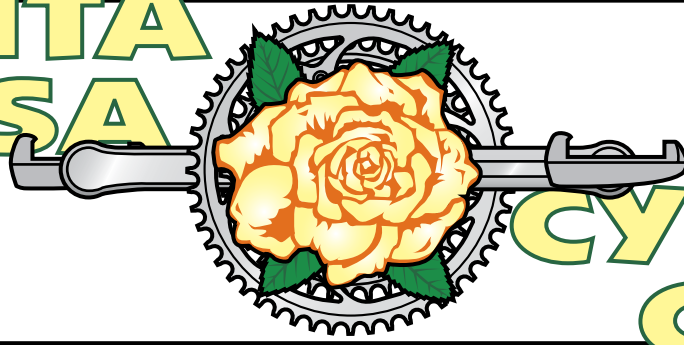


SANTA ROSA



TERRIBLE TWO
See page 2

CYCLING CLUB

JUNE 2011 NEWSLETTER

Another successful Wine Country Century

Saturday, May 7 was the date of the Santa Rosa Cycling Club's 2011 Wine Country Century. For months leading up to that day, club members had been beaver away at large tasks and small to have everything in readiness for the big event. On the evening of Friday, May 6, we finally opened our doors for our 2500 participants with pre-event check-in. Then, the following morning, the troops began to arrive in earnest; to pull their bikes off the roof racks, to pull on their bike shoes and windbreakers, and to pull out onto River Road and begin their long journey around the vineyards and ridges and shady dells of Sonoma County.

Riders were divided up on four different courses. A little over 1000 were committed to the basic 100-mile century. A little less than 1000 were in for the 100-K. About 400 tackled the spectacular and challenging 200-K, and a smaller group contented themselves with the relaxed 35-mile loop. Almost all the routes share some of the same roads, but thanks to the lay-out of our routes and our staggered start times, the groups for the most part remained well spread out along our winding back roads. Congestion never became a major problem, with most riders keeping our single-file mantra in mind. We heard of no seriously unpleasant interactions with motorists. Everything seemed to go quite smoothly.

It was a nippy but just barely comfortable 48° as the riders left the Wells Fargo Center in the morning. Weather forecasts had led us to believe it would stay chilly most of the day, but in fact it warmed up quite nicely by mid-morning, finally topping out in the mid to high 70's by mid-afternoon. It was warm enough that riders—who had expected cooler conditions—were shedding masses of extra clothing. (Thank goodness for our efficient drop-bag service at the rest stops.) There was a blustery headwind on the run north up through the Russian River and Dry Creek Valleys to the lunch stop, but that turned into a friendly tailwind for most of the afternoon run down Alexander Valley and over Chalk Hill toward the finish. It cooled off quickly in the late afternoon, and the wind had a real bite to it. But by then, most riders were in the big circus tent at the finish, cozying up to their plates of pasta and barbecued turkey, hanging with their friends and happily rehashing the highlights of the day.

There were indeed many highlights and very few lowlights. (In the latter category, we can report only a handful of crashes, of which only three or four required medical attention.) If you want

to understand what the highlights might be on this day, read the happy letters on page 7 of this newsletter. These are a sampling of the notes sent to the club by riders. Their enjoyment of the ride is clear in every word.

Aside from the highlights of the ride, participants and workers alike were pleased with the colorful commemorative t-shirts. We sold out or distributed our entire order. Our plan to liquidate inventory in our past two jersey designs also worked out well, as we have now sold all but a handful of units in the old styles, clearing out the stock for a brand new design for next year.

By just about any yardstick you care to apply, the 2011 Wine Country Century has to be judged a success. Registration and check-in ran flawlessly and efficiently, with no glitches and no lines. Advance work on food and supplies was handled well. The weather was just about perfect for a bike ride. The rest stops all were havens of comfort and support and good cheer. Interactions with our fellow road users and with our neighbors along the way seem for the most part to have been amicable or at the worst neutral...no ugly incidents anyway. Accidents were few and far between and never too dire. Our merchandising went well, as we essentially sold out everything we had available. And—bottom line—the event made money, which the club will now pump back into the local economy in the form of grants to good causes. (If you are interested in learning more about the positive financial impact an event such as the WCC has on the local economy, you can read an analysis of that in an [article](#) at BikeCal.com under the header, "Good Neighbors.")

Who is responsible for all that success? You are. If you were one of the 400 or so volunteers who pitched in somewhere on the event, you share the credit for a job well done. From event Chair Bruce Hopfengardner on down, it was a winning team. From early registration to warehouse crews; from rest stop teams to truck drivers; from course hosts to customer service; from sag drivers to food buyers...all of you, individually and collectively, were part of the well-oiled machine that makes up the SRCC event-production army. Read those letters on page 7: over and over, you will see phrases that say something like: "absolutely the best event of its kind around." Think about that: you are what makes that happen. Thank you to each and every one of you who contributed to making the event such a positive experience, for workers and riders alike.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for May

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, May 11. 60 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on the club's bank balances, as of April 30.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1219 (combining individual and family memberships). Tim Brown 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, and Doug Simon noted that there are 34 signed up for the Wild Rivers Tour, which means a few vacancies remain. (See club website for registration form for WRT.)
- 5. Litter:** Mike McGuire reported on the club's upcoming Adopt-a-Backroad litter pick-up day, set for May 22.
- 6. First Aid:** Don Graham reported on discussions with Eric Peterson about another first aid class, similar to the one held in April, but with a few changes. A second class has not yet been scheduled.
- 7. Warehouse:** The Board reviewed the status of the warehouse and its activities and appointed members Doug Simon, Mike McGuire, and Karen Thompson to meet with warehouse committee members with the goal of improving lines of communication between that group and the Board.
- 8. Brevets:** SRCC/RUSA representative Robert Redmond appealed to the members for a few volunteers to assist at the *controles* on the upcoming 600-K brevet (May 21-22).
- 9. WCC:** At the Board meeting—before the century—last-minute details were reviewed. At the General Meeting—after the century—a wide-ranging debriefing of the event took place, with members encouraged to share their observations about the day. President Donn King thanked all who had worked on the event. In particular, he presented gifts and certificates of appreciation to Sharron Bates, René Goncalves, Rose Mello, Kimberly Hoffman, and WCC Chair Bruce Hopfengardner for their countless hours of work. (See article on page 1.)
- 10. TT:** Craig Gaevert reviewed preparations for the Terrible Two (June 18) and renewed the call for volunteers (See article this page.)
- 11. Holiday Party:** Greg Durbin reported that he and Sharron Bates had met with Flamingo Resort Hotel staff to sign a contract and pay a deposit to secure our reservation for the Holiday Party to be held there in December.
- 12. Award:** Craig Gaevert presented the Lewis & Clark Award to Bunni Zimberoff for the most epic self-supported cycle-tour of 2010. (Bunni had ridden the length of the Mississippi, from New Orleans to Minnesota.) The award had originally been announced at last December's year-end banquet, but this was the first chance Bunni had to attend a club function and receive it.
- 13. Picnic:** The Board agreed to hold the annual end-of-summer rides and pot luck picnic on Saturday 27. The picnic will be held at the club warehouse.



SATURDAY • JUNE 18

Now that the Wine Country Century has been put to bed for another year, it's time to rev up our amazing SRCC support machine for the Terrible Two Double Century, coming up on the longest Saturday of the year, June 18. And make no mistake: it will be a long day, for riders and workers both.

However, while the riders have to slog away all day and sometimes half the night on their own, the workers can share their load, breaking the chores up into manageable shifts of a few hours each.

We will need help in all the usual places: food buying and distribution on Friday; cleaning and organizing equipment in the days leading up to that Friday; set-up at dawn on Saturday morning and clean-up at the end of that long day and night; sags early, often, and late (especially late); crews at all the rest stops and at the after-ride festivities at Analy High School; more clean-up at Analy and at the warehouse on Sunday.

The Terrible Two is, as always, a part of the California Triple Crown Double Century Series, and this year it is the second stop on the three-part Triple Crown Stage Race, which means some riders will be especially motivated to do well. But whether they are going for a podium spot in the stage race or just a personal best, all of the riders will need and appreciate the support we provide.

There is something really special about helping out on this most prestigious of ultra-marathon rides. You can see and feel how hard the riders are working, and it feels good to be able to help them to do their best. Club members who have helped out on the TT before know this. They come back year after year to do the same jobs. But in spite of that, we always seem to need new folks to fill a few holes on the crews.

If you're an old hand at TT support, you know where you want to be and how to line that up. If you're new to the TT and want to become involved, get in touch with one of the Chairs below. They will find a slot for you somewhere in the SRCC support team.

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

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

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.

This reporting period coincides with what might be called the Spring-has-Sprung period of our turning seasons. It really doesn't get much nicer than this time of green grasses and blossoms popping out on all fronts, at least as long as we can avoid any latter-day spring showers while out on our bikes, far from home...

That exact scenario was very much on our minds when we gathered in Healdsburg for the traditional Clear Lake Double Metric on the morning of April 23. The assorted weather forecasters couldn't make up their minds about the details, but they all agreed that there was some chance of showers on this day, and with the route of this long ride the way it is, there are no easy bail-outs if it does start to get wet. Once you're over into Lake County, you're a long way from home. But we took a hopeful approach and figured we'd at least start and see how far we got before things closed in on us. This ride has two tiers: a BC start at 8:00 AM and a CD start at 8:30. We had six in the former group and eight in the latter. The early birds stayed together until the big climb on Ida Clayton, and the CD riders started picking off the stragglers from the front group near the summit on this lovely, remote road, by which point we had climbed out of the cloud banks and into bright sunshine. We were fortunate to find the two-mile, unpaved descent to Middletown in about as nice a shape as we've ever seen it: hard-packed dirt and very little loose gravel. From Middletown, the sky over the far mountains of Lake County looked promising, so we decided to continue. No turning back after that!

After that regroup in Middletown, the faster group rode away from the slower on Big Canyon, taking one of our six with them as they steamed on up the hill. A report from Tony Lee, the CD leader, indicates that they had a pleasant and trouble-free day from there on, and I can report much the same for the BC group. As for that dodgy weather forecast, I'm happy to say we lucked out. We encountered brief and very light sprinkles over the Big Canyon summit and then again along Clear Lake, but the rain never got so hard as to really get us wet. Just about the time we were beginning to worry that it might get worse, it went away, and the rest of the day was dry and even occasionally sunny. But just to prove how close a shave we had with the wet stuff, by the time we were driving south from Healdsburg (after a post-ride Bear Republic visit), the rain was coming down steady and hard. We just squeezed this one in. At least the cooler conditions made the ride feel a bit easier for all of us, and I think everyone finished the 120+ miles feeling tired but not trashed.

The next day—Easter Sunday—Craig Gaevert offered his Big Sulphur Creek Canyon ride out of Geyserville. This is an AB tempo out-&-back that gives folks a chance to explore the deep canyon on the north side of the legendary Geysers Road without having to subject themselves to the legendary leg-breaking aspects of the full Geysers loop. It climbs the canyon from the bottom and turns around just at the point where the road leaves the creek and gets really steep. There are places in this canyon where the scenery is so spectacular that you'd swear you were in a national park. It really is a treat. Craig reports a good Easter morning crowd of 18 for this sweet little trek. More sprinkles had been predicted for

this day too, but again, the weather god's bark was worse than his bite, and the riders endured nothing worse than a bit of overcast mixed with sun. The Bear was closed for Easter, so the hungry horde repaired to El Sombrero taqueria to replace the calories they had left up in the canyon.

This was also the weekend of the popular Chico Wildflower Century. We're sure at least a few SRCCers ventured north for this one, but so far, the only people we've heard from who were there were Sunny Mawson and David Abramo. This was David's first century, and if you read his article in last month's newsletter, you know this was a big deal for him. Congrats, David!

On the last day of April, we had a Saturday packed with cycling fun. Something for everyone. Anne Graver listed an AB ride out of Cotati that made its way out to Occidental and Freestone by way of the hilly roads of the west county—Burnside, Sexton, Furlong—with a return along rolling lanes through the dairy country around Valley Ford. Anne sent in this brief note about the ride: "Twentytwo riders, including Melissa and Marshall from Calgary, Alberta, down in our area for a cycling vacation. We had good weather, warm breezes, and great food at Wildflour Bakery."

Cranking it up just a notch, Christine Logan had a B ride out of Piner High School that also visited Occidental and Freestone, throwing in slightly steeper climbs to go with the slightly higher tempo (up Joy Road, for instance). Christine sent in a report, also very brief: "This 40-mile ride was enjoyed by nine of us who rode together. No flats or accidents. Just some sore legs. Perfect weather, not too much wind. Another good day on the bike." It's a wonder these two groups didn't cross paths out there.

One more notch up the pace ladder, and a few more miles besides, Rick Sawyer had a BC ride out of Santa Rosa that attracted 35 riders. It started with the stiff climbs of Calistoga and St Helena Roads and descended into Napa Valley on the steep, slinky kinks of Spring Mountain. After that big elevation spike to wake things up, it headed north up Napa Valley on Sliverado Trail to a regroup at a coffee shop in Calistoga. Rick added a nice *divertimento* on Franz Valley School and Franz Valley as a different way to get to Hwy 128 in Knights Valley, and then looped the group back to central Sonoma County along good old Chalk Hill. One last wrinkled bit of landscape along Reibli and Wallace returned the riders to eastern Santa Rosa with 64 miles on the clock. No threats of showers on this day. It was just about as nice as a spring day could be, and those earlier showers had left the fields as green as Ireland, with wildflowers just beginning to pop out all over the hills. A thoroughly excellent day to be out on a bike.

But wait...there's more! Kicking things up several significant notches, this day also offered up the Devil Mountain Double Century over in the East Bay hills, the first leg in this year's California Triple Crown Stage Race. (The Terrible Two is the next leg this year.) We sent a big contingent to this super-tough double, and they did the club credit with some great performances. Marc Moons was second overall and Megan Arnold, in her rookie visit to the Devil, was the first woman finisher. Aside from those two stalwart runs, we also had finishes from Don Graham, Vince Herrera, Shane Barnes, John Witkowicki, Garth Powell, Richard Burger, Brian Chun, Greg Durbin, Karen Thompson, Susan Forsman, Deborah Hoag, and Rick Arnold. That's 14 SRCC finishers in an event where any finish at all is a triumph. That is very, very impressive. This club rocks!

—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 • JUNE 4

Bohemian Rhapsody 5/CD/111 • 14,000' 8:00 AM • Monte Rio

An extremely challenging (hilly and fast) ride in the far west-county hills, including ascents of Hwy 1 (from Jenner), Meyers Grade, Black Mountain, King Ridge, Annapolis, Skaggs Springs (from Stewarts Pt), Tin Barn, Hauser Bridge, and Fort Ross, plus all the technical descents in between: Fort Ross, King Ridge, the Rancheria Wall, Hauser Bridge, Timber Cove, Meyers Grade... One week after the BLB, one last chance to sharpen TT fitness. Lots of ways to shorten the ride.

Marc Moons—762-6685
m moonsca@yahoo.com

Out Bloomfield Way 2/AB/32

8:30 AM • SW Community Park

A big loop south out of Santa Rosa and west around the dairy and orchard country south of Sebastopol, then into Sebastopol for a break at Coffee Catz, and back to Santa Rosa along the Joe Rodota Trail, etc.

Rose Mello—543-5889
rmello57@comcast.net

SUNDAY • JUNE 5

Twin Hills Pancake Ride 2-3/AB/39

8:30 AM • Analy HS, north lot

Up the hill from Sebastopol to the Twin Hills Volunteer Fire Dept. for a pancake breakfast to benefit the folks who come to our aid when we fall off our bikes. Then an easy meander out around Bloomfield and Valley Ford.

Sue Bennett—523-1322
sbenn@sonic.net

Marshall Wall-Spring Hill 3/B/62

8:30 AM • Ragle Park

A moderately hilly run through the coastal ridges out to Tomales, then down the coast along Tomales Bay and back inland over the twin summits of Marshall Wall and Wilson Hill. After a regroup at Helen Putnam Park, head for the barn via another climb (and more little hills) on Spring Hill and then the rolling orchard country south of Sebastopol.

Donna Norrell—292-0565
donna.n@comcast.net

SATURDAY • JUNE 11

Harrison-Sweetwater 4/BC/52 9:00 AM • Piner HS

A fairly hilly journey through the hills around the river: Green Valley, Harrison Grade, and Facendini, then, after a run along Boho and River—and a break in Guerneville—Sweetwater Springs. Finish up with Westside, Wohler, Trenton, Oakwild, etc.

Christine Logan—577-1422
christinelogan@comcast.net

SUNDAY • JUNE 12

Terrible Two Taper Ride 3/BC/50

10:00 AM • Bill's House
135 Alderbook Drive, SR

A mostly mellow cruise for the week before the Terrible Two. Out into the west county, with the only real climb being Harrison Grade. Down Boho to the river and then Westside, Eastside, Mark West Station, Slusser, etc, back into Santa Rosa. A house-warming barbecue after the ride at Bill's new home. BBQ fires up at 2:00 PM. **RSVP for the party.**

Bill Carroll—623-9783
carrollpb@comcast.net

Everybody's Favorites 2/AB/45

8:30 AM • Finley Park

An easy route out toward the river—similar to Bill's ride (above), but without Harrison Grade and Boho—and then, after Westside, Wohler, Eastside, and Mark West Station, a turn north on Starr to Cafe Noto in Windsor. And then back down the valley to Finley via Slusser, Laughlin, Woolsey, Oakwild, etc.

Rose Mello—543-5889
rmello57@comcast.net

SRCC Welcome Wagon Ride 1/A/10-15

10:00 AM • Ragle Park

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 • JUNE 18**THE TERRIBLE TWO**5/CD/200 • 16,500'
5:30 AM • Analy HSSee article on page 2 or visit TT web [page](#).**SUNDAY • JUNE 19****Franz-Ida-Butts-Ink-Spring**4-5/C/86
8:00 AM • Esposti Park

If riding or working the TT didn't wear you out the day before, this ride should do the trick. Lots of climbs, including Franz Valley, Ida Clayton, Butts Canyon, Ink Grade, and Spring Mountain. Downhill gravel on Western Mine (see mention in this month's B&B).

Sarah Schroer—364-7560
sarahschroer@gmail.com

Pop's Day Pedaling2/A/31
9:00 AM • Esposti Park

Esposti Park to Healdsburg and back. Outward bound via Laughlin, Slusser, Mark West Station, Wohler, Westside; return via Healdsburg Ave, Old Red, Los Amigos, Hembree, etc. Coffee at Oakville Grocery.

Ken Russeff—953-1804
russeff@sonic.net

SATURDAY • JUNE 25**A new Sonomarin Century**4/C/100
8:00 AM • Downtown Graton

Through Sebastopol, then south amidst the rolling hills (Bloomfield, Canfield, Pet-Valley Ford, Spring Hill) to the outskirts of Petaluma. West via Red Hill, Rouge & Noir, and Nicasio Reservoir to Pt Reyes Station. North along the coast, including detours on Middle and Bay Hill, and then inland over Coleman Valley and Graton Road.

Karen Thompson—479-1864
karent@sonic.net

SUNDAY • JUNE 26**River Ramble**2-3/AB/45
9:00 AM • River Road Park & Ride

A more-or-less classic meander along the Russian River Valley, skirting along the west side of the airport and Windsor, then dropping to the river basin, crossing at Wohler, then heading west, downstream, with the little spike of Rio Nido Road to sharpen up the appetites before a stop in Guerneville. The bumps of Mays Canyon, Green Valley, and Vine Hill hark back to the recent WCC... old favorites.

Anne Graver—829-0686
gravers3@comcast.net

Sugar Magnolia Loop2/A/28
9:00 AM • Healdsburg City Hall

Head north out of Healdsburg to Geyserville, then loop back south around Alexander Valley—128, Red Winery—and back into Healdsburg...but then head back out of town and finish up with the Magnolia loop.

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

SUNDAY • JULY 3**Krusing King Annapolis**5/C/101 • 10,000'
8:00 AM • Cazadero

Another really hilly and challenging adventure among the far coastal ridges of NW Sonoma County. King Ridge, Tin Barn, another descent of the Rancheria Wall, Annapolis, Kruse Ranch (uphill on gravel), Seaview, Meyers Grade, Hwy 1, Coleman Valley, and Boho, River, and Austin Creek to wind down. Muchies after at Raymond's in Caz.

Karen Thompson—479-1864
karent@sonic.net

MONDAY • JULY 4**Family Fun on the 4th**2/A/12+
9:00 AM • Joe Rodota Trail @ Sebastopol Road

Head west on the Joe Rodota Trail to Sebastopol, through town and out to a stop at Andy's Fruit Basket. Return. If the group is willing, we may also ride into the Prince Memorial Greenway in Santa Rosa.

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: Looking for a leader

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

Weekday Rides Redux

Our little item last month about needing more ride leaders for the weekday rides doesn't appear to have kick-started any volunteerism in that department. In fact, since then, our count on weekday ride leaders stands at a net loss of one. Kim Nelson has had to give up her Friday leads due to work conflicts. (Thank you, Kim, for all your efforts over the years.)

The article did generate some comments from regulars on the weekday rides, but no consensus on what might need to change to improve matters when it comes to the pace variations of the B's and C's. One thing is certain: we don't have enough leaders, especially among the C group. Now we're (no, you're) also short one B leader. Perhaps it's time to remember that this is a volunteer-driven club, and that nothing gets done unless individual members decide they want or need to do something.

The weekday rides are a classic example of member-initiated activities. They are entirely grass roots in origin. At this point, we're going to let those grass roots grow: weekday riders, you're on your own. If you think there's a problem, then figure out how to make it better. But that said, there is introductory information posted at the club web site to assist aspiring ride leaders, or just ask and we'll set you up with a mentor.

Craig Robertson, who has entered every single DMD since 1997, decided to amuse himself elsewhere this year and instead completed a 600-K (372 miles) brevet down in the central coast region, Craig says it was in the high 20's on the overnight parts of the ride, but I know he likes cold rides, so don't feel too sorry for him. That qualifies him for PBB.

Meanwhile, Robin Dean and Douwe Drayer were way off the map, riding several hundred miles on a tour around the Spanish island of Mallorca in the Mediterranean. Nice work if you can get it.

Sunday of this weekend was the first day of May. Linda Fluhrer had a ride listed that looped around Morgan Territory and Mount Diablo in the East Bay. It had originally been scheduled for April, as a warm-up for Devil Mountain. But it got rained out and rescheduled for the day after DMD, which made it a bit late and redundant as a warm-up ride for the big event. As a result, attendance was light. But hey, if you want a small taste of what makes the DMD a big ride, pull this route out of our archives and try it sometime when you find yourself over on that side of the bay.

Next up, on the first Saturday in May, was, as it always is, our big fandango for the year, the Wine Country Century. You can read about that big bike bash on page 1, so we'll hop right over that date here and proceed to the doings on the next day.

Sue Bennett listed a ride that included a visit to a volunteer fire department pancake breakfast. (We like to support those folks, usually the first ones on the scene when a cyclist is injured on a ride.) Sue reports: "We had 15 people for the Rancho Adobe VFD Pancake Breakfast ride, and after a short four-mile ride to San Miguel School, we had a breakfast of pancakes, eggs, and ham. After breakfast, we did a 30-mile ride. The entire group stayed together, and it turned out to be a delightful ride, helped out by good weather. After a short stop at the cars to change shoes and throw on some jeans, several of us rode up to the warehouse, where Rose and René had just served up lunch for the warehouse volunteers. We then joined in on the fun, and a few hours later had the remaining equipment cleaned and put away. (I must thank the crew that worked Saturday at the warehouse as the trucks came back from the century: they had the bulk of the work already done.)"

Also on this Sunday, Marc Moons, fresh off his frisky ride at DMD, had the Fearsome Five on the card. What makes this ride so fearsome? 1. north over the Geysers, 2. Pine Mountain out-&-back, 3. south back over the Geysers, 4. south to the Ida Clayton out-&-back, 5. back north to the Pine Flat out-&-back. If you know those roads, you hurt just thinking about it. If you don't, just consider 129 miles and 15,000' of steeep climbing. Marc rounded up the usual suspects for this one: Barley and Susan Forsman (two peaks); Mike Pucci, Rick Sawyer, Darrin Jenkins, Ken Cabeen (three peaks); Sarah Schroer, Tim Taylor, Garth Powell (four peaks); Marc Moons, Megan Arnold, Troy and Karen Taylor (tandem), Richard Burger, Richard Fitzgerald, Paul Stimson, Miguel Sanchez (five peaks).

Marc had a long, entertaining write-up on this epic hill-fest on the chat list. I want to quote a bit of it here. It's about Megan, first woman at her first DMD and our SRCC Rookie of the Year last year: "Impressive, riding all day in the front with her big white smile. After a long chase, I caught up with her around mile 99 (and I didn't fool around). This girl ride flats like a hammer, goes downhill like a falcon, and climbs like a butterfly! She arrived first

on top of Pine Flat, a climb she has never done before, putting a huge gap on all the other finishers. For sure a Fearsome woman!" Some of those riders who did less than five peaks might have done more but for some naviagonal snafus. For instance, Garth Powell missed the turn onto Ida Clayton and didn't see the error of his ways until he was almost in Calistoga! And Rick Sawyer missed the turn onto Pine Mountain and rode past Cloverdale before deciding he had gone astray. Rule #1: know your routes. And the harder the ride is, the more important Rule #1 becomes.

Robert Redmond, our SRCC brevets coordinator, filed a long report on the chat list about a long ride he did on this weekend: another of the 600-K brevets on offer in California this year...another qualifier for Paris-Brest-Paris. Robert had a great day and calls it the most pleasant 24-hour bike ride he's ever done. He was the fourth finisher.

Also on this weekend was the Tour of the Unknown Coast. Usually this great century is the week after the WCC, but with our ride being on the 7th, the two overlapped this year. As a result, SRCC participation was limited. However, Ken Cabeen flew the club colors and did well: his time of 5:48 was good for 13th overall. Anyone who has done the TUC knows that is a very good time.

That brings us to the last weekend we can cover this month, and its marquee attraction was a reprise of the WCC from the previous week, only this time it was run for the wonderful workers who had made the century such a success. Now it was their turn to ride the course and enjoy the after-ride festivities. The only problem was that the pleasant, sunny weather and mid-70's temps of a week ago had degenerated into a grey, chilly overcast that never saw the high side of 60° all day. And the helpful tailwind of the real WCC was replaced by a cold west wind that was not at all helpful in chaffering the riders down the valley at the end. Some insisted the cooler weather was ideal for riding, but all agreed that it was a bit too nippy to be standing around outside at the warehouse for our post-ride picnic, and that hot chocolate might have gone down better than cold beer. Participants either layered on all the clothes they had available or clustered around any sources of heat at the finish. About the best thing we can say about the weather: it didn't rain. For a change, the forecasts were exactly accurate. It did not rain (until overnight and into Sunday morning), and in fact, just at the end of the day, with most riders already off the road, the sun broke through for a brief, cameo appearance, taking just a bit of an edge off the chilly conditions at the picnic. The cool, grey day put a modest damper on the enthusiasm of the riders and picnic party hearties, but just a little bit of one. Most folks still appeared to be all smiles. Workers' Ride Chair Doug Simon estimated 250 club members took part in the festivities, either as riders or partiers... usually as both. Great thanks to Doug and to René and Rose and all the others on this crew who did the heavy lifting so the rest of us could ride and socialize and chow down on the great food (compliments of caterers Matt Parks and Nick Curran).

Meanwhile, on the same day as the Workers' Ride, the Central Coast Double was taking place, out of Paso Robles. It's not a CTC Stage Race event this year, so attendance was a little off, but we sent a few good riders to rep the club: Ken Cabeen, Paul Stimson, Vern Piccinotti, and Mike Aberg. They did a fine job of it, with Ken finishing tied for first overall in a time of 12:03, and Paul, Vern, and Mike not far behind, tied for 6th...all four in the top eight. None of these guys did Devil Mountain, two weeks before...a whole new SRCC crew for Central Coast. This club has a lot of good riders!

WCC Letters

I wanted to send a quick note of appreciation for a great Wine Country Century today. In addition to the great weather (nice tailwind at the end of the day), the support was superb. The course was well marked (I did the 200-K) and the volunteers did an outstanding job. Check-in was flawless and the rest stops were well stocked with a great selection and supported by enthusiastic volunteers. Please extend my appreciation to all involved. This was my first Wine Country Century and I hope to come back for more.

— *Robert Morris, San Francisco*

Completed my first 100-K ride in the Wine Country. It was awesome! The route was awesome, the weather was awesome...but most of all, the rest stops rocked! Best event ever! Will be back again!

— *Linda Appio*

I decided to ride this year as a customer. (I'll be back to volunteering next year.) I was able to talk to lots of other riders at the rest stops. The common theme was that this was the best ride around; well organized, friendly, convenient, etc. Not a negative comment among any of the people I spoke with or conversations I heard while sitting at the rest stops. Thanks to everyone who worked today.

— *Scott Allen*

I had the pleasure of riding the WCC for the—a bunch of them—times today. I am soooooo impressed at the amount of volunteers, how very kind and helpful ALL of them are, and the amazing amount and variety of yummys. GREAT JOB!!!! By far, the best supported and organized ride that I have ever done in 24 years of doing centuries, doubles, etc.

— *Robert Cotton*

I wanted to express my congratulations on an excellent event. This was my first 60-miler and all went well. I felt very relaxed and safe on the route. Wish I had more pockets to pack more of those great cookies for the ride. Hope to do it again next year.

— *Bonnie Rimola*

Thank you for a great 2011 WCC. As in past years, the SRCC and its amazing volunteers make this the best organized ride of the year. I particularly want to compliment the crossing guards who were totally pleasant and very watchful. I hope to do your ride for many years to come.

— *Donald Olson, Redwood City*

Nice, nice job everyone! What a great day...great volunteers, nice energizer snacks and lunch, and you couldn't do better with the landscape. Everything was wonderful. We will be back!

— *Mary Norton*

Yesterday's Wine Country Century was a fantastic event. Thank you very much for putting on such a well organized and supported ride. The food was fantastic, especially those amazing strawberries and made-to-order sandwiches. Your volunteers were all really friendly, smiling and helpful. My friends and I can't wait until next year's event! Sincerely,

— *Nancy Templeton, Sacramento*

I'm writing to say thanks for an outstanding experience. I participated in the 100-K. I was so impressed by the support services that were provided along the entire route. Food, drinks, bag

drop, facilities, folks, everything. Wow. The volunteers were just wonderful. Having volunteered for a similar event (Fondo), I know from experience how hard the work can sometimes be. The SRCC volunteers were awesome! So friendly, so professional, so helpful. I joined the SRCC last year and have been on a couple of rides, which I thoroughly enjoyed. But I had not seen an event sponsored by the club. I was blown away and it made me proud to be a part of something so wonderful. We had out-of-town guests join my husband and me on the ride, and we all had a marvelous time. Thank you so much for such an outstanding event from start to finish. Even the bell-ringers along the road made the event just that much more fun! Thank you for making my first 100-K the best ever and very, very memorable.

— *Diane Hill, Santa Rosa*

Just wanted to thank you for the great ride yesterday. As the coordinator of the Diablo Century, I know how much work goes into pulling these off. You guys did a great job.

— *Jamie Hyams*

Last Saturday, with a welcome wind at my back and a picture-postcard landscape of the Alexander Valley gracing the final 20 miles of the 2011 Wine Country Century, it occurred to me why, after two decades of pedalling through at least 200 Northern California centuries, the WCC remains at the very top of all the rides I've ever done.

Sure, the WCC offers a diversity of gorgeous scenery—everything from panoramic meadows and ridge-road vineyards to forested canyon glades—as well as challenging climbs and yahoohooohoo downhills. But what matters more is that WCC riders will always find great provisioning, great course marking, great SAG presence, and an abundance of smiling volunteers ready to help on everything from crossing busy highways to vending warm tortillas or arranging peanut butter hors d'oeuvres at rest stops. The club just plain goes all-out to make participants feel welcome. This year I sensed the riders responding by, for the most part, honoring the single-file parade in some areas as requested by your billboards. So even your gentle but persistent safety outreach seems to be yielding results, at least when I was in the vicinity. So again, well done. Thank you for another great ride. The WCC is a classic.

— *John Kozero, Santa Rosa*

Whatever you did for the WCC, whether you produced t-shirts, enlisted volunteers, organized and sorted and sifted at the warehouse, worked as a course marshal, loaded trucks, unloaded trucks, cleaned equipment, communicated with SAG wagons, registered riders, swept the course, rode the course as a marshal, worked the food lines, or ran the whole darned show, thank you, thank you, thank you.

It was another great WCC, and every one of the 400 souls who made it happen deserves praise. It was safe, it was friendly, and it worked. I would especially like to thank and recognize for his efforts Bruce Hopfengardner, our esteemed WCC Chair. Bruce put in countless hours for the club. Please, when you see Bruce at meetings and on the road, thank him so he will know how much his efforts are appreciated.

Let's start thinking about WCC 2012. What do we need? Who wants to step up? How can we make it better?

Thank you again,

— *Donn King, President, Santa Rosa Cycling Club*

SANTA ROSA CYCLING CLUB

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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, June 8 • 6:30 PM

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

*Featured presentation: representative from the
California Bicycle Coalition*

Wednesday, July 13

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, June 2 • 6:00 PM

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

Thursday, July 7



WCC posters still available

We may have sold out our commemorative t-shirts at the century, but we still have a handful of posters for sale to members. These are printed on high-quality poster paper and are sized to fit exactly in 11" x 17" frames. We are selling them for \$5.00 each.

Supplies are limited: just a handful of these posters remain from the original run of 100. If you are interested in having one for your den or bike garage, please get in touch with Bill Oetinger (823-9807, srccride@sonic.net). Bill will bring a few to future club meetings until they're all sold.