer, which returned twice, so it was not until 1995 that she discovered a new role as a tandem stoker. She particularly loved tandem rallies, and after moving to Santa Rosa, she was also a regular participant on SRCC Wednesday and Friday rides. She really enjoyed talking to people at club events.

In the last few years she rode less because of some balance and strength difficulties, but as she had throughout her marriage, she remained tolerant of Martin's time commitments to riding, advocacy, and volunteering.

Margaret's three sons and four grandchildren were able to visit with her in hospital and when she returned home. She died peacefully, almost exactly fifty years after she and Martin first met.

Cyclist's Road Hazard Reporting System

The Sonoma County Bicycle Coalition has a new program which allows cyclists to report hazards on paved roads and paths in the county. The SCBC will screen reports for clarity and then pass them on to the appropriate jurisdiction, along with information about their legal requirements to maintain safe facilities.

This system is set up to deal with the following types of hazards: large potholes, traffic lights which don't detect bicycles, hazardous drainage grates, vegetation which obstructs the shoulder, debris in the road, and similar problems...the sorts of things we can report to a public works department and reasonably expect them to repair. To use SCBC's hazard reporting system, please fill in the online form at: www.bikesonoma.org/Road_Hazard.

Please read the directions carefully: we can only pass on hazard reports if the location is described clearly. We encourage you to take notes on your ride (such as nearest cross street, nearest address, travel direction) which will enable us to pinpoint the location of the hazard. You may also submit GPS co-ordinates, but please also give us a basic description of location as a check against typos in the GPS co-ordinates.

If you are interested in volunteering with the hazard reporting program, please contact us at hazard@bikesonoma.org and put "volunteering" in the subject line. The commitment is about 1 hour per week and internet access is required.

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.

Before launching off into our monthly chronicle of club rides, let's salute the SRCC members who achieved the lofty goal of winning their California Triple Crown laurels this past year. The CTC is the series of all sanctioned double centuries in the state, and "triple" means having completed at least three of them in a given year. Our club has always had a strong showing in this series, but what makes it interesting is that the cast of characters keeps changing over the years. Doubles are never easy, so many people work themselves up to the level of fitness needed to get the job done, stay at that cutting edge for a few years, and then drop back to a less intense level of engagement with the sport. Meanwhile, others come along who get the bit in their teeth and ramp up for the challenge. Only two or three of the names on this list would have been found on a similar list from ten or even five years ago.

Here, in order of finishes, are all the club members we could find on the final CTC list for 2009: John Witkowitz and Craig Robertson (10), Karl Kuhn (7), Barley Forsman, Michael Leach, Garth Powell, and Paul Stimson (5), Pat Krueger, Nabeel Al-Shamma, Rick Arnold, and Ken Cabeen (4), Mike Aberg, Joe Gorin, Vince Herrera, Jimmy Miller, Bob Puckett, Brian Scott, Travis Guillory, and Karen Thompson (3). Several other members did two doubles and still more just one. That's 19 members with CTC bragging rights for 2009. Very impressive.

Also impressive (again) was the club's showing in the CTC Stage Race, which counts elapsed time for three of the hardest doubles in the series and ranks riders on their cumulative time. Barley Forsman finished 2nd, Pat Krueger 7th, and John Witkowitz 10th. Karl Kuhn and Michael Leach also completed all the Stage Race doubles. Three in the top ten...no other club can make that claim. And not one of them is the same as the four club members who were in the top ten last year: Doug McKenzie, Tony Lee, Scott McEldowney, and Matt Wilson.

One final note on this series: one name that appears on the list now and also ten years ago is Craig Robertson, whose ten doubles this year took him to a career total of 105 (not counting brevets and unofficial doubles, which would run his total up closer to 200). As one of those riders who cranked it up for a few years of CTC intensity and then dialed it back to a more moderate level, I can hardly comprehend what it would take to stay strong at that top tier for all those years. I can remember kind of mentoring Craig along on his first Terrible Two, back in the mid-90's. I never imagined he'd still be knocking these bad boys off, regular as clockwork, so many years on.

Closer to home and down at that somewhat less intense level, we have our schedule of regular rides, now navigating the rocky shoals of winter weather...a rain-out one day, then a bright, crisp day to follow. We pick up our thread with Steve Drucker's traditional fall offering Lotsa Hills and Two Rocks. There were about a dozen riders on hand on one of the bright, crisp days. But unfortunately, most of the fun went out of the day when Leslie Rea crashed badly on the Middle Two Rock descent, inflicting a nasty face plant on herself. The only good news is that she had excellent, on-the-spot care from Laurie Buettner, Steve Sbragia, Jill Daniels, and Del Bogart,

and from the paramedics at the nearby Coast Guard station, who were the first responders to arrive. Leslie is facing a long road to recovery but is reported to be upbeat and already planning her cycling adventures for when she is back in the saddle.

We seem to be reporting bad crashes a lot lately. Charles Beck, Tom Helm, Tom McBride, and now Leslie, all needing extensive medical attention. I can imagine that this could be unsettling to some in the club, especially to those new to the sport, who have to be wondering if such catastrophic crashes are in their own futures. Crashes are probably in most cyclists' futures, although almost all of them will be minor...the biking equivalent of fender-benders, with injuries minor or entirely absent. Crashes involving a hospital admission are very rare. It's axiomatic that we can find statistics to support any point of view we wish to promote (so take this with a healthy grain of salt), but there are stats out there that show cycling to be one of the safest sports around (factoring hospital admissions against hours of activity). Even slow-pitch softball has more hospital admissions. It may be difficult to paper over the graphic violence of a bad bike crash with the intellectual abstraction of statistics, but they do represent the larger perspective. And when these ugly events overtake us, it can be helpful to remember the numbers. Meanwhile, we all wish Leslie a swift and full recovery. May she take some comfort from John Witkowitz: he did a similar face plant just a few months ago and look at him now: ten double centuries in 2009.

The next day on the club schedule coincided with the arrival of a rainy front. Rose Mello reports her Tomales ride was a non-starter, and most people assumed Randall Ray's ride to Rockpile would be too (as no one showed up). No one, that is, except Randall and Darrin Jenkins, who convinced each other to start and see what would happen: "We chatted along, trailing rooster tails for the first few miles, but by Yoakim Bridge the sun had started peeking through the clouds, lighting up random chunks of red and yellow vineyard around the valley. A quick stop at the visitors' center to shed a layer was our only stop of the day. Out on Rockpile it was just about perfect, with the sun only occasionally moving behind a cloud. The usual great views were enhanced by the steam coming off of the road surface. The return trip was highlighted by mostly-dry roads and a mellow tailwind. We decided to stay in the Dry Creek Valley for the quick spin back home, taking Lambert Bridge, Lytton Station, and Chiquita for added interest. We wound up with about 54 miles." Looks like the rest of us missed out!

The next weekend—after Thanksgiving—was strange, at least as regards the weather. No question, it was nice, even extraordinary. A warm, Santa Anna-style wind blew hard on Saturday, knocking down trees and power poles, and generally making everyone look over their shoulders for flying debris. The club's ride on this day was led by Ken Russeff, who sent in this report: "The Turkey Trotting ride out of Esposti Park had 31 riders show up on a windy day. The ride was to Healdsburg via Eastside Road, Westside Road, etc. The wind wasn't that noticeable until Westside Road turned east, and then the crosswind pushed us around a bit. A good mix of riders and a nice break at Oakville Grocery."

On Sunday, I led our traditional November pilgrimage to Mama Tam, which turned out to be about as nice as a bike ride could be. The high winds on Saturday must have blown all the clouds away, clear off beyond the western horizon, because it was clear all the way to that horizon from up on Ridgecrest. The wind was

— 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

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 Faught > 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 Faught. Rides end at open house at club warehouse. *RSVP! No rest rooms at park; parking limited at warehouse, so park near park and ride to warehouse (or ride from home).*

A: Barbara Drucker—538-5256

B: Rick Sawyer—933-0760

C: Bill Oettinger—823-9807

SUNDAY • JANUARY 3

January Jaunt

3/A/26

9:00 AM • Santa Rosa City Hall

West on Prince Greenway > SR Creek Trail > So. on Fulton > R on Hall > L on Sanford > R on Occidental > L on High School > R on E. Hurlbut > R on Bike Path to Hwy 116 > Cross 116 to Mill Station > L on Cherry Ridge > R on Occidental > R Hwy 116 (*rest stop at Andy's*) > Return to R on Occidental > L on Sanford > R on Hall > L on Fulton > R on SR Creek Trail > Prince Greenway Trail to City Hall.

Ken Russeff—953-1804

SATURDAY • JANUARY 9

The Nearly Level Century

2-3/BC/101

9:00 AM • Cotati Dog Park

R on Myrtle > L on Old Red > R on Railroad

> R on Stony Point > L on Mecham > R on Pepper > R on Walker > R on Pet-Valley Ford > Hwy 1 > R on Valley Ford-Freestone > R on Bodega Hwy > L on Bohemian Hwy > L on Moscow (*rest stop in Duncans Mills*) > R on River > R on Sunset > R on Westside > L on West Dry Creek > R on Lambert Bridge > R on Dry Creek > R on Kinley > L on Mill > L on Center to Oakville Grocery (*rest stop*) > R on Matheson > R on 1st > L on Front > L on Healdsburg Ave > Old Red > L on Limerick > R on Los Amigos > L on Arata > Hembree > R on Shiloh > L on Skylane > Laughlin > Woolsey > L on Wood > R on Fulton > L on Sebastopol Rd > R on Corporate Center > L on North Point > R on Stony Point > L on Madrone > R on Grove > L on W. Sierra > R on Valparaiso > Myrtle to park.

Bill Carroll—539-7568

Wine Country Loop

3/B/53

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 > L on Geysers > R on Hwy 128 > L on Canyon > R on Dry Creek > L 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 Skylane (N. Laughlin) > R on Airport > L on Faught to school.

David Wayte—293-4290

SUNDAY • JANUARY 10

Cotati to Tomales

2-3/AB/43

9:00 AM • Cotati Dog Park

R on Myrtle > Valparaiso > L on W. Sierra > L on Stony Point > R on Roblar > R on Canfield > L on Bloomfield > R on Pet-Valley Ford > L on Middle > R on Marsh > L on Franklin School > L on Whitaker Bluff > R on Middle > L on Dillon Beach (*rest stop at bakery*) > R on Hwy 1 (North) > R on Fallon -Two Rock > L on Carmody > L on Pet-Valley Ford > R on Roblar > L on Stony Point > R on W. Sierra > R on Valparaiso > Myrtle to park.

Robin Abramson—569-0620

TUESDAY • JANUARY 12

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

SATURDAY • JANUARY 16

The Gravenstein Grinder II 5/C/60 • 6500' 9:30 AM • Ragle Park

Longer, steeper, twistier, and dumber than ever! The original leg-breaking, mind-messing West County rat's maze is back! Limited space doesn't allow us to list the whole route here, but it's available at the club calendar and on the official route slips. Good maps will be provided. A very challenging ride... can you finish it?

Bill Oetinger—823-9807

SUNDAY • JANUARY 17

Santa Rosa-Cotati 2/ABC/38 9:00 AM • Howarth Park

L on Summerfield > R on Hoen > R on Hoen (at Creekside) > L on Farmers Lane > R on Vallejo > L on Mt. Olive > L on Brigham > Gordon > R on Cummings > R on Allan (around gate) > L on Linley > R on Brookwood > R on Kawana Springs > L on Pet Hill Rd > R on Railroad > R on Willow > L on Eucalyptus > R on Lebec > L on John Roberts > Macklin > L on Myrtle > L on Old Red > R on RR > R on Poplar > R on Cypress > L on RR > R on Old Red > L on Main St (rest stop at *Jaw' Amore*) > L on Main St > R on Woodward > Davis Lane > L on RR > R on Pet Hill Rd > R on Kawana Springs > L on Brookwood > R on Bennett Valley > L on Farmers Ln > R on Hoen > L on Summerfield to park.

A: Barbara Drucker
BC: Steve Drucker—538-5256

SATURDAY • JANUARY 23

Yorty Creek 3-4/B/40 9:00 AM • Warm Springs Dam Visitor Center

L on Dry Creek > L on Dutcher Creek > S. Cloverdale Blvd > L on Treadway > R on Foothill > L on Hot Springs to Yorty Creek boat ramp > Return to Visitor Center.

David Batt—546-5301

SUNDAY • JANUARY 24

Almost 35 miles of Back Roads 1-2/AB/35 9:00 AM • SR City Hall

Prince Greenway > R over Bridge to Joe Rodota Trail > R on Forest Trail to Morris >

R on Eddie Lane path > R on High School > R on Occidental > L on Sanford > R on Hall > L on Willowside > L on Guerneville > R on Olivet > L on W. Olivet > R on Oakwild > R on Woolsey > Laughlin > R on Copperhill > L on Brickway > R on Airport (*Kaffe Mocha rest stop*) > Return on Airport > L on Laughlin > Woolsey > L on Wood > R on Fulton > R on SR Creek Trail (under Fulton) > Prince Greenway to City Hall

Rose Mello—543-5889

Sweetwater to Coast 4/CD/75 9:30 AM • Piner High

Fulton > L on Wood > L on Woolsey > R on Olivet > L on River > R on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on Sweetwater > L on Armstrong Woods > L on River > R on Hwy 116 > R on Mays Canyon > R on Hwy 116 > R on Green Valley > R on Harrison Grade > R on Graton (rest stop in Occidental) > Coleman Valley > L on Hwy 1 > L on Bay Hill > L on Hwy 1 > L on Bodega Hwy > L on Jonive > R on Occidental > R on Cherry Ridge > L on Mill Station > R on Occi > L on Sanford > Hall > L on Fulton.

Doug McKenzie—523-3493

TUESDAY • JANUARY 26

Night Riding 2/BC/35 (approx. 2 hours) 6:30 PM • Finley Park

See January 12 listing for more info.

Bill Ellis—415-898-2998

SATURDAY • JANUARY 30

Sebastopol-Windsor 2/A/30 9:00 AM • Ragle Park

L on Ragle > R on Mill Station > L on Hwy 116 > R on Vine Hill (*regroup at Guerneville jcnctn*) > R on Old Trenton > L on River > L on Slusser > R on Windsor To Town Green (*rest stop at Starbucks*) > Return on Windsor > L on Shiloh > R on Skylane > Laughlin > Woolsey > L on Oakwild > L on West Olivet > R on Olivet > L on Piner > R on Willowside > R on Hall > L on Sanford > R on Occidental > L on High School > R on Bike Path > Cross Hwy 116 to Mill Station > L on Ragle to park.

Janice & Mike Eunice—575 9439

Moon Valley & Cavedale Climber 5/B/49 • 3000' 9:00 AM • Howarth Park

North on Summerfield > R on Montgomery >

R on Melita > R on Hwy 12 > R on Oakmont > L on Valley Oaks > R on Pythian > R on Hwy 12 > R on Lawndale > R on Warm Springs > R on Arnold (*regroup at Post Office*) > L on Madrone > R on Hwy 12 > L on Cavedale > L on Trinity (*regroup at Trinity Fire Station*) > L on Trinity > L on Dunbar > R on Arnold (rest stop at Glen Ellen Market) > Retrace Arnold > L on Warm Springs > L on Los Gulicos > R on Randolph > L on Hwy 12 > L on Pythian > L on Valley Oaks > R on Oakmont > L on White Oak > R on trail > Channel > L on Spring Lake Trail to Howarth Park

Rick Sawyer - 933-0760

SUNDAY • JANUARY 31

Wine Country Revisited 2/AB/35

9:00 AM • Healdsburg City Hall

North on Grove > L on Chiquita > L on Lytton Springs > R on Dry Creek > R on Dutcher Creek > R on Theresa > R on Asti > Geyserville > L on Hwy 128 > L on Geysers > R on Red Winery > R on Pine Flat > R on Hwy 128 > Alexander Valley > R on Lytton Station > R on Lytton Springs > L on Chiquita > R on Grove to finish.

Jack Hartnett—694-0922

REGULAR RIDES

Wednesday Wanna-B's

B or C • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

B: Beth Anderson—874-3685

Vin Hoagland—584-8607

Second Wednesday: Healdsburg City Hall

C: Eric Peterson—433-7737

Third Wednesday: Ragle Park, Sebastopol

B: Lowell Antze—237-7014

Fourth Wednesday: Ragle Park, Sebastopol

B: Alfred Masey—546-0898

C: Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

B: Bob Briner—799-7146

Friendly Fridays

B or C • 30-50 • 9:00 AM

First Friday: Cotati Dog Park

B: Greg Stone—527-6116

Second Friday: Howarth Park, Santa Rosa

B: Martin Clinton—569-0126

Third Friday: Ragle Park, Sebastopol

B: Kim Nelson—291-3525

Fourth Friday: City Hall lot, H'burg

B: Buck Hall—537-1946

C: Nabeel Al-Shamma—479-6246

Fifth Friday (B group only): Esposti Park

B: Gary Grayson—538-9262

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

still in evidence as a few hearty gusts that leaned on us here or there (but never to an uncomfortable degree) and also for what it had done the day before: loads of branches down on the roads up to Tam. It was wonderfully warm for the season: mid-70's at mid-ride, but quite nippy whenever the roads went into the shade. There were 18 at the start and then we picked up another three or four at the summit who had started early. We regrouped at the summit and then again in Mill Valley. The descents to Mill Valley were as good as ever and maybe even better: the awful chip seal that was new and gnarly last year on Pan Toll is now well bedded down and tolerable, and the pavement on Panoramic was almost all new and satin smooth. Sequoia and Edgewood, which used to be terrible, are now perfect. The 20+ group stayed more-or-less together through Mill Valley, Strawberry, Belvedere, and Tiburon, but the small climb at the start of Paradise Drive finally cracked the group, with a front bunch haring off at D pace and a couple of cells of C riders moseying along at a more sedate tempo a bit further back. One fellow had four flats, which took some fixing, but other than that, we all kept moving at our default speeds through all the very confusing turns in Corte Madera, Larkspur, Kentfield, Ross, San Anselmo, and Fairfax. We got our usual exposure to autumn colors through the old, genteel communities around the base of the mountain, especially in Ross, with the grand old trees along Lagunitas Road looking very New England. A few of us repaired to a brew pub in Fairfax afterward to punish a pitcher of IPA and refuel with burgers and fries.

That polished off November. First up in December was Tony Buffa's B ride from Ragle out to Tomales. As he does so well, Tony strung together a route that was made up of familiar roads but somehow arranged in a fresh configuration that made it all seem new and fun. It was grey and cool at the start, but the sun chased off the clouds just a few miles into the ride, and by the time we were relaxing at the obligatory Tomales Bakery rest stop, it was warm enough to see vests and jackets being stowed in seat bags and pockets. There were at least 30 riders at the start, and while the many little climbs and descents through the west county hills broke the group up, very few people ended up solo for long. Mini-regroups at many corners and then the main rest stop did a good job of keeping folks in contact with one another. It was billed as a 40-mile ride and that is exactly what it turned out to be...one of the nicer rides in recent memory, thanks to the good route, the good weather (for December), and the good riding companions.

Also on this day, Carole and John Kolnes listed their Chocolate Ride: "The perfect day for a ride! After last year's freezing First Annual Chocolate Ride, where everyone came in looking like popsicles with cleats, we had our concerns. However, this year it seems the bicycle gods and goddesses were on our side: our starting temperature was a warm 43° and heated up to a high of about 54°, practically short sleeve weather. All the riders were greeted with a bag of chocolates and a ticket towards their choice of beverage at the Eagle's Nest in Cloverdale. We had 24 friendly riders, including one reindeer! (Nora had attached a pair of antlers to her helmet.) One rider had two flat tires, but other than that, the ride went off without a glitch. The owners of the Eagle's Nest in Cloverdale were very accommodating and pleased to have the SRCC riders drop by. Everyone agreed the hot chocolate was terrific...not your typical mix with water. Thanks to all the riders for making this

a fun ride! We are already looking forward to the Third Annual Holiday Chocolate Ride!"

On Sunday, Tony Lee offered up his annual trek to the end of the world: the Tour de Limantour. Tony reports: "There were about a dozen of us who showed up for today's ride. A good turnout considering the SRCC Holiday wine and food bash the night before and the ominous weather forecast. Blue skies kept us smiling despite temperatures in the upper 40's and a strong NW headwind as we rode toward Marshall. A strong tailwind made the 10-mile run from Marshall to Point Reyes Station lively and quick. Of course a C/D ride is not complete without an attack. The first attack came from an unsuspecting club member: sweet face Ken Cabeen. Had it not been for the strong group today we may not have been able to reel in Ken and those who had grabbed his wheel.

"The Bovine Bakery rest stop was short, as the blue sky had turned overcast rolling into Pt. Reyes Station, and cold air was quickly penetrating our layers. Not to worry though: Balboa was next. Balboa will warm up even the most chilled cyclist, with gradients reaching 20% and an elevation gain of 800' in a little over a mile. Every year we have one or two Balboa newbies and it's always fun to 'introduce' them to a climb like this.

"I think everyone on the ride would agree that we had an amazing case of good timing today. Unbeknown to us, a large rain cloud had been following us for who knows how long, dumping copious amounts of rain on the road behind us. It wasn't until we were at Limantour Beach that we saw it. We figured we were done for. Mike Pucci hoped it would at least dump snow so that we would not get too wet. And yet, as we approached it, the dark cloud retreated, leaving only wet roads behind. Blue skies came back but the wet roads stayed wet. Spirits were back up and so were the attacks. On the last climb up Red Hill Darrin Jenkins attacked. At the top he looked back to see who was on his tail. There was no one. Overall another great Tour of Limantour. I realize my labeling this ride as C/D (and C/D it was) limits who comes out. It's a great ride though, so I'd like to encourage someone else to lead a B/C version of this ride next year on the same day as mine. For now let's plan for the first Sunday in December, same as this year."

Tony needn't apologize for listing this ride at an elevated pace. This is exactly what we need to be doing to ensure that each tier in the club has its own stomping ground. But he is right too about wanting to share the route with others who might be intimidated by that little letter D in the specs. I have avoided this ride precisely because of that. I don't mind the challenging route. In fact, I was the one who "introduced" Tony to Balboa a few years back. But it's no fun being off the back and knowing everyone is waiting for you at each regroup. So maybe I'll take Tony up on his suggestion next year and open this nice/nasty ride up to a wider audience.

The last weekend we can cover this month ran smack into an advancing rainy front, and Rick Sawyer's Saturday ride caught the brunt of it: "It wasn't the best of days for a bike ride, but maybe not the worst either. Upon reaching the Skyhawk Market in the morning, I announced (to no one, since no one was there) that the ride was cancelled due to the rain. A bit later a couple of others did show. So, unofficially, three of us sufficiently goofy riders embarked on the Telltale Heart ride, so named because of the heart-shaped route and the theme of the ride as a living Christmas card, whereby the participants were invited to join the ride leader in dedicating their day to someone or something precious, in the giving spirit of the holidays. And although Mother Nature let much of the air out of



Elections and Other Good Stuff

The January meeting is our traditional date for electing a new slate of officers to run the club for the upcoming year. But there will be more going on at the meeting than just politics. We will be handing out a few more awards and will be holding a raffle of great bike goodies for all present who have participated in the Commute Miles on-line log. If “one less car” bike-commuting isn’t its own reward, then here’s the added incentive to do the rides and then enter your numbers in the club’s interactive log.

Not too late to update your on-line logs...

Be sure to update your [2009 commute-miles log](#) at the club website soon. The more trips and miles you have, the more chances you have of winning some swell swag in the drawing at the meeting. And while you’re at the club site updating that log, take a minute to bring your Century Challenge [2009 log](#) up-to-date as well. Both of these interactive logs are good fun for members. If they have somehow escaped your notice heretofore, give them a look. You can enter all your data for the year in one big, last-minute data dump right now. Every member who logs their rides on either site serves as an inspiration to other members to do the rides and then log their entries too.

Who says there’s no free lunch?

There will be another sweetener at this meeting. In order to encourage a good turn-out so that we have a healthy number of votes cast in the election, we will reward you for showing up by giving you a voucher for a free lunch at Healdsburg’s El Sombrero taqueria after the club’s annual Free Lunch Ride in March. Actually, we don’t pass out hard-copy vouchers anymore; we just take down everyone’s name and check them off on the day of the ride/lunch. However we handle it, it’s a good deal for you, the club members who show up to vote.

that balloon, the mission was accomplished. As we sloshed by City Hall, we were joined by the intrepid Gary Wysocky, who hung with us until part way up Eastside Road, where he peeled off to another engagement. Maybe the highlight of the day was the kids’ gingerbread house-building party going on as we pulled in at Cafe Noto, complete with a group of young ladies singing carols.

“For most of the day the weather was just a minor nuisance, requiring extra caution on the downhill and turns, and it never did rain really hard, until we reached Riebli Road, whereupon the downpour started in earnest. During one stretch of that moderate climb, forward progress could only be made by pedaling up what resembled a shallow riverbed. I remember thinking that a canoe might have been a better choice than a bike if I were able to pick what mode of transport to take. Fortunately, by that time we were almost back to the barn.”

After that rainy Saturday, folks may have been a little leery about more of the same on Sunday. Sue Bennett had the only ride on the calendar. She reports: “We had five people and a great ride. The one light shower that popped up did so while we were at Twin Hills Apple Farm sipping hot cider in the barn. By the time we were ready to leave, the shower had stopped.”

So we had a grand total of nine people out on club rides on this mid-December weekend. But Sunday was actually pretty nice, if you chose your route correctly, and many cyclists, including this one, were out there knocking down the miles.

Holiday Dinner

—Continued from page 1

been US National Road Race Champion in 1974 and Time Trial Champion in 1975. The mike was then handed over to Richard Anderson, who presented the Queen and King of the Mountain awards to Susan Noble and Karl Kuhn. We should mention that all of the awards recipients over the course of the evening were encouraged to make a few comments to the audience while accepting their awards, and their surprised and humbled and sometimes amusing replies added a great deal to the evening’s entertainment.

Bill came back on stage for the final run down the homestretch, beginning with the Good Shepherd award, presented to a club ride leader who has shown a special attention to watching out for the riders on their rides, or who has added quality to the rides with extra rest stops or food or parties before or after their rides. This year’s winner was a very deserving Bill Carroll. Next up was the Lewis and Clark award, which goes to a rider (or riders) who completed a substantial, self-supported cycle-tour. After an Honorable Mention for Bill Harrison, who had followed the Two-Wheels-North route from Santa Rosa to Seattle, the award was presented to Craig Gaevert and Michelle Bellefeuille, who did their own Two-Wheels-South tour by riding their tandem (with trailer) from Seattle north to Victoria and then south down the coast to Santa Rosa.

While Craig was still on stage, Bill presented him with a small token of the club’s appreciation for his superb three-year stint as President: a gift certificate for a weekend at the Bear Valley Inn in Olema. Craig assured us that the tandem will be coming along with them for the weekend.

Next up was the Golden Shoe award, which honors a “most supportive spouse.” Bill saluted Deanna McKenzie, who often assists husband Doug with rest stops on his rides or with timing on his Pine Flat Challenge time trials. He then digressed briefly to take the opportunity to salute another group of most supportive club members: those who have served as sag drivers over the years on all of the club’s cycle-tours: Linda Grayson, Arlene Morgan, Robin Dean, Douwe Drayer, Martha Barton, and Kimberly Hoffman, all of whom were in attendance.

Finally, down to the last-but-not-least big awards: Riders of the Year and Gearhead. Female Rider of the Year went to Janice Oakley, who completed her first Terrible Two in 2009. Before announcing the male rider of the year, Bill mentioned the many club members who had completed the California Triple Crown in 2009 (see item in B&B). He then presented the award to John Witkowiicki, who completed 10 doubles in 2009.

Then the big Gearhead trophy was produced: the award that salutes a cyclist who has gone beyond the bounds of what other cyclists would consider sane, pushing the envelope to its limit. The winner for 2009 is Greg Lester, in honor of his having completed the Furnace Creek 508 for the fifth time in the past six years (doing it under some of the worst conditions ever...see his report in last month’s newsletter).

After the presentations were over, all who had won raffle prizes converged on the stage to claim their booty, ranging from swag bags of bike goodies to club jerseys. While that was going on, the rest of the crowd continued the mingling and conversation that makes these occasions so enjoyable. All in all, another delightful evening of bike-related bonding, courtesy of the SRCC.

SANTA ROSA CYCLING CLUB
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Member: LAB • CBC • CABO • REBAC • SCTC • SCBC

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- 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, January 13 • 6:30 PM

Round Table Pizza
(Occidental Road, west of Stony Point)

***Annual elections and a few more awards,
plus commute-miles raffle***

Wednesday, February 10

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, January 7 • 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, February 4

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 doing 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.

There is some concern about all the cars parked in the residential neighborhood around Coffey Park for this ride. We are working on getting a temporary parking permit to open up parking along Coffey Lane for the day. You can help by either riding to the park from home or parking a few blocks away and riding to the start.

Even if the rides are rained out, the party at the warehouse will go on. There is some parking space at the warehouse, but not a lot. If you are driving to the party (in the event of rain), make an effort to car pool.