



OCTOBER 2010 NEWSLETTER

END-OF-SUMMER PICNIC & RIDES: IT'S ALL GOOD

Having an end-of-summer picnic, plus the bike rides that go with it, is a club tradition going back longer than most of us have been members. The picnics have been staged all over the county, pretty much anywhere the riders could get to on their bikes: Armstrong Woods, Spring Lake Park, Finley Park, Ragle Ranch Park, etc. Now however, our picnic has found a new home, at our warehouse/clubhouse in north Santa Rosa.

The reason for moving from our recent venue at Ragle was primarily a question of volunteer work load: the picnic has grown to be such a big production that having it far from our base of operations—the warehouse—meant having to rent a truck, load all the cumbersome equipment—barbecue, tables, canopies, etc—deploy it all at the distant park, then transport it all back afterward...a huge task for our crew of hard-working club members. By having it right where all our equipment lives, it becomes a much simpler matter of hauling everything outside and setting it up. It's still a big job, and our vols should be applauded for their efforts. But it's a much more manageable chore than it used to be.

This year's day of fun was Saturday, August 28. Rides of A, B, and C tempo left a nearby school on Saturday morning, with routes of varying lengths designed to return their participants to the warehouse sometime from noon onward. Riders arrived at the start with pot luck items in hand, which were collected by the picnic crew, to be transferred to the buffet, ready and waiting for the hungry riders to return from their west county rounds.

All three rides—30, 40, and 50 miles—made use of some portion of the first half of the Wine Country Century course: heading west out toward Graton and Occidental, then looping back east through the Russian River Valley. All of the routes were intentionally short and not too difficult: just enough exercise to work up some hearty appetites, but not enough to wear anyone out.

Overall attendance at the rides and picnic was down quite a bit from recent years. We think about 150 members were on board for the day. This contrasts with almost 200 last year. We don't have a handle on why attendance was down. The date was approximately the same as in recent years and didn't conflict with the Labor Day weekend. The weather was about as perfect as it could be: warm and sunny, but not too hot. Overall club membership is up. So why the smaller crowd? Two possible theories here. One: this was the first year we've used on-line registration for the picnic, as opposed

to simply calling an event Chair to RSVP. Could people really be averse to using the on-line form at our own website? Okay, it's a stretch, but we're baffled here. Two: could people be turned off by the idea of a picnic at a warehouse? This is weak too, as by now most active club members know that our "warehouse" is really a barn on a country lane, surrounded by lawns and shady oaks. It's every bit as nice as any park we have used in the past. and we have by now staged several New Year's Day and WCC Workers' parties there, so its positive qualities have become well known.

If it's not either of those reasons—weak as they are—we're at a loss to explain the drop in participation. All we can say is, if you didn't take part, for whatever reason, you missed a really fun day, both on the bikes and at the picnic.

Aside from a flat or two, all of the rides were trouble-free and entertaining. Riders arrived at the shady lawn beside the barn to find the barbecue smokin' and the smorgasbörd of appetizers and salads and desserts stretching the length of many tables. Wading pools filled with ice were home to a wide array of beers and waters and sodas and wines. All the riders had to do was grab their plates and belly up to the buffet. Even with the most exacting engineering in the plate-loading department, it wasn't possible to sample all the available fare in just one trip through the line, so many people came back, not for seconds, but for firsts on all the things they had left behind the first time around. After hours of gourmandizing, as the riders staggered out to the racks to retrieve their bikes, many a jersey was stretched taut across a plumped-up tummy.

Complementing the great and abundant food and drink, the company of the assembled members is what really makes these events special. Hangin' with your friends: that's what makes a club a club.

René Goncalves, who was in charge of organizing the picnic, sent in this note: "When word went out that we needed help, because both Sharron and I had family emergencies, the number of people who came forward to help reminded me of what a great group the SRCC is. So unselfish, so giving of their time, so willing to step up and help when we really needed it. It made me proud to be an SRCC member. Yeah, I know: it sounds corny, but I was really touched when so many, came forward to help." We couldn't say it any better. Both the picnic workers and the picnic participants remind us once again that the SRCC is a class act.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for September

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, September 8. 50 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin was absent. Secretary Rick Sawyer reported for Greg on the club's bank account balances, as of August 31.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1367 (combining individual and family memberships). Liz Sinna acted as host at the New Member Table, with 11 new members on hand.
- 4. Grizzly:** Kimberly Hoffman reminded people about the upcoming Grizzly Century on the weekend of October 2. (*See article on page 6.*)
- 5. Club rides:** Ride Director Bill Oetinger passed around the ride calendar. For the benefit of new members, he explained the process for listing rides on the club's calendar.
- 6. Website:** At the direction of the Board, Greg Durbin plans to meet with member Matt Wilson to discuss ways to add some new, interactive components to the club's internet presence.
- 7. Holiday dinner:** Donn King reported to the members on the details of the holiday dinner, set for December 3 at the Flamingo Hotel. (*See article on page 7.*)
- 8. Picnic:** René Goncalvez recapped the club picnic, which had been held on August 28. (*See article on page 1.*)
- 9. Elections:** Donn King noted that elections for Board officers will be coming up in January and spoke about the need for members to take on leadership roles in the club. (*See column on this page.*)
- 10. Gran Fondo:** Steve Drucker reported on prep work for the event, noting that we probably have enough workers signed up for our King Ridge stop, but that others can still sign up for other tasks around the course. (*See item on page 7.*)
- 11. Key Events:** Board member Richard Anderson presented (to the Board) a comprehensive spread sheet of all annual club events and projects, with dates and chairs or project leaders itemized. He will refine it per suggestions from the Board.
- 12. TT jersey:** Bill Oetinger presented (to the Board) a design for the next generation Terrible Two jersey, featuring Art Read's original cartoon figure from 1976. Reaction was positive, pending a few minor refinements.
- 13. Awards:** Bill Oetinger explained the End-of-Year Awards and encouraged members to submit nominations. (*See article on page 7.*)
- 14. Donations:** The Board voted to donate \$200 to a fund to assist Cazadera-area children's charities, and to donate \$250 to the Pope Valley Grange, per request of Bob Redmond. (Pope Valley Grange is the site of a *controle* on some our brevets.)
- 15. Survey:** Board is still discussing goals and methods for conducting a member feedback survey.
- 16. Featured presentation:** Ride Director Bill Oetinger presented a slide show on the club's Mother Lode Tour, which took place in mid-May.

Letter from the President

— Donn King —

The days are starting to get shorter, the smell of the crush is in the air...and it's time to start thinking about club elections again. How do things get done in the club? How are decisions made? How is the holiday party venue selected? How much does the Wine Country Century cost to put on? How do we get water to riders on the Terrible Two?

An organization the size of ours is full of opportunities to make decisions, lead, and contribute. Have you always wanted to be in charge but never had the chance? Do you believe you have a knack for leadership but have always been afraid to step forward? Taking a lead in the club is fun, interesting, and fulfilling, and SRCC can be a safe and supportive environment in which to explore your leadership capabilities. It has been a long time since bike clubs were invisible little social cliques of outsiders and eccentrics. The Santa Rosa Cycling Club has a budget that compares to a small modern business. Generating the revenue and allocating that revenue is a serious matter and needs intelligent, attentive oversight. Our club's possessions alone are worth tens of thousands of dollars. Issues of insurance and liability and responsibility exist in the bike club world, as in any business that provides services to the public.

To become involved in the leadership of the club, run for a position on the Board. There are eight Board positions available for election. Those positions are Vice President, Treasurer, Secretary, and five At-Large Board positions. Each of these positions is open every year for election. The only Board position that is not available to the general membership is President. The President must run for office each year, but nominations for this office come from members currently serving on the Board. This insures that the President will have a familiarity with club issues and processes before taking office. If you want to be President sometime in the future, run for some other position on the Board now.

Board members become intimately familiar with the issues that confront the club. Board members are looked up to. Management in the SRCC is job experience. You can put it on your resumé. Board members are informed. If you want to know what's going on in the bike club, run for a Board position. It is not necessary to have experience to serve on the Board. You can gain that experience as you settle into the office. It is expected that all new Board members need time to learn the ropes, usually a full year.

Non-elected opportunities for service and leadership also exist in the club, in warehouse and materials management, food preparation, logistics, journalism, electronic information systems, route design and ride coordination, budget and finance, advocacy, new member welcoming, and more. If you like to take on big projects, consider becoming the Wine Country Century Chair. This role is definitely resumé material. The WCC chair is a complicated position that carries a lot of responsibility and combines all of the roles listed above. It is the perfect position for a good project manager.

Board nominations can be submitted through any Board member. Nominations will be collected from all sources by Rick Sawyer, the club Secretary. Self-nominations are completely appropriate. These nominations will be posted in December and voted on at the January General Meeting. If you come to the meeting and vote, you will be rewarded with a free lunch at the Free Lunch Ride a few weeks later.

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.

Based on what the numbers on a calendar tell us, summer should be over by now. But in the hills and valleys along Northern California's coast, those numbers don't mean much. The region may or may not do real summer heat in August, depending on whether Mother Nature has her fog machine working. It can be unpredictable and variable. But in September and October, we can almost always count on a glorious Indian Summer, with warm days and nippy nights, and with that golden glow imparted from a low-riding, late-season sun. Next to the lovely, lively greenspring month of May, it just might be the best time of the year to be out on a bike.

We pick up this tale of rides past in mid-August, when what passes for summer weather around here was at its most variable and unpredictable. (We had two brief heat spikes, two weeks in a row, each of which pumped the mercury up past the century mark. But both mini-heat waves happened mid-week, and by the following weekends, things were back down in the warm but comfortable zone.) Bill Carroll leads off the chronicle this month with his Gordon Valley-Wooden Valley Century on August 21. A baker's dozen made the long drive to the start in St Helena. Actually, 14 made the drive, but poor Darrin Jenkins had a rude surprise when he arrived: no bike shoes. *Argggghh!* So 13 set out on this long loop through Napa and Solano Counties, making use of many of the roads in the Knoxville Double. Thirteen soon became seven and six, as a faster group pulled ahead on the first climb along Sage Canyon. As seems to be the case so often on C rides (or B rides too, for that matter), the front group jetted off into the distance, setting a snappy tempo—just slightly over five hours for the century—while the rear guard settled in at a more dignified, leisurely pace.

This is country we rarely visit, so it was a treat to be out there seeing new sights on new roads. We stopped and peered into the rocky canyon below Monticello Dam. Bill C saw an otter in Putah Creek. We all enjoyed the quiet, pretty run down Pleasants Valley, and the slower group at least had a long, relaxed lunch at the deli in Mankas Corner. All of us, fast or slow, fought through some blustering headwinds coming off Suisun Bay, down around Fairfield, but when we finally turned the corner and headed north up Napa Valley, along Silverado Trail, the wind was at our backs, making the last few miles of the ride an easy cruise. Bill gets bonus points as ride leader for having an ice chest of refreshing recovery beverages waiting for us at the finish. Inhaling those chilly brews made us all very hoppy at the end of the long but not too hard ride.

The only other ride on the weekend was Rose Mello's AB ride of 55 miles from Sebastopol down to Tomales. Rose sent in a note to say there were 17 riders on this one. It was a rather ambitious route for an AB ride, with climbs on Cherry Ridge, Occidental, Franklin School, and Middle on the way to the pastry pay-off in Tomales. That will have whetted a few appetites. Rose says they found themselves sharing the back roads with an armada of Harleys. Later, she found out it was some sort of Harley food drive run.

The weekend after that was the last weekend in August, and that means the club's annual End-of-Summer rides-and-picnic festi-

ties, about which you can read more on page 1 of this issue.

We'll leapfrog that weekend then and go straight to Labor Day weekend, which offered a nice, fat schedule of rides, beginning with Donna Norrell's Coleman Valley-Bay Hill-Joy B ride on Saturday. In addition to the climbs on the roads named in the ride head—all very substantial—it also included climbs on Thomas, Harrison Grade, Bodega, Barnett Valley, and Burnside. In other words, it was a classic West County hills ride...a hardcore chutes-and-ladders adventure. Donna chose the listing from our archives. She didn't choose it quite at random, but she admitted, afterward, that she wasn't quite clear on just how many hills there would be, nor quite how steep they would be. Most of the two dozen riders who showed up were clear on those points and were prepared for a serious ride, which was only 50 miles but had over 5000' of gain, much of it accumulated on very steep walls. It was a chill-clammy morning when we set out from Ragle...a vest-and-arm-warmers sort of morning. But even though we were heading to the ocean, we still managed to lose the fog eventually, and it ended up being perfect for riding.

Sunday offered two rides of a more sedate sort. Mike and Janice Eunice were back in the mix with another of their Welcome Wagon rides for beginners or just for those who want a very easy and mellow challenge. Janice reports: "We had 16 bikes and 17 participants on our WW ride on Sunday. Four were non-members, several were new SRCC members, and many were veteran members, who helped welcome new riders. It was a great morning, and as usual, everyone was friendly. At the end of 10 miles, we took a vote, and all were willing to continue to Coffee Catz in Sebastopol. As Sofia stated, a listed 10-15 mile is reasonable, and to do six miles more at a very leisurely pace is doable. Mike and I always like to show new riders how to use the Class 1 and Class 2 bike trails for an easy ride." I think of Janice as a gateway drug: with these easy, introductory rides, she gets new folks hooked on cycling. After a few of her rides, many of them move on to longer, harder, faster rides. They become addicted to cycling. Beware! If you allow yourself to fall into the clutches of that sweet, smiling woman, you may never get loose again. You'll find yourself pedaling aimlessly along country roads for the rest of your life!

Also on that day, Sunny Mawson and David Abramo had a 38-mile A ride out of Finley Park. David sent in this report: "We had a strong turnout for our Pushing 40 ride. We had 41 participants and by a show of hands it was split pretty evenly between A and B riders. There were two non-members who attended the ride as well. Three-quarters through the ride, I received a call from Angel, who told me that his brother (one of the non-members) got a flat while riding up front with the main group. Apparently no one in this main group offered to stop and help him fix his flat. Upset, he ended up leaving the ride early with a not-so-great first impression of the SRCC. Had he stayed on the route, Sunny or I would have assisted him. It's hard to believe that no one asked if he was OK or offered help, but I can only go by what was said in this brief call. I am waiting to hear further details regarding this issue."

It's too bad this new rider got left on the side of the road out there, but at least it gives us the opportunity to discuss that sort of situation. Without having been there, we can't know exactly what happened in this instance, but in general, we expect fellow riders to stop when someone flats. Ideally, they will assist with the fix, taking on some of the little tasks to speed the repair. At

— 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; pacerlines likely; regroupings every 45-90 minutes. 19-22 minutes*

D: aggressive pace; pacerlines; 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

SATURDAY • OCTOBER 2

Grizzly Century Weekend

See article on next page

Skaggs Springs-Stewarts Point

5/BC/75 • 10,400'

9:00 AM • Lake Sonoma Vis. Cntr

West on Stewarts Point-Skaggs Springs Road > Lunch Stop at Stewarts Point Store (Hwy 1 junction) > Retrace. There is one en route water stop at the Kashia School, at the Rancheria 4.2 miles east of Stewarts Point and Highway 1, that can be used in both directions. A remote and difficult route, so be prepared.

Rick Sawyer—933-0760

SUNDAY • OCTOBER 3

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Windsor Town Green
(near library)

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

Mike & Janice Eunice—575-9439

Bakery Time

A-B / 2-3/AB/45

9:00 AM • Cotati Dog Park

L on Myrtle > Valparaiso > L on W. Sierra > L on Sony Point > R on Mecham > R on Pepper > R on Bodega > Pet-Valley Ford > L on Fallon-Two Rock > Whitaker Bluff > R on Franklin School > L on Hwy 1 > R on Valley Ford-Freestone > R on Bodega Hwy > L on Boho (*rest stop at Wildflower Bakery*) > R on Boho > R on Bodega > L on Valley Ford-Freestone > L on Hwy 1 > L on Bloomfield > R on Canfield > L on Blank > R on Peterson > L on Roblar > L on Stony Point > R on W. Sierra > R on Valparaiso > Myrtle to park.

Rose Mello—543-5889

SATURDAY • OCTOBER 9

Gran Fondo

See item on page 7

SUNDAY • OCTOBER 10

Cavedale-Trinity

5/C/42

4

9:00 AM • Howarth Park

Thru parks > Channel > Bike path to L on White Oak > R on Oakmont > L on Valley Oaks > R on Pythian > R on Hwy 12 > R on Warm Springs > R on Arnold > L on Madrone > R on 12 > L on Cavedale > L on Trinity > L on Dunbar > R on Arnold > R on Warm Springs > L on Sonoma Mtn > L on Bennett Valley > Yulupa > R on Bethards > L on Summerfield to Howarth Park.

Nikola Farats—535-0399

SATURDAY • OCTOBER 16

Wine Country Wandering

3/BC/72 • 4/BC/91

9:00 AM • Village Shopping Center
5755 Mountain Hawk Way, SR

Short option: R on Hwy 12 > R on Calistoga > L on Badger > R on Wallace > L on Riebi > L on Mark West Springs > 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 West Dry Creek > R on Lambert Bridge (*rest stop at Dry Creek Deli*) > R on Dry Creek > R on Canyon > R on Geyserville > L on Hwy 128 > L on Geysers > R on Red Winery > R on Pine Flat (*rest stop at Jimtown Store*) > L on 128 > R on Chalk Hill > L on Pleasant > Faught > L on Old Redwood > L on Mark West Springs > R on Riebli/Cross Creek > Continue straight on Cross Creek > L on Thomas Lake Harris > L on Fountaingrove (on bike path parallel to road) > Montecito > R on Calistoga > L on Dupont > R on St Francis > L on Raters > R on Mountain Hawk. *Long option:* Same as shorter to: Wohler > L on Westside > R on River > R on Armstrong Woods > R on Sweetwater > L on Westside.

Bill Carroll—539-7568

SUNDAY • OCTOBER 17

Pedaling to Cloverdale

3/AB/35-40

9:00 AM • Healdsburg City Hall

R on Grove > R on Mill > Westside > R on Kinley > L on Dry Creek > R on Lytton Springs > L on Geyserville > L on Canyon > R on Dry Creek > R on Dutcher Creek > Cloverdale Blvd (*rest stop at Starbucks in Cloverdale*) > Crocker > R on Asti > Geyserville > R on Independence > L on Fredson > R on Lytton Springs > L on Chiquita > R on Grove.

Ken Russeff—953-1804

SATURDAY • OCTOBER 23**Geysers Century**

4-5/BC/98

8:30 AM • Ragle Park

L on Ragle > R on Mill Station > L on Hwy 116 > R on Vine Hill > L on Laguna > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on W. Dry Creek > R on Lambert Bridge (*rest stop at Deli*) > R on Dry Creek > R on Canyon > L on Chianti > R under 101 to L on Asti > R on Crocker > River > R on Geysers (*rest stop at TT stop*) > L on Red Winery > R on Pine Flat > R (straight) on Hwy 128 (*rest stop at Jimtown*) > L on 128 > R on Chalk Hill > L on Faught > R on Shiloh > L on Windsor > L on Slusser > R on River > L on Trenton > R on Oakwild > L on W. Olivet > R on Olivet > L on Piner > R on Willowside > R on Hall > L on Sanford > R on Occi > L on High School > R on E. Hurlbut > R on bike path > Cross 116 to Mill Station > L on Ragle.

Bill Oetinger—823-9807

SUNDAY • OCTOBER 24**Lake Sonoma Ramble**

2/A/25

9:00 AM • Healdsburg City Hall

South on Grove > R on Mill > Westside > R on West Dry Creek > R on Yoakim Bridge > L on Dry Creek to Warm Springs Dam Visitor Center > Retrace Dry Creek > R on Grove.

David Abramo—650-533-2330
Sunny Mawson—838-3138**SATURDAY • OCTOBER 30****Rincon Rambler**

3/B/55

9:00 AM • Village Shopping Center
5755 Mountain Hawk Way

R on Hwy 12 > R on Calistoga > L on Badger > R on Wallace > L on Riebli > L on Mark West Springs > R on Old Red > R on Faught > R on Chalk Hill > L on Hwy 128 (*rest stop at Jimtown Store*) > Retrace on 128 > R on Franz Valley > R on Porter Creek > Mark West Springs > L on Reibli > R on Wallace > L on Badger > R on Calistoga > L on Hwy 12.

Donna Norrell—292-0565

Ring Around Mount Veeder

5/C/67

9:00 AM • Vallejo Barracks
parking lot, Sonoma

West on bike path > R on 1st St W. > Becomes Norbom > To end of paved road > Retrace to R on bike path > R on 5th > L on Verano > R on Riverside > L on Boyes Blvd > R on Arnold > R on Agua Caliente > L on Hwy 12 > R on

Cavedale > R on Trinity > Dry Creek > R on Mt Veeder > Redwood > R on Browns Valley > R on Partrick to end of paved road > Retrace to R on Browns Valley > R 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 > L on Old Burndale > Denmark > R on 7th St E. > L on Lovall Valley > Bike path to finish.

Linda & Sid—925-689-3056

SUNDAY • OCTOBER 31**Halloween Ride and Brunch**

2/AB/32

9:00 AM • Howarth Park

L on Summerfiled > R on Sonoma Ave > R on D St > L on 5th > R on Humboldt > L on 7th > R on A > 9th > R on Cleveland > L on Frances > Range > L on Steele > R on Hardies > L on Ditty > Coffey > L on San Miguel > R on Fulton > L on Wood > L on Woolsey > R on Olivet > L on River > R on Trenton > L on Laguna > R on Vine Hill School > L on Vine Hill > R on Green Valley > L on Sullivan > L on Occidental > L on Sanford > R on Hall > L on Willowside > R on SR Creek Trail > Prince Greenway > L on Sonoma Ave > R on Hahman to WOW (see below) > Retrace to R on Sonoma Ave > L on Summerfield to finish. *It's Halloween! Come out in costume! Recognition goes to the zaniest costume. Near the finish, we are doing brunch at WOW Cafe. If brunch is not your bag, continue on to the end at Howarth Park.*

Noelle Rudolph—533-7160

REGULAR RIDES**Wednesday Wanna-B's**

B • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

Beth Anderson—874-3685

Vin Hoagland—584-8607

Second Wednesday: Healdsburg City Hall

Chris Jones—938-2669

Third Wednesday: Finley Park, Santa Rosa

Lowell Antze—237-7014

Fourth Wednesday: Finley Park, Santa Rosa

Alfred Mascy—484-5885

Fifth Wednesday: Esposti Park, Windsor

Alfred Mascy—484-5885

C • 30-50 miles • 9:00 AM

*First Wednesday: Howarth Park, Santa Rosa**Second Wednesday: Healdsburg City Hall*

Eric Peterson—433-7737

*Third Wednesday: Ragle Park, Sebastopol**Fourth Wednesday: Ragle Park, Sebastopol*

Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

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

Friendly Fridays

A • 25-30 • 9:00 AM

Same schedule as other Friday rides

Janice Eunice—575-9439

Fifth Friday: Ken Russeff—953-1804

B & 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

Grizzly Century Weekend

The Santa Rosa Cycling Club's participation in the Grizzly Century has become a club tradition. Every year on the first weekend in October—this year, Oct. 1-3—many members head south to Bass Lake to camp together and ride together on the century that may be the most beautiful and bike-friendly in the state.

What makes the Griz so special? First of all, it's a great course. Lovely scenery just outside Yosemite, with all that same big granite and deep canyon scenery that make the national park so famous. Traffic is next to nonexistent on most of the loop. You'll see more sag wagons than any other vehicles, all day long. There are big but not brutal climbs, and there are wild descents, some as long as a dozen miles or more, almost always on excellent pavement. There are shorter options than the full century, and a longer, 200-K option as well.

Aside from the great course, there is the great support. Rest stop chow is top notch, including sushi at one early stop and killer homemade sticky buns at another. You also get—for your entry fee—a very good free breakfast before the ride and a free dinner after. But wait, there's more: the organizers pay for our campground on Friday night, and the SRCC chips in to cover the camp fees on Saturday night and the cost of fixings for a hearty camp breakfast on Sunday morning as well. Essentially, you pay your entry fee and pay for some gas to get there, and that's your whole expense for the weekend. Their tee-shirt art is usually excellent as well. Such a deal!

While a few club members opt for nearby motels, most camp together in a reserved campsite on beautiful Bass Lake.

RSVP with Kimberly Hoffman (579-3754, kdhoffman10@yahoo.com).

More BACKROADS & BREAKAWAYS

the very least, riders should stop long enough to determine if the rider with the flat wants any help. (Some will say they're fine and wave the group on, but most will appreciate the company and the assistance.) This seems like a good time to revisit the topic of club ride etiquette. We have a short primer on that subject at our club website. It can be hard to find from the main menu, but if you go to the Site Map, you'll see [Ride Etiquette](#). It does a good job of explaining what we expect of participants on our rides. If you haven't ever read it before, you ought to do so.

This was a three-day weekend, and on Monday, Labor Day, Tony Buffa offered a B ride with the steep slopes of Sweetwater Springs as the featured attraction. As with Donna's ride on Saturday, this one may have been short on miles and "only" at B tempo, but it made up for it with steepness. In addition to the fearsome pitch on Sweetwater, it also included Mays Canyon and Green Valley and a few other West County hills. Those two rides together made a stout set of bookends for the weekend. There were around 30 riders on hand for this one, with the usual spread from hot-C to laid-back-B. There were lumpy little climbs right from the get-go: Mueller, Vine Hill, Trenton-Healdsburg, Wohler, Westside...nothing severe but pretty much non-stop. That strung the group out, even before we got to the steeper, longer ascents on the Hop Kiln side of Sweetwater. By the time the later riders rolled into the regroup at the coffee shop in Guerneville, the faster riders were already growing restive, ready to hop back on the bikes and hammer for home. But the more relaxed riders wouldn't be rushed and settled in to do justice to their cafés and croissants. So while the fast kids took off, the true B's kicked back, and then rode in at their own pace. If you happened to have finished the ride near Tony, you might have received an invite to drop by his Sebastopol home for a few glasses of his home brew and some goodies off the barbie, making this a classic summer holiday, with all the trimmings.

There were two rides on the following weekend. Ken Russeff kicked off this first, official weekend of football season with an A ride from Cotati, down through Chileno Valley and onward into Petaluma. Ken reports: "Our ride on Saturday was absolutely perfect. It's nice starting a ride with one layer. We had 29 riders out of Cotati, past the Two Rock Coast Guard Station and to the normally quiet Chileno Valley Road. First, there were, at my best guess, 150 Team in Training cyclists on a ride in the southern direction and then a Mini Cooper club with at least 50 Minis driving in the same direction, all of which added a little variety to our ride. Our rest stop was at the Petaluma Creamery which, if you can believe this, doesn't serve milk. Go figure."

On Sunday, Michael Barnes listed the classic King Ridge loop out of Monte Rio. He listed it at BC, and I queried him about that ahead of time (seeing as how he was one of the near-five-hour guys on Bill Carroll's century). He insisted he would lead at B tempo, as he had some friends visiting who would be riding at that level. He deputized Jonathan Walden to keep track of the C group. That was the theory anyway. There were over 40 riders at the start, lured out by the siren song of King Ridge and its wonderful consort roads. As usual, there was a wide spread of riders on hand, only in this case, the spread was from hot-D to laid-back-C. No one who looked like any sort of B rider, as far as I could tell, and out on the road, nothing that resembled a B pace, ever. As is usual for this

classic loop, everyone pretty much hung together to Cazadero. A few people stopped there to stow away vests and such, and then the first of the many King Ridge ascents did its ruthlessly efficient job of sorting out the group. There may have been some densely packed cluster of riders somewhere along the road, but where I was, it was all ones and twos, with lots of gorgeous west county real estate in between the little pods of riders. There was one big regroup at the Tin Barn-Hauser Bridge junction, but after that, no other mass regrouping for the duration. Many people stopped briefly at the nice new water faucet at the Zen Center on Seaview, and perhaps because of that splash-n-go, most people blew right past our traditional stopping spot at Fort Ross School and kept it moving all the way down to Jenner and back up the river to the finish. Weather was a curious mix. I started in Occidental in a chilly fog, but it was warm and sunny by the time I got to Monte Rio. Then, just a mile west on River, we rode into another bank of cool fog. We climbed out of that, back into the sunshine, on King Ridge, but dropped back into the soup on Meyers Grade and didn't see the sun again until well inland along the river. The overcast bits were brisk but never brutal, and the sunny bits were warm but never too hot. Fog or sun, it was all dandy. In anything other than a driving rain storm, King Ridge and Meyers Grade and the rest of that loop are always superb.

We have room here to cover one more weekend of club rides (the weekend of September 18-19). The only problem is we don't have much to report. The only ride on Saturday was Nick Farat's Autumn Equinox Century. All I've been able to learn about it is that Nick showed up with no bike and waved folks off. No word on how many were there or how it went or why Nick was effectively a no-show.

Rose Mello had a Gran Fondo "warm-up" ride on Sunday, but it was more of a cool-down than a warm-up. That was the day of almost rain...the first wet stuff of the season. She and 16 friends got as far as the ridges overlooking the coast on Coleman Valley before they turned back in the face of a wall of chilly mist that was only a bit less heavy and soaking than real rain.

Rick Sawyer listed a very esoteric and far-off ride on this day: essentially the final stage of the Mother Lode Tour, which, for various reasons, we didn't do on the tour in May. He was determined to get his closure on the tour. John Russell gamely showed up to keep him company. They too faced the threat of rain, but it held off and they had a nice, 80+ mile loop in the steep foothills of the southern Sierra. Rick sent a longer note to the chat list about the ride, and will be glad to discuss it with you, if you're interested.

Meanwhile, over on the eastern side of the Sierra, a few more club members were trying their luck on the second annual White Mountain Double. As far as we know, the roll call of SRCCers on this ride amounts to John Witkowicki, Greg Durbin, Craig Robertson, Karen Thompson, and Rick Arnold. We're not sure, but we think they finished in that order: John in the top ten, Greg and Craig in the top 20, Karen in the top 30, and no word yet on where Rick finished. (Results aren't out yet, so this is all anecdotal.) The White Mountains are a lovely, austere range off on the Nevada border, southeast of Bishop. The high point of the double is very high: over 10,000', at the Schulman Grove Bristlecone Pines visitor center. Lots of desert riding and—typical—lots of headwinds at the end of the ride. Headwinds and dehydration. It's dry out there. Karen said she went through 17 bottles of water and ended up looking like a human salt lick.

Holiday dinner and end-of-year awards



Mark your calendars for Friday, December 3. That's the date of the club's annual holiday dinner party, the one occasion of the year when we put our bikes aside, dress up in our best duds, and head out on the town for an evening of swanking it up.

After several years of rather laid-back affairs at the mildly funky Druids Hall, the Board has decided to try a different approach this year with a more up-scale package: we will hold our big event at the Flamingo Hotel. Not only is it more upscale, it is more expensive, with the bottom line result being that we are going to be charging admission this year (rather than the club footing the bill for the whole project). Cost will be \$20 per person (although, even with that charge, the club still picks up the lion's share of the tab for the evening). This event is members-only. We will no longer have the member pot luck component. All food is covered by the hotel, and there is a no-host bar and a \$12 corkage fee.

This is a departure from our recent practice, but it is what we used to do for the first several years of our holiday dinners (at Mistral, Hotel la Rose, Chez Peyo, etc). We're going to try it again in a new venue. Remember: as with any new project we undertake, this is an experiment; if we don't like the way it plays out this year, we can look at other options next year.

Look for more information about the event in the November newsletter. For now, we want to address one aspect of the evening: the presentation of awards to members for deeds done over the course of the year. (Presentation of the awards is the featured entertainment of the evening.)

Awards range from light-hearted to quite serious. ("Serious" not so much because we take ourselves too seriously, but because we really do respect the achievements of our fellow members and want to accord them some measure of honor and respect.) Many of the decisions about the awards are made by the club Board—because somebody has to do it—but the members of the Board cannot be everywhere and see everything that goes on out there on club rides or during other bike-related activities. We need our members to be our spies out in the field: to see what's going on and to report back to us.

We very much want suggestions and feedback from the members as to who the worthy awards recipients might be. The credibility of the awards is only as strong as the information we can gather through member input. So, to help you, the members, help us, here is a list of the traditional awards we present each year, with brief explanations of what they represent (if the titles of the awards aren't self-explanatory).

- Rookie of the Year
- Most Improved Rider
- Ride Leader of the Year (most rides listed in the club calendar)
- Leader of the Pack (leadership in cycling advocacy)
- Volunteer of the Year (best worker on club events)
- Most Inspirational
- Comeback Kid (good recovery after medical issue or crash)
- King and Queen of the Mountains (best climbers)
- Good Shepherd (most supportive club ride leader)
- Lewis & Clark Award (best self-supported touring adventure)

- Golden Shoe Award (most supportive spouse or partner)
- Rider of the Year (best performance)

- Gearhead Award (not just the best athletic performance of Rider of the Year, but also a sense of having done something really extraordinary, far beyond what the average rider would attempt)

Note that most awards have both female and male recipients. There can also be multiple recipients of an award in a given year. This isn't common, but there's no rule against it. Up to the present time, we have tried not to give the same award to the same person more than once. That may change someday, but so far, we keep managing to find new people to honor.

Many of the awards on this list originated entirely with the members...not with the Board. Some member saw something out there that they wanted to acknowledge and created an award to fill that bill. Most years, there are a few of these. Some of them are clearly one-time-only awards or are entirely goofball and not repeatable. But the best of them hang around and become institutions.

Bear this in mind when thinking about which of your fellow members you want to salute for achievements in 2010. Rather than nominating someone for an existing award, you might want to dream up a new award, be it just for one occasion or possibly for the long run.

We can't repeat this enough: we want your suggestions. To bring someone to the attention of the Board, you can send an e-mail to anyone on the Board or to the newsletter Editor. Their e-mail contact info is listed at the club website on the [Contact Us page](#).

New on-line Feedback Form.

While you're at the contact page mentioned above, note the link at the bottom of the page to a new club feature: a Feedback Form. The Board wants to hear from you, whether your feedback is positive or negative. To make that as easy as possible, our webmaster has created this page. You can either click on the basic [feedback@srcc.com](#) address or, if you want to keep your input anonymous, you can use the form provided for that purpose.

SRCC HOSTS PREMIER STOP ON GRAN FONDO

For the second year in a row, the Santa Rosa Cycling Club will be in charge of the marquee rest stop on Levi's King Ridge Gran Fondo: the stop at the top of King Ridge (at the junction with Hauser Bridge and Tin Barn). The Gran Fondo this year will be held on Saturday, October 9.

Last year's King Ridge rest stop was a huge beehive of activity. This year, with twice as many participants, it promises to be a total zoo. We will need a crackerjack team of SRCC volunteers to handle it. Janice Oakley is taking the lead on organizing things this year.

The event will also be needing experienced SRCC course workers to take leadership roles in other rest stops around the course. There are many willing workers signing up, but they aren't all cyclists, and they don't have the experience SRCC members do in putting on top-notch bike events. We need to be there to show them how it's done. If our crew on King Ridge is already fully staffed, check the [volunteer page](#) at the Gran Fondo website to learn how to plug into one of the other crews, where your expertise will be much appreciated.

Janice Oakley • 568-7062 • jmo_bike@yahoo.com

SANTA ROSA CYCLING CLUB

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

To join the club or renew membership, please go to
<http://www.srcc.com>
srccride@sonic.net (Bill Oetinger, club 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, October 13 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Featured Presentation: not settled at press time

Wednesday, November 10

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, October 7 • 6:00 PM

TLCD Architecture • 111 Santa Rosa Ave. (SW corner at 1st St)

Door open between 5:45 and 6:00pm • After that, call 478-9387

Thursday, November 4

Adopt-a-Backroad Litter Pick-up Day

9:00 AM • Sunday • November 7
San Miguel School (Faught Road)

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 had our clean-up day on West Dry Creek six months ago, and now it's time to turn our attention to Chalk Hill.

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 all the work is done, we will retire to a local bistro for lunch, courtesy of the club. For more info or to sign up...

Mike McGuire • 542-6687 • mmcguire@pacbell.net