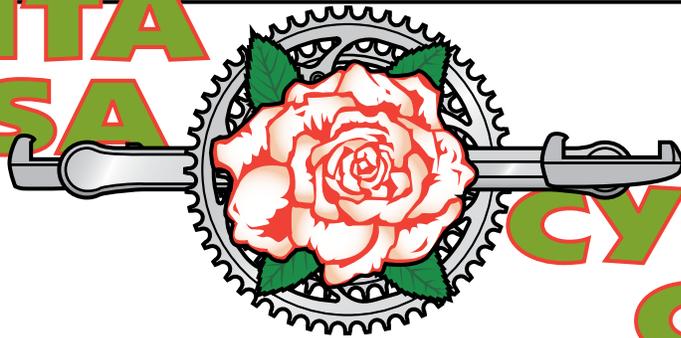


SANTA ROSA



CYCLING CLUB

MAY 2011 NEWSLETTER

WCC & WCC Workers' Rides & Picnic

First, a couple of notes about the WCC Workers' Rides and Picnic on May 14. See page 8 for a list of all the proposed start times for the various routes and paces. Note that we have adjusted those time windows from last year: the rides start earlier and the picnic does too, but it stays open late enough that even riders on the longer courses can be assured of finding food at the finish.

To assist with planning, we need all of you to RSVP for the picnic. Please do so at the club website at the WCC registration [page](#).

Now, about the actual WCC: it's almost here. On Saturday, May 7, 2500 riders will descend on our ride headquarters north of Santa Rosa to begin their day-long journey around the scenic back roads of Sonoma County. We have been planning for the century for months and, at this point, we think we're about as ready as we can be to support the riders in the manner to which they have become accustomed on an SRCC-run event.

But that doesn't mean we don't need any more volunteers. Even at this late date, we can still find a few more jobs that need doing (see the list below for just a few examples). If you have been procrastinating about getting involved with WCC support, it's not too late to take the plunge. Look for the volunteer coordinator information at the club [website](#).

And remember: if you do volunteer, you get the big payback of doing the WCC course the following weekend 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.

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

Next up...

Once the Wine Country Century is behind us, we can all relax and bask in the glow of a job well done on our event. But not for long! Almost as soon as we clean up and put away all those coolers and canopies and cutting boards, we will have to get them out again for our next big event: the Terrible Two double century, scheduled this year for Saturday, June 18.



The TT typically hosts between 250 and 300 very fit, elite riders. That's a bit more than 10% of the WCC field. But that does not translate to only 10% of the workload for the club. No, the TT is a very ambitious and busy day for us, beginning before dawn and lasting until midnight (with more chores to be done on the days before and after the actual ride). We have almost as many workers supporting this 200-mile ride as we do covering all the various routes on the WCC.

The Terrible Two is an extremely hard ride, even for the elite-level riders who tackle it. We're proud to be the hosts for this prestigious and very daunting event. But we believe it should be hard primarily because of its inherent challenges: the hills and the heat and the ticking clock. We don't believe it should be hard because the support is lacking. So we not only lay out the challenge to our entrants, we also lay on the support that allows them to give the ride their best efforts.

That's where all of you come in: we will need to put together our usual team of enthusiastic, energetic volunteers. We will need all the holes filled: sag drivers, rest stop crews, cleaners (before and after), dinner crew and late-night knock-down crew, shoppers and warehouse schleppers, etc. Somewhere out there, there's a job with your name on it. If you've worked the event before, you know how fun and satisfying it can be. If you're new to it, give it a whirl: find out what an amazing adventure the TT is. If you're interested, get in touch with one of the event organizers (below). We'll find a place to plug you into the support grid.

Craig Gaevert: 545-4133, cgarch@sonic.net

Bill Oetinger: 823-9807, srcride@sonic.net

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for April

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, April 13. 60 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin was unable to attend the general meeting and there was no report. He did however report to the Board at their meeting.

3. Membership: Registrar Gordon Stewart reported membership of 1195 (combining individual and family memberships). Steve Sbragia acted as host at the New Member Table, with several new members on hand.

4. Tours: Bill Oetinger announced that the Southern Utah Tour is sold out, but that there are still a few slots available for the Wild Rivers Tour. (See club website for registration form for WRT.)

5. Litter: Mike McGuire reported on the scheduling of the club's upcoming Adopt-a-Backroad litter pick-up day, set for Sunday, May 22. Mike proposed to the Board that the club purchase road signs announcing the club's presence on the roads when we have our work days. The Board approved the purchase of five aluminum signs. (See article on page 5.)

6. First Aid: Don Graham reported on the First Aid class conducted by Eric Peterson on April 6 and attended by 20 club members. A wait list has been drawn up for other members wishing to attend a second edition of the class. A second class has not yet been scheduled.

7. Warehouse: Warehouse Committee member Rose Mello announced that the WCC food has been ordered. There will be additional equipment cleaning days for the WCC coming up. (See item on page 1.)

8. Donations: Treasurer Greg Durbin reported to the Board that he had prepared all the checks for 2010 end-of-year donation recipients. In some cases, Board members have undertaken to write covering letters for donations. Greg will take care of the rest.

9. WCC: A Committee Chairs meeting was held at Gourmet Pizza on March 22, with most event chairs and some club officers in attendance. Doug Simon has taken over responsibility for the Workers' ride and party. Volunteer Coordinator Kimberly Hoffman appealed to the membership for more volunteers for the event. (See item on page 1.)

10. TT: Craig Gaevart announced that he is continuing in the position of TT Chair with Bill Oetinger assisting. Craig is finalizing arrangements for the rest stops and Bill is working on the order of Hammer energy supplements. Sharron Bates is coordinating food buying and supplies. (See article on page 1.)

11. Insurance: Craig Gaevart has submitted the application for Board of Directors' insurance coverage (approved last month by the membership).

12. Weekday rides: Rick Sawyer covered for the Board some of the problems stemming from not having enough ride leaders on the weekday club rides. (See article this page.)

13. Featured presentation: Glenn Fant and Yuri Hauswald made a presentation detailing Glenn's experiences as RadioShack's Levi Leipheimer's personal bike mechanic at pro race events.



Even though most of the club's weekend rides were called because of rain in March, twenty-three folks still rode over 10,500 miles in the annual March Magic challenge. Top honors went to Bill Dunn, who logged the most miles at 1,041, exceeding his 1000-mile aspiration. The rider only known as "Jess" came in second, with 741.2 miles—nearly 50% above the 500 miles he set as his goal. Kudos to Rick Sawyer for averaging 76.375 miles per outing, including five soggy

centuries, in riding 611 miles. Consistency paid off for Brian Chun, who rode 24 of the 31 days in reaching 735 total miles.

Congratulations to everyone who made the public commitment to get out and ride 306 times.

For more information on the club's interactive logs such as March Magic, April Alpina, Century Challenge, and Commute Miles, please visit the club's website. While March Magic and April Alpina are one-month programs, the [Century Challenge](#) and [Commute Miles](#) Logs operate year-round and folks can join the fun at any point.

Weekday rides: more leaders needed

The club's regular weekday rides—the Wednesday Wanna-B's and the Friendly Fridays—are experiencing a problem of late. It's not that they're not still popular fixtures on the club ride calendar. They're pretty much as well-attended as ever.

The problem is that, mostly through attrition, they have been losing their ride leaders. Ideally, there should be both a B and a C leader for each week for both WW and FF rides. At present, there are a couple of gaps in the B schedule, and there is an almost total absence of C ride leaders, right across the board. Most C rides are listed as leaderless decide-&-rides.

The problem that arises without dedicated C leaders is that C riders show up with no route planned and simply attach themselves to the B rides, with predictable results: they go faster than the B riders want to go and, much of the time, a tension develops between the two groups that leaves people frustrated...not having fun.

The best solution is to have a full slate of C leaders who will take responsibility for the faster riders and draw them off onto their own routes at their own pace, leaving the B group to do their own thing. To that end, we are appealing to the members who frequent the weekday rides: if you're there on a regular basis, then why not step up to the plate and offer to be a leader?

If C leaders can't be found, a second-best solution is for the B leaders to take matters into their own hands: give C riders route slips, then tell them to hit the road...get out onto the ride a few minutes ahead of the B riders. Once they're out of sight around the next bend, the B's will not be inclined to chase after them. It's then up to the B leaders and the rank-&-file B riders to resist any temptation to chase after those faster riders.

But that is only the fall-back solution. The real solution is for more club members to take on the responsibility of being leaders, especially amongst the C group. If you are interested in being a ride leader, either talk to one of the existing weekday leaders or to Bill Oetinger, SRCC Ride Director.

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.

When we left off this chronicle of club rides last month, it was with the prediction that the rides for the next weekend—March 19-20—would be rained out. That proved to be only partly true. It did rain, and club policy is that rain cancels all rides. That rule was applied (by me) to my 18th annual Apple Cider Century, with rain beginning to plop down just as we gathered at Ragle for the start. I do know that Marc Moons, Charles Beck, Doug McKenzie, and Rick Sawyer all went out and improvised some soggy and abbreviated versions of the ride, on their own. Crazy boyz, one and all.

But they weren't any crazier than the randonneurs doing the club's 300-K brevet on the same day (from Healdsburg to Pt. Reyes and back). Apparently rain does not cancel brevets, and 30 die-hard cycle-tourists started the ride anyway: 186 miles, most of them in the cold rain. Tony Lee reported on the ride. (Tony and Karl Kuhn were the first two to finish this brutal ride.)

"Rain and hail all the way; add in coastal wind gusts, flooded roads, and uncontrollable shaking if you were off the bike more than five minutes and you have the conditions of the ride. Nothing less than epic. Not sure how many of the 30 brave souls finished the ride, but as Karl and I headed back from the lunch stop, we counted about 20 riders heading the other way. All looked valiant and all were smiling despite being soaking wet. If you want to see hardcore rides, do a brevet. Congratulations to Megan Arnold and Karen Thompson, who were the next riders to come in after Karl and me. Tough gals. A big thank you to our leader Bob Redmond and to Ginger Kuhn and John Russell for helping at the finish and to the kind couple who served food at the lunch stop."

25 out of 30 finished the miserable marathon. The couple running the turn-around *controle* at South Beach were Susan and Scott Andrews of the Petaluma Wheelmen. They too wrote an account of the day, which made it to our chat list. A very impressive, gritty performance by everyone involved, riders and supporters both.

I haven't heard otherwise, so I am assuming the rides on Sunday of this weekend were also rained out. So let us spring forward to the following weekend—the last in March—where unfortunately the weather was still being mostly funky. Linda Fluhrer cancelled her Morgan Territory-Mount Diablo ride. But again, some of these nut jobs don't seem to grasp the "rain cancels all rides" line on the ride list. Steve Drucker had his Double County Double Metric on Saturday. He was still too dinged up from his accident last month to be riding, but Don Graham and Karl Kuhn started on their own, then picked up three other riders for awhile, riding in an out of showers, all the way around from Santa Rosa to Napa. They lost the other three along the way, as the weather worsened and took its toll, and eventually, those two amphibious hardheads finally agreed to a slight shortcut to get home quicker: going up Dry Creek and down Trinity and into Santa Rosa that way. Don peeled off for home in SE SR with 112 very wet miles, and Karl slogged along in the wet all the way back to Windsor. Geez, guys...

We had one more ride on the schedule this day: the first of the two rides to be done in partnership with the group from Tahoe. However, in light of the weather, those folks all cancelled, saying

they will reschedule in July. The ride on Saturday was called off, but about a dozen SRCCers showed up under just slightly better conditions for the second ride on Sunday. The results weren't much better. Dismal weather and three flat tires and one minor crash. All in all, not a great day. But in spite of it all, folks were chipper and helped one another through the adversity.

There were more rides to occupy club members on this wet, chilly weekend. Several took themselves south to the Solvang Spring Double. Normally, this is considered one of the easier of the doubles, but not when it's raining, as it was this year. The overall attrition rate was terrible, with about half the field dropping out. However, our gang did pretty well. As far as we know, they all finished. Vince Herrera, Richard Anderson, Paul Stimson, Ken Cabeen, Craig Robertson, Rick Sawyer, Paul Robinson, and David Porter all slogged along through the sloppy conditions to the bitter end. It actually wasn't raining at the start, and it stayed mostly dry through most of the first half. But then the rain came and, along with it, ferocious headwinds for most of the rest of the day. Riders who nailed this one deserve a big gold star next to their names in the results list.

Meanwhile, a bit closer to home, Marc Moons was once again grappling with the grasshoppers, taking on yet another edition of this springtime race series. (They call them "training rides" and not races, but I think most of the participants would be amused at that spin-doctoring.) So far, in two previous Grasshopper "training rides," with fields including pros up to the level of Levi Leipheimer, Marc has tied for 7th and 5th. This time he did about the same, passing a few riders on the last climbs on Joy Road to finish 5th again. This one was run in the rain too, like so many other rides in that miserable month of March.

The month of April began with two rides on Saturday, April 2. Karen Thompson listed a very challenging century out in the far west-county hills. She sent in this report: "In the end, five of us were kicking back on the patio of the Mexican restaurant in Graton. 11,000' of climbing over 102 miles really stoked the appetite. We seemed to linger a bit, in the afterglow of a perfect day on the bike, before the last plates were cleared and we parted ways. Ten at the start, including Gordon, who mistook his beautiful border collie for his bike. Picked up three en route, including two who rode in from Petaluma. A regroup at Raymond's for indoor plumbing and savory bites. The D contingent took off on Fort Ross. It was much of an 'in the moment' day of riding, where you had to be there to take it all in. The backdrop of radiant weather, verdant growth, and moving water nicely framed the harrowing descents, the steep climbs, and the run along the coast. A stellar day, enhanced by the great group who showed up to ride. Thank you to all."

After several years of doing the Cinderella Classic on this weekend, Vicki Duggan decided to stay home this year and instead listed a 100-K AB ride up around the wine country. She sent in this report on the Not Cinderella Ride: "We had about 20 people at the start, and I led from behind, as we had a small group of A riders, including a fairly new club member, Jennifer, who hadn't yet ridden more than something like 20 miles (and who is planning on riding the 100-K WCC...go Jennifer!). Once the A group got to Geyserville, it was apparent that riding all the way to Dutcher Creek would be slow going into a fairly strong headwind, so I sent them over Canyon while I slogged on alone to Dutcher Creek (to assuage my conscience that no one was left broken down by the side of the

—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.

SUNDAY • MAY 1

Morgan Territory-Mount Diablo

3-5/C/66

9:00 AM • Arbolado Park,
Walnut Creek

A great East Bay loop rescheduled from a March rain-out. First a swing out to beautiful, remote Morgan Territory, then a loop back to the giant climb of Mount Diablo (up the south road), and then the glorious descent on the north road.

Linda Fluhrer—925-689-3056
sid_linda_fluhrer@sbcglobal.net

SATURDAY • MAY 7

WINE COUNTRY CENTURY

SUNDAY • MAY 8

Fearsome Five

5/CD/129 • 15,000'

8:00 AM • Alexander Valley School

An extremely hilly and challenging ride (for fit, fast riders only). Twice over the Geysers, plus out-&-backs on Pine Mountain, Ida Clayton, and Pine Flat.

Marc Moons—762-6685
[mmoonsca@yahoo.com](mailto:m moonsca@yahoo.com)

VFD Pancake Breakfast Ride

2/AB/33

8:30 AM • Schaefer School

A pleasant, not-too-challenging loop built around a stop at San Miguel School for a VFD Pancake Breakfast (early in the ride, so you can arrive hungry). We do these rides to support those emergency responders who are most likely to be first on the scene for a bike accident. After breakfast, a loop out toward the river. Afterward, consider riding up to the club warehouse to help out with equipment cleaning the day after the WCC.

Sue Bennett—523-1322
sbenn@sonic.net

SATURDAY • MAY 14

WCC Workers' Ride & Party

See start times and rest stop
schedule on page 8

RSVP at club website

Check club website ride calendar for specifics about routes.

SUNDAY • MAY 15

Tomales Bakery Run

2/A/35

9:00 AM • Cotati Dog Park

A more-or-less standard loop from Cotati to Tomales and back, with the obligatory bakery break in the middle.

Ken Russeff—953-1804
russeff@sonic.net

SATURDAY • MAY 21

SRCC-RUSA 600-K Brevet

6:00 AM • North Santa Rosa

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

High Tide and Fair Winds

3/B/50

9:00 AM • Downtown Graton

Head west from Graton to Occidental, down Boho and then out to the coast. Down the coast to a break in Bodega Bay, then back home along Bodega Hwy, Jonive, Occidental, etc.

Rick Sawyer—415-519-0760 (cell)
sawyer.rts@att.net

Two County Coastal Century

4/C/100

9:30 AM • Piner HS

A hilly, challenging century ride. Harrison Grade, Coleman Valley, Franklin School, Marshall Wall, Wilson Hill, Chileno Valley, Burnside. Lots of ups and downs. Many turn off points to cut ride to 35, 55, and 75 miles.

Nikola Farats—535-0399
nikola@sonic.net

King Ridge-Coleman Valley

5/D/89

9:00 AM • Ragle Park

Another hilly, challenging ride, and this one is at D tempo. From Sebastopol out to Occidental, north to Monte Rio and Caz, then King Ridge, Hauser Bridge, Meyers Grade, down the coast and inland on Coleman Valley, etc.

Matt Wilson—495-3980
kg6zjx@gmail.com

SUNDAY • MAY 22

West Dry Creek

Litter Pick-Up Day

9:00 AM • Healdsburg City Hall

See item on next page for more info...

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Keiser Park, Windsor

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.

Janice Eunice—575-9439
nicenice@sonic.net

SATURDAY • MAY 28

16th Annual Bad Little Brother

5/CD/133 • 14,500'
8:00 AM • Lk Sonoma Visitor Cntr

Another extremely hilly and challenging ride. A good final tune-up for those training for the Terrible Two. Major climbs (and descents) on Hwy 128, Mountainview, Annapolis, and Skaggs Springs. Sag support provided.

Greg Durbin—528-4450
gdurb@sbcglobal.net

The Bad Little Brother's

Lazy Old Uncle

4/BC/70 • 5500'
9:00 AM • Monhoff Rec Center
Calistoga (TT rest stop site)

Not quite up for the rigors of BLB? Here's a slightly easier ride, but still with some challenge and adventure, and a lot of obscure, screwball roads: Old Toll Road, Crystal Springs, Deer Park, Ink Grade, White Cottage, Howell Mtn, White Sulphur Springs, etc.

Bill Oetinger—823-9807
srccride@sonic.net

SUNDAY • MAY 29

One Fine May Day

2/A/30
9:00 AM • Esposti Park

A classic loop up to Healdsburg by way of Wohler and Westside. A stop at the Oakville Grocery, then a run south along Old Red, Los Amigos and other mid-valley roads.

David Abramo—650-533-2330
djabramo@yahoo.com
Sunny Mawson—838-3138
sunny.mawson@yahoo.com

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
Paul Musson—303-246-3182

Fifth Wednesday: Esposti Park, Windsor
Alfred Masy—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: Christine Logan—577-1422

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

Southeast Greenway planning sessions

Join the American Institute of Architects' Sustainable Design Assessment Team as they lead a community planning program for the proposed Southeast Greenway.

June 6-8, Friedman Event Center (4676 Mayette Avenue).

The American Institute of Architects has selected the Southeast Greenway Campaign for inclusion in its 2011 Sustainable Design Assessment Team community assistance program, which offers the local community an estimated \$100,000 in consulting expertise and \$15,000 for program expenses.

The SDAT consulting team will...

1. Conduct two public meetings at the Friedman Event Center.
2. Hold five focus group roundtables with local stakeholders and the public. These roundtables will be held Monday afternoon and Tuesday morning.
3. Provide a final report with short, medium, and long-range recommendations and action plans.

For more information...

www.southeastgreenway.org

West Dry Creek Adopt-a-Backroad Litter Pick-up Day Sunday, May 22, 9:00 AM, Healdsburg City Hall

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

The club has committed to clearing a couple of popular cycling roads of litter each year, one road each at six-month intervals. We do this, first of all, because it's simply a good thing to do. But we also do it as a gesture of goodwill to the residents along those roads, to show them that cyclists—at least those in the SRCC—are a positive force in the community. It's especially good to do this project immediately after the WCC and WCC Workers' Ride, when we have put so many bikes on these roads and have perhaps caused the locals some inconvenience. To get that message across, this year, we're setting up road signs while we're working that announce who we are and what we're doing out there.

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 by doing West Dry Creek once each year and Chalk Hill once as well.

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

After we have cleaned the roads, we will clean our plates over lunch at a local bistro in Healdsburg, paid for by the club.

It's possible (and fun) to turn this project into a bike ride. Ride to the start in Healdsburg, then out to your assigned stretch of road for the litter lifting (stashing your bikes in a secure spot). Then ride back into Healdsburg for the lunch, and then back home afterward.

To sign up or for more information...

Mike McGuire—542-6687
mmcguire@pacbell.net

road). By the time I got to the Dry Creek Store, I only saw about four riders. Husband Tom and our exchange student met up with me there (they'd peeled off to ride up Pine Flat), and we rode back together with no problems. After I got home, Tony Buffa reported that within the last five miles of the ride, at least three people, including Greg Lutz and Jon Dick, had crashed. Apparently no one was seriously hurt—just road rash and bumps and bruises—and all the riders made it back to Piner HS without assistance.”

This day also featured an interesting mountain bike race up on Boggs Mountain in Lake County (put on by Carlos Perez and the BikeMonkey gang). The challenge: see how many laps you can do in seven hours around a 5-mile loop of fire roads with substantial climbing on each loop, adding up to a serious workout at race pace. Although our club is not noted for its mountain bike racers, our kids did okay. Doug McKenzie won the Masters 50 category. Megan Arnold won the women's Sport division and was third woman overall, just a few seconds behind the winners of the Pro and Expert classes. And Pilar Rand finished second in women's Beginners. Mind you, every one of these classes was deep, with a lot of good riders. So these results are very impressive.

Two rides on Sunday. Paul McKenzie hosted another edition of the Nifty Ten Fifty, that absurdly steep package of urban climbs in the Berkeley hills. Nobody sent me a report on it, but we at least know the weather was good. We've read about this ride before, in previous years. It's a real piece of work.

In Sonoma County, Donna Norrell offered up a B run from Healdsburg up to the top of Rockpile (or, as someone once called it, Skaggs Springs Lite). Donna reports: “About 45 people showed up for the ride, with a mix of 15 B's and 30 C's. A few new faces (at least to me), but most people were familiar with the route and climb. No mechanicals that I was aware of, easy day overall, with perfect weather for a climb. The lake looked inviting and you could see snow on the hills to the east. Thanks to all who pulled me along Hwy 128. Next time you can even come to my home afterwards and help with the yardwork.”

We're sorry to report that one of our favorite club members had a pretty bad crash on this day. Mike Eunice, riding on Sonoma Mtn Road with wife Janice, hit an unseen pothole and went over the bars, landing on his head. His helmet almost certainly saved his life, but he still had significant injuries, including fracturing two vertebra, which subsequently were fused surgically. Mike is at home now, resting and recuperating. We wish him all the best. In spite of that rather drastic development in their lives, Janice was still out there leading her Welcome Wagon ride the following weekend, where she reports ten riders in attendance, and she has another WW ride on the schedule this month. What can you say about that kind of dedication? It humbles the rest of us.

That following weekend kicked off with my Golden Gate Century, so called because of its two crossings of the famous bridge. The route was a complex meander through and around the communities in the more populated part of southern Marin County, plus a good chunk of NW San Francisco. The idea was to do the various rural roads between the towns and then figure out tricky ways to dodge through the towns on obscure but bike-friendly back roads, avoiding as much as possible the suburban and industrial clutter around the towns. It can be done (and we did it), but it is

complicated, with the result being a route with 150 road changes in 100 miles. Because of the complexity and obscurity of the route, I stressed ahead of time how important it would be to have the group stay together; to treat the day as a social, relaxed journey of exploration, and that hammering off the front was simply not going to work. In the end, the 20 riders who showed up all cheerfully bought into the premise. Even though many of them could have hammered off the front, never to be seen again, that didn't happen. There were several sections of open country roads where frisky riders could dance on the pedals, but whenever things got confusing, everyone regrouped and puzzled out the mazes together. What's more, people apparently really had fun with it, and there are requests to repeat the adventure next year. It was a hard ride, with something over 8000' or even 9000' of gain, including some very steep climbs, and it was made harder still by a really feisty, gusting wind that battered us and wore us down, especially out around the magnificently exposed Marin Headlands. But steep hills and stiff winds aside, it was a grand adventure, with spectacular scenery throughout. Thanks to all the riders who stuck with the game plan and made it a successful ride.

Ken Russeff had an A ride listed on this day but was unable to attend, so he and Jack Hartnett switched ride-leader slots, with Jack leading Ken's ride and Ken taking over Jack's ride the next day. Jack reports on the Saturday ride: “Approximately 35 riders showed up at Espoti Park on a beautiful Sonoma County morning...not too cold, just right actually. Up and over Chalk Hill with a stop at Jimtown for munchies. (A few nasty potholes and a steel plate on Chalk Hill...be warned.) Then onward to the Dry Creek area, with lots of spring blossoms popping out on the vines and trees. Another short stop at the Dry Creek Store, then down thru Healdsburg to Windsor and the return to the park. Great ride. All seemed to enjoy the day. Another great outing with the best cycling club this side of _____.”

In my “no hammering” plea about the Golden Gate Century, I suggested that if anyone wanted to go fast on this weekend, they should do Nikola Farats' century on Sunday, which was a reprise of a ride we did a few months ago, heading down to Chileno Valley and then north as far as Healdsburg before returning to the start in Sebastopol. Nick reports: “My century was the hammer session that Bill said it would be. In addition, we had wind from every direction on a crisp, clear, chilly day. We had 13 riders start at Ragle with three others joining during the ride. Eight riders stayed together with a brisk pace line. The others kept getting whacked off the back. It looked as though the Mafia were working overtime. After the stop at Wildflour, the pack regrouped in Occidental to discuss the strategy of temptation. Oscar Wilde won out and about ten cyclists went back to Ragle. Four of us soldiered on to finish the ride; two went on to Santa Rosa, one left us at Wohler, and your intrepid ride leader was the only one to finish the full ride at Ragle.”

And Ken Russeff reports on Jack's ride on Sunday: “We had 32 riders out of Esposti Park to Alexander Valley with a brief stop at the Jimtown Store, then onward to Dry Creek Valley via Geyserville and a break at the Dry Creek Store. Returned to the park with one known flat. Almost perfect weather, with a little wind... an easy 43 miles.”

The final weekend we can cover this month offered four very different rides. Space is running out here, so the reports will have to be brief...



• Behind the Trike •

— David Abramo —

Some of you who are reading this may already know my story because you have gone on rides with me in the past. You've seen first-hand the reaction I get from those I meet out on the road or at rest stops. If you haven't been on a ride with me yet, what's stopping you? I've been participating in and leading rides for the SRCC for a year now and I can tell you that two things are certain. I turn a lot of heads when I ride down the road and at rest stops I get asked countless questions. I have to say I wouldn't change a thing.

Life is about challenging yourself to be a better person, not just in sport. It is also about pursuing what brings you joy. Having Cerebral Palsy since birth, I have learned that it is best for me not to challenge others, but to test myself. For me, cycling is it. And after thirty years of wanting to ride a bike, I found an option that suits my physical abilities. Cerebral Palsy makes me look at things differently in life. It forces me to be more of a patient person, more understanding and, dare I say, more determined to succeed. I am not one who cries over what I have been given in life. I embrace it! Life is full of challenging events. I strongly believe that with a positive attitude and some hard work, any challenge can be overcome.

I have been cycling since April of 2007. Within the first five months, I put over 2000 miles on my Catrike Road, a recumbent trike. The following year, I became a sponsored athlete with the [Challenged Athletes Foundation](#). It is the mission of the Foundation to provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics. The CAF believes that involvement in sports

at any level increases self-esteem, encourages independence, and enhances quality of life. I'd have to agree 100%.

For me, cycling is a form of rehabilitation. As a result of my CP, I have had chronic back problems since the age of sixteen. Now at age forty, the physical effects of CP include chronic pain from arthritis and tendonitis in addition to two herniated discs in my lower back. I have learned never to ask what's next because in time I will find out.

Road to success: In July of 2010, I completed my first organized ride, the Healdsburg Harvest Century Bicycle Tour. I was thrilled to find out that Sunny Mawson and I made the front page of the Healdsburg paper. Also, in October, 2010, I completed the medio route of Levi's Gran Fondo. I can't begin to tell you what an emotional day the GF was for me. I thought that it was near impossible for me to ride up Coleman Valley Road on a recumbent trike but I did it. Through the ups and downs of my physical challenges, my goal has always been to complete a century ride and on May 1st 2011 I will attempt the 30th anniversary of the Chico Wildflower Century. Every time I get on the bike, I continue to prove why I should never say the word never. Just last week I went on my longest ride to date – 76 miles! Just because I CAN, I rode Coleman Valley Road again. It was painfully slow, but I got the job done. For some riders, it's all about your speed or time at the conclusion of a ride, but for me at the end of the day all I want to say is that I did it. The point is that I am out there doing something I love. Not only am I am happy to share the road with you, I am open to discussing my experience as a disabled athlete. So, keep those questions coming.

It is with much love and respect that I thank all who have encouraged me and supported me in my journey. Know that I am thinking of you always.

More B&B — Let's begin with the club's 400-K brevet. Bob Redmond was in charge, with more than a little assistance from Ginger Kuhn and Donna Norrell. There were 32 starters and 31 finishers on a course that ran from north SR up to Ukiah, out to Clear Lake and back. Bob had the course and the *controles* nicely figured out and Ginger had the after-ride comfort zone turned into a little piece of heaven for the tired riders. Except for a tough headwind from Clear Lake to Ukiah, the weather was fairly pleasant, and a full moon helped on the run from Hopland to the finish. Karl Kuhn and Tony Lee were once again the first to finish, this time along with Russ McBride, in just under 15 hours. Ann Trason and Carl Anderson were next, then a group of SRCCers: Karen Thompson, Greg Durbin, Barley and Susan Forsman, and Bob Redmond himself. (You know you're doing something right when you can organize the event and ride it as well. Bob and most of the riders will tell you that much of the credit for that should go to Ginger.) Other SRCC finishers were Michael Leach, John Russell, and Rick Sawyer. Congratulation to one and all.

Also on Saturday, Laurie Buettner, Donna Norrell, and Janice Oakley Thomas shared the leadership duties on a BC ride of 70 miles out in the hills west of Sebastopol. They had 16 at the start and picked up seven more along the way. The ride started in Santa Rosa, and as it passed through Sebastopol, early on, it just dodged around the festivities at the Apple Blossom Parade. One rider had a complicated mechanical on Joy Road, but fortunately it happened right near the home of Charles Beck, and tools were close at hand for getting the bike back on the road. The ride included

an out-&-back along Salmon Creek Road, which had the intended effect of allowing some to do less than all of its seven miles, thus working as a rolling regroup leading up to a stop in Freestone. Laurie reports that the group stayed nicely together, both B and C riders. No one took off and blew up the group. It was a congenial, social ride all day.

One more Saturday ride: Doug McKenzie had his semi-annual Pine Flat Challenge time trial, which starts in SR, then regroups in Jimtown before the timed run up Pine Flat. He reports: "Good turn out for the PFC. There were about 25 at the start and a few more joined at Jimtown for what turned out to be 29 finishers. (A few didn't want times and started early. So probably 33 total). The weather was pretty much perfect: low 70's and light wind. The mass start went off fast. The front group was seven-strong for the first couple of miles and stayed fairly close together throughout. Marc Moons took overall on a borrowed bike at 53:21. Seven cracked the one-hour mark, Nina Strika being only the second woman to do so (by one second!). The group split up on the way back. Some went through Healdsburg and some back along Chalk Hill. No phone calls or e-mails so I assume everyone made it back OK." Look for full results at the Pine Flat Challenge [web page](#).

On Sunday, Susan Hester led her birthday ride: an AB ride from SR out to the sticky-bun mecca of Freestone. She reports: "20+ riders. Clouds, sun, wind. Sunny M. had a flat early. Luckily Karen C. with her nifty tools came back to help. The three of us rode the route together. Didn't see anyone else for the rest of the ride. Thanks to Karen C. for buying me my birthday sticky bun."

SANTA ROSA CYCLING CLUB

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 Club apparel sales: Sharron Bates.....526-3512
 Membership registration: Gordon Stewart.....823-0941
 Meeting program coordinators: Sharron Bates....526-3512
 René Goncalves.....570-6653

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, May 11 • 6:30 PM

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

*Featured Presentation: no guest speaker;
 instead, a members' forum of post-WCC observations*

Wednesday, June 8

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, May 5 • 6:00 PM

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

Thursday, June 2

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WINE COUNTRY CENTURY WORKERS' RIDES

SATURDAY, MAY 14 • RSVP at club website

All rides, regardless of distance or tempo, start at Schaefer Elementary School (1370 San Miguel Road, just east of Coffey Lane). The after-ride party is at the SRCC warehouse (4023 Coffey Lane). Parking is limited at the warehouse; please arrive there on your bikes, if at all possible. The warehouse is four blocks from the school.

Start times below are to assist you in finding riding companions who will be doing the same routes and at the same tempo as you plan to do. Note: no rest stop at Ocean Song on the 200-K route.

WCC Workers' Ride Start Times

Route	A	B	C	D
35-mile	10:00	10:30		
100-K		8:30	9:00	
100-mile		7:00	7:30	8:00
200-K			6:30	6:30

WCC Workers' Ride Rest Stop Times

Rest Stop	Open	Close
Monte Rio	8:00	10:30
Wohler Bridge	9:00	12:15
Warm Springs	10:30	1:45
Alexander Valley	11:45	3:45
Warehouse (after-ride picnic)	1:30	6:30