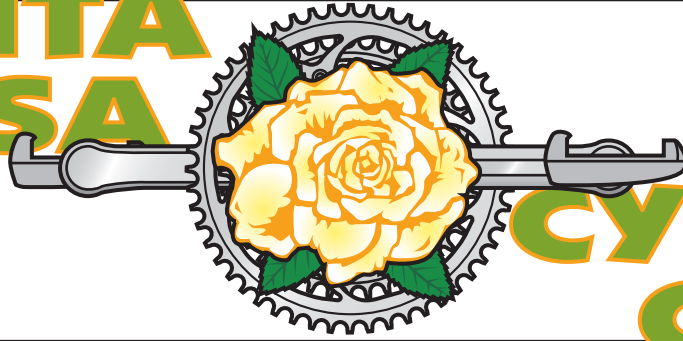


SANTA ROSA



CYCLING CLUB

MARCH 2010 NEWSLETTER

WINE COUNTRY CENTURY UPDATES

The enduring popularity of the Wine Country Century was confirmed once again this year when registration for the event went from zero to the 2500-rider limit in just over four days...a few hours quicker than last year. Registration opened at midnight on Monday, February 1 and closed early on Friday morning.

There are more pay-to-ride options available in Sonoma County right now than ever before. There is Levi's Gran Fondo with 6000 riders; there is another, so-called gran fondo scheduled to finish in Santa Rosa just a week prior to the WCC; and there are all the other centuries that have been around for awhile. Between them all, we wondered if our event would take a hit in entries; if perhaps the market has become oversaturated with options. If it has, the WCC isn't the option getting passed by. Its attractive powers appear as strong as ever. Bear in mind, we did not do one single bit of promotion for the event, aside from setting up the WCC page at the club site. We didn't even send out a blast e-mail reminder to past participants, as we did last year. The event sells itself.

With our on-line reg, we are now able to track all sorts of data about our entries, and one curious fact that emerged this year is that almost 75% of the entrants were not entered last year. We can only speculate about the implications of this, but we do know one thing for sure: all those new participants have not yet had an opportunity to purchase any of our commemorative merchandise. So not only is the demand for the event not saturated, neither is the demand for the product that goes with it.

You know the old saying about only getting one chance to make a good first impression? That will be our challenge with all those first-time participants this year. The course is always a gem, and if we get a typical, beautiful spring day, the event will be spectacular. But none of those positives will matter much if we don't back them up with good support. More than the great scenery or the entertaining country roads or the zippy pacelines, the thing that makes the WCC special is its great support...laid on by about 350 of our cheerful, eager-beaver club members. We hope you will be one of those finding a job to do somewhere during the event or in the lead-up to it. And then, once we have helped our guests to have a memorable ride through the Wine Country, we can all come back and hit those same roads again a week later on the WCC Workers' Ride. Check out the roster of committee chairs on the back page and sign up for one of those crews. Be a part of the team putting on this most popular spring century.

*Our Club Rose is Red
We've got a Yellow one, too
If you love to ride
We've got a month for you!*

With El Nino behind us—we hope!—we are once again looking forward to the mileage-boosting month we call March Magic. For those unfamiliar with this program, it's a simple annual event designed to help inspire members to get out and ramp up their cycling miles and set the stage for another stellar year of cycling fun.



Sign-up is free and easy on the club's website (use the Site Map to find the [March Magic](#) link if you need to.) Choose one of the many mileage goals that range from 150 all the way up to 1000 miles for the month, and then join your fellow SRCCers for as many of the spectacular rides listed on the Club calendar as you can manage. There are short rides, long rides, hilly rides, long-hilly rides. Besides the spectacular spring scenery, most feel the camaraderie of bonding with new and long-time friends on long rides is what means the most to participants in March Magic.

We look forward to seeing you all on the road! Good luck!

Commuter Miles & Century Challenge logs too...

While you're at the website, setting up your MM log, why not also sign up for our other two on-line logs: [Commuter Miles](#) and the [Century Challenge](#)? Unlike the one-month-only nature of MM, the other two logs are a year-long adventure.

The Commuter Miles log records all the miles you do on your bike that you might otherwise have done in a car. Commuting to work, obviously, but also running errands and riding to the start of club rides (as opposed to driving there).

The Century Challenge is a log for recording all of the rides you do that approach or surpass the 100-mile mark. A century is a big deal, even for most long-distance vets. We like to make a note of it when we knock one off. Any century counts, be it a paid event, a brevet, a double (which counts as two), or a solo training ride.

With all of our logs, the goal is the same: to share your own cycling goals and accomplishments with the world and to inspire your club mates to take on similar challenges of their own.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for February

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, February 10. 42 members and friends were present.

2. Treasurer's Report: Greg Durbin announced the club's bank account balances, as of January 31.

3. Membership: Registrar Gordon Stewart reported membership of 1183 (combining individual and family memberships).

4. Brevets: Bob Redmond reported that the SRCC Brevets are scheduled, and have been approved by ACP (Audax Club Parisien) in France. Bob explained the filters that will be in place to limit riders in PBP 2011, and the increased demand that that will create in the 2010 brevet season for all brevet vendors. We will need a little help with rest stops. Talk to Bob if you want to assist. (See article on page 7.)

5. MM: March Magic was announced. (See article on page 1.)

6. Linear Park: Vin Hoagland made a presentation to the Board on plans for converting the old Hwy 12 right-of-way between Farmers Lane and Summerfield into a linear park, featuring a bike trail. Planning is in the early stages. The Board supports the project.

7. Mentors: Donn King introduced a new program wherein each new Board member has been assigned a veteran Board member to act as their personal mentor in getting up to speed on Board business.

8. Retreat: Spring Board retreat proposed by Donn King, similar to the Fall retreat of 2009, but in time to help new board members become oriented earlier in their term. March 6 was proposed.

9. WCC: WCC Chair Bruce Hopfengardner met with the Board to discuss prep for the event. Volunteer Coordinator Kimberly Hoffman noted that the list of committee chairs is now complete, but urged anyone who wants to get involved at the leadership level to get in touch anyway: always room for more folks to be involved. Gordon Stewart reported on the registration process. Bill Oetinger discussed jersey and t-shirt orders. (See article on page 1 and committee roster on page 8.)

10. Welcome: Board members Greg Durbin and Rick Sawyer introduced the topic of ways in which to welcome new members to the club, with the goal of encouraging new members to become more fully integrated into the life of the club. Various plans are being considered.

11. Tours: Ride Director Bill Oetinger announced that entry forms and a multi-page preview package (both pdf) are now available at the club website for the Alpine Road Trip mini-tour in mid-July, and also that a few spaces are still available for the week-long Mother Lode Tour in mid-May. (See article on page 7.)

12. Donations: Webmaster Gordon Stewart set up the ballot page at the website so members could vote for their preferred recipients for annual donations. The interactive page was open through the month of February. (See article in February newsletter for more information on donations process.)

13. Featured entertainment: Bill Oetinger presented a slide and video show on his Provence-Alpes Tour (stages 1-6; stages 7-14 will be shown at the March meeting).

Letter from the President

— Donn King —

Greg Lemond once said, "It doesn't get easier; you just get faster." This is for me, one of the most profound ideas that I have learned from cycling. Every cyclist knows that this is true, but why? Shouldn't improving your fitness, getting a new and lighter bike, changing your gearing, or losing weight make it feel easier? There is no doubt that making any or all of those changes certainly helps performance. In fact, after making some or all of those changes, you may be able to get up a steep pitch that you couldn't do before, or stay in the middle of a pace line of C's, or finish a time trial faster than previously. But the surprising thing is: it hurts just as much; it didn't get easier, as we imagined it would. Why is that? Isn't it supposed to?

The reason why you get faster, or better, is because you continue to "effort" at the same level as you always have, which is as it should be. It's the effort level that caused the pain, or discomfort. It's also the effort that produces the improvement. The lighter bicycle or the weight loss helps, but it's the effort that the cyclist puts into it that determines what will be accomplished. When I worked in cardiac rehab, we taught our patients to maintain a particular effort level. As they improved their conditioning, they could do more and more, but the effort level stayed the same, as it must for improvement to continue to take place. Most of us have a built-in effort level that we will try to maintain automatically, regardless of improved conditioning, or better equipment. Our positive changes make it possible to do more, but not feel more comfortable doing it.

What I especially love about Lemond's aphorism though, is its relevance to life in general. I once had the idea that as I got older, I would learn to manage all of my problems and challenges and at some point I would pop out into adulthood, fully matured, maybe even enlightened, and life would be smooth. Now that I am older, I think I understand how it works: the challenges keep coming. In some ways they even get harder and more complex, but I get "faster;" that is, more effective, more skillful, more able to bring my experience to bear. When I have a difficult problem now, I often say to myself, "it doesn't get easier; you just get faster." It is particularly satisfying when I can take the lessons that I learn from cycling and apply them to my life off the bike.



See article on 2010 club tours 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 Oetinger @ 823-9807 or send e-mail to: srcride@sonic.net.

We left this chronicle last month with the threat of the Mother of All Storms looming on the horizon. The forecast had been extremely grim, and hatches were battened down all over California in anticipation of something really extraordinary. In the end, it was more fizzle and drizzle than storm for the ages. No major flooding and no knock-em-down winds. A big storm, for sure, but not epic. It was however more than enough wet weather to put a crimp in the recreational pursuits of most cyclists.

The bulk of the storm fronts—several of them in a row—blew through our region mid-week. (This would be the week of January 17-23.) By the weekend, the worst was over and folks were looking out their windows, wondering if riding might be possible. It was, barely, if you were motivated enough.

First up was Dave Batt's trip out Hot Springs Road to the Yorty Creek boat launch on the backside of Lake Sonoma, one of the most obscure roads in the county. A high ridge stands between Cloverdale and the lake, so the ride involves a long and steep climb up and over the ridge and down to the lake, then the process reverses, with a long climb from the lake and the curling descent back to Cloverdale. It's a wonderful road that should be visited more often. Donn King sent in a note about the day: "Rick Sawyer and I carpoled up from Sonoma. It had rained all night and most of the way up to Warm Springs Dam. I didn't expect anyone to be there, but there were about a dozen brave souls and ride leader Dave Batt. Dave had hurt his shoulder that week and he could really only put any weight on just his good arm, which made climbing and descending the steep road difficult, to say the least. It was amazing, given the weather and his shoulder, that he was even out there. I had never been on that road. It was green and beautiful. We almost got the entire ride in without getting wet, and then in the last eight miles or so it started to rain, a very cold, penetrating rain. Most of us just rode it out, from Lytton Springs back to Warm Springs Dam. By the time I got back to the dam the sun was out again."

On Sunday, Doug McKenzie listed a ride that was supposed to go over Sweetwater Springs and then onward to the coast. Once again, the weather forecast was gloomy but not absolutely awful, so he decided to run the ride and see what happened: "There were four riders at the start of the ride. We knew we'd get some rain, but decided to go for it. Ted Simpkins was at the start. (For those of you who don't know him, he's an ex-pro triathlete.) We got rolling right on time and caught up with Jady (another fast tri dude). The pace got hot in a hurry with those two doing the pulling. At our first regroup on Wohler, I asked them to tone it down a bit. They complied, keeping the pace to the low 20's instead of mid 20's, which kept the five of us together. Once we turned up Sweetwater the pace got hot again. These big tri guys can climb! Ted is a pretty amazing climber (see the Pine Flat [time trial results](#)) and dropped everyone. We got to the top of Sweetwater and the rain started. It was a light rain, but enough to get us pretty well soaked. We decided then to cut out the coastal part of the ride. Ted, Jady, and I went over Harrison on the way back, where both of them dropped me on the climb, while the other two headed in on Green Valley.

I must say, I got my desired workout hanging with those guys. I once said that tri guys can't climb, but I have to eat my words. It was a good day on the bike despite the rain. Thanks to those who braved the weather and showed up."

Also on the same wet day, Rose Mello had a 35-miler from Santa Rosa up to the airport neighborhood, by way of Sebastopol. Rose checks in: "The weather was grey and the group was small, but we did do the ride. It was dry but cold on the way north, and we were looking forward to something hot to drink (at Kaffe Mocha). On the return ride home we weren't so lucky: it started raining and it didn't stop."

On the last weekend in January, the dicey weather had dialed itself back to the point where we could once again consider longer riders without dread and foreboding. First up on Saturday, January 30 was Rick Sawyer's B-tempo exploration of Cavedale and Trinity. Rick especially set the ride up to appeal to moderate riders who might otherwise not attempt the daunting slopes of Cavedale on a faster hammer ride (where it might more typically appear), but, alas, the still slightly sketchy weather forecast probably kept away some of those fair-weather friends. As it was, about 20 riders showed up for the start at Howarth Park. Even though some of those in attendance could have lit it up at C or even D tempo, everyone honored the B listing and kept it mellow throughout. Things did of course spread out on the climbs of Lawndale and Cavedale, but regroups at the market in Glen Ellen and at the Trinity fire house let the group regather itself. After that though, things did fall apart a little. There was another regroup called for at the Glen Ellen Market on our second pass through the town, but about half the group skipped it, either intentionally or cluelessly. The result was a much reduced core group riding back to the finish. But at least this smaller group still hung together. In the end, it never rained, and the few damp spots around the course never caught anyone out. It was about as nice as we have any right to expect it to be on the last weekend in January.

Mike and Janice Eunice had a 30-mile A ride on this day too, from Ragle Park to the Windsor Town Green and back. Janice reports that eleven riders showed up and that the ride went well from start to finish, with no mishaps and lots of happy riders.

Jack Hartnett wrapped up January for 2010 with a Sunday ride out of Healdsburg, visiting most of the usual Wine Country haunts. He sent us this note about it: "Great ride today out of City Hall in Healdsburg. Approximately 30 riders showed up. Foggy the first half-hour, then the sun broke out before we got to the Dutcher Creek climb. Alexander Valley was gorgeous, with big puffy clouds over the vineyards. A beautiful day and great time with our group, including a nice stop at Jimtown for snacks. No accidents and just a few flats."

"Just a few flats" sounds like a few too many, but flats are a fact of life for winter riding. Theories abound as to why we get more flats in the wet winter, but I've never heard one yet that seems to really be a satisfactory, end-of-discussion answer. Their fact-of-life reality is clearly demonstrated by the events on Charles Beck's King Ridge ride from the first weekend in February. Charles posted a long, picturesque account of the adventure to the chat list—too long to reproduce here—but I'll attempt a distillation of it. The wet weather had returned for this day, wet enough at least that Janice Oakley officially cancelled her Mustard Patch ride up to Jimtown. But Charles is made of sterner—or perhaps stupider—stuff and

— *Continued on page 6*

RIDE SCHEDULE

PDF route slips available at www.srcc.com...go to Calendar of Rides

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.

SATURDAY • MARCH 6

King Ridge Express

5/C/120 • 8600' • 5/C/95
8:30 AM Willowside School

R on Hall > L on Sanford > R on Occi > R on bike path > L on Grey > R on Railroad > L on Graton > R on Boho > L on Moscow (*rest stop in Duncans Mills*) > R on River > L on Caz Hwy > King Ridge > R on Tin Barn > L on Stewarts Pt > L on Hwy 1 > L on Fort Ross > Meyers Grade > L on Hwy 1 > L on Hwy 116 > > R on Moscow (*rest stop in Duncans Mills*) > L on Boho > R on River > R on Hwy 116 > R on Mays Canyon > R on 116 > R on Green Valley > R on bike path > L on Occidental > L on Sanford > R on Hall to finish. *Short route (no assigned leader): from King Ridge > L on Hauser Bridge > Seaview > Rejoin long route at Fort Ross junction.*

Greg Durbin—528-4450



Cotati Circulator

2/AB/BC/24/48/72
8:00/10:00/Noon • Cotati Vets

R on Myrtle > L on Old Red > R on RR > L on Stony Point > R on Jewett > R on Pepper > R on Bodega > R on Pet-Valley Ford > R on Roblar > L on Stony Point > R on WSierra > R on Henry > (Opt. Redwood Café) > L on Charles > R on E Cotati > R on Lancaster > R on Myrtle to Park. Repeat as necessary. Reload for Sunday if rained out.

Steve Drucker—538-5256

SUNDAY • MARCH 7

Bike Trails Exploration

1.5/AB/37
9:00 AM • Santa Rosa City Hall

Prince Memorial Greenway > Santa Rosa Creek Trail > South on Fulton > Wright > R on Sebastopol Rd > Joe Rodota Trail > R on JRT spur to Morris St (in Sebastopol) > Eddy Lane path to Analay > West County Reg. Trail (with assorted road sections) to Forestville > L on Hwy116 > R on Martinelli > R on River (or frontage roads nearby...Trenton and Woolsey) > Mark West Springs > R on Riebli > Wallace > Brush Creek > L on Montecito > R on Brush Creek Trail > L on Yulupa > R on Sonoma Ave to City Hall.

Jack Hartnett—694-0922

SATURDAY • MARCH 13

Free Lunch Rides

2/A/25 • 2/B/30 • 2-3/C/40
9:30 AM • Healdsburg City Hall

B route: Mill > Westside > R on W. Dry Creek > RonYoakimBridge>RonDryCreek>Lon Canyon > R on Geyserville > L on Hwy 128 > LonGeysers>RonRedWinery>RonPine Flat>RonHwy128>RonLyttonStation> R on Lytton Springs > L on Chiquita > R on Grove to finish. *C route:* Add Magnolia loop at start and Fitch Mtn loop at finish. *A route:* in Geyserville, straight south on Geyserville Ave to R on Lytton Springs, etc. *All those who attended the January meeting (and voted in the Board election) are entitled to a free lunch at El Sombrero Taqueria after the rides. All others welcome on rides, but must pay for their own lunches. Need more March Magic miles? Join your friends in riding up from SR or other southern start points.*

A: Barbara Drucker—538-5256

B: Rick Sawyer—933-0760

C: Bill Oetinger—823-9807

SUNDAY • MARCH 14

Valley of the Moon

3/A/30+
9:00 AM • Howarth Park

L on Summerfield > L on Newanga thru park > R on Channel (*regroup*) > R on Oakmont > R on Pythian > R on Hwy 12 (*regroup*) > R on Lawndale > R on Schulz (*regroup*) > Lawndale > R on Warm Springs > L on Henno (*regroup*) > R on Dunbar > R on Arnold (*rest stop at Glen Ellen Market*) > R on Arnold Drive > L on Warm Springs to Kenwood > L on Hwy 12 > L on Pythian thru Oakmont to Channel > L thru Spring Lake Park to finish.

Ken Russeff—953-1804

SATURDAY • MARCH 20

17th Annual Apple Cider Century

3-5/C/100 • 6000' • 3/BC/100K
9:00 AM • Ragle Park

L on Ragle > L on Mill Station > L on Sullivan > L on Green Valley > R on Thomas > Maddocks > R on GV > L on Hwy 116 > L on River > R on Old Monte Rio > R on River (*regroup in Monte Rio*) > 100-K goes L in MR; 100-mile stays on River > R on Austin Creek > R on Caz Hwy > L on Ft Ross > L on Meyers Grd > L on Hwy 1 > L on River > R

on Moscow (*regroup in Duncans Mills*) > R on Boho (*rejoin 100K route*) > R on Bodega > L on VF-Freestone > L on Hwy 1 > R on Middle > R on Marsh > L on Franklin School > L on Whitaker Bluff > R on Middle > L on DB (*regroup in Tomales*) > So on Hwy 1 > L on Tom-Pet > L on Twin Bridge > R on Carmody > L on Pet-VF > R on Bloomfield > L on Pleasant Hill > L on Covert to park.

100 mile: Bill Oetinger—823-9807
100 K: John Russell—566-0300

Santa Rosa—Penngrove

2/A/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 RR > 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 Jav' 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 Rd > L on Farmers Lane > R on Hoen > L on Summerfield > to Park

Barbara Drucker—538-5256

Carole Kolnes—838-3988

SUNDAY • MARCH 21

Sweet Tooth Ride

2-3/AB/35

9:00 AM • Ragle Park

R on Ragle > L on Bodega Hwy > R on Pleasant Hill > R on Bloomfield > L on Canfield > R on Roblar > R on Pet-Valley Ford > Hwy 1 > R on Valley Ford-Freestone > R on Bodega Hwy > L on Bohemian Hwy (*rest stop at Wildflour Bakery, Freestone*) > R on Boho > L on Bodega Hwy > R on Barnett Valley > L on Burnside > L on Watertrough > R on Bodega Hwy > L on Ragle to park.

Rose Mello—543-5889

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Julliard Park

An introductory ride for novice cyclists (but veteran riders are welcome too). Easy, social pace. Plenty of opportunities for learning bike skills with supportive, experienced mentors. Instruction in working on bikes on request.

Mike & Janice Eunice—575-9439

SATURDAY • MARCH 27

Trinity Grade—Alexander Valley

3-5/C/82

9:00 AM • Village Market
(Hwy 12 & Mountain Hawk)

R on Mountain Hawk > Queen Anne > L on Melita > R on Montgomery > L on Channel > bike path > Thru Oakmont > R on Hwy 12 > R on Lawndale > R on Warm Springs > L on Arnold > L on Dunbar > R on Trinity (*regroup at fire station*) > Dry Creek > Oakville Grade > L on Hwy 29 > R on Oakville Cross > L on Silverado Trail > L on Brannan > L on Lincoln (*rest stop at coffee shop*) > R on Lincoln > L on Grant, > Myrtle Dale > R on Tubbs > L on Bennett > R on 128 > L on Chalk Hill > L on Pleasant > R on Faight > L on Old Red > L on Mark West > R on Riebli > R on Wallace > L on Badger > R on Calistoga > L on Dupont > R on St Francis > L on Raters > R on Mountain Hawk.

Don Graham—538-3664

Double County • Double Metric

2/BC/126

7:30 AM • Howarth Park

Thru SR to Third > Hall > R on Willowside > L on Piner > R on Olivet > L on River > R on Slusser > R on Windsor > L on Reiman > R on Starr > L on Old Red > H'burg Ave > Thru town to H'burg Ave north > L on Lytton Springs > R on Geyserville > R on Hwy 128 > L on Bale > R on Silverado Trail > L on Oak Knoll > L on Solano > R on Orchard > L on Dry Creek > R on Redwood > L on Westview > L on Browns Valley > R on Thompson > L on Congress Valley > R on Old Sonoma > R on Hwy 121 > L on Duhig > Ramal > L on Acacia > R on Burndale > L on Napa > R on Denmark > Bike path to E. Second > L on bike path > R on W. Fifth (unsigned) > L on Verano > R on Railroad > L on Boyes > R on Arnold > L on Warm Springs > L on Hwy 12 > L on Pythian > Thru Oakmont to Channel > L thru park > R on Newanga > R on Hoen > R on Summerfield to finish. *Quality miles without monster hills. Minimal stops at Jintown, Calistoga, Browns Valley, and Glen Ellen. Reload for Sunday if rained out.*

Steve Drucker—538-5256

Double Century Season Tune-up

5/D/144 • 16,000'

7:00 AM • Badass Coffee (WFC)

North to Healdsburg on Old Red > Westside > R on West Dry Creek > R on Yoakim Bridge > L on Dry Creek > Skaggs > L on Hwy 1 > L on Kruse Ranch > R on Seaview > R on Timber Cove > L on Hwy 1 > L on Fort Ross

> R on Meyers Grade > L on Hwy 1 > L on Coleman Valley > L on Boho > R on Graton > L on Harrison Grd > L on Green Valley > L on Hwy 116 > L on Mays Canyon > L on 116 > Armstrong Woods > R on Sweetwater > R on Westside > L on Wohler > L on River > Woolsey > R on River > Mark West.

Matt Wilson—495-3980

SUNDAY • MARCH 28

A Tandem Ride for Robert

2-3/B/45

9:00 AM • San Miguel School

L on Faight > R on Airport > L on N. Laughlin > R on Laughlin > R on Slusser > L on Mark West > R on Trenton-H'burg > L on Eastside > R on Wohler Bridge > R on Westside > L on West Dry Creek > R on Lambert Bridge (*regroup at Dry Creek Store*) > L on Dry Creek > L on Lytton Springs > L on Lytton Station > L on Alexander Valley > Hwy 128 (*regroup at Jintown Store*) > L on 128 > R on Chalk Hill > L on Pleasant > R on Faight. *Robert Rand led these dedicated tandem rides for many years, so with Robert in mind, bring out your tandems. Singles welcome.*

Craig Gaever—545-4133

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

(All leaderless C rides are decide-&-ride)

Friendly Fridays

A • 25-30 • 9:00 AM

Same schedule as other Friday rides

(Fifth Fridays: call Janice)

Janice Eunice—575-9439

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—573-6882

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

More BACKROADS & BREAKAWAYS

was still determined, on this day of potential rain, to head for the rainiest place in the North Bay: Cazadero and the cloud-combing ridges beyond. Only Paul Stimson and Darrin Jenkins showed up to be his codependents in this stupidity. Okay, let's be fair: these guys are not stupid; are in fact all above-average smart. But all of us, at one time or another, have been afflicted with this particular brand of weather-related delusion, which can look a lot like stupidity. Anyway, off they went, in occasional contact with some riders from Davis, who, having made the long drive to the mecca of west county roads, were determined to ride, regardless of the weather. Needless to say, they did get rained on. No surprise there. They also suffered enough flats to use up every single spare tube they had between them. Fixing flats is no fun at the best of times. Fixing flats in the cold rain is purely miserable. Patching tubes after all the spares have been used up is beyond the pale. So, in their miserable tubelessness, they cut out the gratuitously punishing leg up and over Coleman Valley (or the hilariously absurd alternative: Willow Creek) and beat as hasty a retreat as they could manage: up Boho to the finish in Occidental.

Charles tells us he joined the 230 or so loons who did the first on-road, off-road scramble of the Grasshopper season on the previous weekend. "Did the Old Caz Hopper last Saturday. Levi raced it on a cross bike with other top end riders. Lots of mud and the creek crossing was close to thigh deep. I did end up with a mid-pack finish, which by my standards was quite OK." There was a very entertaining video made with helmet cam during last year's race. I asked Charles about a repeat this year. "Last year it was Geoff Kabush who shot the Old Caz footage. Geoff had a #5 world mountain bike ranking then. Had he been here this year, it would have been quite a finish. I don't think Levi could have beaten him over the Old Caz terrain. Levi rode with a top local this year and I think let him get the W. Next Hopper—Chileno Valley—finishes at my house, since the last leg is Joy. I'm going to open the studio for those interested, in that they will have just ridden much of the landscape I paint. It means I need to be here so I'll skip the race."

So the two club rides on Saturday were—more or less—wash-outs. But by Sunday, all that funky weather had moved on and riding was again a reasonable premise. The only ride on the schedule was Susan Hester's AB ride from Howarth Park out to Mom's for some pie. Susan reports: "Although the weather was very cold in the morning, it warmed up in the afternoon. Thirty-plus on the ride, including a couple of families with kids. A few new members and one non-member. Three flats, but nothing more serious that I heard of. Mom's Apple Pie was wonderful, as always."

But that schedule left most of the C riders out in the cold. However, we are a resourceful bunch. Having been shut out of our scheduled rides on Saturday, we improvised on Sunday. Janice revisited her ride a day later and drew a good crowd. Bill Carroll announced—on the chat list—a ride out of east Santa Rosa that went up Jimtown way, and he too had a nice crowd and a nice ride. I went off in the other direction to scout out a century route down in Marin and San Francisco. (Look for the listing in April.) It was as glorious as a day in mid-winter can be, after the storms have scrubbed the skies clean. Crystal clear, with the temps somewhere between bracing and balmy, depending on whether you were in the sun or the shade, climbing or descending. And all of this while much

of the rest of the country was "buried" and "paralyzed" under the worst snowstorm in recent memory. California has its share of problems, for sure, but sometimes we get a reminder like this as to why so many people like living here.

The next weekend included Valentine's Day, so that meant it was time again for Steve and Jessie Kroeck's annual Sweetheart Ride, which this year was held in conjunction with a shorter B ride, led by Dave Batt. I had to miss it this year and asked Steve how it went: "It was great. Even better than last year when we greeted you folks in PJ's! Jessie counted 30 at the start, not including the B-riders. We didn't end up with that many but we all stayed together until Bloomfield, regrouped at the top of Burnside, again in Occidental, and for the last time in Monte Rio. We had our usual fun down Bohemian Highway and along Westside, just like the old days. At the end about ten of us enjoyed coffee (and brownies made by Susan Noble) at Coffee Catz. I don't have any records, but I'm thinking this must have been around the 20th year we've done this ride. I remember you used to call it *La Primavera* when it was considered the first 'major' on the ride list calendar. Now it's just another 'in-betweenner.'"

In fact, the first Valentine's weekend ride listed by Steve and Jessie was in 1994, so this is only the 17th edition. That first one was called the Western Hills Spring Classic and staged out of Piner High. 40 riders attended, and I can still remember how hot the pace was...crazy attacks, all day long, which is what Steve is referring to when he mentions "our usual fun." This is a ride that has had more than its fair share of rain-outs over the years, but this year the weather was pretty darn nice. Misty to begin, but with the sun burning through by mid-morning. A lovely day.

Rick Sawyer sent in this note about the shorter B ride that started with the Kroeck's CD group: "The B version of the Sweetheart ride, Dave Batt leading, had about 15 riders, although maybe a small number of those rode the CD route at just a slower pace than that faster group. We almost immediately split into two subgroups because of flats, the first of those happening just ten minutes or so into the ride. There were at least three others in the first ten miles (two by Kim Nelson alone, due to a bad tire split, eventually discovered and booted). So the rear seven or eight lost touch with the other half, who had been ahead and didn't know what happened. Dave stayed at the back all day, herding the last of the riders...very courteous of him. With no rest stops for the entire B route, we were glad to get to Coffee Catz, where a bit later the main body of the CD group rolled in. We had a fun time there, having coffee and gabbing. Nice day and fun to see so many of our clubmates, thanks to the multi-tempo aspect."

Sunday's weather was even better than Saturday's. It was one of those balmy winter days that I call a false-Spring: so nice, it seems as if winter is really over and spring has arrived. (But more rainy days still lie ahead of us; this is only a brief hiatus.) Sue Bennett had listed an AB ride from SR up to Windsor: She reports: "Sunday's ride was great! 23 riders, many decked out in Valentine's red, were at the start, including three tandems (quite appropriate for Valentine's Day). Three more riders joined in along the way. About 30 minutes into the ride the fog started clearing and we soon had sunny skies, making everyone smile. The only glitch was that we discovered our planned rest stop site—Anna's Coffee in Windsor—is closed on Sundays. No problem; we just moved on to Windsor Town Green for our coffee stop. For the first time in a long time, it was sunny, and we made the most of it."

SRCC Randonneurs' 2010 Season **Bike shops, discounts, & donations**

Randonneuring is long-distance, unsupported, endurance cycling. This style of riding is non-competitive in nature, and self-sufficiency is paramount. When riders participate in a *randonnée*, or long ramble in the countryside, they are part of a long tradition that goes back to the beginning of the sport of cycling in France and Italy. Friendly camaraderie, not competition, is the hallmark of randonneuring.

Brevets become progressively longer during the season, beginning at 200-km, then 300-km, 400-km, 600-km. These are timed events and are based upon an 11 to 21-mph average run, rain or shine. There are *controles* spaced about two hours apart, typically at a convenience store, for the riders to refuel and obtain a receipt as proof that they were on course and on time. (The Santa Rosa Cycling Club likes to pamper its riders with staffed *controles* and social receptions at the finish.) Completing this challenging series entitles the rider to enter even longer events such as the quadrennial Paris-Brest-Paris or Davis' Gold Rush Randonnée.

Brevets can be loops or out-and-backs, as ours are this year:

March 13: 200-km; Healdsburg to Napa

April 10: 300-km; Healdsburg to the Point Reyes Light Station

May 8: 400-km; Santa Rosa to Clearlake

June 5: 600-km; Santa Rosa to Winters

Riding such long events can seem daunting, and the first attempt may be a struggle, as you learn about yourself and your gear. But these rides are so rewarding, as you travel from town to town at a pace that allows you to take in the scenery and enjoy the companionship of your fellow riders. A 200-km is a long century and the 300-km or 400-km are about like double centuries. But the 600-km is truly a humbling experience, riding under the stars and into a welcoming sunrise. I struggle to find enough words of praise for the organizers and riders as they share their wisdom and support you in reaching your goals. — *Robert Redmond*

For more information on our randonneur season, visit that [page](#) at the club website. Or visit www.RUSA.org.

Club tours open for registration

There are—so far—two multi-day club tours planned for 2010. Both have full preview write-ups and entry forms currently available as pdf's at the club website (in the main [menu](#) on the home page).

The Mother Lode Tour is a full, seven-stage, week-long tour in the Gold Country foothills of the Western Sierra, scheduled for the perfect spring weather of May 15-23. While it is a hilly, challenging tour, it should be noted that there are shorter, usually less hilly options each day, so the tour is accessible for moderate riders. Not beginners, but stronger moderates. We have about 30 participants signed up at present, and we would be comfortable accepting another half-dozen or even ten entries.

The Alpine Road Trip is a three-stage mini-tour working out of Grover Hot Springs, in the region of the Markleeville Death Ride. Dates for this tour are July 21-24. Registration for this tour has just opened and entries are trickling in. We have reserved enough campsites to accommodate 25 people, although more could join in if they chose to stay in nearby motels.

SRCC cooperative tours are one of the most affordable and enjoyable vacation experiences you'll find anywhere. Check 'em out!

A new program is being implemented in some local bike shops with respect to the discounts extended to members of the Santa Rosa Cycling Club (and also to members of the Sonoma County Bicycle Coalition and the Sonoma County Trails Council).

Most local bike shops give a 10% discount on purchases (with some exceptions) to customers who show a membership card for one of these organizations. This benefits the individual members, but doesn't help the finances of the various organizations. To balance this out a little, Jim Keene of NorCal Bike Sport has proposed a new system: purchases to card-carrying members will still be discounted by 10%, but 5% will go to the customer and the other 5% will be contributed to a fund for the Coalition and the Trails Council. The store's retail computers can easily log the data, and the funds collected will be disbursed to the organizations on a regular basis, providing a steady revenue stream for those groups.

In contrast to the Coalition and Council, the Santa Rosa Cycling Club has a fairly reliable money-maker in the annual Wine Country Century. We clear enough funds on the event to support the club and its activities for the year, and also support, to some degree, the other two groups, which do not have a similar money-maker on their calendars. In discussions with Keene, the SRCC Board has made it clear that the SRCC does not need and does not want any discount funds directed to the club, even if bike club membership cards are used to invoke the discount. We want all funds collected in this program to be directed to the two advocacy groups.

Both of these organizations can benefit from such a funding mechanism. In theory at least, this more-or-less steady revenue stream will allow the workers at the Coalition and Trails Council to spend less time on fund-raising and more time on their core tasks of advocacy. Both organizations are supported in their worthy efforts by donations from others, including not only the SRCC but many of the local bike shops.

Think about that for a moment: the bike shops give up 10% of their gross to the individual members of these organizations, and then they are frequently asked to make additional donations to the same organizations. So they are in effect giving twice over. NorCal's policy means that, instead of the bike shops taking a hit twice on this (a discount to members and then a donation to the organizations), the members will in effect be bankrolling their own organizations with the 5% set-aside on each purchase.

Keene tells us he has been discussing the new program with other bike shop principals around the region. Others may be joining in the new program. So far, we know that West County Revolution is setting up a similar program. It may be slightly different in its nuts-&-bolts details, but it will still feature the 5%-5% share-out.

It's entirely possible that some of you will not be happy about losing half of your personal discount on bike shop purchases. If so, you can look for shops still offering the full 10% off. But we hope most of you will look at the big picture: at the good work being done by the coalition and the trails council, work that eventually benefits all of us in the local bike community. The next time you pick up a couple of new tires or a pair of gloves or shorts, your savings may be a few dollars less than they used to be. But those few dollars out of your pocket, added to a few dollars out of the pockets of all the other bike shop customers, will add up to many dollars supporting the organizations that do so much to support cycling in this region.

SANTA ROSA CYCLING CLUB

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- Vice-President: Craig Gaevert.....545-4133
- Secretary: Rick Sawyer933-0760
- Treasurer: Greg Durbin528-4450
- Officers at Large
- Rose Mello.....543-5889
- Janice Oakley568-7062
- Richard Anderson431-0374
- Gordon Stewart823-0941
- Don Graham538-3664
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates.....526-3512
- Membership registration: Gordon Stewart.....823-0941
- Meeting program coordinator: JoAnne Cohn.....566-9169

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, March 10 • 6:30 PM

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

**Bill Oetinger presents Part 2 (Stages 7-14)
Provence-Alpes Tour slide show**

Wednesday, April 14

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, March 4 • 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, April 8

• Directory of WCC Committee Chairs •

- Chair Bruce Hopfengardner, 494-1155, winecountrycentury@gmail.com
- Vol. coordinator ..Kimberly Hoffman, 579-3754, kdhoffman10@yahoo.com
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- Monte Rio Bunni Zimberoff, 544-3999, bunnizim@gmail.com
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