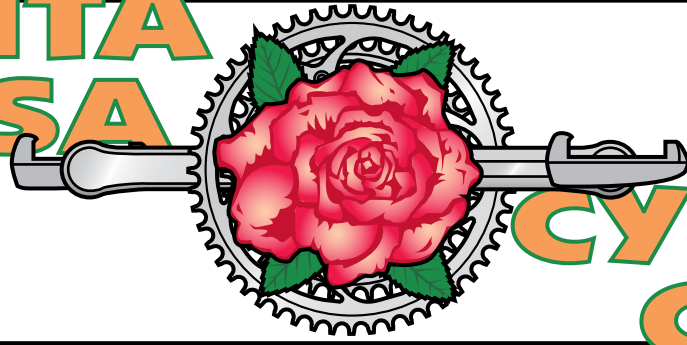


SANTA ROSA



CYCLING CLUB

JULY 2011 NEWSLETTER

Cool weather, new faces, and complicated timing on 2011 Terrible Two

The 2011 edition of the Santa Rosa Cycling Club's Terrible Two double century was held on Saturday, June 18. First, the raw numbers: 248 entrants were registered, including three tandems, for a total of 251 riders. (Tandems count as one entry and one place in the results.) There were only ten no-shows at the start, so 241 riders (238 entrants) hit the road at 5:30 AM, rolling off in one big peloton, heading out of Sebastopol along High School Road. One long day later, 177 entrants had crossed the finish line, 158 of them before the traditional 10:00 PM cut-off. (Riders finishing between 10:00 and 11:00 earn California Triple Crown credit but do not receive a free "I DID IT!" t-shirt.)

That means 66% of the starters finished by ten. This is considerably better than some of the bad (hot) years, where finishing rates plummet as temperatures soar. But it is also a good bit lower than the past two good (cooler) years, where the finishing rates were 80% and 72%. Riders and support staff both agree that the conditions seemed favorable or at any rate neutral. The official high on the day was 85°, but most of the time it felt cooler than that, even occasionally quite chilly. (In the dodging-the-bullet department, we can report that it was in the high 90's on Sunday: and well over 100° on Monday.) Winds were not especially helpful—no big push down the coast—but nor were they brutally bad. A few DNF's or lengthy delays are the result of what appeared to be an above-average number of mechanicals: derailleurs ripped off bikes, brake calipers breaking off, cables snapping, rims bents... We don't have any hard facts to say for sure that there were more broken bikes than usual, but it seemed that way.

At the front of the field, new faces emerged to grab the glory. Adam Bickett of San Diego and Jim Atkinson of San Jose finished together in a time of 11:27. Another TT newbie, Brian Eckert, was third, four minutes back. Bickett was first at the Geysers and first out of the lunch stop, but Atkinson stormed back from an early flat and passed Bickett at the first water stop on Skaggs, then held a two-minute lead through the Rancheria and Fort Ross stops. Bickett clawed his way back up to Atkinson on the last climbs at the top of Fort Ross, and from there on they agreed to work together to the finish.

On the women's side, it was a battle between two SRCC members. Susan Forsman led out of lunch, but Megan Arnold caught her midway along Skaggs, and shortly after the pass, Forsman had a flat. Arnold eventually rolled into the finish in a time of 14:06, and

Forsman in 14:44. After finishing first at Devil Mountain as well, Arnold has built up a substantial lead in the CTC Stage Race.

Bickett's and Atkinson's time of 11:27 is the slowest fastest time in the event since 1999 (excluding the long-course year of 2005). This suggests that there was something about the day that made the ride a little harder than the weather and other conditions would have indicated. For the top 70 finishing spots, the average time was 19 minutes slower than last year. For the 24 riders in the top 70 who finished last year and this year, their finishing times were 15 minutes slower on average. In fact, out of 24 riders, there were only five who improved their times.

There was a special wrinkle in the timing this year that we hope we will never have to repeat. Two construction zones in the first half of the ride caused delays of up to five minutes each for the riders, depending on when they arrived at the stoppages. Course marshals at each site logged the riders in and out, and the time lost was subtracted from their final elapsed times at the finish. The organizers felt this was the fairest way to even out the inherently unfair scenario of getting caught at the long red lights while others, just a few seconds ahead, got to roll on up the road. But it created a different sort of problem at the finish: three or four riders, arriving together, might have felt that they had finished as a team, bonded together by their suffering and moral support for one another over the long, late miles; but after their assorted time deductions were imposed, they might now appear in the results to have finished a few minutes apart. It's not a perfect solution and not one we especially like, but we're going to have to live with it.

Other items of note: the Barney Wilson-Dawn Infurna-Bean tandem was the first of two to finish in a time of 13:58. Frank Clark, age 17, was the youngest finisher and one of the youngest ever. Manoucher Brahman was the oldest at 65. There were two riders under 20 and a handful over 60.

There was only one crash of any significance, but it was a bad one. Karen Thompson—second in the 2010 Stage Race—went down hard on the Trinity-Dry Creek descent and had multiple injuries. She was airlifted to a hospital in the East Bay, where, at press time, she was in intensive care. She is awake and responsive and worrying about her bike and missing work, etc. Karen is an SRCC member and is active in the world of doubles and brevets. We wish her a full and speedy recovery.

For full results, visit the SRCC TT [web page](#).

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for June

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, June 8. 45 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on the club's bank balances, as of May 31.
- 3. Membership:** Registrar Gordon Stewart was absent, but sent a report to the Board ahead of time on membership of 1222 (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 noted that the Utah Tour remains sold out. Doug Simon noted that there are 37 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 recent Adopt-a-Backroad litter pick-up day (May 22). (See item in B&B.)
- 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 new class has not yet been scheduled.
- 7. Warehouse:** Warehouse committee rep Rose Mello presented the Board with a new check-off form covering all occasions of equipment being taken from the club's warehouse. The committee also requested an additional \$1000 for infrastructure improvements at the warehouse. The Board will submit that to the membership for approval.
- 8. Brevets:** SRCC/RUSA representative Robert Redmond reported on the recent 600-K brevet (May 21-22). (See item in B&B.)
- 9. WCC:** Chair Bruce Hopfengardner coordinated a post-event debriefing at Gourmet Pizza. Most committee chairs were in attendance.
- 10. TT:** Craig Gaevert and Bill Oetinger reviewed preparations for the Terrible Two and renewed the call for volunteers. (See article on page 1 and also on page 8.)
- 11. Annual Calendar:** Mike McGuire made a presentation to the Board on a proposal for an on-going oversight calendar that would list all club functions throughout a year and the prep and closure time frames for those functions. The goal is to institutionalize the scheduling of the various events so that any new club leaders can easily see when each prep period begins and what needs to be done on any given date.
- 12. Bike Rack:** The Board agreed to assist with construction and installation of a bike rack outside a popular bike stop (coffee shop) in Geyserville.
- 13. Drawing:** Bill Oetinger conducted a semi-annual ride leader drawing. Four members who had led rides in the first half of 2011 had their names drawn and won \$25 each.
- 14. Picnic:** The Board decided to move the End-of-Summer picnic to Ragle Park. (See item this page.)
- 15. Feature presentation:** Dave Snyder, CEO of the California Bicycle Coalition, spoke on advocacy and legislative cycling issues at the state and federal level.

END-OF-SUMMER PICNIC

SATURDAY • AUGUST 27

RAGLE RANCH PARK • SEBASTOPOL

Looking for a picnic co-chair

The club's annual end-of-summer rides and picnic are returning to Ragle Park in Sebastopol this year, on Saturday, August 27. The shady oak grove had been the venue for the picnic for many years until we moved it to the lawn outside the warehouse last year. It was announced in the newsletter last month that the picnic would again be at the warehouse, but since then, the Board has decided to give the warehouse facilities a rest and has instead reserved our old site at Ragle in Sebastopol.

But before getting into the details about the day, we need to spread the word that the picnic is currently at least partially without a leader. Rene and Sharron, who have chaired our picnics in the past, will not be available this year. Meanwhile, Rick Sawyer has offered to coordinate the picnic volunteer efforts and is willing to act as co-chair for the event if at least one additional co-chair candidate will step forward to assist him. By sharing the chair responsibilities, it shouldn't be a huge job--but it will take some work and some people-management and logistical skills. If you have been thinking about getting involved in club management, this might be a good, short-term project for testing the waters.

The typical format for the picnic is a combination of pot luck food provided by the members and a range of barbecue fare provided by the club. The club also provides drinks of all sorts, and has often provided a wide array of Mom's pies. Registration for the event will be on-line at the club website. (The event is free, but you must register. If you don't reg...don't come.) Look for a link to the reg page next month.

The picnic will be preceded by a slate of three rides at A, B, and C tempo, all leaving from Ragle early that morning and all returning to the park around noon or in the early afternoon. We will run essentially the same routes we have always run when the picnics have been at Ragle. They are long enough to work up good appetites in our riders, but not so long that they beat anyone one up too badly. Look for start times in the ride list next month, and for route slips, go to the club's on-line ride calendar. We will be needing ride leaders for these rides.

The picnic will obviously need more than just the co-chairs. We will also need a handful of people to assist with set-up, clean-up, and a few helpers to take turns during the barbecue, lending a hand here or there. Set-up means bringing things from the warehouse to Ragle, and clean-up means not only cleaning up the site at Ragle but returning the equipment to the warehouse and cleaning it there. (This might be done that same afternoon or perhaps on the following day.) Riders gathering in the morning for their rides are encouraged to lend a hand with getting things set up. A few minutes' help by a few people can make a big difference, so come a few minutes early and pitch in before your ride.

So if you feel you can make a contribution to the picnic effort, large or small, please contact Rick (933-0760. sawyer.rts@att.net) to discuss what role you might be willing and able to play. We'd really like to have at least the leadership role(s) determined in the next week or two. Thank you!

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.

As I start writing this column on June 6, it's gray outside and chilly, but at least not raining...for the moment. This has been the weirdest season for weather in a long run of years. Some say it's climate change; some say it's *la Niña*; some say it's the volcano in Iceland blanketing the atmosphere with an extra layer of ashy crud. Whatever it is, most cyclists would agree that the results have been far from ideal, with gray days and on-again-off-again rain way past their normal spring season. When we left off with this chronicle last month, the WCC workers were gathered at the club warehouse for the post-century barbecue, but it was too cold to really be an enjoyable picnic setting.

One week later, and things were quite a bit better. Rick Sawyer had a nice little 50-miler from Graton out to Occidental, then onward to the mouth of the Russian River and down the coast. He reports that almost 20 riders showed up for the B listing, that the weather was dry and almost sunny, and that they got a nice tailwind run down the coast and back inland toward Freestone and Sebastopol. All the nice things we expect from a good ride.

This was a busy day on the club calendar. In addition to Rick's ride, there were two centuries, one led by Matt Wilson and one led by Nikola Farats. Matt tells us only three riders showed up for his King Ridge-Coleman Valley C-note. They set a fast tempo and knocked off the ride quickly and uneventfully.

Nikola sent in a note about his century. He doesn't say how many riders were there, but it's still an interesting report: "The Two County Century was the SRCC version of *Gone With the Wind*. We had 35-mph winds pushing southward all along Hwy 1. When we got to Marshall, road bkie heaven just opened up. It was Moses parting the Red Sea, the Valkyries leading us to Valhalla. The wind pushed us up the dreaded Marshall Wall, with the tall grass by the road totally bent over. We just cruised over the top. Once we got inland, the wind was not much of a bother. It was, never the less, a long slog: Harrison Grade, Coleman Valley, Franklin School, Marshall Wall, Wilson Hill, Chileno Valley...you get the picture. The end-of-the-ride beer never tasted so good."

Finally, there was the club's longest ride of the year: our 600-K brevet, heading from the northern fringe of Santa Rosa all the way out beyond Clear Lake...and back, of course. 600 K is 374 miles for those of you who still don't think in metric. Almost two double centuries, back to back. We had 37 entrants for the long haul, and quite a few of them were club members. Our brevet coordinator, Bob Redmond, had put out an almost last-minute appeal for help running the stops along the route, and he got a great response. Altogether, there were 17 in the support crew. Almost one for every two riders. There were several interesting accounts of the event posted to the chat list, sent in by both riders and staff. The weather was good. The riders worked well together. The *controles* (rest stops) were oases of comfort and care and good food. To hear them all talk about it, you'd think it was a lazy pleasure cruise, not a round-the-clock grind that lasted at least 24 hours for the fastest riders and more like a day and a half for those less swift. The rest stop in Pope Valley was especially attractive to the riders on their return trip at around mile 300, deep into the dark.

A few riders chose to stop only briefly here and push on, aiming for that 24-hour finish time. But quite a few more took a long, long break here...like several hours, sleeping and relaxing by the fire pit and eating loads of good food. Someone described it as a 300-mile ride, an overnight, and a 74-mile recovery ride the next morning. That's one of the nice things about brevets: expansive time limits, so you really can get your rest and still finish within the designated window. Club members who completed the ride: Tony Lee, Karen Thompson, Megan Arnold, Barley and Susan Forsman, Garth Powell, Karl Kuhn, Mike Aberg, and Deborah and David Hoag. Very impressive.

Speaking of long rides, May 21 was also the date of the Davis Double Century. The Davis club is a bit slackadaisical about getting their results up, but as best as I can figure out, we had the following SRCCers doing the ride: Sarah Schroer, Vince Herrera, Joe Gorin, Craig Robertson, and John Witkowicki. If I missed someone, I'm sorry about that. I browsed their entry list and those are the names I recognized, but with so many new members in our club, I could easily overlook someone. This was Sarah's first double, but I doubt it will be her last. She says she's hooked. And I hear that Vince was fifth overall in a time of 10 hours and change. We used to have a much bigger group of SRCCers at Davis each year. We would often have more than a dozen riding out together, with more hitting the road on their own. I wonder why that has changed. More doubles on the calendar each year? More other options, including the brevets?

For those who weren't prostrated by doing a double or a 600-K on Saturday, Sunday of this weekend was devoted to our semi-annual litter pick-up day, this time working our original turf of West Dry Creek Road. Mike McGuire was once again in charge and was supported by about 25 volunteers. That was enough workers to do our main road, plus Yoakim Bridge and Lambert Bridge. But we have had as many as 40 volunteers in the past, and when we have that many, we can clean up more of the side roads...heck, almost all of the roads in Dry Creek Valley. More than just having more volunteers out there, it would be nice to see a few more *new* faces out there on these pick-up projects. Seems like it's mostly the same folks, year after year...one tiny fraction out of a membership of over 1200. Perhaps for many people it seems like too much of a chore and not enough fun. But guess what? It is fun. You can ride to Healdsburg, stuff a garbage bag in your pocket and ride out to your assigned stretch of road. You hide your bike in the bushes, walk your half-mile or mile of road, then leave your bag to be picked up later. The locals call out their thanks as they drive by or as you walk past their driveways, making you feel good about what you're doing. Then you go to the Bear Republic and have a nice lunch on the club's tab, hangin' with your pals. And then you get to ride home. A good ride, a good deed, and a good lunch. Does that sound like a chore to you? The club is committed to continuing these days of community outreach, so the next time one comes up—next November—think about getting involved.

That brings us to the last weekend in May, which is the by-now traditional date of the Bad Little Brother, now in its 16th year. This is a big, butch ride: 134 miles and well over 14,000' of sometimes painfully steep climbing. It starts at the TT lunch site at Warm Springs Dam, heads north to Cloverdale and along 128 to Boonville, then climbs and descends, endlessly, on infamous Mountain View Road, heading out to the ocean at Pt Arena. It then goes down

— 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 • JULY 2

Penngrove VFD Pancake Ride 2-3/AB/36 8:30 AM • Cotati Vets

Down to the VFD pancake breakfast ride in Penngrove (help support our emergency first responders). Then, stoked up on eggs and flapjacks, ride on through the chicken coop belt north of Petaluma and out to beautiful Chileno Valley before returning to Cotati.

Sue Bennett—523-1322
sbenn@sonic.net

SUNDAY • JULY 3

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

A hilly and challenging adventure among the far coastal ridges of NW Sonoma County. King Ridge, Tin Barn, a 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. Munchies afterward at Raymond's in Caz.

Karen Thompson—479-1864
karent@sonic.net

MONDAY • JULY 4

Family Fun on the Fourth 2/A/12+ 9:00 AM • Joe Rodota Trail at 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 in to the Prince Memorial Greenway in Santa Rosa.

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

SATURDAY • JULY 9

Fabulous Fifty 2/B/50 9:00 AM • Esposti Park

Out Chalk Hill to a break in Jimtown, over to the Dry Creek Deli and back into Healdsburg and home via Windsor.

Suggested ride...no leader

SUNDAY • JULY 10

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • H. Putnam Park, Cotati

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

Tomales Bakery Run

2/A/35

10:00 AM • Cotati Dog Park

A classic run from Cotati out to the bakery in Tomales. Outward-bound on Railroad, Pepper, and Tom-Pet; back home on Twin Bridge, Carmody, Roblar, W. Sierra, etc.

Ken Russeff—953-1804
russeff@sonic.net

Napa-Sonoma Century

3/C/100

8:00 AM • Esposti Park

A big loop over into Napa County. North on Chalk Hill to begin, then south on Hwy 128 and Siverado Trail. A rest stop in Yountville, then south past Napa and around the Carneros district to Sonoma. Finally, north up the Valley of the Moon and around the edge of Santa Rosa and back to Windsor.

Sarah Schroer—364-7560
sarahschroer@gmail.com

SATURDAY • JULY 16

Two-day Brevet • 300-K & 200-K

Riders have completed their Super Randonneur series to qualify for the quadrennial PBP 1200-K in August. They must now maintain their fitness until the event with some back-to-back long rides. SRCC, in conjunction with San Francisco Randonneurs, will host an overnight two-day brevet on the July 16-17 weekend. We start Saturday morning at the Golden Gate Bridge for a 300-K to Boonville and Ukiah, then south to a finish at the Best Western in Cloverdale. On Sunday, we'll have a late start for the 200-K back to SF. There will also be a 200-K option on Saturday. Registration is on the SFR site: www.sfrandonneurs.org

Wine Country Loop

3/CD/56

9:00 AM • Piner HS

A basic wine country route—Westside, West

Dry Creek, Canyon, Alexander Valley, Chalk Hill—run off at a spanking pace.

Ken Cabeen—799-6969
kencabeen@yahoo.com

SUNDAY • JULY 17

Old Caz & Other Oddities
4/BC/51
9:00 AM • Ragle Park

North to Forestville on the West Country Trail, then Martinelli, Old River, River, Odd Fellows, Neeley, Cnopius, Old Monte Rio, Old Cazadero (all the way through), Caz Hwy, Austin Creek, River, Boho, Morelli, Graton, etc. Two gravel summer crossings and tons of steep gravel on Old Caz, including wading the creek. A walk on the wild side.

Bill Oetinger—823-9807
srcride@sonic.net

Valley of the Moon Ramble
3/B/30 • 4/B/40
9:00 AM • Channel Drive lot

A moderate meander around the Oakmont and Glen Ellen area, including a BBQ at the home of the ride leaders. Greg warns about some recent car break-ins at the Channel Drive lot. Better maybe to arrive there on your bike. See route slip for full directions to party. RSVP is a must for the BBQ.

Greg & Jan Conklin—539-4099

SATURDAY • JULY 23

Tomales Bakery Loop
3+/B/43
9:00 AM • Ragle Park

From Sebastopol to Occidental via Cherry Ridge and Occidental, down Boho and Bodega and on to Valley Ford. South on Franklin School and Dillon Beach to the bakery in Tomales. Return via Twin Bridge, Carmody, Roblar, Canfield, Bloomfield, etc.

Anne Graver—829-0686
gravers3@comcast.net

SUNDAY • JULY 24

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

Marinwood-Marshall Loop
3/C/67
9:00 AM • Lucas Valley Park n Ride

Out Lucas Valley to Nicasio, past the reservoir and Cheese Factory to Hicks Valley and then the Marshall Wall. Down Hwy 1 to Point Reyes Station and Bear Valley, then back inland on Sir Francis Drake, Platform Bridge, and retracing through Nicasio and Lucas Valley.

Laura Stansfield—415-613-3302
SearchK9@pacbell.net

SATURDAY • JULY 30

Pine Flat Challenge ITT
5/CD/60
9:30 AM • Piner HS

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

Doug McKenzie—523-3493
douglassi@sonic.net

Coastal Ridges
4/BC/62
9:00 AM • Piner HS

A hilly loop out over the west county ridges. Green Valley and Harrison Grade to get to Occidental. Then Coleman Valley to the coast and Hwy 1 and Bay Hill to head south. Home via Bloomfield, Burnside, Barnett Valley, Jonice, Occi, Cherry Ridge, etc.

Christine Logan—577-1422
christinelogan@comcast.net

SUNDAY • JULY 31

Shady Grove to Russian Cove
4/BC/63
9:00 AM • Graton

More stout west county hills. Green Valley and Mays Canyon to Guerneville. Down the river and up the creek to Cazadero, then Fort Ross, Meyers Grade, Hwy 1. Back up the river to Duncans Mills and Monte Rio, and up Boho to Occi and finally the zippy run down Graton to the finish.

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

SATURDAY • AUGUST 27

ANNUAL CLUB PICNIC RIDES
4/C/50 • 3/B/40 • 2/A/32
Ragle Park • Sebastopol

A route heads up to Forestville and Willowside. B and C routes head out together to Occidental and Valley Ford. C route goes on to Tomales. Both return along Bloomfield and Blucher Valley. More info next month, but also see article on page 2. Looking for ride leaders for A and B routes.

REGULAR RIDES

Monday Monday
BC • 45-55 miles • 9:00 AM
[Windsor Bike Shop](#)

Howard Hesterberg—321-1696

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: Ragle Park, Sebastopol

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 (A & B only): Piner Youth Park

A: Ken Russeff—953-1804

B: Gary Grayson—538-9262

NORTHERN CALIFORNIA BICYCLE EXPO

Saturday, August 20
10:00 AM—4:00 PM
Santa Rosa City Hall

Northern California Bicycle Expo vendor/exhibitor registration is now open. Sell your new or used bikes, bike gear, and more. Full report in next month's newsletter.

For more information and registration:
www.bikesonoma.org/bikeexpo.html

the coast and inland for more hill work through Annapolis, and finally picks up the dreaded Skaggs Springs for the cruel run east back to the dam. The full title of the ride is The Terrible Two's Bad Little Brother, and it serves as a fairly serious training ride for the TT, which usually follows three weeks later. Many riders use it as a reality check on their fitness for the TT: do a good enough BLB and you may consider yourself ready for the Main Event. Struggle with BLB, and you can pretty much forget about the TT. This year, the weather threw a lot of those calculations off just a bit. The dang rain was back. We used to see rain on the BLB when it was scheduled in late April (a few years ago), but since it has been on Memorial Day weekend, such a problem has been less likely, if not downright unheard of. This year, the early miles to Boonville were dry and not too windy and generally pleasant. But somewhere on the brutal torture rack of Mountain View, the rains arrived, and not just some misty drizzle. Real rain, heavy and cold and misery-making. About the only good thing you can say about the rain is that it stopped somewhere around Annapolis, and the last third of the ride was a time of drying out under a weak sun. There were 45 riders at the start and 43 of them finished, which is pretty amazing, considering how dismal life was at mid-ride, out on the coast. The temptation to bail must have been severe. Helping to keep the riders moving and at least somewhat comfortable was a wonderful support crew. Scot Castle, Kimberly Hoffman, Craig Gaever, Michelle Bellefeuille, and Lee Mitchell were all out in their sags, and Greg Durbin was coordinating it all. That's a pretty high level of support for a free club ride. Thirty-five of the riders were club members. Comments were made afterward that this is a great club on two fronts: great support and great riders.

I've done a lot of past BLBs, probably as many as I want to do. So on this day, I offered an alternative: the Bad Little Brother's Lazy Old Uncle. This is not exactly a cake walk of a ride either, at 70-some miles, with several substantial climbs. It only seems lazy compared to the BLB. We had 18 riders at the start, and things went well for quite a few miles...out of Calistoga and up the Old Toll Road (aka Lawley), then back down into Napa Valley for a run down to Crystal Springs and a climb up Deer Park and Howell Mtn to Angwin and down to Pope Valley. The wet weather that was tormenting the Bad Little Brother was only just working its way east into Napa Valley around midday, and for the most part, we were avoiding it and having a good time. But when we regrouped at the Pope Valley store, dark clouds were massing to the north, and we all agreed to skip the out-&-back to Aetna Springs and hightail it up Ink Grade and back down into Napa Valley. At the foot of White Cottage, we started feeling the pitter patter of light rain drops, and a few people elected to make an immediate bee-line for the barn, skipping the descent of old Howell Mtn. The rest of us pushed our luck and went down the lumpy old road, which is a good deal lumpier than ever before since a large chunk of it has fallen off the hillside and slumped down into the canyon. The subsidence is very big and very deep, and it's hard to figure when the county is going to find the money or the motivation to tackle the big job of fixing it. We can expect the road to be closed for quite some time. Locals have carved out a foot path above the immense hole, but even that is now in danger of falling into the abyss. We portaged our bikes around the gaping gap and continued with the descent, where grass is now growing in the middle of the abandoned road.

We were sprinkled on—lightly—all the way down the hill, and by the time we got to the bottom, things were getting truly damp. So we decided to blow off the second out-&-back as well (White Sulphur Springs) and hammer straight up Silverado Trail to the finish. Dropping the two out-&-backs reduced our ride from 70 to only 55 relatively easy miles. A little less than some of us would have wanted, but better than nothing. And our timing was great: the whole run north on Silverado was dry, but within a minute of arriving at our cars in Calistoga, it commenced to rain steadily.

On Sunday, the last ride of the month was an Abramo-Mawson production: an A ride called One Fine May Day. David Abramo sent in this note about the ride: "As it turned out, it was one fine day to ride. The sun was shining and it was nearly perfect conditions for a group ride. We were lucky to hit a good day in between storms. Thirty-five of us set out to do a 30-mile loop starting at Esposti Park and heading up to Healdsburg. The route featured some familiar roads, including Laughlin, Wohler, Arata, and Pleasant. Having been off the bike for three weeks, I was happy that I had to stop twice and assist with flats. It was great to see so many happy faces and ride with friends." I'll bet the BLB and LOU riders from the previous day would have appreciated some of that "nearly ideal" weather for their rides.

And then it was June, which should, in any properly constituted world, mean warm, sunny days perfect for riding. But not this year. Saturday, June 4 was another rainy day. Both ride leaders on this day called their rides off. Marc Moons cancelled his ultra-tough Bohemian Rhapsody (111 hilly miles), and Rose Mello rain-checked her Out Bloomfield Way (32 miles) to July. We do know a couple of goofballs who went out and did Marc's ride on their own, in the driving rain. But we're not going to mention their names here, as we don't want to encourage such foolishness.

Speaking of crazy riders, Richard Anderson and Rick Sawyer did the Eastern Sierra Double on this wet, dreary day. Lots of cold rain had been predicted for the route up around Bishop and Lee Vining, and there was some of that, although not quite as much nor quite as miserable as they had expected. But what was bad—really bad—was the final 60 miles: arrow straight and flat or only slightly rolling, with a brutal, leg-breaking, soul-destroying headwind blowing at 30-mph the whole way. Good strong pacelines were averaging 10 mph into this howling gale. But they got the job done. Richard was 12th overall and Rick had a respectable, mid-pack finish. Good results under very difficult circumstances.

Sunday, however, was just marginally better for biking, although still unsettled. Sue Bennett had another of her pancake breakfast rides on the card, this time heading out from Sebastopol to the Twin Hills fire station at the corner of Pleasant Hill and Water-trough. Sue sent us this note: "The Twin Hills VFD Breakfast Ride was not canceled but was abbreviated. It was raining slightly at the start, but five riders decided to ride to the breakfast. After eating, we would decide if the remainder of the ride was a go or a no-go. Other bicyclists arrived at the fire station at about the same time, so overall, the cycling community made a good showing. While we were eating, the rain intensified and then backed off again. The forecast predicted it would get worse, not better, so we decided to call it a day and rode back to Analy."

On the same misty morning, Donna Norrell had a B ride of 62 miles, heading out of Ragle Park and down the coast to Marshall, inland over the Wall and Wilson Hill and then back north over Spring Hill and out through Two Rock to Roblar, etc. Given the still



somewhat dodgy weather, only five riders left the start together. Eventually, four more riders from Petaluma would join in as the ride headed south. There was a soft mist drizzling down at the start (and as we rode past the Twin Hills fire station, where Sue and her pals were no doubt chowing down inside), but the sky out over the western ridges was blue, so we were hopeful. And in fact we rode out from under the moisture almost immediately and were on dry roads by mile 8. By the time we got to Tomales at mile 15, we had been joined by another group: our shadows. That didn't last too long though. Up and over the Marshall Wall, the clouds crowded in again, but they never really threatened rain. It was gray but comfortable, even almost warm. All in all, it was a very nice ride, and we few felt fortunate in having snatched this 65-mile loop right out from under the noses of the rain gods.

The sun was out again, perhaps for more than just a day, for Christine Logan's Harrison-Sweetwater BC ride on Saturday, June 11. When I picked up the route outside Sebastopol, it looked like there were almost 30 riders already on board. As always, the BC designation didn't mean all the riders were halfway between B and C; it meant there was a strong C group up front and a B group a ways back, with the distance between growing and shrinking as the hills came and went. And hills there were: Green Valley, followed by Harrison Grade. Then, after a regroup in Occidental and the long, swift, slinky run down Boho, and the long, paceline run along River, there was Sweetwater to deal with. Things got a little confused when one rider took a minor tumble in Camp Meeker. No harm done...just time lost getting it sorted out. Then some riders stopped at the coffee shop in Guerneville—in the middle of the hustle and bustle of the Stumptown Days parade—while others didn't stop and motored straight on to Sweetwater. Riders ended up strung out over at least a couple of miles of hills and dales along the old, funky road, and the whole gang did not get back together until Hop Kiln, where one rider was *hors de combat* with a trashed rear rim. A phone call had help on the way, and he was left to wait for his ride while contemplating the cost of a new wheel. The rest of us beavered on south down Westside and Wohler. I got the impression that a few subgroups missed corners here or there: not reading their route slips but instead tuned to some intuitive maps in their heads. So eventually, in the final miles of Trenton and Oakwild, the riders were straggling along in small clusters. But in spite of that disintegration of the day's little peloton, the riders appeared to be content with their lot in life, for the sun was out, it was pleasantly warm, and all the fields and hillsides were green. It was another good day for a bike ride.

Yet another good day for a ride followed on Sunday, and it was a case of *deja vu* all over again for anyone who did both the Saturday and Sunday rides: the routes were very similar. We generally try not to list two rides that are so alike on the same weekend, or even in the same month. But sometimes the volunteer ride leaders and volunteer ride coordinator just run out of options and settle for what they have. Apparently having two similar routes on back-to-back days didn't really matter in this case. There were close to 30 riders on Saturday and the same on Sunday, and only two or three of them did both rides. The Sunday ride was Bill Carroll's BC ride out of Santa Rosa into the west county, up Harrison Grade, down Boho, and all the way along River to Westside, then back in toward SR along a zigzag route (the early miles of the WCC 100-K course in reverse). The group once again busted apart on the climbs of Green Valley and Harrison Grade. But after the always fun Boho descent, we had a good regroup in Monte Rio and then a

smooth, steady paceline up the long, level River Road run. Bill set the pace at just over 20 mph, and everyone who took a pull kept it right there, so almost the whole group stayed tucked in until we peeled off on Westside. The big bumps on Westside soon sorted the group out again, and it was as on the previous day: smaller pods of riders heading toward the finish, but this time into the teeth of a pretty good headwind. Not brutal, but not really much fun. Back in Santa Rosa, the payoff was an after-ride barbecue and party at the newly remodeled home of Bill and Pam. What a treat that was! Some of us were still there, packing away the beer and wine and good food, almost to dinner time. Thanks to Bill and Pam for their hospitality.

Rose Mello had one of her popular AB routes on this very nice day too. As often happens, her ride was the biggest draw of the weekend, with 43 people on hand. It too started in Santa Rosa and headed to the west county hills, only it found some slightly less hilly ways to get out to the river. Then it bent around north to a coffee break at Cafe Noto on the Windsor Town Green. Rose has been very busy lately with club warehouse chores, and she notes that it was a great pleasure for her to be listing rides again and getting out there with all her old friends.

Finally, Janice Eunice had another of her Welcome Wagon rides on this nice early-summer day: "We had nine riders. Mike and I attended the pancake breakfast at the Hessel fire station and then we drove to Ragle, where he dropped me off for the ride. Mike drove home from Sebastopol safely. Yes, Mike can drive. Mike loved seeing everyone at the SRCC meeting, by the way. (And we loved seeing him, looking pretty good. —*Ed*) We rode the bike trail to Forestville to the Off the Track Cafe. We had a new rider, Lennie, who is from Castro Valley and is planning to relocate to Sonoma County. Mark is a commuter getting off the injured list. Tina wants to start riding again and is considering a new bike. Anne is a rider who sometimes rides the Friday A group. We had Billie and Martin, who just wanted a slow, easy pace to enjoy the beautiful day. It was great to have Ron on his recumbent on the ride, which we know might be an option for Mike when he gets back into riding. George Gallegos has taken up the sweep role since Mike is on the injury list. We rode 12 miles, which is within the ride description. Sometime I wish I could lead these rides every week, like the Friday A rides. Hmmm..."

Letter

Why are the bike markings in the middle of the street?

While riding west on Sonoma Avenue from Howath Park, my friends and I were having a hard time dealing with the bike traffic markings being in the middle of the lane. Our comments were: I'm not riding out there; car drivers get mad enough at us as it is...why make it worse?; and so on.

Then, I rode with Martin Clinton one day and the reason for the markings being where they are became very clear.

That section of road is narrow and it is not possible to put a designated bike lane in that space. There are specific distances required between parked cars and a bike lane that reduces the possibility of a cyclist being hit by a car door being opened. The markings are where they need to be for cyclists to ride safely when cars are parked on the street. They are called "sharrows." So our question has been answered and it really does make sense.

— *Claudine Simpson*

SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

PRINTED ON RECYCLED PAPER



Member: LAB • CBC • CABO • REBAC • SCTC • SCBC
06/21/11 6:06

- President: Donn King.....490-9115
- Vice-President: Doug Simon577-0113
- Secretary: Rick Sawyer933-0760
- Treasurer: Greg Durbin528-4450
- Officers at Large
- Karen Thompson479-1864
- Mike McGuire542-6687
- David Abramo 650-533-2330
- Gordon Stewart823-0941
- Don Graham538-3664
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates.....526-3512
- Membership registration: Gordon Stewart.....823-0941
- Meeting program 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, July 13 • 6:30 PM

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

**Featured presentation: Dave Townsend,
Bicycles for Humanity**

Wednesday, August 10

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, July 7 • 6:00 PM

Round Table Pizza, Montgomery Village

Thursday, August 4

THANK YOU • THANK YOU • THANK YOU

Another Terrible Two into the record books and another opportunity to marvel at the wonderful club we have, with all these great volunteers and support systems. The TT is extremely difficult, even on a good day, but one thing that doesn't make it any harder than it needs to be is poor support. The riders may have to conquer the miles and the climbs and all the mental devils that come to call on the far side of nowhere, but they don't have to worry about food or fluids or any kind of help they might need, from drop bags to wrenching to huge helpings of moral support.

All of that springs from the long-standing tradition in this club of putting the workers out there in their legions, and further, having workers who understand what's at stake and what it takes to get 'er done. Many of our TT workers have done the ride themselves. Others have worked on it for years.

There are some long rides we can think of where riders can end up feeling pretty lost and lonely, late in the day, wondering why the heck they're out there. But that doesn't happen so much at the Two. There is always someone to cheer you on and make a little sense out of the absurdity of the premise. And there is that rousing, uplifting welcome at the finish...

All of you who have helped make the TT what it is: thank you, many times over. Everyone who does it will tell you it's the best; that there is not another ride quite like it. All of that is down to all of you, the best bunch of ride-support experts around.