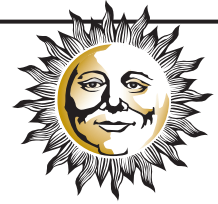
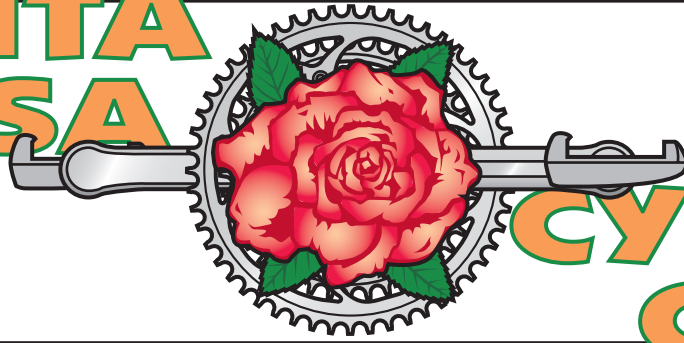


# SANTA ROSA



# CYCLING CLUB

## JULY 2010 NEWSLETTER

### Another successful Terrible Two

When it comes to reporting on each new Terrible Two double century, almost inevitably, the first item of interest is the weather: how hot—or not—was it? Of course 200 miles in one day is going to be challenging; of course over 16,000' of steep climbing is going to be doubly difficult; but on top of all that, the rogue element we can never predict nor control is the weather...and whether the weather is kind or cruel makes all the difference.

The record will show that 2010 was one of the fortunate, “not” years: not hot. The official high for the day was only 78°, and both the early morning and later afternoon and evening were considerably cooler than that. For the most part, the riders thanked their lucky stars for not having to endure one of those bake-oven days on the Geysers and Skaggs, although there was a moderate amount of grouching about it being almost too cold; that a little more heat might have been nice. The only real downside to the weather was a mild headwind on the northbound run to the Geysers. But this also produced a handy tailwind on the run south out along the coast, so that one was about a wash.

227 entrants, including two tandems and one 'bent, took the start at Analy HS in Sebastopol at 5:30 AM on Saturday, June 19. At the end of the day, 165 of them had crossed the finish line before the traditional 10:00 PM cut-off, earning their I DID IT! t-shirts commemorating this, the 35th Anniversary edition of the ride. That translates to a 72% finishing rate. Ten more riders finished after ten. That's less than last year's near-record success rate of 80% but much better than the typical results from one of the hot years, where attrition sometimes takes out nearly half the field.

Curiously, while the mild weather contributed to generally good performances for many riders, it seemed to have the opposite effect on the elite tier at the front of the field. With conditions so benign, the alpha dogs settled into a cagey chess game heading north up the valleys between Oakville and the Geysers: all of them were marking one another and no one was willing to really hammer. The tempo remained *a piano*, with the result that the average speed was down a couple of mph over its normal torrid pace, and no fewer than 15 riders arrived at the lunch stop in one bunch, including most of the riders we would expect to see there.

But the many brutal walls of Skaggs are where these things are usually decided, and 2008 winner Bo Hebenstreit blew through the Las Lomas water stop (while others took a break) and was never seen again. SRCC's Marc Moons finished second, 17 minutes back,

with Robert Choi, Kevin Kennedy, and Curtis Taylor tied for third, another 17 minutes adrift. Moons can take some consolation for being second (again) from the fact that he finished ahead of Choi and so locked up the 2010 California Triple Crown Stage Race.

Santa Rosa's Brenda Phelps once again topped the women's field, finishing tied for 18th overall in a time of 12:38. She has entered three times now and finished first all three times. SRCC's Karen Thompson finished second at 13:46, with Elizabeth Tenuto third, six minutes back. Thompson was lying second to Jeanine Spence in the CTC Stage Race standings. She beat Spence by 22 minutes, but couldn't overcome the lead Spence had after the first two rounds. So Thompson ends up second in the season series.

One of the more surprising stories of the day was the meltdown of seven-time winner Brian Anderson. He rolled into lunch in that front pack. But somewhere near Las Lomas, lying third in his usual come-from-behind style, he fell ill, leaving his lunch in the bushes. (He said later he had felt a bit off when he got up in the morning.) After trying to get past the problems, he finally gave up and rode back along Skaggs to the lunch stop, where the course workers were astonished to see him pop up two hours after they figured they'd seen the last of him. So he's human after all. In a way, seeing this frailty only highlights the scope of his accomplishments in past years: if he can crack like anyone else, how remarkable that he never did for so many years.

The other big story on the day was crashes...lots of them. An extra-rainy winter and tight county budgets left many of our best backroads in their worst shape ever: dangerous minefields of pot holes, cracks, and loose gravel. Some luckless riders were taken out by these hazards through no fault of their own. Others, who should have known better—and who were warned repeatedly to be cautious—still pushed the envelope and paid the price. There were numerous spills resulting in broken bones and acres of lurid road rash. Several riders were unable to continue and at least a couple ended up in the hospital. Steep, technical descents are part of the package at the TT. Being fearlessly, foolishly fast isn't ever going to carry the day here, bearing in mind the old adage: to finish first, first you must finish.

On a happier note, we would like to salute Francis Foo of Santa Rosa: he finished in a very snappy time of 13:19 after undergoing quadruple bypass surgery.

*Chapeau!* to all the riders who finished this monster marathon, and a huge thanks to all the volunteers who helped them do so. For full Terrible Two results, go to the [TT results page](#).

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for June

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, June 9. 60 members and friends were present.
- 2. Treasurer's Report:** Greg Durbin announced the club's bank account balances, as of May 31.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1358 (combining individual and family memberships). Liz Sinna acted as host at the New Member Table.
- 4. Brevets:** Bill Ellis reported on the recent 600-K brevet.
- 5. Club rides:** Ride Director Bill Oetinger conducted a semi-annual ride leader raffle, drawing four names from a list of members who have led rides during the first half of 2010. Winners received checks of \$25 each. Winners were Janice Eunice, Rose Mello, Vin Hoagland, and Steve Drucker.
- 6. Expo Booth:** Don Graham reported on the Expo booth the club had at the Amgen Tour of California. (*See item in B&B.*)
- 7. TT:** Terrible Two Chair Craig Gaevart reported on prep work for the event on June 19. (*See articles on pages 1 & 8.*)
- 8. W-W:** Member Trudy Nye reported on her involvement with the MS Society Waves to Wine Ride in September.
- 9. Picnic:** Board members voted to have annual end-of-summer picnic at club warehouse on August 28. (*See notice below.*)
- 10. Featured presentation:** Vin Hoagland introduced Thea Hensel of the Bennett Valley Neighborhood Association to speak on the SE Greenway project. (*See article in April newsletter.*)

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## End-of-Summer Picnic and Rides

Saturday, August 28 • Club warehouse grounds

After several years of end-of-summer picnics at Ragle Park in Sebastopol, we are moving this annual event to the shady lawn outside the club warehouse in northern Santa Rosa. The reason for the move? Much, much easier on our volunteer crew: no driving a (rental) truck full of gear out to Ragle, and no need to reserve the group site there.

At the start, we plan to park most cars at Schaefer School, as we did at the WCC Workers' Ride Picnic. Unlike the Workers' Ride, this event will not be catered. We will have the barbie fired up, with an assortment of goodies on the grill; we will have Mom's pies for dessert and plenty of beer, sodas, and wine, all compliments of the club. The rest of the smorgasbord of chow will be potluck: from the kitchens of our many members. We will work out some plan for getting your potluck items from Schaefer School to the warehouse at the start. All rides will start from the school.

Check the ride list for more info on the routes.

Even with the easier logistics, thanks to the warehouse venue, we still need a handful of helpers to set things up and knock them down afterward. Call the coordinator if you can help out.

**RSVP is a must for this event. No exceptions.** We need a count on who is coming and we need to coordinate the potluck fare.

**Sharron Bates, 526-3512, technical@randalnutritional.com**

## 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: srccride@sonic.net.*

High summer: always a mixed bag for club rides. On the one hand, the weather is usually great—unless it's *too* hot—and the riding is as pleasant as it ever gets. On the other, many members make use of these balmy months for vacations, with or without families in tow, and so participation on club rides often is down, just when you'd think it would be peaking.

This reporting period begins back in mid-May, when kids were still in school and before that mass vacation migration began; back when attendance on club rides was still at its springtime high tide (except for the 30+ members who were off on the club's Mother Lode Tour). Because the MLT messed up our reporting schedule last month, we have an extra weekend's worth of rides to cover this month to catch up. Hence the extra long *B&B*.

We pick up the thread with the rides of the weekend of May 15-16, starting with a ride led by Janice Oakley, Donna Norrell, and Ken Russeff. Due to a glitch on the part of your editor, this ride was listed at AB tempo when it was intended to be BC. That's when Janice pulled in Ken to keep tabs on any AB riders who showed up. Janice reports: "Because I sent a note to the chat lists letting folks know that BC and C riders were welcome, we had a strong showing of those riders. (There were 36 riders on the day, altogether.) This was Donna Norrell's first time leading a ride. She already shows the signs of an excellent leader: someone who waits for riders and stays with them to catch up with the group. Ken was his ever-positive self and helped by being 'sweep.' The C and BC riders were self-sufficient off the front. For the first half, I stayed back, with Ken in my sights much of the time. We found the rest of the group at the Underground Cafe in Cloverdale (very cute place with antique store attached). For the second half, Donna and I rode with the stronger B riders. In all the years I've led rides with this club, I have never had so many people thank me for leading a ride. People had personal accomplishments on the ride: one woman told me it was her first 50-mile ride. For others, the hills of Dutcher Creek and Lytton Springs were milestones. When I asked at the finish if this ride was the first, second, or third ride with the club, probably eight hands went up. People were beaming at the end of this ride."

On Sunday, Sarah Schroer led a ride from Petaluma down to (up to?) Mt Tam. Here's her report: "Despite a chilly wind and grey skies, ten riders came out for Sunday's ride to Mount Tam. There were many of the usual suspects, as well as a visiting cyclist from Missouri who wanted to see what kind of hills California has to offer. The group stuck together pretty well out Chileno Valley and over Wilson Hill to Hicks Valley, and we all pulled into Nicasio together. After another brief stop in Fairfax, the sun began to break through the clouds and the real climbing began. The group split up, with Marc, Tony, Mike and our out-of-town guest Travis pulling away from the rest of us. Bob, Don, Del, Hunt, Pete, and I set our own pace up the hill (after all, this was supposed to be a C ride). We caught up with Travis at the top of Bolinas Road and hit the rollers along the ridge. Our visitor was beginning to feel the climb! The lead group was waiting for us at the concession stand at the summit. At this point we lost a couple of riders. Pete left the

summit ahead of the group to make his own way home, and Del stayed longer to finish the course at his own pace. Back down Pan Toll and Panoramic to Stinson Beach, where Travis met his wife, and then we were seven. Hunt took the lead and we settled into a brisk paceline going north into the wind. After several miles Marc took over and quickly pulled away, with Tony and Mike hanging onto his wheel while the remaining four riders stuck to a more moderate pace. The miles and the wind were starting to take their toll, and the rollers at Dogtown broke the four into two pairs of cyclists. A regroup in Point Reyes Station and then a moderate pace along the Nicasio Reservoir kept us all together until the next hill, but by the time the tail end reached the Cheese Factory, the leaders were out of sight. After 6 1/2 hours and 90 miles, we all rolled into the finish at McNear Park, some riders more tired than others, but all ready to get indoors and away from the wind!"

This day also featured a slightly unusual offering for a club ride: listed by Laura Charameda, den mother for Team Swift, it was a ride for the Swift kids and all of their friends and supporters (as well as being a standard club listing). Laura tells me there were at least 50 riders on board. She had rest stops stocked with munchies at two spots on the course, and it was all a fun party. The routes—there were longer and shorter options—previewed the route of Stage 2 of the Tour of California in its final run into Santa Rosa from Trinity Grade. The pro peloton would travel those same roads the next day. Too bad they didn't have the nice weather on Monday that the club ride enjoyed on Sunday.

If you were around on that rainy Monday, you know how things went: a frustrating shot of Murphy's Law in the form of that rogue, late-season storm, making May look a lot like February of last year, when the Santa Rosa stage also got drenched. Our club had a booth in the Lifestyle Expo near the finish line, and in spite of the rain, there was lots of foot traffic at the expo and loads of visitors to the booth. Don Graham and a crew of helpers had the booth looking very slick and impressive. Don sent in this note about it: "The booth went great. We had a lot of graphics which really covered our area well. I had our ten best rides in a binder on our table for people to review and a map matted on the wall with routes highlighted to discuss with people, and several bound newsletters for people to review. An advertising guy from Santa Rosa Orthopedics (they have had a booth for several years) came by and said our booth looked better than theirs. We received several VIP passes which we shared back and forth, so many club members got as much free food, drinks, and desserts as they wanted from the hospitality tent. Rose and I went on stage and accepted the sponsorship award from the Mayor. I think the booth was very worthwhile. We came in under budget, and with the graphics displays we now have, doing it again for another, similar event will be easy." Don asked that we salute the clubsters who helped with the booth: Rose Mello, Margo Hoagland, Sharron Bates, Merilee Olson, Kim Nelson, and Steve Nank.

That weekend was also the date of the Davis Double. Used to be, we had tons of SRCCers heading over there to do this fast, mostly flat double. Now, either we're not going in the same numbers or I've lost track of the members who are going. We had reports on the chat list from Nabeel Al-Shamma and Earl Duncel, and they mentioned Jady Palko and Mike Leach being there as well, but that's

all we know about. We can't toot the horn for you if we don't know you were there. (We can look up results from some doubles and work off those, but Davis never prints results that way, so that's no help to us.) If you want your name in the newsletter, you just have to let us know.

The following weekend offered only an A and an AB ride. Sorry, none of the faster folks submitted anything. That happens every so often. On Saturday, Sunny Mawson took the plunge with her first attempt at leading a ride, an A-tempo meander around the Russian River. She was a little nervous about this first foray into ride leading, so she enlisted old vet Rose Mello as her mentor. They had 25 people show up for the ride, including six brand new members and two visitors. The ride was pleasantly uneventful, with a coffee break midway in Windsor. Sunny reports that several riders commented on how much they appreciate the club offering A-tempo rides for those who are just beginning their cycling adventures. Isn't it nice that the same club that can offer ultramarathon rides at hammer pace can also support rides of more modest proportions and ambitions?

Scott Allen listed a 58-mile AB ride on Sunday: a classic wine country loop up through Alexander, Dry Creek, and Russian River Valleys. However, a last-minute business trip meant he couldn't be there, so the call went out for back-up ride leaders and we ended up with Liz Sinna, Jack Hartnett, and John Olson all pitching in. According to what we hear from Liz, this is probably where at least some of the faster riders in the club got their exercise on this weekend, in spite of the AB listing. She describes pace lines in the mid-20's, which doesn't exactly sound like AB to me. She doesn't say how many people were there, but the descriptions of the regroups and riding suggest a pretty good crowd.

That brings us to the last weekend in the very busy month of May, and we closed the month with a bang: with the 15th annual Bad Little Brother (134 miles, 14,500'). Greg Durbin was in charge and had lined up a great set of sags to watch over the riders around this monster course. Kimberly Hoffman, Craig Johnson, Scot Castle, and Lee Mitchell were everywhere, all day long, making sure no one fell through the cracks. According to Greg, there were 58 starters, including 12 non-members. Only six riders failed to finish the course on a day of nearly ideal weather. It was pleasantly warm but not brutally hot, and there was a whacking great tailwind for the run south along the coast and inland. We had around a half-dozen reports on the chat list from various riders, covering the field from the front to the back. Included among those notes was one from one of our visitors (from Stockton), raving about what an outstanding club this is, to put on such a great ride and to have it so well supported. No doubt all the riders out there on the BLB will agree. Speaking of long rides: one SRCCer who could have done BLB was elsewhere. Garth Powell was our sole representative at the Heartbreak Double down in the mountains of Southern California. His sub-14 time was good for 11th overall.

In contrast to the big crowd and the brutal challenge at the BLB, we had a small crowd, a moderate challenge, and a mellow pace at the Bad Little Brother's Lazy Old Uncle ride on the same day, staging out of Calistoga. This is still a substantial ride, at 71 miles and 6000' of gain. It just pales in comparison to the BLB. I was in charge of this one and was a little disappointed in the small crowd. We had more folks on hand last year. If you were doing the BLB, all well and good. But if you wanted a nice, mid-size, C-pace club

—Continued on page 6

# RIDE SCHEDULE

PDF route slips available at [www.srcc.com](http://www.srcc.com)...go to Calendar of Rides

## SATURDAY • JULY 3

### East Side, West Side All Around the County

3/C/75-90

9:30 AM • Ragle Park

Optional start: 8:45 AM • NorCal

L on Ragle > L on Mill Station > L on Sullivan > L on Green Valley > L on Harrison Grade > R on Morelli > R on Boho > R on River > L on Armstrong Woods (*rest stop at Coffee Bazaar*) > Retrace to L on River > R on Sunset > R on Westside > L on Kinley > R on Dry Creek > L on Grove > L on Chiquita > R on Lytton Springs > L on Lytton Station > L on Alexander Valley > Hwy 128 (*rest stop at Jimtown Store*) > R on Chalk Hill > L on Faught > L on Old Red > R on Mark West Springs > River > L on Fulton > R on Hall > L on Sanford > R on Occidental > L on Hwy 116 bike path > R on Mill Station > L on Ragle to park.

Nikola Farats—535-0399

## SUNDAY • JULY 4

### River Ramble

2.5/A/35

9:00 AM • Piner Youth Park

L on Fulton > L on Piner > R on Olivet > L on W. Olivet > R on Oakwild > L on Woolsey > R on River > L on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > L on Westside > L on River > R on Forest Hills > L on Old River > R on Martinelli > L on Hwy 116 > R in Forestville to W. County Reg. Trail > L on Occidental > R on Hwy 116 (*coffee stop at Andy's*) > L on bike trail > L on High School > R on Occi > L on Sanford > R on Hall > L on Willowside > R on SR Creek Trail > L on Fulton to finish.

Suggested ride...no leader

## SATURDAY • JULY 10

### Mt Tam

5/CD/75

9:00 AM • Bear Valley  
Visitor Center (Olema)

R on Bear Valley > R on Hwy 1 > L on Fairfax-Bolinas > R on W. Ridgecrest > L on E. Ridgecrest to summit > Retrace to L on Pan Toll > L on Panoramic > R on Muir Woods > R on Hwy 1 > R on Fairfax-Bolinas > L on bike route thru Fairfax to Olema Rd >

L on Sir Francis Drake > L on San Geronimo > L on SFD > L on bike trail thru Samuel P Taylor Park > L on SFD > R on Hwy 1 > L on Bear Valley to Visitor Center.

D: Marc Moons—762-6685

C: Hunt Moore—769-1719

### Windsor-Healdsburg

2/A/35.5

9:00 AM • Windsor Town Green

West on McClelland > R on Windsor > R on Starr > L on Old Redwood (*regroup at Hburg Mem. Beach*) > R on Front/First > L on Matheson > R on University > L on Powell > R on University > R on Sunnyvale > L on Poppy Hill > R on Rosewood > L on Healdsburg Ave > R on Grove > R on Chiquita > L on Lytton Springs (*rest stop at Mazzocco Winery*) > Continue on Lytton Springs > L on Dry Creek > R on Grove > L on W. Matheson (*coffee break at Café Newstand*) > R on Fitch > R on Front > R on H'burg Ave > L on Mill St > Westside > L on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station > L on Windsor > R on McClelland to Town Green.

David Abramo—650-533-2330

Sunny Mawson—838-3138

### Country Club Metric Century

4/B/62

9:00 AM • Village Market  
(13751 Arnold Dr, Glen Ellen)

R on Arnold > L on Dunbar > R on Trinity (*regroup at Trinity Fire Station*) > Dry Creek > Bear R on Dry Creek > L on Orchard > L on Solano > R on Oak Knoll > R on Silverado Trail (*rest stop at Soda Canyon Deli*) > Cont on Silverado > L on Hardman > R on Atlas Peak > L on Monticello (Hwy 121) > R on Vichy > L on Hagen > R on 3rd > R on Coombsville > 3rd > L on Coombs > R on Ash > Old Sonoma > R on Congress Valley > L on Buhman > R on Henry > L on Dealy > R on Old Sonoma > R on Hwy 121 > L on Duhig > Ramal > L on Dale > R on Burndale > Denmark > R on 7th St E. > L on Lovall Valley > Bike Path (water stop at Depot Park) > Cont on Bike Path > R on 5th St W. > L on Verano > R on Riverside > Craig > R on Arnold to end.

Rick Sawyer—933-0760

## SUNDAY • JULY 11

### Valley of the Moon

3/AB/30

9:00 AM • Channel Drive lot

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.

L on Channel > Thru Oakmont > Pythian > R on Lawndale > R on Schultz > Lawndale > R on Warm Springs > L on Arnold > L on Dunbar > L on Henno > L on Warm Springs > R on Arnold (*rest stop at Glen Ellen Market*) > Retrace Arnold to L on Warm Springs thru Kenwood > L on Hwy 12 > L on Pythian > Thru Oakmont > Channel Dr to finish.

Greg & Jan Conklin—539-4099

### SATURDAY • JULY 17

#### Marin Ride and Party

3/BC/65-70

9:00 AM • Ellis home

(To the start: Hwy 101 south to DeLong Ave/ Downtown Novato exit > R onto DeLong > Diablo > R on Hill to 1634 Hill)

Hill > R on Indian Valley > R on Wilson > L on Mill > L on Vineyard > R on Sutro > L on Novato Blvd > R on Point Reyes-Petaluma Rd > L on Hicks Valley > L on Pet-Marshall (*regroup at summit*) > L on Hwy 1 > R on Mesa > R on Hwy 1 (*regroup in Pt Reyes Station*) > R on Sir Francis Drake > L on Bear Valley > R on Hwy 1 > L on Sir Francis Drake > L on Platform Bridge > L on bike path thru Sam P Taylor Park (*regroup*) (some of bike path unpaved) > L back onto Sir Francis Drake (near Lagunitas) > L on Nicasio Valley > R on Lucas Valley > L on Miller Creek > L on Bike Path (Hwy101 frontage) (*regroup*) > R on Alameda Del Prado > L on Calle Arboleda > L on Alameda de la Loma > R on Fairway > L on Ignacio Blvd > R on Sunset > L on Cambridge > L on Arthur > L on Indian Valley > L on Hill. *Party after ride at Ellis home. RSVP a must (to arrange pot luck items).*

Bill & Evelyn—415-898-2998

### SUNDAY • JULY 18

#### Pine Flat Challenge ITT

5/CD/60

9:30 AM • Piner HS

R on Fulton > R on Airport > L on Faught > R on Chalk Hill > L on Hwy 128 > R on Pine Flat. Regroup at bridge for time trial to summit. Individual starts. Regroup at top. Retrace route to finish. Riders welcome to do the route without being timed on PF. For more info... <http://www.sonic.net/~douglasi/bike/pine-flat.html#408>

Doug McKenzie—523-3493

#### Marin-SF Adventure

2-3/AB/20-40

9:00 AM • Larkspur Ferry Terminal  
Ferry Terminal parking lot > L on bike path > Eliseo Drive > L on Bon Air > L on Magnolia > Corte Madera > Camino Alto > L

on Blithedale > R on bike path > Bridgeway thru Sausalito > Alexander > L on E Rd thru Fort Baker > Over GG Bridge > L on Lincoln > L on Crissy Field > R on Mason > Along Marina > L on McDowell > R on Van Ness > Bike path to Beach St > Embarcadero to Ferry Building > *Have lunch and catch the ferry back to Larkspur...OR ride back.*

Rose—543-5889

### SATURDAY • JULY 24

#### The Geysers

3-5/B/86

8:00 AM • Piner HS

R on Fulton > R on Airport > L on Faught > R on Chalk Hill > L on Hwy 128 > R on Pine Flat > L on Red Winery > R on Geysers > Straight on River > Crocker > L on Cloverdale Blvd (*rest stop*) > Dutcher Creek > L on Dry Creek > R on Yoakim Bridge > L on W. Dry Creek > R on Westside > L on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station > R on Slusser > L on River > Jog RL to Woolsey > R on Wood > R on Fulton to finish.

Lou & Nuvit—528-8052

#### Summer in the Saddle

2/A/36

9:00 AM • Willowside School

R on Hall > L on Sanford > R on Occi > R on West County Trail to Forestville > L on Hwy 116 > R on Martinelli > L on Old River > R on Grays > L on River > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station > L on Starr > R on Reiman > L on Windsor > R on McClelland (*rest stop at Cafe Noto*) > Retrace to south on Windsor > L on Slusser > L on Laughlin > Woolsey > L on Oakwild > L on W Olivet > R on Olivet > L on Piner > R on Willowside to school.

Ken Russeff—953-1804

### SATURDAY • JULY 31

#### A Different Sonomarin Century

3/BC/99

8:00 AM • Ragle Park

L on Ragle > L on Mill Station > R on Barlow > L on Occidental > R on WC Reg Trail to Forestville > L on Hwy 116 > L on Neeley > R on Beach to summer crossing > L on River > R on Cnopius > L on Old Monte Rio > R on River > L over bridge in Monte Rio > R on Moscow (*rest stop in Duncans Mills...mile 22*) > L on River > L on Hwy 1 > R on Middle > L on Dillon Beach (*rest stop in Tomales...mile 51*) > L on Marshall-Petaluma > L on Wilson Hill > Straight on Chileno Valley (*rest stop at Helen Putnam Park...mile 75*) > L on Spring

Hill > L on Pet-Valley Ford > R on Roblar > L on Canfield > R on Bloomfield > L on Pleasant Hill > L on Covert to Ragle Park.

Bill Oetinger—823-9807

### SATURDAY • AUGUST 28

#### End-of-Summer Picnic & Rides

2/A/30 • 3/B/41 • 3/C/51

Schaefer School • Santa Rosa  
Picnic at warehouse (4023 Coffey)

All routes begin on WCC 100-mile course: Wood > L on Woolsey > L on Oakwild > L on W. Olivet > R on Olivet > L on Piner > R on Willowside > R on Hall > L on Sanford > R on Occi > R Mill Station... All finish with Mark West Station > R on Slusser > L on Laughlin > L on River > R on Barnes > L on Dennis to warehouse. **A route** uses Vine Hill > Trenton-H'burg to get to MWSt; **B route** uses Green Valley > L on 116 > R on Odd Fellows summer crossing > R on River > Westside > R on Wohler > L on Eastside; **C route** uses Graton > R on Boho > R on River > L on Old Monte Rio > L on River to rejoin B route, etc. *Full routes next month. See article on page 2 for more information about picnic.*

### 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: Finley Park, Santa Rosa*

B: Lowell Antze—237-7014

*Fourth Wednesday (C): Ragle Park, Sebastopol*

Johann Heinzl—539-7991

*Fourth Wednesday (B): Finley Park, Santa Rosa*

Alfred Mascy—546-0898

*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

ride on this weekend and you skipped this one, well, you really missed a gem. We benefited from the same nice (80°) weather they enjoyed on BLB, and those late-season rains that plagued the ToC and MLT at least paid off for us with green fields and carpets of wildflowers. The entire course was pretty, with hardly a dud mile anywhere. It was, all in all, a delightful ride.

The last ride in May was Ken Russeff's AB ride out of Cotati, heading for the Tomales Bakery. Ken reports: "We had 47 riders on a nice Spring day. One known flat and a little confusion on the route near Whitacker Bluff were the only blemishes on the ride. Credit for leading the ride goes to John and Carole Kolnes and Mike Steinberg, as I was at the start long enough to pass out route slips but had a family event in Folsom and had to bail." I wish we knew a little more about the ride. With 47 people on board, it deserves more exposure. Nice to see another ride where the leader couldn't be there but others were willing to step in and take over.

The first ride in June was a more elaborate version of our Welcome Wagon program for making new members feel more at home in the club. Rick Sawyer planned this one and sent in this report about it: "The New Member rides drew a robust crowd of around 85. The distribution was roughly 20 C riders, around 30 A riders and the rest in the B group...nearly 40. Most were properly with the appropriate group for their ability, with a few exceptions. It was helpful that the B and C routes were nearly the same, so those people were free to change from one tempo group to the other as they felt more comfortable, and some did. We had six ride leaders, so two for each tempo, and I thought that was very helpful to all. Club veterans picked up on the day's theme and were very outgoing with the new folks. There were also in attendance many who are not yet members and signed or brought waiver forms. The rides went off without incident so far as I know, although with the A's finishing early, I was unable to hear much about how their day went. Several stuck around and ate lunch at the Windsor Green. Overall, a very positive vibe. It was interesting to hear the various stories of how the newbies got interested in cycling and the club in particular. One guy mentioned to me that this was his second ride with the club and he was surprised at the club's general level of fitness, saying he had a difficult time finishing his first club ride. I asked which ride that was and he says, 'the Bad Little Brother!' Many thanks to co-ride leaders Mike and Janice Eunice, Buck Hall, Kim Nelson, and John Russell."

For something a bit more ambitious on this weekend, we had the grand finale of our brevet season: the 600-k, from Healdsburg all the way to Winters (by way of Cloverdale, Ukiah, and Clear Lake) and back. That's 372 miles for you non-metric types. It takes a long time and a lot of stamina and mental toughness to ride that far. The quickest finisher took almost exactly 24 hours and the slowest half-again that much. All the accounts we've seen indicate that the club provided wonderful support, including homemade pasta bolognese at the Pope Valley *contrôle*, with the great bike film *Triplets of Belleville* playing through the night to keep the tired riders entertained. 25 riders started this long journey and 20 finished. We had several entertaining recaps on this long ride submitted to the chat list. If you wanted to know what goes on during such a long ride, Karen Thompson's report covered it well.

This weekend also offered a new century out of Ukiah called the

Mendocino Monster: essentially a trip over the coastal ridges to Mendocino and back, including a rare opportunity to ride the normally off-limits Masonite Road, a private logging road through the remote and beautiful mountains. This prospect seemed to capture the imagination of a good many club members, as we were well represented: altogether, I counted 22 clubsters, and that's just the ones I know personally and ran into. There may have been more. Lovely weather, a gorgeous course, and virtually no traffic made it a very pleasant day and not as difficult as its raw numbers would indicate: 109 miles and 10,000' of climbing. Once again, there were long reports on this event on the chat list. If you want all that detail, including photos, subscribe to the list.

We can cover one more weekend in this issue: June 12-13. We had three rides on the 12th, including a far-off jaunt through the Santa Cruz Mountains listed by Linda and Sid Fluhrer. We have listed rides down that way before, and some of us have made the long drive to sample some new territory, but it is a tough sell. (Most Sonoma County riders simply cannot imagine there's anywhere better to ride than in their own backyards.) This time, we think Linda and Sid had the roads to themselves on this 70-mile, 10,000' beast. Linda claims the weather was just about ideal, which seems a bit surprising, as it was—all of a sudden—quite hot up in Sonoma County. (Most of us who rode on Saturday saw mid-90's during our rides.)

Also on this day, Craig Gaevert listed an AB ride up the Geysers. If AB and Geysers seem like an odd coupling, that was the whole point: a way for AB riders to explore those wild hills without the full-on brutality of going over the top. Craig ran it as an out-&-back up the north side, in beautiful Big Sulphur Creek Canyon, with the turn-around where the road really steepens up. The premise worked perfectly: of the 16 riders who took part, the Geysers road was entirely new to 13 of them...and they all loved it. The creek and its tributaries were still splashing away and the hills were still green. It was a bit warm, but with a cool breeze to take the edge off the heat. A most successful, satisfactory adventure.

But wait, there's more: Jocelyn Freid also listed a ride, this one a 50-miler starting in Petaluma and doing the classic Chileno Valley-Tomales-Marshall Wall loop at B tempo. She sent in this note about it: "Ten people showed up for the ride and all made it cheerfully to the Tomales Bakery. After delicious bakery goods and schmoozing, seven went back the same way and three of us persevered through the heat over the Marshall Wall back to Petaluma. As usual, the weather was great and the company loquacious."

On Sunday, Rose Mello listed a ride out of Cotati that gave riders another opportunity to sample the bakery wares in Tomales, this one also 50 miles but at AB tempo. Rose tells us she had 30 riders on board, including two first-timers. Nothing out of the ordinary happened. It was not quite as hot as on Saturday, and the same mild breeze Craig reported up on the Geysers on Saturday was in evidence here as well, keeping it just right for riding.

Meanwhile, further afield, other club members have begun those summer migrations that thin the crowds at club rides. Jeff Burton decided to go to his high school class reunion in Oklahoma on his bike, following the course of iconic old Route 66 through all those towns we know from the song lyrics. And Larry Fredrick was off on yet another of his cross-country rides to promote blood drives, accompanied by his daughter and met by crews from police and fire departments in every town along their route.

# The ups and downs of the Mother Lode Tour

From May 15-22, 32 SRCC members were off on the Mother Lode Tour in the western Sierra foothills. The title for this report works on a couple of levels. First of all, the tour was very hilly, with steep ups and downs the order of the day, every day, every step of the way. Second, we had a couple of jokers in the deck over the course of the week that complicated our lives and made the trip a bit more of a roller coaster ride than we really expected it to be.

The first joker was the weather. We had scheduled the tour in mid-spring to avoid the almost-certain torrid heat of summer up in those hills. This worked: it was never more than 80° and the hills were still green, the waterfalls and creeks were still at full spate, and wildflowers were still carpeting all the meadows. But we also encountered a few *el niño* showers that weren't much fun. We were only sprinkled on for about an hour apiece on two stages, and although it felt wet to us, most passing cars only had their wipers on intermittent, indicating it really wasn't coming down all that hard. In retrospect, the light rain was more of a negative for overall morale than for any real discomfort it produced.

The other joker was a nasty little visitor called *norovirus*, one of the most vicious gastroenteritis bugs around. We don't know where it entered the group, but eventually around half a dozen participants fell victim to it, including the tour leader. It's highly contagious, and a camp setting, with communal food, is just about the perfect environment for its spread. We're probably lucky more people weren't affected. Some escaped with just a little upset tummy, but others were laid out for days with vomiting and diarrhea... not easy to manage while living in a tent!

So that's the bad news. But if you can get past those bogies, the rest of the tour was a great adventure.

## **Stage 1: Fiddletown-Omo Ranch Loop; 70-76 miles, up to 7600'**

We began with three loop rides out of Pine Grove, in the mountains above Jackson, in the heart of the Gold Country. The first stage included a large chunk of the old Sierra Century course, including Volcano, Rams Horn Grade, Fiddletown, Slug Gulch, Omo Ranch, and upper Shake Ridge. Big climbs and big descents, all day. But then, that was true of every day on the tour. At least at this point, our legs were still fresh! And the weather was lovely.

## **Stage 2: Pardee-Paloma Loop: 50-55 miles, up to 5500'**

Down out of the high hills into the valley for a loop around Pardee Reservoir. Fast, slinky descents at the beginning—Climax, New York Ranch, and Stony Creek Roads—meant long, sometimes hard climbs at the end—Paloma, Middle Bar, Butte Mtn, and Tadeaud Roads—making the ride feel tougher than the miles would suggest. We caught our first showers on this day, covering the last hour or so of the ride. We finished up damp, but not miserably soaked.

## **Stage 3: Sutter Creek Loops; 56-82 miles, up to 8200'**

Down to the valley again, this time near the pretty pioneer town of Sutter Creek, for more miles in the rolling foothills. The shortest course was relatively easy, but three progressively longer and hillier options gave folks as much as they wanted in the way of challenge, including the leg-breaking, 21% ascent of Charleston Road, out of Volcano. Snappy descents on lower Shake Ridge and Sutter-Ione Roads, sweet little back roads around Drytown, the vineyards of Shenandoah Valley (right), and the pleasant climb along Sutter Creek were all highlights on this day of nice weather.

## **Stage 4: Pine Grove to Columbia; 58-69 miles, up to 7500'**

Finally moving on from Pine Grove to camp number two in historic Columbia, beginning with screaming descents—Irish Town and Clinton Roads and Hwy 49 into the canyon of the Mokolumne River—then the climb to Mok Hill and the glorious, as-good-as-it-gets ups and downs of Jesus Maria, Whisky Slide, Michel, Old Gulch (what a find!), Calaveritas, and Dogtown Roads. Truly, this is what bike touring is all about, in spite of a late-ride sprinkle.

## **Stage 5: Columbia to Groveland; 41-58 miles, up to 7300'**

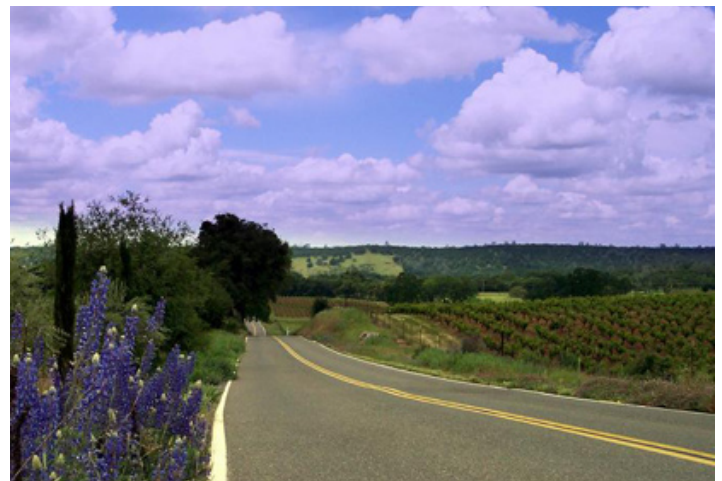
The shortest option was a loop back to the start to retrieve car pool vehicles...a very nice, relatively mellow ride. The through-route to Groveland offered a bonus-miles loop for the more ambitious in the group. Two big climbs at the start—Big Hill and Middle Camp Roads, near Twain Harte—set us up for rocket descents on Confidence and Tuolumne Roads. Yosemite Road and the many little roads of the optional loop were all up and down, over and over, and all scenic and quiet and great fun. The big finale was Wards Ferry Road, snaking its one-lane, cliff-hanging way down into the Grand Canyon of the Tuolumne...and then climbing up and out the other side...an epic, world-class road. Beyond the canyon, rolling climbs led to our new camp outside Groveland.

## **Stage 6: Mather-Hetch Hetchy Figure 8; 62-80 miles, up to 8000'**

A journey into Yosemite NP's little-visited, magnificent Hetch Hetchy region, with an optional out-&-back all the way to the lake. A few ordinary miles on Hwy 120, but many more miles on tranquil, lovely side roads: Feretti, Cherry Lake, Mather, Evergreen, Hardin Flat. No rain, but quite nippy, with a promise of snow in the air.

Because of worries about the virus and perhaps more rain ahead, or even snow, most of the group elected to decamp after Stage 6. Only four riders with their own transport chose to stay on and do a shortened version of the Stage 7 that had been planned. They did a nice, 34-mile ride and short hike, all with nice weather.

Aside from the brief brushes with rain and the more serious issues with the virus, it was a splendid tour. The routes were challenging and endlessly entertaining, with those ups and downs making for hard climbing but lunatic descending. The scenery was spectacular over nearly every mile, both out in the country and in the historic Gold Country towns. And the group worked well together. In the long run, we're confident the many good memories will trump the few uncomfortable ones.



# SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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

- President: Donn King.....823-5461
- Vice-President: Craig Gaevert.....545-4133
- Secretary: Rick Sawyer .....933-0760
- Treasurer: Greg Durbin .....528-4450
- Officers at Large
- Rose Mello.....543-5889
- Janice Oakley .....568-7062
- Richard Anderson .....431-0374
- Gordon Stewart .....823-0941
- Don Graham .....538-3664
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart .....823-0941
- 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, July 14 • 6:30 PM  
 Round Table Pizza  
 (Occidental Road, west of Stony Point)

**Featured Presentation: Craig Anderson**  
*Executive Director, LandPaths*

Wednesday, August 11

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, July 8 • 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, August 5

# THANK YOU!

To all the many SRCC members and friends who helped out on the Terrible Two this year: you are the best!

The TT has a well-deserved reputation as one of the hardest single-day bike rides in the United States. Finishing the ride and earning that coveted I DID IT! t-shirt is enormously satisfying for the few who manage it each year.

The TT also has a well-deserved reputation for assisting those hard-working riders in making it to the finish. If you read the heartfelt, emotional letters that come to us each year after the event from those same riders, you will read one thing over and over: the support was fantastic. These are some of the most experienced bike riders around. They have seen the various levels of support provided on any number of different centuries and doubles and other, even longer events. They know good support when they see it, and they see it here, in spades. That's why the participants in the California Triple Crown double century series vote the Terrible Two the #1 event, year after year.

Sure, the gorgeous, challenging, entertaining course helps in that assessment, as does the warm glow of accomplishment when (if) a rider finishes the whole thing. But over and under all of that is the support provided by all of you, from warehouse cleaners to rest stop crews to sag drivers to after-ride staff...on and on. If the event is rated #1, then that makes each and every one of you #1 as well. Pat yourselves on the back, folks. You did it again!