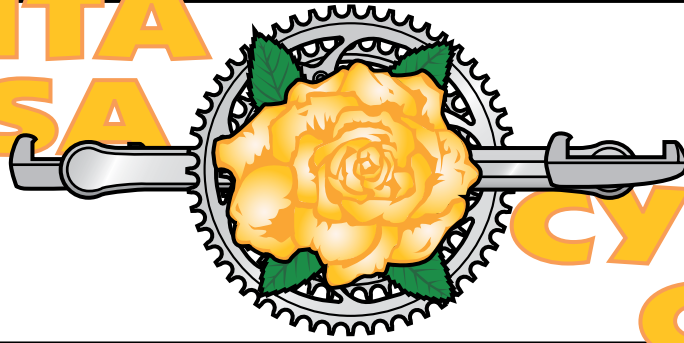


# SANTA ROSA



**CLUB PICNIC**  
See pages 2 & 5

# CYCLING CLUB

## AUGUST 2011 NEWSLETTER

### **Southern Utah Tour: Heat, Wind, & Wonders**

On Saturday, June 25, 48 SRCC members piled into a small fleet of cars, vans, and trucks to drive across the wide open spaces of the American West, headed for an epic cycle-tour in Southern Utah. Moving such a large group to such a distant venue calls for a good deal of advance planning, and several club members had been churning away at the details for months to have everything in readiness for the big adventure. Their attention to detail paid off in a nearly flawless tour, save for a few interesting glitches noted below.

After an 11-hour drive, the gang spent the night at a motel in Ely, Nevada, then drove another 200 miles to the start of Stage 1 near Cedar City, Utah. (Excess car pool vehicles were stored in Cedar City for the week.)

#### **Stage 1: I-15 to Otter Creek Lake State Park 55 miles, 3000' up, 2400' down**

We began with a relatively easy stage (in light of all the driving in the morning), beginning with a long but gradual climb through the Tushar Mountains, then a long, lazy descent into and along the pretty canyon of the Sevier River. A moderate climb along another

branch of the river brought us to our camp on a large lake. It was here we discovered our transport truck needed major repairs. We had to empty out a week's worth of supplies and equipment and have it towed to a shop, where mechanics worked on it overnight. After retrieving it in the morning, it had to be put back together and reloaded...a huge task. It was stressful and frustrating, but we got it done with only slight modifications to our riding plans.

#### **Stage 2: Otter Creek Lake to Capitol Reef National Park 76 miles, 4000' up, 5000' down**

After a long run up a grassy valley and a long, gradual climb (and descent), we headed east into a moderate headwind that wore us down for most of the day. Within the last third of the stage, we finally arrived at the true red-rock canyonlands we had come to explore, beginning with the long, fast descent into the magnificent national park, with soaring sandstone cliffs and monoliths on every side. Capitol Reef is one of the great, somewhat unknown treasures of the region, with scenery almost on a par with Zion, but with a tiny fraction of the tourists. We stayed in the lovely Fruita group site: wide lawns shaded by old fruit and cottonwood trees, surrounded by massive red cliffs that lit up like neon in the last rays of the sunset.

#### **Stage 3: Capitol Reef to Calf Creek 60-72 miles, 7000'-8200' up, 7200'-8400' down**

As the elevation numbers indicate, this was a day of big climbs. About half the group elected to do an optional out-&-back along magnificent Scenic Drive in the park before tackling the basic stage. (Hence the extra 12 miles.) The basic route began with a long and sometimes steep climb, then backed that up with three more really big climbs along mythic State Route 12, including crossing Roundup Flat summit at 9600'. But the climbing was only half the challenge. A stiff headwind blew down every inch of every climb, no matter which way the road was curling up the mountain. It turned what should have been a hard day into a real



— Continued on page 7

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for July

**1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, July 13. 55 members and friends were present.

**2. Treasurer's Report:** Treasurer Greg Durbin reported on the club's bank balances, as of June 30.

**3. Membership:** Registrar Gordon Stewart reported membership of 1242 (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 reported on the recently concluded Southern Utah Tour (see page 1) and Doug Simon noted that the upcoming Wild Rivers Tour is now sold out. A motion was made and passed at the Board meeting to incorporate a 10% contingency factor on top of projected budget costs on future tours.

**5. Facebook:** David Abramo made a presentation to the Board about how the club could start a Facebook presence. It was decided that he would prepare a sample Facebook page for review by the Board. This matter will then be reviewed at a future meeting. Several questions were raised, but overall, it was thought to be a good idea to move this forward.

**6. Gran Fondo:** Steve Drucker will again chair the SRCC lunch stop on the Gran Fondo on October 1. The stop will be in a new location close to the corner of Seaview and Fort Ross.

**7. Warehouse:** Mike McGuire and David Abramo reported on the recent meeting of the Warehouse Committee. They noted that a warehouse event calendar will be developed in order to better plan the needs for loaned warehouse equipment and related staff efforts, and to help avoid conflicts.

**8. Budget:** At the Board meeting, Doug Simon brought up the topic of the timing of the 2012 club budget process and the 2011 end-of-year donations. It was thought to be preferable to have the donations approval process ready for a final vote at the same time as the 2012 budget (by the December general meeting). A budget committee was appointed to start the budget discussions and present preliminary figures in approximately September. The committee will include Doug Simon, Greg Durbin, Mike McGuire, Rick Sawyer, and Donn King, in addition to any other Board member who wants to be included.

**9. TT:** Craig Gaevert and Bill Oetinger reviewed the recently concluded Terrible Two double century. (See article in June newsletter.)

**10. Annual Calendar:** Mike McGuire is working on an annual calendar to help guide the Board in the timing of significant club events that need advance planning. To help in this effort, Secretary Rick Sawyer will send Mike the Board meeting minutes from the past couple of years, so he can see what was discussed when.

**11. Bike Rack:** It was noted that a club-prepared bike rack will be placed outside a popular bike stop (coffee shop) in Geyserville.

**12. Picnic:** Rick Sawyer renewed the call for volunteer workers to help with the annual End-of-Summer picnic, scheduled for Saturday, August 27. (See article on this page.)

**13. Giro Bello:** Sharron Bates and René Goncalves gave a report

## END-OF-SUMMER PICNIC

SATURDAY • AUGUST 27

RAGLE RANCH PARK • SEBASTOPOL

### VOLUNTEERS STILL NEEDED

Once again, a reminder that the club's End-of-Summer Rides and Picnic will take place at Ragle Park in Sebastopol on Saturday, August 27. The picnic will start at roughly the end of the multi-tempo rides. Check the club web calendar for additional information. Right now, our focus is on convincing members to join the volunteer effort to direct and produce the event.

To date, we have commitments from a core group of approximately ten volunteer picnic helpers, but would like to have double that number. Why? The goal is to split the tasks into shifts of short duration, such that those helping out can still find time to relax and enjoy their day.

The various chores—and corresponding small crews—essentially start on the Friday before the picnic, with logistics and truck loading duty, and then we will need an early Saturday morning crew, a during-picnic grilling crew, then help loading and returning equipment to the warehouse, and a Sunday final cleaning crew. As you can see, we need help with everything from menu planning to dishwashing, and much in between.

So we really want about a dozen more picnic helpers. If you can be one of those, contact volunteer coordinator/chairperson Rick Sawyer. Don't forget, this is your picnic, and an event of the kind we're accustomed to enjoying doesn't succeed without member participation.

Additional event details: the picnic is a free, members-only event, and **you must register at the club web site to attend**. Registration opens on Monday, August 1, and closes on Wednesday, August 24. As has been the norm, the picnic is partially pot-luck. The club will provide a selection of grilled beef and chicken and a vegetarian option, in addition to an array of drinks. Members are asked to bring either an appetizer, side dish, or dessert. While registering, please specify the category of your pot luck contribution.

This is traditionally one of our bigger events, and gives us a chance to get together with our many cycling friends for some social morning miles and then to linger over lunch in the park. What could be more fun than that (with your clothes on)? See you at the picnic!

**Rick Sawyer: 933-0760 or [sawyer.rts@att.net](mailto:sawyer.rts@att.net)**

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on the Giro Bello bike ride, fronted by pro Steven Cozza and run on Saturday, June 25.

**15. Feature presentation:** Dave Townsend of Bicycles for Humanity made a presentation on that group's efforts to collect second-hand bikes and distribute them in rural African regions, in particular putting them in the hands of rural health care workers, allowing them to reach more patients in less time. The group fills a large shipping container with about 350 bikes and places it in a village, where the container itself becomes a bike shop and repair station for the region. Mechanics train locals in bike repair skills, and the shops become going concerns in the local economy, paying for themselves and providing revenue for other needy people.

## 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.*

The first ride that we would normally cover this month would have been the Terrible Two on June 19. But we managed to squeeze in a report on that big ride in the July newsletter. What we didn't get to cover last month was the local SRCC angle: as is usually the case, the host club had a strong showing in the event, with no less than 28 members finishing. We have a little space here, so let's just list them all: Marc Moons, Jady Palko, Shane Barnes, Ken Cabeen, Doug McKenzie, Tony Lee, Vince Herrera, Paul Stimson, Leland Gee, Craig Robertson, Miguel Sanchez, Megan Arnold, Matt Wilson, Karl Kuhn, Don Graham, David Elliot, Vern Piccinotti, Joe Gorin, Susan Forsman, John Johnson, Mike Gaylor, Robert Redmond, Richard Burger, John Witkowicki, Mike Aberg, Rodrigo Rios, Luke Scrivanich, and Clay Popko. What a bunch!

There were two regular club rides scheduled for the day after the Terrible Two: Ken Russeff had a 31-mile A-pace ride out of Esposti Park and Sarah Schroer had an 86-mile, C-pace ride, also out of the same park. Sarah's ride started an hour earlier, so there wasn't much chance of someone riding off with the wrong group.

Ken reports that he had 33 participants, including a woman from Boston, out in Santa Rosa on business. Aside from a couple of flats, he reports no troubles on this mellow loop up to Healdsburg and back, with a pleasant, mid-ride break at the Oakville Grocery.

Sarah sent in this report on her ride: "I had expected just a handful of riders at today's C ride as most of the 'usual suspects' were taking the day off following the TT. So I was pleased to start out with 14 cyclists, most of whom I had never ridden with before. The group included two non-members, who assured me they plan to join the club that puts on such great rides!

"The morning was still cool as we rolled out of Esposti Park and headed east on Mark West Springs Road. A warm-up climb over Franz Valley Road, then on to the real effort of Ida Clayton, as the sun began to heat up the asphalt. Two flats along the top of Ida Clayton broke the group into two parts. All riders were well-briefed on the infamous downhill gravel section of Western Mine, and we made it down the hill with one more flat tire but no scary moments. After a pit stop in Middletown, we set off through Butts Canyon to Pope Valley, still feeling frisky in a fast paceline through beautiful scenery. Everyone agreed that this part of the ride was well worth a little gravel riding! More flat tires and midday temperatures broke the group up again well before we hit our next big climb on Ink Grade. The seventh flat of the day brought the group to a stop on White Cottage Road, and as we searched our collective saddlebags for a tube without a hole, we were hailed by a passing motorist: Laura, a SAG driver for Lifecycle Adventures, offered us the use of her floor pump as well as ice and water for our empty bottles. We even bought a few tubes from her!

"By the time the tail end reached the second pit stop in St. Helena, the front group had already left. One cycle computer reported temperatures in the low 90's...no wonder we were going through so many bottles of water! We started up Spring Mountain Road and quickly spread out, as several riders were feeling the heat. A regroup at the top of the hill, then a great run down the other

side, and the group stuck together for the last few miles back to Windsor. Burritos, anyone? That was an easy decision!"

This was also the morning four dozen SRCCers were setting out for the Southern Utah Tour. You can read more about that grand adventure beginning on page 1. Look for a slide show on the tour at the October club meeting.

The following Saturday—June 25—Karen Thompson had a century on the club calendar. Unfortunately, Karen was in no shape to lead her ride, as she was still in ICU, recuperating from the injuries she sustained on the TT. (We can report that, since then, she has been making slow but steady progress in her return to good health.) A sure sign that she was recovering was that she was worried about who would lead this ride for her. Not to worry, Karen, your clubmates covered for you. John Olson and Greg Cockroft both offered to do the honors. John reports eight riders showed up for this loop down into Marin County (by way of Spring Hill and the Cheese Factory). After a regroup in Point Reyes Station, they headed north to Tomales and then agreed to skip the last leg over Coleman Valley. Then, on Sunday, Karen's *doppelganger*, Megan Arnold, did a one-day-late edition of the ride and had five more participants on hand. They too decided against completing the full century. Sorry about that, Karen: without you there to hold their feet to the fire, folks just start slacking off.

On the next day, Anne Graver had an AB ride out of the River Road Park-n-Ride, heading west out to the river, with the sharp little bumps on Rio Nido Road, Mays Canyon, Green Valley, and Vine Hill to liven up the generally flat valley miles. Anne reports 30 riders on hand for this one, with one minor crash, one flat, good company, and perfect weather.

On the same day, Sunny Mawson and David Abramo listed a 28-mile A ride out of Healdsburg. David checks in with this note: "For most of our thirteen participants, this ride gave them an opportunity to push the pace, as it was a fairly flat ride. We headed north from Healdsburg City Hall to Geyserville, then looped back south around Alexander Valley, Hwy 128, Red Winery, and back into Healdsburg, ending with the Magnolia loop. For a few, this ride was perfect for adding miles. Congratulations to Sunny Mawson, who, by the end of the day, completed 56 miles, riding to the start from home. Susan Hester told me at the start of the ride that she was using this ride as part of a century she had planned to do on this day (and she ended up with 100 miles)."

One week later, Karen T had another century on the calendar, but she was still a long way from recovered from her accident. So Ken Cabeen kindly offered to take the lead for her. This was an extremely challenging loop out in the far west county hills, including many steep climbs and descents, adding up to over 10,000' of gain. So it wasn't all that surprising that only three other riders joined Ken for the day: Paul Stimson, Darrin Jenkins, and Vince Herrera. They lucked into perfect weather for a long, hard ride, but after that, they didn't have much luck, at least not the good kind. Vince flattened three times, including one really hairball, high-speed flat on the Meyers Grade descent. He didn't crash, but it looked like he might for a few sketchy seconds. And Darrin broke a chain. Both the flats and the chain were fixed, but not all that well, so the boys decided to lop a few miles off the century and go home to make more lasting repairs. All of them agreed it was a great ride on a lovely day, but the mechanicals complicated things just a bit.

— Continued on page 6



# RIDE SCHEDULE

PDF route slips available at [www.srcc.com](http://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 • AUGUST 6

### Marin-Sonoma Borderlands

3/BC/71

9:00 AM • Analy HS

A journey west from Sebastopol to Occidental, then south through Freestone and Valley Ford to Tomales. Then it's a visit to lovely Chileno Valley, possibly mixing in with the Marin Century riders. Home via Spring Hill, Walker, Roblar, Canfield, etc.

Donna Norrell—292-0565  
[donna.n@comcast.net](mailto:donna.n@comcast.net)

## SUNDAY • AUGUST 7

### Lotsa Hills and Two Rocks

3/BC/46

9:30 AM • Cotati Vets

Steve Drucker's traditional winter ride given a new airing in the prime time of summer. Southwest from Cotati into the rolling hills north of Petaluma—Middle Two Rock and Spring Hill—then up to Whitacker Bluff and down to a break in Tomales. Back to Cotati via Walker, Pepper, Mecham, etc.

Anne Graver—829-0686  
[gravers3@comcast.net](mailto:gravers3@comcast.net)

## SATURDAY • AUGUST 13

### Korbel Sparkling Ride

2/A/33

9:00 AM • Ragle Park

North from Sebastopol to Forestville, then Martinelli to the river and downstream to a break at Korbel. Back upstream to Westside and Wohler and Eastside and home through the little hills north of Sebastopol.

Ken Russeff—953-1804  
[russeff@sonic.net](mailto:russeff@sonic.net)

### Willow Creek

3-4/B/48

9:00 AM • Ragle Park

North from Sebastopol to Graton, then up the speed trap to Occidental and down to Monte Rio and Duncans Mills. On to Hwy 1 and then back inland up the Willow Creek climb, which includes a few miles unpaved but very doable on road bikes during the dry season. Downhill through Occidental and Freestone and back home along Barnett Valley, Kennedy, Pleasant Hill, etc.

David Fitch—228-9705  
[davidfitch@gmail.com](mailto:davidfitch@gmail.com)

## Sonora/Monitor/Ebbets Weekend

Friday: drive to Columbia; camp at Marble Quarry RV Park or stay at Columbia Inn. Saturday, Day 1: 5/C/115 (Sonora Pass). Stay at Toyibe Motel. Sunday, Day 2: 5/C/115 (Monitor Pass & Ebbets Pass). For routes and more information and to RSVP...

Linda & Sid Fluhrer—925-689-3056  
[sid\\_linda\\_fluhrer@sbcglobal.net](mailto:sid_linda_fluhrer@sbcglobal.net)

## SUNDAY • AUGUST 14

### SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Joe Rodota Trailhead  
(near Wright Road, SR)

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](mailto:nicenice@sonic.net)

### Coleman Valley-Marshall Wall

4/C/81

8:00 AM • Ragle Park

West from Sebastopol to Occidental, then further west along Coleman Valley. Down Hwy 1 (plus Bay Hill) through Valley Ford and Tomales (rest stop spot) to the Marshall Wall. Home via Spring Hill, Pet-Valley Ford, Bloomfield, etc.

Sarah Schroer—364-7560  
[sarahschroer@gmail.com](mailto:sarahschroer@gmail.com)

## SATURDAY • AUGUST 20

### Ride About Town • SCBC Expo

1/A/12

9:00AM Santa Rosa City Hall

Ride with elected officials and decision makers as we explore some bike-route options west and north of downtown. Easy pace with many regroupings. Return to join activities at the SCBC Bicycle Expo. (See item on next page.)

Martin Clinton—569-0126  
[mclinton@in-gate.com](mailto:mclinton@in-gate.com)

Gary Helfrich  
(SCBC Director)—545-0153

### Bad-Half TT Trainer

5/C/106 • 10,000'

8:00 AM • Healdsburg City Hall

Up Dry Creek Valley to pick up the second half of the Terrible Two, then back to Healdsburg from Monte Rio. A post-ride recovery meeting

will be held at the Bear Republic.

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

### Special Wine Country Loop.1 3/AB/49

9:00 AM • Healdsburg City Hall

A fairly typical wine country loop, but with a difference. The usual run up West Dry Creek and over Dutcher Creek to a coffee stop in Cloverdale, then back south through Geyserville. The difference is that we are hooking up with another club for this ride (and for Sunday's similar ride). A group from the Procrastinating Pedalers of Lake Tahoe will be spending the weekend in Healdsburg, and we are coordinating with them to ride together. We're hoping for a good turn-out for both rides, to show our visitors what a lively club we have here.

David Abramo—650-533-2330  
Sunny Mawson—838-3138

### SUNDAY • AUGUST 21

### Special Wine Country Loop.2 3/AB/25

9:00 AM • Healdsburg City Hall

Another co-listing with the group from Tahoe. This time, we're heading south around the basic Westside-Eastside loop, with a slight detour into Windsor for a coffee break at Cafe Noto. If you couldn't make the Saturday ride, try this one and meet some nice riders from Tahoe on a nice cruise around the river.

Looking for a leader...

### SATURDAY • AUGUST 27

### ANNUAL CLUB PICNIC RIDES

4/C/50 • 3/B/40 • 2/A/32

Ragle Park • Sebastopol

**C route (8:30 AM):** West to Occidental via Green Valley and Harrison Grade, then south and west to Freestone and Valley Ford. Further south to Tomales by way of Franklin School, Whitacker Bluff, Middle, Dillon Beach. Home along Twin Bridge, Carmody, Bloomfield, Blucher Valley, Watertrough.

Luke Scrivanich—479-8599  
lscrivanich@aol.com

**B route (9:00 AM):** Same as C route to Valley Ford, then Marsh and Middle and Pet-Valley Ford to rejoin C route at Bloomfield.

Tony Buffa—824-4466  
tbuffa@sonic.net

**A route (9:30 AM):** North on the bike trail to Forestville, then Martinelli and River. South on Laguna and Willowside, Hall, etc.

Barbara Drucker—538-5256  
bdrucker@sonic.net

### SUNDAY • AUGUST 28

### Occidental and the River

3/CD/63

9:00 AM • Piner HS

If the lazy, social rides to the picnic didn't get your biking itch scratched, consider this fast jaunt out to Occidental (and beyond: Joy and Bittner), then around a chunk of the WCC course (Boho, River, Green Valley) before a swing north on the bike trail to Forestville and on up toward Windsor.

John Olson—321-292-5464  
johnrolson@yahoo.com

### Howarth to Mom's Apple Pie

2/A-B/28

9:00 AM • Howarth Park

Through SR to the Prince Greenway, then the Joe Rodota Trail to Sebastopol and the West Country Trail to Graton and Mom's. Home via Guerneville Rd, Willowside, and Santa Rosa Creek.

Rose Mello 543-5889  
rmello57@comcast.net

### OCTOBER 1-2

### Grizzly Century Weekend

Every year on the first weekend in October—this year, Sept 30-Oct 2—SRCC members head south to Bass Lake to camp together and ride the century that may be the most beautiful and bike-friendly in the state.

What makes the Griz so special? First of all, it's a great course. Lovely scenery just outside Yosemite. Traffic is next to nonexistent on most of the loop. There are big but not brutal climbs, and there are wild descents, some as long as a dozen miles or more, almost always on excellent pavement. There are shorter options than the full century.

Rest stop chow is top notch. You also get a very good free breakfast before the ride and a free dinner after. But wait, there's more: the organizers pay for our campground on Friday night, and the SRCC chips in to cover the camp fees on Saturday night and the cost of fixings for a hearty camp breakfast on Sunday morning as well. Essentially, you pay your entry fee and pay for some gas to get there, and that's your whole expense for the weekend. Such a deal!

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

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

<http://www.grizzlycentury.org/>

### 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.

For more information and registration:  
[www.bikesonoma.org/bikeexpo.html](http://www.bikesonoma.org/bikeexpo.html)

On the Fourth, David Abramo and Sunny Mawson were back at it with what they called a Family Fun ride. David reports: "The 4th of July proved to be the perfect day to do a family-friendly ride on the Joe Trail. To my surprise, Sunny and I had 26 people join us as we rode to Andy's Market for refreshments. I was pleased to have two families and three riders under the age of ten. In all, we had eight or nine non-members, for whom it was the perfect intro to the club."

On the July 9-10 weekend, all the rides were on Sunday. (We put a leaderless, suggested route on Saturday, but we have no idea if anyone did it.) Sarah Schroer had the biggest ride on Sunday: a century out of Esposti Park, heading over into Napa Valley. Sarah reports: "Twelve riders assembled at Esposti Park for a cool and foggy start. A thirteenth rider joined the group on the road to make it a baker's dozen, and we set off over the rollers of Chalk Hill. Spirits were high and conversation lively as we headed south along 128 and Silverado Trail through green vineyards with hazy golden hills in the distance. We passed through Calistoga and made a brief stop in Yountville. The route continued on to Napa and Sonoma, returning to Windsor via Glen Ellen and northeast Santa Rosa. This was billed as a "flat" century ride, and with no big climbs to separate riders our group stuck together very well along the entire route. Teamwork made light of a slight headwind, and the day's two flats were fixed quickly with other riders helping out. We reached the finish in good time, only seven hours after setting out. A great day to be out on the bike, and made better by good company!"

Meanwhile, down in Cotati, Ken Russeff was rallying the A gang for a 34-mile ride out to the bakery in Tomales. Ken reports 27 riders answered the call and that everything went perfectly, from the beautiful weather to an absence of any problems: no flats or mechanicals or crashes. Just another nice day on the bike(s).

Janice Eunice had another Welcome Wagon ride on this day as well, also starting in Cotati. She had five riders for her entry-level mentoring, including one new woman who was inspired to join the club as a result of this very supportive ride. Score another one for Janice!

This was also the weekend of the Death Ride, up in Markleeville. Typically, quite a few club members do this ride, but this year, the only ones we have heard from who did it are Vern Piccinotti and Paul and Mary Jane Stimson. Vern and Paul are experienced on the doubles circuit, so this ride might not be all that big a deal for them, but for Mary Jane, it was a venture into uncharted territory. With Paul riding shotgun and offering moral support and long pulls, she knocked off all five passes. *Chapeau!*

The last weekend we can cover this month had a full and varied slate of rides available. Among them was a novel offering cooked up by our randonneuring coordinator, Bob Redmond, in collaboration with the San Francisco Randonneurs. It consisted of two brevets, one on each day of the weekend: north from SF to Cloverdale on Saturday and back to SF on Sunday by a different route. Each brevet was a 200-K, with an option to do 300-K on Saturday. There were around 50 participants, most from the SF group. Susan Noble, Bob Redmond, Rick Sawyer, Karl Kuhn, John Russell, and Sarah Schroer represented our club, and Ginger Kuhn did her usual

amazing job of providing support, including a vast buffet at the overnight motel in Cloverdale. (Someone forgot to tell Ginger that brevets are traditionally bare-bones, minimalist rides.) Our riders report perfect weather for long rides: a bit foggy and cool in the mornings, but never too hot in the afternoons. All participants agreed that this was a nice addition to the brevet calendar, and folks are asking to see it on the list again next year.

Ken Cabeen listed a shorter—56 miles—CD ride on Saturday. He reports: "Nineteen of us started from the Piner HS lot in really nice, mild weather conditions. We had a pair from Sacramento and a pair from the East Bay. The pace was brisk right from the start and got pretty hot once we were on Westside and West Dry Creek. I think this CD ride was heavy on the D with just a little C. We were pretty strung out, but mostly came back together at a Geyserville regroup. Things got going fast again soon after on Hwy 128. Our peloton was moving along at 20-24 mph all the way to Chalk Hill, where we once again strung out, and we trickled back into Piner in threes and twos and singles. There were some new faces on this ride, people who showed up because they like shorter, faster rides, rather than the typical all-day centuries with monster climbs many of us list and ride, myself included. I plan to lead more rides like this in the future."

On Sunday, I listed a ride called Old Caz and Other Oddities. As is often the case with my rides, my goal was to introduce riders to roads they might never visit on their own. In this case, those oddball roads included both the Odd Fellows and Vacation Beach summer crossings (only in place between July and September) and the full length of Old Cazadero Road. The southern end of Old Caz, rising out of Guernewood Park, is paved, and quite nicely. So is the other end of the road, above the village of Cazadero. But in between is a section that the county has gated off and abandoned. It is featured every winter in one of the Grasshopper cross races, but otherwise slumbers in back-country obscurity. It was only 30 or so years ago that this road was open and maintained—sort of—with a summer crossing of its own over a branch of Austin Creek. But now, behind its gates, nature is rapidly returning it to wilderness. The former road is now mostly single-track of loose gravel covered in scatters of bay leaves, with broom and other shrubs crowding in on all sides. And the summer crossing is now a wade through the creek.

A dozen riders did all or part of this ride over the weekend. Three did it on Saturday, as they couldn't make the ride on Sunday. Nine riders were there on Sunday, but what with late arrivals and early departures, there was never more than six in the group at once. In spite of how overgrown and rusticated the old road is becoming, it was easy enough to ride it on skinny-tired road bikes. We just took it slowly and carefully. (I can hardly imagine the Grasshopper gang descending those steep pitches at race pace...*yeoww!*) In the interest of leaving no obscure roads unriden, we added the wicked-steep climb on Morelli on our way back to Sebastopol. This ride was relatively short—just over 50 miles—but like Ken's ride on Saturday, it made up for a lack of miles with a high level of intensity, in our case not from high speed but from super-steep ups and downs on really funky roads and trails.

Ken's ride on Saturday and my ride on Sunday and both halves of the brevet weekend all crossed paths with numerous other cyclists out on the wine country back roads. The Healdsburg Harvest Century was on Saturday and the Vineman Triathlon was on Sunday. It was all bikes, all the time...the way it should be!



## **Southern Utah Tour** — *Continued from page 1*

grinder. On the bright side, the scenery was fantastic all day long, most especially along the Hogback, an amazing road that tiptoes along a narrow spine of rock above deep gorges...steep drop-offs on both sides of the road at once. For those who had the energy and time after the ride, there was a three-mile hike to 125' Calf Creek Falls, one of the prettiest falls and grottos in the region.

### **Stage 4: Calf Creek to Kodachrome Basin State Park** **59 miles, 4400' up, 3500' down**

What should have been an easy recovery day—after the rigors of the previous day—turned into a sick joke of a ride because of the incessant, intense headwind that ground us down every mile of the way. The first few miles, through the Grand Staircase-Escalante National Monument, were spectacular, with scenery to rival anything on the tour. But the balance of the stage was a more-or-less straight run west, up and over a modest summit and down the other side, all of it into the teeth of a 30-mph headwind, with gusts much harder and frequently with flying sand adding its abrasive bite to the wind. Finally, at the end, the road curved around in the other direction and we enjoyed a brief tailwind run up into the state park, where the Oasis group site awaited, set in a beautiful box canyon amidst towering sandpipe pillars and pillow-shaped domes of smooth rock.

### **Stage 5: Kodachrome Basin to Bryce Canyon National Park** **30 miles, 3000' up, 800' down**

The basic route on this day was short so that participants could park their bikes and hike down in amongst the hoodoos and spires and slot canyons that make Bryce famous. It was theoretically possible to ride up to almost 70 miles on the day if one did all of the optional miles on offer, but we think everyone chose the hikes over the bonus miles. (You can't really see and appreciate Bryce on a bike. You have to get down into the canyons, and that has to be done on foot.) Although short, the bike ride did include a substantial climb onto the mesa where park headquarters reside. And once up on that mesa, it included another short but tough session of banging into another stout headwind. After this last puff, the winds mostly tapered off for the rest of the tour.

### **Stage 6: Bryce Canyon NP to Duck Creek Lake** **75 miles, 6000' up, 5200' down**

After leaving Bryce, we enjoyed a frisky descent through picturesque Red Rock Canyon along a well-engineered, silky, slinky bike path. At the bottom, we turned north toward the town of Panguitch, the biggest town on the whole tour. Panguitch, at 6560', was the launching pad for 36 miles of mostly continuous uphill (except for a level run of a few miles along pretty Panguitch Lake). By the time the climbing ended, we would be looking out over the colorful canyons of Cedar Breaks National Monument from the Supreme Point overlook at 10,350', the high point of our tour. The climbing was never difficult, but it did go on and on. Over that lofty summit, we descended—most of the time—along Hwy 14 to our USFS camp, deep in the pine forest, where tour veterans introduced the newbies to the fine art of making smores.

### **Stage 7: Duck Creek Lake to Zion National Park** **60 miles, 3000' up, 7700' down**

Note the amount of descending: a big downhill day, starting with a rockin' run along Hwy 14 and Hwy 89. All but four of the first 35 miles were downhill. At that point, as we turned onto Hwy 9

and followed the signs toward Zion, the road tilted back uphill for ten miles, much of which was hard, hot work. But finally, at mile 45, at the park entrance, the road dropped off in a wonderful downhill run through the park's high country...one of the prettiest, most amazing bike runs in the world. The only problem with this dream descent is the Zion tunnel: a mile long and closed to bikes. All bikes must be loaded into vehicles and shuttled through the unlit tunnel. Our sags worked overtime to move over 40 riders and bikes through the tunnel, and for the most part, it went well. But our lives were complicated—almost catastrophically—by a huge rock fall across the road below the tunnel. Two of our riders barely escaped the tumbling boulders, which they described as being “as big as Winnebagos.” Both sag vans and at least a dozen riders were trapped above the avalanche and couldn't ride into the canyon for three hours while park workers scrambled to reopen the road. Several riders found a way to carry their bikes down a steep cliff, across a creek, and back to the road below the closure, but others were stuck for hours in temperatures that hit 108°. Eventual relief from the heat came in the form of a hike up the famous Narrows of the Virgin River, wading in the cool water in the bottom of a thousand-foot deep slot canyon. But the water was running so high and so swift that this normally placid hike became real work, and folks didn't venture as far up the awe-inspiring canyon as they might have on another day. Amazingly, in light of the triple-digit heat, several people elected to hike to cliff-hanging Angel's Landing in the afternoon.

### **Day 8: Zion National Park to Kolob Canyons** **41 miles, 3000' up, 2000' down**

Our final stage was intentionally short and easy because of the long drive back to the motel in Ely, Nevada that would follow the ride. It was not a hugely spectacular day...nothing like the days we had been enjoying. But it was mostly pleasant, and for riders with any energy left, there was an optional ten-mile out-&-back at the finish that reentered Zion National Park via the Kolob Canyons Road in the seldom-visited northwest corner of the park. Mostly though, this day was about wrapping things up: getting to the finish, retrieving the car pool fleet, and driving around 250 miles back to Ely. All of our well-laid plans worked, almost perfectly, and we were at our destination with plenty of time left to hang around on the patio at the motel, sipping wine and beer and rehashing the wonders of the week just past.

Our drives to and from home went very smoothly. We were dread-ing gridlock on the roads approaching the Bay Area on our return trip on July 4, but we were never even slowed down once, and we were back at the club warehouse with hours of daylight to spare, providing us with plenty of time to deconstruct the truck and the two rental vans and get them returned. One week later, a good many of the tour participants returned to the warehouse to give all the equipment a final cleaning...one last example of the club's cooperative touring ethos. Because of the long drives, the tricky car pool arrangements, and assorted other challenges, this was a complex tour to mount and manage. But it all went very well, thanks to a great deal of hard work from several super-volunteers.

Most participants will remember the Southern Utah Tour as one of the best tours we've ever staged. In spite of the truck breakdown and the brutal headwinds and the occasional avalanche, it was a spectacular visit to the Highlight Zone, with out-of-scale scenery and adventure around almost every bend. It was a tour for the ages.

# 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, August 10 • 6:30 PM

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

*Featured presentation: Mike McGuire will present a video about the 2011 Wine Country Century*

Wednesday, September 14

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, August 4 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, September 8

## Levi Leipheimer's King Ridge Gran Fondo 2011

After two years of running the lunch stop at King Ridge/Tin Barn, the SRCC stop will be at a new location near Seaview and Fort Ross Road. The longest ride has grown from two to three and now four thousand riders for the Gran Fondo route. Steve Drucker will be coordinating the stop.

We will need about 80 club members total for two shifts: 8 a.m.—noon to set up and work and 11:30 a.m.—3:30 p.m to continue and clean up.

We will arrange carpooling to the site to minimize the number of cars on the roads. The event has been very exciting the last two years with a vast variety of riders, a helicopter's arrival for the press and Levi, himself, at the lunch stop. Of course, the great benefits of the event are to cycling in Sonoma County and to the various charitable organizations the Gran Fondo supports.

The GranFondo is Saturday, October 1, 2011. Volunteers will get a tee shirt, a ticket for dinner at the Fondo Sonoma Festival at Finley Park and an invitation to an appreciation party with food, swag and door prizes.

Please e-mail or call Steve to volunteer for this event. Let him know your preference for an a.m. shift, p.m. shift or for all day. Also let him know your tee shirt size. The club will take care of signing you up with the Gran Fondo organization.

Finally, we are looking for a volunteer with a motorhome or trailer to spend the night at the rest stop site the night before the Gran Fondo to keep the site secure.

**Steve Drucker: bdrucker@sonic.net 707-538-5256**