



APRIL 2011 NEWSLETTER

Final push for Wine Country Century

The 2011 edition of the the Wine Country Century is just a few weeks away. It's the biggest event of the year for the club, and we always want to make sure we've dotted every *i* and crossed every *t* before our 2500 guests roll into town on May 7...and roll out of town on their bikes, around the Sonoma County countryside.

WCC Chair Bruce Hopfengardner and Volunteer Coordinator Kimberly Hoffman report that most of the support crews are fully staffed and that most other items have been dealt with. But never assume every single volunteer position is filled. There are always a few spots where we need more help...always something else that needs doing. See the list below, for example...

If you have been procrastinating about getting involved with WCC support, it's not too late to take the plunge. And remember: if you do volunteer, you get the big payback of doing the WCC course the following weekend (May 14) with all your club pals, including enjoying the very well-catered lunch at the club's warehouse/picnic ground after the ride. Not to mention getting a cool WCC t-shirt...all for free. Such a deal!

WCC/warehouse work days coming up

Not all WCC volunteer assignments happen on May 7. There is a good deal of prep work that precedes the actual century, and much of that happens at the club warehouse, beginning this month.

Sunday, April 10: we need ten volunteers for cleaning tables and plastic chairs, and for checking and fixing canopies, signs, and sand bags. Starting time: 10:00 am.

Saturday, April 23: we need 12 volunteers to help clean water jugs, ice chests, and buckets. Starting time: 10:00 am.

Sunday, April 24: we need six volunteers to help clean all the water hoses and portable water dispensers. Starting time: 1:00 pm.

Saturday, April 30: Make WCC rest stop kitchen and tool boxes, prepare first aid and sag boxes. 9:00 am to noon.

Sunday, May 1: Distribute WCC rest stop equipment and supplies into bays (inside and out). 9:00 am to noon.

Friday, May 6: Load WCC rest stop trucks. 8:00 am...

Warehouse work days are a relaxed and enjoyable way to be of service to the WCC effort and to the club in general. For more information, please call the coordinator for these projects...

Rose Mello, 543-5889

Climb Aboard for April Alpina

Once again, April presents us with the opportunity to take part in the club's month-long climbing challenge, April Alpina, wherein we challenge ourselves—and one another—to climb as many hills as possible during the month. In years past, many have found the program to be a great motivator. Focusing on climbing for a month will get you in better shape for the rest of the year. And it's fun too!

To participate, go to the club's website and search out the [link](#) on the home page. Sign yourself up and pick a goal. There are several target levels of accumulated elevation gain that you can shoot for, and these are fairly accurately aligned with the pace ratings: A through D plus HC ("Above Category").

Two of the reasons we often hear for not joining in are, "I don't like to be pressured" and "I don't have an altimeter." As to the first objection, use the program as a self-motivator: only do as much as you want to do. However, it does sometimes help to see one another's numbers mounting up over the month, so plug into that communal energy as much—or as little—as you want to. If it helps you to achieve better fitness and have more fun with your riding, that's all good.

As for the altimeter question, you hardly need one anymore. There are so many on-line mapping apps that provide reasonably accurate elevation figures, you don't need a counter on your handlebars. Ask around among your friends for a recommendation on a mapping site. One suggestion: [Ride With GPS](#).

No attempt is made to "level the playing field" and calibrate each rider's altimeters to one standard. April Alpina is a personal challenge and is an honor system. Whatever helps you work on climbing is okay.

And while you're at the site entering your AA data, consider signing up for our other on-line challenges. It's too late now for the [March Magic](#) miles challenge, but you can still visit that page and admire the numbers racked up by your club mates (last month). Meanwhile, the [Century Challenge](#) and [Commuter Miles](#) logs go on all year. Signing up for either is easy, and entering the results of your rides provides a nice feeling of accomplishment to polish off the rides you've done. Your on-line log book entries may also serve as inspiration for other club members. The whole point of all these interactive logs is to provide support and encouragement to and for one another; to get you out on your bike, rising to the challenges, be they miles or centuries or elevation gain.



MINUTE MIX



Highlights from the General Membership and Executive Board meetings for March

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, March 9. 55 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin announced the club's bank account balances, as of February 28.

3. Membership: Registrar Gordon Stewart reported membership of 1202 (combining individual and family memberships). Steve Sbragia acted as host at the New Member Table, with several new members on hand.

4. Tours: Doug Simon announced that he is organizing a second club-sponsored tour for August: a reprise of the Wild Rivers Tour from a few years back. Registration opened on March 15.

5. Free Lunch: Bill Oetinger reminded members about the free lunch at El Sombrero Taqueria after the Free Lunch Ride on March 12. (See item in B&B.)

6. First Aid: Don Graham announced that the club is supporting a first aid training class on April 6, conducted by member Eric Peterson. (See item on page 5.)

7. Warehouse: Warehouse Committee member Rose Mello announced additional improvements underway, and better organization in preparation for the WCC. Ramona Turner will be joining the warehouse committee. There will be additional equipment cleaning days coming up. (See item on page 1.)

8. Donations: The results of the end-of-year donations voting for 2010 were explained by Donn King. A total of 13 donees will split the \$13,000 donation pool, with amounts based directly on the number of votes received. Greg Durbin's spreadsheet was displayed for reference. There were 182 club members voting this year. Among the crowd were representatives of several of the donation recipient groups, who expressed their thanks.

9. WCC: Wine Country Century Chair Bruce Hopfengardner reported to the Board on assorted preparations for the event, with special emphasis on costs for CHP and EMTs. Bruce has taken over responsibility for the Workers' ride and party on an interim basis. Bruce also appealed to the membership for more volunteers for the event. (See item on page 1.)

10. TT: Craig Gaevvert announced that Bill Ellis will be unable to take over as Terrible Two Chair at this time. For now, Craig is continuing in that position with Bill Oetinger assisting. Bill noted that the new batch of TT jerseys and vests has arrived, and they are now on sale to past TT finishers at the club website.

11. Insurance: Donn King asked the membership to approve the expense of purchasing liability insurance to cover board members and appointed club directors against legal claims in connection with carrying out their club duties. A motion was passed, authorizing \$875 for this purpose.

11. Featured presentation: The feature program was a presentation by Carmen Sinigiani, representing a Steve Cozza and Rotary Club fund raising ride (the Giro Bello) that will take place in June.

NOTE: Due to several withdrawals, there is now no one on the wait list for the Southern Utah Tour. Go to the [SUT page](#) for more info, or call Bill Oetinger: 823-9807.

• Letters •

The following note appeared originally on the club's chat list...

Hello all,

My wife Leigh and I are some of the newest members of the SRCC having joined ten days ago. We went on our first club ride, the Welcome Wagon Ride, led by Janice and Mike Eunice, last Sunday (March 13th), and in case there are other newbies like us in the club, I thought I'd offer a few comments and observations from this newbie about the Welcome Wagon Ride.

The ride leader, Janice, was wonderful. The ride began with a mini-orientation to the club, riding etiquette (something I think, even old timers could be reminded of once in a great while), our planned route, and informal introductions of all the riders present. I didn't count, but I'd guess there were about 20 of us.

The ride itself started at Howarth Park and was planned to be a short (~15 mile-ish?) and easy loop into and around Oakmont. I say "planned" because one of the riders had the bad luck of picking up two flat tires at different points in this ride. I don't know about the other riders, but I looked at the flats as a wonderful opportunity to watch Jon from Community Bikes (along with a few club members chipping in patches, glue, pumps, etc.) demonstrate how to quickly fix a flat whilst on the road...a perfect thing to do, I think, on a ride for newcomers, because, let's face it, if you ride enough, eventually you will have to deal with this. This experience also demonstrated to me the wonderful sense of community in the club: pretty much everyone was willing to do whatever was needed to help out. I believe it was Rich who chipped in on the second flat, but I'm not 100% sure, as I didn't see that incident personally.

So, although we didn't complete the intended loop, we got far enough and everyone was positive about it, showing a wonderful *que sera sera* sort of attitude. And at least my wife and I met several new club friends (which was for us, being new club members, the main purpose of the ride).

Toward the end of the ride, we stopped for a nice snack/social break at the Cafe Des Croissants in Oakmont and, perhaps best of all, we managed to complete the ride just before the rains began! A dry ride on a rainy day! Woo hoo!

So my wife and I have volunteered for the WCC this May, and weather permitting, plan on getting in on as many rides as we can. Hey, we've even signed up for the March Magic on our first week as club members.

I'd like to finish by saying thank you to all the club members we've been in touch with via email or the phone these first ten days. Talk about feeling welcomed! If there are any other newbies on this e-mail list... jump right in, the water's fine!

Hoping to write more from time to time...

— John Nouveaux

We had a letter awhile back from another new member, resigning from the club and complaining that she never felt welcomed into the group (in spite of various members taking the time to answer her e-mail and phone questions at great length). John's note illustrates the point that, with this club, you get out of it just about as much as you put into it. Bring a good attitude, and that will be repaid to you with interest.

— Editor

BACKROADS & BREAKAWAYS

B&B is a column for and about local club rides, news, gossip, anecdotes, odds and ends. If you have a story to share about a ride you led, your race results, a cycling vacation, whatever...call Bill Oettinger @ 823-9807 or send e-mail to: srccride@sonic.net.

Early in February, we had enjoyed an unreal heat wave, with the mercury pushing up into the low 80's now and then. Quite spectacular for cycling. No one really expected it to stay that way, but did we anticipate that it would get as cold and as wet as it did? We went from record-breaking highs early in the month to record-breaking lows later in the month, which also included an impressive blanket of snow over the higher ridges around the county. Snow in the high country meant cold rain in the valleys, which turned our ride schedule into a game of Russian roulette.

On the first weekend we can cover this month—February 19-20—we began with two big rides on Saturday: a century out of Willowside School and a 200-K brevet out of Healdsburg. Because the forecast for Saturday was so ominous, I used the chat list (and the club's on-line ride calendar) to postpone the century to Sunday.

The brevet could not be so easily rescheduled, so it happened on Saturday, and to heck with the weather. Our brevet coordinator Robert Redmond reports that about 50 out of 70 registered riders actually showed up to do it. Considering the rather grim weather forecast and the rather daunting route (by brevet standards), this was an impressive showing. Some of the higher spots around the loop, such as Hwy 253 between Boonville and Ukiah, had only been cleared of snow the previous day, but in spite of the forecast, it turned out to be quite a manageable day for most. Some of the fastest riders reported brief splats of hail and rain near the end, but these must have been quickly over, as later riders missed them entirely. Everyone commented on the sweeping vistas of snow-capped peaks all around. About the only negative was a few flats caused by the sharp cinder rock spread on the roads where they had been icy. As usual, Ginger Kuhn and Kimberly Hoffman were providing cheerful and efficient support, and at the end, everyone recovered from the rigors of the day with substantial infusions of Cafe Racer ale at the Bear Republic in Healdsburg.

We had 14 at the start for my rescheduled Sebastopol-Petaluma Century. It was a very brrrracing 32° when I rode over to the start at Willowside from Sebastopol, and only one degree warmer when we rode back across the Laguna half an hour later. There was a clammy fog in the low spots at the start, but we rode out of it on the Cherry Ridge climb, and we stayed in full sun all the way to Point Reyes Station. The run down Tomales Bay was exquisite. About as pretty as it could be. Crisp and clear and everything green. After regroup #1 in Tomales, the group split up amid the rollers north of Marshall and didn't all get back together again until regroup #2 at the Cheese Factory. We rode underneath a herd of pretty clouds around Pt Reyes Station, and from then on, we were either under a cloud (chilly) or not under a cloud (almost warm).

We lost half a dozen riders to assorted bail-outs before or after Petaluma, but the rest hung on for the duration. As we were heading west on Adobe and getting ready to do the Lynch-Hardin loop, a huge, really gnarly looking black cloud loomed up in front of us, hunkered down on top of the hill where Lynch meets Hardin. We stopped for a minute and looked at that menacing cloud and decided to skip the uphill loop and start running for home as fast

as we could go. A few minutes later, near Penngrove, it started to sprinkle. It never rained really hard and we never got really wet. We were cold. We were pushing into a bit of headwind. And we were worried that the rain would get worse, the anticipatory dread chilling us more than the actual rain. So we just kept bookin'. But about the time we got up to West Railroad, the sprinkles stopped, and all we had to contend with for the balance of the ride was wet roads. By the time we got to the finish, the skies were just about blue again. After that brief, nervous anticipation of chilly misery, we were delighted to have escaped with just a little dampness. So on balance, an excellent day.

Aside from the rescheduled century, there were two official rides on Sunday. Rose Mello had an AB ride of 50 miles out of Willowside. (Because I rescheduled my century from Saturday to Sunday, with a Willowside start, we had a funny situation at the school, where riders for the 8:30 century start were getting tangled up with riders for the 9:00 Rose-ride start. Cars kept pulling into the lot, just as we were about to leave. I was getting ticked off at people arriving *so late* for the start of my ride, until I finally figured out they were arriving early for the other ride.) Rose checks in on this one: "We had 25+ riders and it was a cold ride, but it did warm up some. The best part of the ride was the awesome view of the snow on the Geysers...and I left the camera at home." Rose is right about that. Nearing the summit on Cherry Ridge, near Grandview, I had a motorist coming down the hill slow down and roll down his window to yell at me. I thought it was going to be some abuse, but he said, "When you get to the top of the hill, turn around and look at the mountains!" It looked like the Sierra.

Also on this day, Dave Batt had a B ride of 35 miles out of Cotati, heading for Chileno Valley. Dave reports: "Very nice weather. We had 10 or 12 riders at the start. Most riders were of the AB variety and I stayed back with a few of them. Unfortunately, Steve Drucker hooked his front wheel and went down right at the Tomales-Petaluma Road turn. I guess it rang his bell pretty hard. A good samaritan named Joe stopped and hauled three of us to Kaiser in Santa Rosa. After X-rays, the doctors pronounced him fit to leave and I brought him home to his capable wife. He'll need crutches for a few days but he doesn't remember why. I want to thank Ann Cassidy for her help and time. The rest of the riders completed the circuit and reported no further incidents."

This was also the weekend of the next installment in the Grasshopper cross race series (if I can call it a cross race when everything but six miles of Willow Creek was paved). Marc Moons sent a very interesting—and witty—report on this race to the chat list. He thinks he was the only SRCC member in the field, or at least the only one in club kit. He did the club proud by finishing tied for 5th in an elite field including many pros. *Chapeau*, Marc!

One week later, we had another shot at the west county hills on a nominal BC ride that Christine Logan had put together. As is becoming a common practice, one of the faster riders, in this case Ken Cabeen, offered to draw off any faster riders into a more-or-less separate group. The true break between the groups came during our Graton Road speed trap run, which had been officially incorporated into the route by Christine. (Our speed trap exists for a very good reason. It serves as a useful metric for determining where you fall within the club's tiers, at least based on your natural speed. If you're not familiar with this measuring device or would like to know how we came to employ it, you can read

—Continued on page 6

RIDE SCHEDULE

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

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.

SATURDAY • APRIL 2

Not the Cinderella

2/AB/64

9:00 AM • Piner High School

After 21 consecutive Cinderella Classics, Vicki is hanging up her glass slippers and leading a ride in her own backyard. Similar to the 100-K Wine Country route, though in reverse and with Dutcher Creek added. Rest stop at the Dry Creek Store.

Vicki Duggan—525-1960

West County Kruse

5/C/105

8:00 AM • Downtown Graton

A walk on the wild side. Out around the steeply folded ridges of the west county, including steep climbs and wild descents on Cherry Ridge, Occidental, Boho, Fort Ross, Seaview, Kruse Ranch (unpaved), Hwy 1, Willow Creek, Joy, Bay Hill, and Coleman Valley.

Karen Thompson—479-1864

SUNDAY • APRIL 3

Rockpile Metric

3-4/B/62

9:00 AM • Healdsburg City Hall

Up Dry Creek Valley to the dam, then further up to do the challenging out-&-back on Rockpile. Return via Alexander Valley.

Donna Norrell—292-0565

The Nifty Ten Fifty

HC/CD/55 • 10,000'

8:45 (C ride) • 10:00 AM (D ride)

Paul & Janet's house:

6020 Sutter Ave, Richmond, CA

Ridiculously steep climbing in the Berkeley hills. Earlier starts, any time after 7:00 am, not guided, but maps provided. Light snacks and drinks at a stop at the half way point. 5:00 pm dinner at Pyramid Brewery. RSVP!

C: Bill Dunn—415-269-0591 &

Janet DeHaven—510-526-8873

D: Paul McKenzie—510-409-8873

SATURDAY • APRIL 9

Golden Gate Century

3-4/BC/100 • 8000'

8:30 AM • Marin Civic Center

A tour of Marin and San Francisco Counties. Very scenic and entertaining...but an extremely complicated route, with almost 150 road changes (almost all on roads most

of you won't know). A set of six maps—one overview and five detail maps—will be provided at the website for you to print. This ride must be approached as a stay-together journey of exploration. No hammering! If you want to go fast on a century this weekend, do Nick's ride on Sunday. Please respect the listed pace and stay with the group. Three official rest stops, but many more regroupings to keep folks together. Expect the ride to take all day. It will be a wonderful adventure, but only if you're willing to be part of the group.

Bill Oetinger—823-9807

April Sunshine Ride

2.5/A/37

9:00 AM • Esposti Park

Chalk Hill, Alexander Valley, Dry Creek Valley, and Russian River Valley, with stops at the Jimtown Store and Dry Creek Store.

Ken Russeff—953-1804

SUNDAY • APRIL 10

Another Fun Century

3/BC/102

8:30 AM • Ragle Park

This century heads as far south as Spring Hill and Chileno Valley, then works back north through Tomales, Occidental, and Monte Rio. It takes the easy way up River before bending north again on Westside, into Healdsburg. Then it heads back south along Eastside, Trenton-Healdsburg, and Vine Hill.

Nikola Farats—535-0399

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Healdsburg City Hall

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

Wine Country Warm-up

3/A/43 9:00 AM

Esposti Park

Another wine country loop. This one heads out Chalk Hill to 128, stops at Jimtown, then heads further north to Geyserville before doubling back to another stop at the Dry Creek Store. Then it nips through Healdsburg and down the valley through Windsor to the finish.

Jack Hartnett—694-0922

SATURDAY • APRIL 16**Pine Flat Challenge**
3-5/BCD/62
10:00 AM • Piner HS

The latest edition of the semi-annual run up Pine Flat Road, with the clock ticking. Start in SR and ride up in a bunch, then regroup at the bottom of the hill for a mass start run to the summit. If you want, your time to the summit will be recorded. Times vary from approx. :50 to 1:30+. For more info, visit the Pine Flat Challenge [website](#).

Doug McKenzie—523-3493

Western Hills

3-4/BC/64
9:00 AM • Piner HS

More west county hill challenges, including Green Valley, Harrison Grade, Bittner, Coleman Valley, Bay Hill, and Boho. Optional out-&-backs on upper Fitzpatrick (hilly) and Salmon Creek (not hilly).

Laurie Buettner—874-2811
Janice Oakley Thomas—568-7062
Donna Norrell—292-0565
CD: John Olson—332-9305

SRCC-RUSA 400-K Brevet
6:00 AM • North Santa Rosa
\$30.00 registration fee

This route runs north from SR through Cloverdale and Ukiah, then south along Hwy 20 to Clear Lake. Retrace the same route to return. For more information and registration form, visit the SRCC Brevet [page](#).

Bob Redmond—799-0764

SUNDAY • APRIL 17**Susan's Birthday Ride**
3/AB/50

9:00 AM • Youth Comm. Park

One more variation on the theme of how to get from Santa Rosa to the Wildflower Bakery in Freestone, and back. This one is rolling...not too hilly, with sticky buns in the middle.

Susan Hester—573-1532

SATURDAY • APRIL 23**Clear Lake Double Metric**
4/CD/121 • 10,000'
8:30 AM • Foss Creek El. School
BC start at 8:00 AM

The by-now classic loop through Alexander and Knights Valley, up and over Ida Clayton and down into Lake County (on two miles of steeply downhill gravel road). Big Canyon (gravel) and Siegler Canyon, then along the west short of Clear Lake to Kelseyville. Hopland Grade and Mountain House back into Sonoma County and finally a run down

Dry Creek Valley to the finish. If it rains on Saturday, reload for Sunday. RSVP to be sure. Lowland (BC) option from Hopland: south on Hwy 101 > Geysers Road into Cloverdale > rejoin course. Only a mile or two shorter but bypasses climbs on Mountain House.

CD: Tony Lee—766-9803
BC: Bill Oetinger—823-9807

SUNDAY • APRIL 24**Big Sulphur Creek Canyon**
2-3/AB/36

9:00 AM • Cloverdale Train Depot

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

Craig Gaevert—545-4133

SATURDAY • APRIL 30**Cotati-Occidental-Valley Ford**
3/AB/46

9:00 AM • HP Park, Cotati

A moderately hilly run out to Occidental, using many familiar roads—Canfield, Bloomfield, Burnside, Sexton, Furlong—but linked together in some less familiar ways. After the downhill out of Occi, a rest stop at Wildflower and an easy, rolling run back to Cotati.

Anne Graver—829-0686

Thoughts & Wheels**Turning to Spring**

4/BC/64

9:00 AM • Oliver's Market, SR
(Montecito @ Middle Rincon)

Over the ridge on St Helena-Spring Mtn and down into Napa County, then up the valley to Calistoga for a break at Calistoga Roastery. After the coffee, Franz Valley School, Franz Valley, then 128 north through Knights Valley to Chalk Hill, Faught, etc. Back to the start along Rielbi, Wallace, and Brush Creek.

Rick Sawyer - 933-0760

West County Hill Redux

3-4/B/41

9:00 AM • Piner HS

Want another shot at those pesky west county hills? Here you go: out to Sebastopol, then a wiggly route to Freestone and on to a climb of Joy, down to Occidental, up Graton and down Harrison Grade, Green Valley, etc. Short on miles but not on climbing.

Christine Logan—577-1422

First Aid Training for Cyclists

The club is sponsoring a three hour First Aid training session provided by club member Eric Peterson of [Mill Creek Safety](#). 5:30 PM, April 6; 1260 Dutton Avenue, Santa Rosa.

This course will cover standard First Aid topics but with special emphasis on situations that may be encountered on a bike ride.

The cost of the course is \$45 but the club is offering to pay \$20 per participant for the first twenty members signing up. This event was announced at the club general meeting on March 9th, and 15 members signed up on the spot, so there are only a few subsidized spots left. This offer may be extended or renewed if there is sufficient interest.

For further information please contact Don Graham (579-0335).

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 Masey—484-5885

Fifth Wednesday: Esposti Park, Windsor
Alfred Masey—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
Fifth Friday (A group): Youth Comm. Park

B & C • 30-50 • 9:00 AM

First Friday: Cotati Dog Park
B: Looking for a leader...

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

an article about the history of SRCC pace ratings [here](#).) There were about 20 participants on the ride, divided equally into the official BC group and the unofficial CD group. Some of the faster riders were more D+ than CD, with Tony Lee, Doug McKenzie, and Ken Cabeen all clocking in at under 17 minutes in the time trial. (D tempo is anything under 19 minutes, so yeah...they had that covered.) Most of the riders made note of their times through the 4.4-mile trap, either surprising themselves with unexpected times or confirming that they were what they thought they were: a B or a C or a D...or a D+.

After that timed climb drove a big wedge between the two groups, they remained apart for the duration (which is how it should work out). Things didn't get any easier after that for either group, as the route included steep climbs and tricky descents on Bittner-Joy, Bay Hill, and Coleman Valley, then a long, more moderate loop to the north and east along Boho and River and back home along Oakwild and Piner. The weather all week had been unsettled, but on this day at least it turned out okay for us. It had been cold enough overnight that we worried ahead of time about ice in the shady spots, and in fact there had been substantial glazes of ice just an hour before the ride began. But in the end, everything thawed by ride time and it was merely nippy and not all that nasty after all. While the two groups split up early—the CD and BC groups—those two smaller gangs stayed pretty well intact through the rest of the ride. Which I think supports the premise that getting the fastest riders off on their own, out of sight, tends to promote cohesion among the balance of the group. Once the temptation to chase has been removed, the more moderate riders settle down and hang together.

While we were heading east on River Road, we watched a long, straggly line of riders heading west on the far side of the road. Every so often one of them would holler hello at us, and even call us by name. Who the heck were they? We finally figured out it was a San Francisco-sponsored brevet, and the folks flinging the cheery salutations across the road were assorted SRCC members who are in the midst of their brevet season. (Our club isn't the only entity hosting a set of brevets in this PBP year. There are full sets of events run out of Davis and SF as well...a very busy schedule.)

On the same day, David Abramo and Sunny Mawson listed an A ride out of Healdsburg: a little coffee run up to Geyserville and back. Only eight riders showed up on what David described as a very chilly but otherwise uneventful morning.

Perhaps the low turn-out on that ride can be explained by John Mills' ride the next day, an AB ride from Howarth Park down to Sonoma, with the offer of a lunch at the turn-around, courtesy of Wine Country Cyclery (where John works). He reports: "We had a fantastic ride for the 'Lunch in Sonoma' outing. 50 total riders, slow A's, fast B's, and everything in between. Cold morning (low 30's) but a beautiful day, and it warmed up nicely. We left Howarth at 9:15 and the fastest riders arrived at Wine Country Cyclery about 10:30. The shop was ready with grilled hot dogs, chips, fruit, coffee,

water, and cookies. Over 70 hot dogs were devoured...so much for a health food ride! I led from the rear and finally got to the shop at about 11:30. Ramona's homemade cookies were long gone when we arrived...you snooze, you lose. No crashes or mishaps were reported and I heard a lot of great feedback from the riders." This was John's first foray into leading rides, and it looks like he's off to a good start. Free food will do it every time (photo below).

That brings us to March, and the traditional kick-off to the March Magic miles challenge: Steve Drucker's Cotati Circulator, in which riders can elect to do one, two, or three circuits around a 24-mile loop west of Cotati. Steve was still laid up from his recent crash, so Barrett Klein was deputized to be in charge, and he filed this report: "The ride went well today. The morning group left at 8:10 am. About a dozen of us started the first circuit. A solid A pack and a solid B pack broke up and finished without issues. The morning was pleasant and the wind was not an issue. I rode near the rear and made sure everyone finished the first lap. As I pulled into the Vets building, the lead B group took off for round two. I stayed and passed out another few ride slips to new riders showing up for the round two start at 10:00 am. The same A and B groups split up on the second lap. The weather at that point couldn't have been nicer. Everyone seemed to enjoy their time and



the wind stayed subdued. Most people rode to the Vets Center, so they took off home instead of heading out for round three of the circuit. In total there were probably 20 riders coming and going through the circuits. Most did one lap, while about eight did two laps. No real C group showed up. They might have been drawn to the Skaggs ride today."

The Skaggs ride to which Barrett alludes was Karen Thompson's ambitious 105-mile century starting in Guerneville. This was a big loop north up the Russian River and Dry Creek Valleys, west along Skaggs Springs Road to Stewarts Point, then south along the magnificent coastal cliffs on Hwy 1, and finally back up the river to Guerneville. Most of that loop is relatively easy, but there's that little



matter of Skaggs Springs in the middle to make it somewhat more of a challenge. Based on the weather forecast, this one seemed like an iffy proposition, maybe even a fool's errand. Rain was predicted to hit central Sonoma County around 3:00 pm, but we were riding out to the coast: riding toward the oncoming rain front. What a brilliant idea! What with some people joining the route late and others abandoning early, there were as many as 15 riders on the ride at one point or other, but only about 12 did the whole thing. There was a D group, led by Matt Wilson, then the official C group, and finally Karen and this reporter, riding sweep.

In the end, the predicted rain did appear, right on schedule, but it was not the misery-making deluge we feared it might be. Beginning around Camp Gualala on Skaggs, we started noticing the occasional plip plop of scattered rain drops. We began calculating how far we were from the finish and how many hours we would have to suffer before it was over. But the drops stayed at that plippy ploppy level for the rest of the day. Every so often it would thicken up into something resembling real rain, and we'd rerun our calculations... the misery index...but then it would ease off again, back to the rare drops. In the end, we never got all that wet. Damp yes, but not drenched. And not frozen. After it was all over and we were reviving ourselves with cold beers and hot burritos at La Tapatia, we could congratulate ourselves on having stolen this one right out from under the drippy noses of the rain gods.

However, no such lucky breaks were in the cards for the folks who chose to do one of the two rides scheduled for the next day. The predicted rain arrived overnight, and Anne Graver's AB ride out of Cotati and Rick Sawyer's BC ride out of Santa Rosa were both rained out. But these are determined ride leaders, and both rides are back on the schedule for April.

And that brings us up to the second weekend in March, which means it's time for the annual Free Lunch Ride. We provided a little historical perspective on this ride in last month's newsletter; how it has been around in one form or another since 1993 and how it is the original multi-tempo club ride, where riders of differing natural speeds can be on the same ride in some sort of togetherness...and how the ride always ends at El Sombrero Taqueria for a giant burrito pig-out. For those who did their democratic duty and voted in the January election, it is also a free burrito pig-out, as we buy your votes in January with the promise of this lunch as the reward. (We paid for about 40 lunches.) This year, the capricious winter weather turned out just right for us on this day. There had been predictions of rain in the afternoon, but that never happened. It stayed pleasantly mild and dry all day. One could hardly ask for nicer cycling weather, at least for mid-March. And that's just as well, as there were close to 100 riders at the start, pretty well wall-to-wall in the Healdsburg City Hall parking lot. The A contingent was the smallest, with maybe a dozen riders. The C or CD group had perhaps two dozen. And by far the biggest bunch was the Killer B's, out in droves.

The fastest bunch does a bonus loop right at the start—the Kinley-Magnolia loop—and that puts them at the back of the file early on. Which means that they play catch-up all day. They start overtaking the slower of the B group along West Dry Creek and keep passing riders all the way around the course (which is essentially a chunk of our WCC course). All that overtaking makes for many opportunities to say hi to the other riders, so the whole affair becomes a rolling social occasion. There was the usual swarm of riders at the Jimtown Store, and new groups formed up for the

final run into Healdsburg...except for the C gang, who still had to get up and over and around Fitch Mountain before tackling their lunches. Fitch Mountain was a new road for some, and all commented favorably on its kinky twists and turns and its nice views over the river.

We don't know how many people actually had lunch at El Sombrero. There were quite a few more than just the 40 who dined out on the club's tab. Altogether, it probably plumped up the little taqueria's revenue stream pretty nicely for the day, and quite a few riders were plumped up as well, replete with super burritos and beers. Aside from a couple of flats, it was pretty much a glitch-free day. It seemed to be just about as nice a Free Lunch Ride as anyone could remember.

The same pleasant description cannot be applied to the ride that happened on the following day: Sarah Schroer's Saving Daylight Century. Let Sarah tell it: "Nine riders assembled at Howarth Park for an ambitious route. It seemed everyone had heard a different forecast for the day, and the only certainty was that it was going to rain at some point. We set out under grey skies with a good paceline to the foot of Cavedale, then began our first climb of the day. We regrouped at the firehouse for a fast descent off the other side of the ridge on Trinity and Dry Creek. After a brief stop in Napa for water and snacks, we continued to Silverado Trail, Sage Canyon, and Pope Valley. A brief spot of sunshine as we took a break at the Pope Valley store was misleading: dark clouds and rain were visible to the north. A light rain began to fall as we started up Ink Grade, and by the time we reached White Cottage, the rain was falling in earnest. Boy was I glad I had strapped a fender over my rear wheel! A chilly and careful descent on Deer Park and we crossed through St Helena to the bottom of Spring Mountain. We had covered almost 85 miles by this time and were tired, cold, and wet. At this point survival became the primary goal. We put our heads down and struggled up the hill to the county line, then were met with even heavier rain and water streaming across St Helena Road on the descent. Shivering, with numb hands and feet and uncooperative brakes, we suffered through the final miles and straggled across the finish line. It was only then that we realized one rider was unaccounted for: a message on my cell phone revealed that he had missed a turn and spent some time searching through the town of St Helena for the rest of the group. The good news is that he made it back safely on his own, and maybe next time he'll bring a map." For the record, Ken Cabeen later confessed to being the geographically-challenged lost sheep.

This ride amply illustrates my personal conviction that there is nobody anywhere quite as delusional as hardcore cyclists determined to get in their miles. They read a forecast that says 80% chance of rain, and all they can see is the 20% chance that it might not rain! (I say this as one who has done this many times.)

There was another ride on this day: another edition of the Welcome Wagon rides, courtesy of Mike and Janice Eunice. You can read more about this ride in the letter to the editor on page 2.

And that's all we have space for. We've taken more space than usual to cover the rides this month, partly because we have the room and partly because it was a busy slate of rides. If we had a little more space, we could report on the rides of the weekend of March 19-20. But, as I write this on March 17, the forecast is for another rainy weekend, and those rides are probably all going to be washed out. If they're not, and if they really do happen, we'll tell you about them next month.

SANTA ROSA CYCLING CLUB

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To join the club or renew membership, please go to
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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, April 13 • 6:30 PM

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

**Featured Presentation: Glen Fant,
Levi Leipheimer's personal race mechanic**

Wednesday, May 11

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, April 7 • 6:00 PM

1260 N. Dutton Ave, Suite 180 conference room, SR

Thursday, May 5

• Directory of WCC Committee Chairs •

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