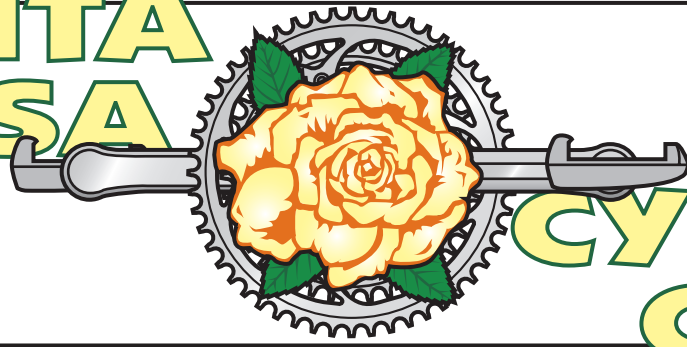


SANTA ROSA



IT'S TT TIME!
See page 7 for more info...

CYCLING CLUB

JUNE 2010 NEWSLETTER

WCC 2010: ONE OF THE BEST EVER

The old adage, “April showers bring May flowers” seems to imply that, while April will be rainy, May is supposed to be fair. Real weather is never quite that tidy though, and with our big bike ride—the Wine Country Century—on the first Saturday in May each year, we always run the risk of catching the last blast of April showers, slopping over from one page of the calendar to the next.

Last year, we were on the wrong side of that line: we got nailed by rain all day long. It was miserable. This year, the 350 volunteers and 2500 riders probably felt Mother Nature owed us one. All the weather forecasts were promising us a nice day, but after last year, we were still a little nervous. But the old adage proved out this time around. It was cold and rainy right up through Thursday, April 29. It finally cleared off and warmed up a little on Friday, and on Saturday—WCC day—it was just about as nice as a spring day in Northern California can be. It was a comfortable 50° as the riders departed Wells Fargo Center in the morning, and it hit a high of 80° in mid-afternoon. The only issue of any note with the weather was a stout wind out of the NNW, all day long. Riders had to hammer into it heading up to the lunch stop, and out on the coast, on the 200-K, the gusts were powerful enough to make one wonder about being knocked over. But after lunch, it was payback time, as riders were carried along, heading south through Alexander Valley, on a very useful tailwind...a nice way to end the day.

So the weather cooperated. How did the rest of the day go? It went just about as flawlessly as an event of this sort can go. Thanks to the planning and hard work of our event Chair Bruce Hopfengardner, our many experienced committee chairs, and our many, many, many busy, cheerful volunteers, the whole production ran like a Swiss watch. Check-in went smoothly. Rest stops were models of efficiency (not to mention dishing up excellent ride chow). Supplies were where they were supposed to be when they were supposed to be there. But don't take our word for it. Read some of the notes from happy riders, reprinted elsewhere in this newsletter.

For the most part, things went smoothly on the roads as well: most riders were riding responsibly and most motorists were patient and even cheerfully courteous in their interactions with the hordes of bikes. Lest someone accuse us of glossing over a more complicated reality, we do concede that there were a few frictions here and there between cars and bikes. It would be strange if there weren't a few such flash points, as there are always a few clueless riders and always a few rude or impatient drivers. But overall, the

positives far outweighed the negatives. We also had a very short list of crashes and injuries, with, as far as we know, just one crash requiring medical attention. With almost 250,000 miles ridden on the day, amongst all our visitors, that is quite remarkable.

We can't take credit for the great weather (except in picking a date when it's *usually* going to be nice). Nor can we take credit for the scenery (except for laying out good routes that take advantage of the wonderful scenery Sonoma County has to offer). But we can—all of us—take a bow for the great support we provide to all of our guests. Anyone can put on a ride along our pretty back roads, and anyone can get lucky with a day of perfect Spring weather. But the support the club put together for the event is no accident or happenstance. It's down to all of you...you're the best.

A letter from WCC Chair Bruce Hopfengardner:

Please accept my congratulations and appreciation for another safe, successful, and fun Wine Country Century.

Safety is always an important factor in any large event. According to the California Highway Patrol, the WCC had only one incident involving one of our registered riders. Since the incident is under investigation, there are few details available to us. The only reported bike crash occurred near Graton and resulted in non-life-threatening injuries for two riders.

I talked to numerous riders before, during and after the ride and their comments included:

- Best supported ride.
- Everyone was so friendly.
- Fantastic food, but how do you expect us to ride now?
- Perfect weather; thanks for the tailwind.
- When is the next one?
- And the comment that sums everything up the best: “Wow!”

There is no possibility the Wine Country Century could occur without the countless, selfless hours so many of you put into this ride. Whether you participated in the numerous committees at Wells Fargo, worked on the course, or operated a rest stop, your participation allowed this to be another example of the reason the SRCC rides and tours remain among the best.

Thanks again for your help and support...now, who wants to go for a ride?

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for May

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, May 12. 80 members and friends were present.
- 2. Treasurer's Report:** Greg Durbin announced the club's bank account balances, as of April 30.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1312 (combining individual and family memberships). Liz Sinna acted as host at the New Member Table.
- 4. Brevets:** Bob Redmond reported on the recent 400-K brevet. He noted that we will need a little help with rest stops at the upcoming 600-K. Talk to Bob if you want to assist; visit the club [Brevet web page](#) for more information.
- 5. Club rides:** Ride Director Bill Oetinger noted that, as he will be away on the Mother Lode Tour during the time when the June newsletter would normally be produced (May 15-23), he hoped to have most of the June ride list nailed down before that time, and in fact, the ride list was full before the meeting.
- 6. Expo Booth:** Don Graham reminded members that we will have a booth at the Tour of California finish-line Expo on Monday, May 17. He asked for a few more members to help out.
- 7. TT:** Terrible Two Chair Craig Gaevvert reported on prep work for the event on June 19. (*See article on page 7.*)
- 8. . WCC:** An open discussion took place, with members sharing observations about the event. Chair Bruce Hopfengardner is planning a final debriefing with committee chairs. (*See article on page 1 about WCC and item in B&B about WCC Workers' Ride.*)
- 9. Welcome:** Board members Greg Durbin and Rick Sawyer noted that they are ready to begin a program of introductory phone calls to new members who agree—on their membership application—to receive such a call. (Being called is optional.) A New Members Welcome Ride is planned for June 5.
- 10. Tours:** Ride Director Bill Oetinger noted that both club tours are effectively full at this point.
- 11. Holiday Party:** The Board voted to hold the 2010 holiday dinner party at the Flamingo Hotel.
- 12. Featured presentation:** Eric Peterson gave an informative talk on emergency medical practices on bike rides: what to do in the event of a crash or other medical emergency.

Burning Horses by Aggie Hoff

SRCC member Aggie Hoff has recently had a new book published. It will be available from Borders (\$24.95) and Amazon (\$16.47) on June 15th. You can pre-order from either source, with delivery starting June 21st. (Or request it at a local book store.)

This fictionalized account of real-life occurrences chronicles one woman's amazing survival of the Hungarian Holocaust. Through Aggie Hoff's creative first-person telling of her mother's life—based on her mother's written and oral observations as well as Aggie Hoff's own childhood memories as a 7-9 year old child—a portrait of the remarkable Eva Leopold emerges. After spending an idyllic childhood on a pastoral estate in rural Hungary, Eva settled in

Letter from the President

— Donn King —

We hope members are noticing that we are working to make new members feel welcome and more integrated into club life. Cycling is growing in popularity, and more and more people are discovering the healthful, environmental, and utilitarian benefits of bicycling, and as a result, the club is growing rapidly. But while there is a strong core group in the Santa Rosa Cycling Club that attends meetings, volunteers to chair committees, takes on projects, and leads rides, there are many other members we never see. How can we expand that core group and make sure that all members know they are welcome to participate?

The heart and soul of our mission statement is to provide and promote opportunities to ride bikes, so let's start there. When new members come on our rides, they are often apprehensive. They wonder, will I be able to keep up? Will the rides be friendly? Will the ride leaders be aware of me? Unfortunately, I hear too often of new members who went on a club ride for the first time and no one even said hello or introduced themselves. Sometimes new members say that the pace of the ride was misrepresented and they were left alone in a cloud of dust. Members who have been around awhile know what to expect from a ride, know the ride leaders and their various styles, and can usually find someone to ride with. But new members don't yet have this comfort zone. This need for inclusion is not limited to inexperienced or weaker riders. Anyone who comes out to a ride wants some degree of comfort and acceptance, and this has to come from our members and ride leaders.

Please, look around the group in the morning before the ride starts and see the faces that you don't recognize. Introduce yourself or make a mental note to introduce yourself once the ride gets started. Check in with new members or riders who are on their first SRCC ride. Ask how it's going. Try to remember how it felt to be new and worried about keeping up. Ride leaders, find out before the ride starts if everyone knows the route and the geography. A ride leader's responsibility is to all riders within the parameters of the advertised pace. Ride leaders must be prepared to stay with the slowest riders within those parameters. Riders who turn out for your ride and who are not capable of the slowest advertised speed must be accounted for and assisted to make other arrangements, not simply dropped.

Anyone can go out for a bike ride, but people join bike clubs to meet others and build a social network. It would be great if our club had the reputation of not only putting on great rides, but also of being the friendliest bike club around.

Budapest, where despite having been raised Catholic by parents who'd converted from Judaism, and being married to a gentile, Eva was considered Jewish by the Nazi regime. Beginning in 1944, when exemptions for Jewish women married to gentiles were lifted, her daily life was dominated by desperate attempts to stay alive, avoid deportation to a death camp, and protect her family, which included Aggie and her older sister. Initially saved by taking shelter in the Papal Legation, Eva and her two daughters also hid in the air raid shelter in the basement of the family's apartment building, which disappeared when the building went up in flames.

My wife and I read the manuscript over a year ago and were captivated and enthralled with Aggie's story. We can't recommend it enough and definitely give it five stars. — Doug Newberg

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.

We begin with the club rides on the final weekend in April, one week before the Wine Country Century. A traditional listing for that weekend is the Clear Lake Double Metric, which begins and ends in Healdsburg and makes a big loop up into Lake County. Tony Lee was leading the CD group and I was leading the BC group, with my group getting a head start of half an hour. 16 riders showed up for my start, and most of them looked a lot faster than the listed BC tempo. They all assured us they were “just going to be taking it easy”...yeah, right! Off they went, with a handful of true BC’s dropped before the first big climb on Ida Clayton. Meanwhile, Tony had nine show up for the CD start. It only took the fastest of this faster group until the top of the first Ida climb to reel in the BC bunch...the real BC’s. When the fast group and the slower riders from the early group arrived at the first rest stop in Middletown, the rest of the early starters were already done with their stop and were rolling out. And so it went: again, at the second stop at Soda Bay, along Clear Lake, the faster riders were just leaving when the slower riders arrived. In the end though, it didn’t really matter what pace anyone was doing. It was a splendid day all around. Temps were brisk but not brutal at the start, and it warmed up nicely as the day rolled along. What’s more, we ended up being blown home by a big, booming tailwind, from Hopland on south. Mind you, we paid for that on some of the northerly runs along Clear Lake, but overall, it seemed as if we got the better of it. In addition to the pleasant weather and the generally lovely scenery throughout, we were treated to several magnificent spreads of wildflowers at the peak of their springtime efflorescence, including whole meadows carpeted in blue lupine along Siegler Canyon...picture postcard stuff! Also magnificent was the vista from the top of Hopland Grade: beautiful Clear Lake in the middle distance and, on the northern horizon, the highest peaks in the Mayacamas—Snow Mountain and Hull Mountain—covered in a blanket of sparkling snow, a rather unusual sight for this late in the season.

On the same day, but a little closer to home, Sue Bennett had an AB ride of 40 miles out of Howarth Park, heading for Sebastopol. Sue sent us this note about the ride: “Over 30 people turned out for the April 24th ride, even though it was, for all practical purposes, the same ride Larry Fredrick led the week before. But it is a good route. The front of the group and the back got rather separated, but I heard no reports of any problems. At the regroup at Cotati Plaza, there was a family with at least four huge snakes sunning themselves in the grass. Weird. The route through Sebastopol kept us mostly away from the Apple Blossom parade. On the short jaunt down Petaluma Avenue, the group I was with were mixed in with two big floats which were ever-so-slowly returning to the parade staging area. At least, being stuck between the floats, we were protected from the car traffic. All in all, great weather and a wonderful ride.”

On Sunday, we had a new ride leader taking the plunge: John Olson listed a 78-mile B ride out of Youth Community Park that ventured as far north as Cloverdale. John tells us around two dozen riders answered the call, including a couple who had never ridden that far but did it on this day, helped perhaps on the return run by the same

north wind that had blown us home on Saturday. Others reported that John did a good job with his first ride lead, remembering the waiver form and the route slips and making sure the slower riders were accounted for. Thank you, John. It was also noted that the general demographic for the group was closer to C than the listed BC, not surprising perhaps with a route of nearly 80 miles. I don’t know whether this is a problem looking for a solution or just a fact of life for club rides. There are a few B or BC-level ride leaders who like to lead big rides; rides that typically appeal to the more hardcore sensibilities of the C and CD crowd. On this weekend in particular, if you didn’t want a ride as ambitious as the CLDM’s 120+ miles, then this ride was going to be it for you, regardless of whether it was nominally B or BC or C.

Speaking of more ambitious rides...this was also the weekend of the Devil Mountain Double over in the East Bay, stage # 2 in the CTC Stage Race. Once again, our own Marc Moons finished first, only this time tied with rival Robert Choi in a time of 12:14. So it’ll be a *mano a mano* challenge between the two of them at the Terrible Two to see who wins the 2010 Stage Race. Marc has a 37-minute lead, but we found out recently that while Marc may have taken 37 minutes out of Robert at Stage # 1 (Mulholland) last month, in fact Robert was only two minutes behind Marc near the end when he went off-course and got lost, thus accounting for Marc’s big margin of victory. Well hey, knowing the course is part of being a complete rider, and it counts, regardless. But it does mean the finale at the Terrible Two could be a lot closer than that 37-minute gap might indicate. We shall see, later this month. Other clubsters finishing Devil Mountain: Barley Forsman, Ken Cabeen, Karl Kuhn, Paul Stimson, Craig Robertson, John Witkowicki, Frank Pedrick, and Karen Thompson, all with very respectable times. Congratulations to all of these superb riders. Devil Mountain is every bit as tough as the TT, and that’s as tough as it gets. All the elation of those great finishes at DMD was tempered a bit when news began to filter in that a rider had died of a heart attack during the double, and it was someone many of us knew. Tom Milton, a bright and congenial gentleman, departed this mortal coil on the slopes of Mount Hamilton. Tom did the TT last year and wrote a very kind and thoughtful thank-you note to us afterward, which we published in the [August](#), 2009 newsletter. A [memorial page](#) has been set up for friends of Tom to share their thoughts about him at the CTC website.

I believe this was the weekend of the Chico Wildflower Century too. The only SRCC member we know of who did it is Jack Hartnett. We used to have tons of SRCCers doing this one every year. Why that big migration to Chico has dropped off, I don’t know. But perhaps there were several members there this year and we just don’t know about them. If you do a big ride, drop us a line and tell us about it. We want to know. It helps us to keep abreast of conditions at some of these events: how is the support these days, etc. Don’t be shy. Don’t think of it as bragging; think of it as sharing.

That wraps up April and brings us to our big event of the year, the Wine Country Century, about which you can read much more elsewhere in this issue. While most of us were involved in the WCC in some way or other, a couple of our gang took themselves off to Southern California for another double century. This was the Borrego Double Ordeal which, as the name implies, is based in Borrego Springs. It uses a lot of the roads we explored on our epic Southern Peaks Tour a few years back. (Northern Californians

—Continued on page 6

RIDE SCHEDULE

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.

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

TUESDAYS • JUNE 1, 7, etc

Tuesday Night Rides

B tempo • approx 40 miles
5:30 PM • Howarth Park

Easy, social rides after work, every Tuesday in June. If the response is good and we're having fun, we'll move this to the Regular Rides listing, at least for the summer. Intended to finish before dark, but lights and reflectors advisable.

John Olson—916-222-2858

SATURDAY • JUNE 5

New Member Welcome Rides

2/A/24 • 3/B/40 • 2/C/53
9:30 AM • Windsor Town Green

A Route: West on McClelland > L on Windsor > R on Windsor River > R on Eastside > L on Old Red (*regroup at Memorial Beach*) > North on Healdsburg Ave > L on Mill > Westside > L on Wohler (*regroup at Wohler Bridge*) > L on Eastside > R on Windsor River > L on Bell > Windsor Town Green.

Mike & Janice Eunice—575-9439

B Route: East on McClelland > R on Bell > L on Windsor River > R on Old Red > L on Pleasant > L on Chalk Hill > L on Hwy 128 > Alexander Valley > R on Lytton Station > R on Lytton Springs > L on Chiquita > R on Grove (*rest stop at deli, Grove at Dry Creek*) > South on Grove > Vine > R on Mill > Westside > Continue same as A route.

Kim Nelson—573-6882
Buck Hall—537-1946

C Route: Same as B route to Pine Flat Road > 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 West Dry Creek > L on Lambert Bridge (*rest stop at Dry Creek Deli*) > Retrace on Lambert Bridge > L on West Dry Creek > R on Westside > Continue same as A and B routes.

Rick Sawyer—933-0760
John Russell—566-0300

Bring a lunch or purchase one at Windsor Town Green after the rides and stick around to picnic on the Green for more meet-and-greet time. These are social rides: no one will be dropped! All members, new and old, are invited to participate. Let's get to know each other! For more miles, ride to the start.

SRCC-RUSA 600-K Brevet

6:00 AM • Healdsburg City Hall

See SRCC Brevet [web page](#) for more info.

SUNDAY • JUNE 6

Mid-County Meander

2-3/AB/46

9:00 AM • Willowside School

R on Hall > R on Willowside > R on Piner > L on Fulton > R on Airport > L on Faught > Pleasant > R on Chalk Hill > L on Hwy 128 > Alexander Valley > R on Lytton Station > R on Lytton Springs > L on Chiquita > R on Grove (*rest stop at Starbucks in the Safeway shopping center*) > R on Healdsburg Ave > Old Redwood Hwy > R on Starr > L on Mark West Station > R on Slusser > R on River > L on Old Trenton (aka Woolsey) > R on Oakwild > L on W. Olivet > L on Guerneville > R on Willowside to school

Sue Bennett—523-1322

SATURDAY • JUNE 12

Big Sulphur Creek Canyon

2-3/AB/36

9:00 AM • Cloverdale Train Depot

Two out-&-backs on Geysers Road: one south to the Geysers Resort Road junction; one north to the Hwy 101 junction. A mix of rolling and moderate climbs in the creek canyon, but none of the brutally steep walls of the upper Geysers Road. A chance to experience much of the best of this wild country without the worst of the steep stuff.

Craig Gaevvert—545-4133

Social Singles Ride

3/B/48

9:30 AM • Walnut Park, Petaluma

North on Fourth > Kentucky > L on Western > L on Chileno Valley > L on Tom-Pet > L on Hwy 1 > L on Pet-Marshall > L on Wilson Hill > R (straight) on Chileno Valley > R on Windsor > L on D St > R on Fourth to Park. *Singles encouraged but all are welcome for a relaxed, social ride.*

Jocelyn Freid—415-254-5516

Santa Cruz Mountains

5/C/70 • 10,000'

9:30 AM • Saratoga

(Start at parking lot at corner of Hwy 9 and Saratoga-Los Gatos Rd) Bohlman > On Orbit > Bohlman > Montvina > Black > Gist > Skyline > Bear Creek > Upper and E. Zayante

> Quail Hollow > Glen Arbor (*lunch in Ben Lomond*) > Alba > Empire Grade > Felton-Empire > Conference > Mt Hermon > Bean Creek > Glenwood > Mt Charlie > Hwy 35 > Bear Creek > Skyline > Hwy 9 into Saratoga. *A hardcore exploration of the steep roads featured on the old Sequoia Century hilly option (known as Mr Bill's Nightmare).*

Linda Fluhrer—925-689-3056

SUNDAY • JUNE 13

Ride the Rollers to Tomales

2-3/AB/50

9:00 AM • Cotati Dog Park

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

Rose Mello—543-5889

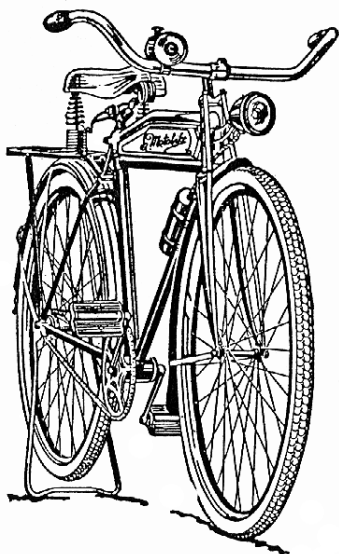
Skaggs Springs Out-&-Back

5/C/87

8:00 AM • Healdsburg City Hall

Out-&-back from Healdsburg to the Rancheria (Tin Barn junction). Lots of climbing! Lunch afterward?

Sarah Schroer—364-7560



SATURDAY • JUNE 19

35th Anniversary Terrible Two

5/CD/200 • 16,000'+

5:30 AM • Analy HS, Sebastopol

Pre-regged riders only. Reg forms available at SRCC website. Get in on the fun, either as a participant or as part of the support crew for the #1-rated double century in the California Triple Crown Series. For more info, visit [TT page](#) at club website. See article on page 7.

SUNDAY • JUNE 20

TT Celebration Ride

Approximately 10 miles
11:00 AM • Analy HS

Meet at the scene of the crime and ride with your friends up to Mom's Apple Pie for lunch and sharing memories of the day before. *Come early and work on Analy clean-up crew before the ride/lunch.*

Matt Wilson—495-3980

Wine Country Loop

3/BC/58

9:00 AM • Coffey Park

North on Coffey > 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 Yoakim Bridge > R on Dry Creek > L on Canyon > R on Geyserville > L on Hwy 128 > L on Geysers > R on Red Winery > R on Pine Flat > R on Hwy 128 (*rest stop at Jimtown*) > Retrace south on 128 > R on Chalk Hill > L on Pleasant > Faught > L on Old Red > R on Mark West Springs > River > L on Barnes > L on Dennis > R on Coffey to Park.

John Olson—916-222-2858

SATURDAY • JUNE 26

Howarth Park to Kozlowski Farm

2/AB/33

9:00 AM • Howarth Park

L on Summerfield > R on Sonoma > R on Prince Greenway > SR Creek Trail > South on Fulton (*regroup*) > R on Hall > L on Sanford > R on Occidental > R on bike path > R on Grey > L on Ross > L on Graton > R on bike path (*regroup*) > L on Green Valley > R on bike path > R on Ross Station > L into Kozlowski Farms for coffee > Retrace on Ross Station > L on Ross > L on Oak Grove > R on Hwy 116 > Bike path along 116 > L on High School > R on Eddie Lane > L on Morris > X Hwy 12 to Joe Rodota Trail (*regroup*) > L on Wright > R on JRT > L on Prince Greenway > L on Sonoma Ave > L on Summerfield to Park.

Jack Hartnett—694-0922

Sonapa Century

2-3/BC/105 • 4000'

8:00 AM • San Miguel School

L on Faught > L on Old Red > L on Mark West > R on Riebli > R on Wallace > L on Badger > R on Calistoga > L on 12 > R on Melita > R on 12 > R on Warm Springs > R on Arnold (*rest stop in Glen Ellen; 22 mi.*) > L on Boyes Blvd > R on Riverside > L on Verano > R on Fifth > L on Bike Path >

Lovall Valley > R on 7th > L on Denmark > Burndale > L on Dale > R on Ramal > Duhig > R on Hwy 121 > L on Old Sonoma > L on Congress Valley > R on Thompson > L on Browns Valley (*rest stop in Napa; 48 mi.*) > R on Westview > R on Redwood > L on Dry Creek > R on Orchard > L on Solano > R on California > L on Washington > Yount Mill > R on Hwy 29 > R on Rutherford Cross > L on Silverado Trail > L on Brannon > Wapoo > R on Grant (*rest stop in Calistoga; 79 mi.*) > Myrtdale > R on Tubbs > L on Bennett Ln > R on Hwy 128 > L on Chalk Hill > L on Pleasant > Faught. *Relatively unhillly, at least by North Bay standards.*

Bill Oetinger—823-9807

SUNDAY • JUNE 27

West Dry Creek

Litter Pick-Up Day

9:00 AM • Healdsburg City Hall
See page 8 for more info

(Turn it into a ride by riding to Healdsburg and out to your section of road. Have lunch afterward and ride home happy.)

REGULAR RIDES

Wednesday Wanna-B's

B or C • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

B: Beth Anderson—874-3685

Vin Hoagland—584-8607

Second Wednesday: Healdsburg City Hall

C: Eric Peterson—433-7737

Third Wednesday: Ragle Park, Sebastopol

B: Lowell Antze—237-7014

Fourth Wednesday: Ragle Park, Sebastopol

B: Alfred Masy—546-0898

C: Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

B: Bob Briner—799-7146

(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

might not believe it, but there is some great riding down there.) Matt Wilson and Garth Powell ably represented the club on this far-off adventure. Official results aren't out yet, but from what Matt tells us, he finished third and would have finished first except for missing a corner and logging an extra 14 miles, *a la* Robert Choi (221 miles total). Garth came in 13 minutes behind Matt. More congratulations to more stalwart SRCC riders!

Although the big show on the weekend was the WCC on Saturday, there were still two club rides on Sunday, both featuring the great road up and over the Geysers. Jocelyn Freid was yet another member leading a ride for the first time. She listed the classic, clockwise loop around the Geysers high country...47 miles at B tempo. There were eight riders at the start in Geyserville. Two went off the front early and were never seen again, but the remaining half dozen hung together around the iconic loop. Reports we received from other riders say Jocelyn did a good job of keeping things together. They weren't alone out there on the wild side either, as they crossed paths with the other club ride: the much more ambitious Fearsome Five, led by that Fearsome Flandrian, Marc Moons. This wicked ride—almost 130 miles and almost 15,000' of steep gain—follows a Death Ride format with a series of monster out-&-backs: over the Geysers twice, Pine Mountain, Ida Clayton, and Pine Flat, in that order. *Ouch!* As brutal as it is, the success rate this year was better than it has ever been for this ride. 26 riders started; 14 finished between one and three climbs; three more—Sid Fluhner, Jay Abrams, Richard Fitzgerald—finished four; and nine riders finished all five: Karl Kuhn, Ryan & Josh Spaulding, Doug McKenzie, Linda Fluhner, Darrin Jenkins, Troy & Karen Taylor (tandem), and Marc Moons. If you have any notion of just how challenging that package of roads is, you can appreciate what an impressive accomplishment it is to finish this ride.

One week after the WCC we had the WCC Workers' Ride...and Party. We say this in all the copy we write where we solicit workers to help on the century: this payback ride is at least as good and maybe even better than the regular century. The ambience is very relaxed and sociable; most of the over 200 faces we see out there on the road and in the rest stops are familiar. The weather was not quite the same as it had been for the big event. It was 5-10° cooler and what wind there was blew more out of the west than the north, so was a little less helpful as a tailwind late in the day. (I noticed an American flag along Chalk Hill Road hanging completely limp...no wind at all at that point.) One of the few people to venture out to the coast on the 200-K route said it was foggy out there (unlike last week, when it was clear), but inland it was as pretty as it could be, with bright blue skies and little cotton-ball clouds dotted about in a decorative way. The innovation of the ride start at the school was a good one, taking the burden off either the Coffey Park neighborhood or the warehouse. The rest stops all functioned beautifully. They not only provided plenty of good food but also served as meeting places where lone riders could connect with others for riding together from that point onward. The party at the warehouse/clubhouse was the highlight of the day for most of us, with the tables and chairs and canopies out on that tree-shaded lawn looking like an old-fashioned beer garden...it was as nice as any park we might reserve and tons more convenient for all of our worker bees. (Thanks to all those Workers' Ride workers who made the day such a relaxed and pleasant

treat for the rest of us.) The catering job that Matt and Nick put together was sensational. Among other things, they threw at least two dozen full sets of ribs on the barbie. (If you need a caterer, you could do a lot worse than hire [these guys](#).) Club prez Donn King remarked that the Workers' Ride is his favorite club ride of the year, and no doubt many other members would second that emotion. A note to the chat list from Carole Kolnes does a good job of summing this up: "Thank you to Joe Conway, crew, and all the others who put together such a perfect ride, rest stops, and beautiful picnic at the end. Of course, thank you SRCC for being so good to your members. We have been members of several clubs, but none of them has ever been as generous to their members as you have been! We really enjoyed the ride today, not to mention all the extras, like the chocolate-covered strawberries, the deviled eggs, the fresh flowers, and the thoughtfulness that went into making it so nice for us riders; it truly is appreciated. The perfect ride with perfect weather!"

And, to emphasize what a charmed life we are leading this year, with our WCC weather, note that we all woke up to blustery rain on Sunday morning. Consider: it rained steadily until two days before the real WCC, and then it resumed raining one day after the WCCWR. You really can't thread the needle much better than that. Fortunately, we had all our riding eggs in that one big basket on this weekend, so no rides were rained out on Sunday.

Not all clubsters were involved with the Workers' Ride. This was the day of the club's 400-K brevet as well, a long day's journey into night, beginning in central Sonoma County and working its way up to Clear Lake and back. Bob Redmond, Karen Thompson, and Matt Wilson all sent highly entertaining reports on the ride to the chat list, too long to reproduce here. You just have to subscribe to the list if you want to catch these amusing tales. We know that at least 43 riders participated, which is a record for an SRCC 400-K. We know that some riders were delayed by multiple flats but that all finished, and in general, things went as well as they can go on a 250-mile ride.

This was also the weekend of the Tour of the Unknown Coast, staging out of historic Ferndale. This is another event that has long been popular with SRCCers, and we used to have it almost to the semi-official level of involvement we have with the Grizzly in the fall, with dozens of club members on hand and big, communal dinners the night before (the same as we used to have at the Wildflower). That level of engagement seems to have fallen off in recent years—perhaps because it's the weekend of the Workers' Ride now—but every year a few clubsters head up to the north coast for what is both one of the prettiest and one of the hardest centuries around. Club members we know were there include Ken Cabeen and Marc Moons, both near the front all day, Sarah Schroer, Mike Pucci, and Hunt Moore. But there may have been others. Weather was a slightly more northerly version of what the rest of us experienced on the WCCWR: mild temps and light winds. Ken, Marc, and Hunt all sent notes about the day to the chat list.

Normally, we would have one more weekend to cover in this edition: the rides on May 15-16, plus all the hoo-haw surrounding the Tour of California coming to town on the 17th. But because of the timing of the Mother Lode Tour, I have to wrap this up one week earlier than usual, and so those reports will have to wait until July, when we will need some written reports to help us even remember that far back into the past.

MAKE THAT A DOUBLE!

If you read the *Backroads & Breakaways* column elsewhere in this newsletter, you will have noted a creeping tide of double centuries, down through the spring months, with various club members testing themselves against these grueling ultra-marathons. Now, finally, the double-century circuit comes to Sonoma County for one of its marquee attractions, the Terrible Two, scheduled this year for Saturday, June 19.

As you can read in *B&B*, this year the TT is the final leg of the three-stage CTC Stage Race, when bragging rights will be decided for 2010. The TT always looms large in the plans and dreams of long-haul cyclists, but in Stage Race years, the drama and tension

are cranked up to an even higher level.

Of course, many of the participants couldn't care less about the Stage Race. They just want to get through the day and claim their coveted "I Did It!" t-shirts without suffering too much.

That's where the SRCC comes in. We not only lay out the spectacular and daunting course, we also do our best to assist those many riders in getting from start to finish.



Year after year, tired but happy riders tell us the same thing: there is not another double quite like the TT. Not only are the basic nuts and bolts of our support system top notch, but above and beyond that, there is a psychological support net here that is remarkable: for one day, we're all family. Crossing the finish line, riding into that wave of cheering is a powerful experience. Ultra-marathon cycling is, to a great extent, a mind game: mind over suffering. And thinking about all those supportive, friendly people at the finish and in the stops...that is the motivation that keeps some tired riders going when they might otherwise pack it in out there.

We know the riders appreciate what we do for them because they keep voting the TT the #1 double in the CTC series, year after year. But that support we provide is only as good as each and every one of the volunteers we can put out there on the course, in sags, in rest stops, at the start and at the finish, and even behind the scenes, scrubbing up utensils and equipment at the warehouse, before or after the big day. It all counts and it's all essential.

We've just wrapped up another very successful Wine Country Century, and as the letters on this page attest, the riders appreciate what a crackerjack job the SRCC does on event support. Now we turn that great support system to our other big event, the Terrible Two. We need almost as many bodies out there as we do on the WCC. It's a big project and a long day (although each volunteer might work only a few hours). Veteran TT workers know what an inspirational and rewarding experience it is to be part of this magical happening. If you have not been there before, you should give it a try. It's as true for the workers as it is for the riders: there is not another event quite like it. To get involved, talk to...

Craig Gaever • 545-4133 • cgarch@sonic.net

• WCC LETTERS •

I would just like to say you guys put on a great event. It was the best run and supported cycle event I've ever attended. Your crew was so nice and helpful. I had a lot of fun and I'll be signing up again next year. Please pass on my congratulations to everyone involved. Regards,

— *Simon Wood*

I just wanted to send you a quick note to tell you how impressed I was with the event yesterday. I have participated in *many* rides of this nature, and I have to honestly say that this is the *best* ride I have ever done. It was obvious that this event was organized by experienced personnel, and the volunteer staff was phenomenal. I found the people on this ride exceptionally friendly and helpful.

I live in Pleasanton, not far from Sonoma County. But during the ride I felt I wasn't even in California anymore. It is a whole different world in your neck of the woods and it was absolutely beautiful. The rest stops were placed at perfect distances along the route and the food was a highlight of the ride. It was nice to have a good solid sandwich at the lunch break, and the meal at the end of the ride was a real delight to enjoy, sitting in the shade under the tent. And the weather could not have been better.

I had many memorable experiences throughout the ride, from a long stretch of drafting behind a very nice tandem couple, taking pictures for people who wanted to "capture the moment," to giving my last pack of gel to a gentleman riding up Chalk Hill in bonk mode. A job well done to all the people who made this event possible, and I wish you all the best for years to come.

— *Tom Clawges, Pleasanton*

This weekend, my husband and I rode in the Wine Country Century. It was my first century and I could not have asked for a better experience. In one word, it was amazing! But one word doesn't describe all the hard work the volunteers did to organize this event. We have been to enough organized rides to know the your century is the best, top-rated event of its kind. The route was simply amazing and the food first class. We only wished there was a way to say thank-you to so many people who made this experience possible. We will be back.

— *Michele & Greg Foerstel*

My wife and I completed the century ride last Saturday. As weekend riders, we trained for our first 100 mile ride. Bill gave us great advice and encouragement beforehand. We found the ride to be extremely well organized and the rest stops comprehensively covered every need we had. We are convinced that your seeing to our every need substantially contributed to our ability to complete the ride comfortably. Without hesitation, we both will strongly recommend the century and SRCC to anyone. Thanks for providing such a memorable experience for both of us.

— *Russ Ferreira & Lori De Martini*

Your club did an absolutely superb job on the ride this year. The food was varied, abundant and very tasty. There was *cold* water, Gatorade etc. at every stop, and the route was well marked. Stops were well laid out and there was essentially next-to-no waiting. Not to mention you supplied a great tail wind for the last half of the ride! Please let the organizers of the WCC know that it was the best!

— *Len Hirschl*

SANTA ROSA CYCLING CLUB

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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, June 9 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

**Featured Presentation: Linda Proulx and members
of the SE Greenway Committee**

Wednesday, July 14

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, June 3 • 6:00 PM

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

Thursday, July 8

West Dry Creek Adopt-a-Backroad Litter Pick-up Day

Sunday, June 27, 9:00 AM, Healdsburg City Hall

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

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

We began the project—in conjunction with the County of Sonoma—in 2000, under the inspired leadership of Ed Ellington. In the beginning, we were only cleaning up West Dry Creek Road, twice a year. But after a few years, we decided to divide our energies up by doing West Dry Creek once each year and Chalk Hill once as well. We have recently coordinated clean-up days on West Dry Creek with the local homeowners' association in that area, but this time, we're back to doing it on our own.

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

After we have cleaned the roads, we will clean our plates over lunch at a local bistro in Healdsburg. To sign up or for more info...

Mike McGuire—542-6687, mmcguire@pacbell.net