



SEPTEMBER 2011 NEWSLETTER

SRCC sweeps CTC Stage Race

With the completion of the Mount Tam Double Century in early August, the 2011 edition of the California Triple Crown Stage Race has concluded. Now that the results are in, we can report that SRCC members Marc Moons and Megan Arnold have finished first in the men's and women's divisions of the race. To the best of our knowledge, this is the first time in the 16 years of the Stage Race that one club has taken home both first-place prizes. Hats off to Marc and Megan for their excellent showings.

Stage Race standings are determined by adding up the accumulated finishing times for three of the hardest double centuries on the California Triple Crown schedule each year. This year, the three doubles were Devil Mountain, the Terrible Two, and Mt Tam. (Note that all are in Northern California. Next year, all three Stage Race doubles will be in Southern California.)

In the men's division, it was a close finish. At Devil Mountain, Marc beat Ironman triathlete Jim Atkinson by 25 minutes. At TT, Jim beat Marc by 21 minutes. And at Mt Tam, they finished together, meaning Marc finished a scant four minutes ahead overall. In the women's division, Megan simply ran away from all the competition, finishing over three hours ahead of her nearest rivals.

Moons is no stranger to the Stage Race, having finished first last year and second in '06 and '07. For Arnold, this is all new. She is so fresh on the scene that she was our Rookie of the Year last year. Hard to figure just which award she'll get this year...

These two worthies were not the only SRCCers flying the club colors in the 2011 Stage Race. Vince Herrera finished fifth overall. (Vince was our Rookie of the Year in 2009, so this is new territory for him too.) And Don Graham finished ninth (at the venerable age of 59). Shane Barnes, Robert Morris, John Witkowicki, and Richard Burger also did very well, giving the club eight finishers in the top 25...nearly a third of that elite bunch.

Quite a few of these riders were first-time finishers in the Stage Race. Last year, we also had eight riders in the top 25, but only two of them are repeaters this year. The others are new. This club seems to keep producing new riders to take up the challenge of these ultra-hard rides. In the 16-year run of the Stage Race, 38 club members have completed the Stage Race a total of 55 times, with 26 of those finishes in the top ten. As we've noted before, no other club in the western United States has such a consistent record of excellence in these events.

Wild Rivers Tour Two: Too Much Fun

From July 31 to August 6, 37 lucky club members enjoyed a wonderful week of cycle-touring on the club's second tour of the summer. The Wild Rivers Tour explored the far northwestern corner of the state of California, up along the rivers that give the tour its name: the Trinity, Klamath, Salmon, Scott, Illinois, Smith, and Mad. It spent most of its time deep within the Siskiyou, Klamath, and Six Rivers National Forests and Redwood National Park.

In general, this tour was less challenging and less stressful than the Southern Utah Tour that ran a month earlier. The drives to and from the course were much shorter, the stages were shorter and—usually—easier, and there were only six of them instead of eight. All in all, it added up to a package that was more accessible for moderate riders, and that sector of the club was well represented in the field.

On Sunday, July 31, the troops drove to the Trinity Alps (leaving the carpool fleet in Arcata) and spent the first night in a pleasant camp along the banks of the Trinity River on the Hoopa reservation.

Stage 1: Tish-Tang to Nordheimer 51 miles, 4500' up, 3750' down

After the steep climb out of camp (to wake us up in the morning), we settled in for an easy, downstream run north along the Trinity to its junction with the Klamath, where the road began to tilt uphill. The route became decidedly more uphill when we turned onto Ishi Pishi Road, a dinky detour high above the river. Riders who thought Ishi Pishi was about as good as it could get—and it was very good—found out it could in fact get even better when they turned away from the Klamath and headed upstream into the Salmon River gorge, one of the most impressive roads on this or any other tour, with sheer rock cliffs soaring high above the road on one side and plunging into the gorge on the other, without even a hint of a guardrail between the riders and the abyss. Quite the adventure. After all that excitement, we cooled off with an afternoon dip in the pretty swimming hole at camp.

Stage 2: Nordheimer to Indian Scotty 67 miles, 6500' up, 5100' down

This stage, or at least part of it, was the exception to the notion that this tour was easy. There is nothing easy about the long and sometimes steep ascent to 5900' Etna summit. It is a monster of a climb, and riders dealt with it with whatever tools they had at

— Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for August

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, August 10. 60 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin was absent from the general meeting. Secretary Rick Sawyer reported on the club's bank balances, as of July 31.

3. Membership: Registrar Gordon Stewart reported membership of 1266 (combining individual and family memberships). Steve Sbragia acted as host at the New Member Table, with several new members on hand.

4. Tours: Doug Simon and Bill Oetinger reported on the recently concluded Wild Rivers Tour. (See article on page 1.)

5. Facebook: For the Board, David Abramo submitted an update and sample Facebook page link showing how such a presence might look and what subjects might be included. The consensus of those present was that this topic should continue to be discussed. A more detailed proposal is needed from David in order to facilitate a complete review of the proposed Facebook presence. Craig Gaevert's recent suggestion of having the Facebook page act as a portal, with links to our web site, was viewed favorably.

6. Gran Fondo: Steve Drucker appealed to the members for more volunteers for the Gran Fondo rest stop. (See item, this page.) The club will also have a booth at the finish-area expo after the ride and will be selling vintage WCC apparel at discounted prices. (The same discounted apparel was also going to be on sale at the SCBC bike expo on August 20.)

7. Gran Fondo Raffle: Donn King noted that the club will be raffling off six entries for the Gran Fondo (good for any of the three routes) at the September meeting. You must be present to win, and the entries are non-transferable.

8. Tour of California: Donn King announced that the Board will be seeking membership approval at the September meeting for a grant of \$5000 for the Santa Rosa local organizing committee for expenses associated with hosting the start stage of next year's Tour of California.

9. Randonneuring: Rick Sawyer proposed to the Board that the club establish a discrete SRCC Randonneuring membership that includes current club members who opt in and any rider of our brevets who would like to join. (The vast majority of SRCC brevet riders are not SRCC members.) The reason for this is to encourage members of this club within the club to staff the randonneuring events by giving them the sense of ownership and responsibility that comes with belonging to a "club." Rick was asked to write a detailed description of how such an entity would be structured and submit that to Gordon (as Web and Membership Director) so Gordon can explore how this idea might be implemented.

10. First Aid: Don Graham announced that another first aid class will be conducted by Eric Peterson on Wednesday, Sept 21. (See article on back page.)

11. Feature presentation: Board member Mike McGuire presented a video and slide show he had produced about the 2011 Wine Country Century. It recapped the day, from the perspective of the organizers, volunteers and riders.

SRCC involvement with King Ridge Gran Fondo

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. Response to our first appeal for volunteers (last month) was excellent, but we still need more folks on board to have our two shifts fully staffed.

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

In addition to the opportunity for members to support the club's efforts at the GF-Tom Ritchey rest stop, we have work-parties scheduled at the SRCC warehouse to get everything ready for the big show.

Saturday, September 17: cleaning rest-stop equipment

9:00AM to Noon, 12 volunteers

2:00PM to 5:00PM, 12 volunteers

Friday, September 30: load trucks with food & equipment

8:30 am to 12:30 pm, 5 volunteers (drive & load trucks)

10:00 am to 2:00 pm, 8 volunteers (load the trucks)

2:30 pm to 8:00 pm, 6 volunteers, (set up rest stop bays)

Saturday, October 1: unload trucks, equipment cleaning

3:00 pm to 8:00 pm, 6 volunteers

Sunday, October 2: unload trucks, equipment cleaning

9:00 am to Noon, 12 volunteers

1:00 pm to 4:00 pm, 12 volunteers

Monday, October 3: organizing equipment & supplies

3:00 pm to 6:00 pm, 6 volunteers

Doug Simon, 547-7403 (cell) desimon@sbcglobal.net or register at <http://www.levisgranfondo.com/overview>

NOTE: see item in Minute Mix about raffle of GF entries at September General Meeting.

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 last weekend we covered last month was July 16-17, but we missed one of those rides, as the report had not yet come in for it. That was Greg and Jan Conklin's Valley of the Moon Ramble, an AB ride from Oakmont out to Glen Ellen and that stretch of hilly country, with a barbecue at their home after the ride. Jan sent in this belated report: "There were about 34 riders. Of that number, 31 came to the BBQ. The weather was great, and there were no problems that we know of. Most went over Lawndale, but some went Warm Springs. About a third did the extra loop over Sonoma Mountain. We had three riders that weren't members of SRCC. One was a really nice guy from Marin." On behalf of all the riders who were there, thanks to Greg and Jan for their hospitality.

The next weekend kicked off with Anne Graver leading a B ride from Ragle Park in Sebastopol down to Tomales. Anne sent in this note about the ride: "There were 31 riders and no mishaps. The weather stayed cool and overcast until everyone got over Franklin School Road and headed down Dillon Beach Road to a break at the Tomales Bakery. There was a bail-out for people who didn't want to go all the way to the top of Franklin School Road. The option was Whitaker Bluff to Middle to Dillon Beach Road. Five people took that option. One rider from Florida joined us. He was looking for hill work, as Florida is flat. He and his wife may join SRCC to keep riding with us while they are here." Florida, eh? I'm pretty sure there is not a single climb in that entire state as long and as steep as Franklin School Road up to Elephant Rock.

On Sunday of that weekend, there were two rides. Laura Stansfield had a C ride down in Marin and Rose Mello had an AB ride out of SR. Laura sent a long report on her ride to the chat list. It's too long to reproduce here, but perhaps I can summarize. Laura is a fairly new member and new also to Sonoma County. She's still learning her way around our complex maze of backroads, so for her first ride lead ever, she chose a route in an area she knows well: her old haunts in Marin County. Distant ride starts are always a tough sell on our list. (Who wants to drive anywhere else when we have so many good rides in our backyard?) But Laura did attract ten riders to a start at the Lucas Valley Park n Ride. She thought the assembled riders were at least C and maybe a bit over that, so she found herself leading from behind over the long climbs out of Lucas Valley and up from the Nicasio Reservoir to the Cheese Factory. The hills kept coming, with the Marshall Wall. Laura reports one rider peeling off near Nicasio and two more at the rest stop in Point Reyes Station, where her little gang mingled with all the other cyclists passing through that biker crossroads. A run out to Bear Valley had been planned, but all agreed to lop that off and take the shorter return route past the reservoir and back to Lucas Valley. All in all, Laura considers her first ride lead a success and a positive experience. She's back on the card this month with another ride. And while we would generally prefer to ride to our ride starts, rather than drive to them, it's true that there are wonderful rides out there, just a short drive away, in Marin and Napa, in Lake and Mendo, even in San Francisco and the rest of the Bay Area. Travel is broadening. Try it!

Closer to home, Rose had her AB ride out of SW Community Park,

heading out around the dairy and orchard country south of Sebastopol, with a coffee break at Coffee Catz. Rose reports: "There was a good show of riders: 31 total. It was overcast at the start, and the sun didn't come out until about 11:30. The only problem we had was with screws, nails and glass down Stony Point. There were five flats. Four of those flats were for a single rider and the other flat was caused by one-inch wood screw. I think everybody had a good time." (More about four flats for one rider later.)

The last weekend in July had three good rides on the calendar, beginning with Doug McKenzie's semi-annual Pine Flat Challenge. The format here is a ride from Santa Rosa up to Jimtown, then a timed run up the length of Pine Flat Road to the summit. Each six months the time trial alternates between a mass start and individual starts, like a real mountain ITT in a race. This was the latter. Doug sent in this note about it: "Thanks to all who showed for the Pine Flat Challenge. Biggest group of finishers on record. We had about 30 starters at Piner High. I gave a good warning about the Vineman traffic (vehicles passing on blind turns to get around the competitors). The group was well behaved and we had good luck with the traffic, no delays. We did have one flat with a deep dish wheel, but managed to find a long stem tube and kept everyone rolling to the start. With the big group, including about a half-dozen more at the Jimtown start, it took some time to get rolling. We chose 30" starts so we wouldn't be there too long. Deanna did an excellent job accommodating the various paces. Our new record setter, Taylor Bertrand-Barrett, started last and finished first! Wow, quite impressive. Good conversation at the top before people split up to head back down. Very light traffic on Pine Flat also helped. We rerouted through Healdsburg to avoid the Vineman cyclists who were still going strong. A stop at Spoke Folk for a refill on water and we were off back to Piner at a good pace. Taylor's time was a new course record. It beat Olympic track medalist Westly Gough's course record by ONE second." Doug maintains a [website](#) with all past PFC results, going back several years, so if you want to see how your club mates and other local hot shots are doing on this tough climb, that's the place to go.

There were other ways to get your climbing miles in on this day. Christine Logan had one of her B-tempo hill fests on tap, heading out from Santa Rosa to Occidental via Harrison Grade, then onward (and upward and downward) along Coleman Valley to the ocean. Bay Hill, Bloomfield, Burnside, and Barnett Valley followed—all the killer-B roads—and finally Jonive and Occidental to return riders to civilization. I was in town—between tours—and did this one, and it was an excellent ride. 60-some miles and a whole lotta hills. Proably around 30 riders. I managed to lose Christine's report on it all, but one important detail I do remember (speaking of killer bees) is that she somehow got stung by a wasp inside her ear late in the ride. She says it was excruciatingly painful, and she was grateful for the few other riders who were with her at the time for offering aid and comfort and for helping her to soldier on to the finish. Most of us weren't aware of it at the time and so blithely went on our way, having a jolly time. I was stung by a big hornet on my knee on the Wild Rivers Tour, so I can relate...a little. But inside the ear? *Yeoww...*

The next day, while many of us were rolling north in our car pools toward the Wild Rivers Tour, Rick Sawyer led a ride out of Graton that went west to Cazadero, up Fort Ross, down Meyers Grade, and back inland to Duncans Mills, then up to Occi and home through

— 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 • SEPTEMBER 3

Green Pastures

3/BC/64

9:00 AM • Finley Center, SR

A big loop from west Santa Rosa all the way south to the outskirts of Petaluma, then west to Tomales. After a break at the bakery, a hilly leg out toward Dillon Beach to another break at another bakery, this time in Freestone. Finally, a run up to Occidental and then back through the foothills north of Sebastopol.

John Russell—566-0300

Heart's Desire Century II

3-5/BC/100

8:00 AM • Ragle Park

What could be better than riding toward your heart's desire? Through the coastal hills, down around Tomales Bay and up and down to Heart's Desire Beach. Back along the bay and up (*up!*) along Balboa and down along Limantour into Bear Valley. Return via Olema, Nicasio Reservoir, Wilson Hill, Chileno Valley, Roblar, etc. Rest stops in Marshall, Inverness, and at the Cheese Factory.

Bill Oetinger—823-9807
srccride@sonic.net

SUNDAY • SEPTEMBER 4

Labor Day Weekend Family Fun

2/A/23

9:00 AM • Joe Rodota Trailhead

Head west on the Joe Rodota Trail to Sebastopol, through town and out to a stop at Andy's Market for refreshments and a little conversation. Continue to Forestville, where we turn around at the end of the trail. Start of ride: parking lot @ Sebastopol Rd and the Joe Rodota Trail.

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

MONDAY • SEPTEMBER 5

Trenton-Forestville

3/AB/36

9:00 AM • Howarth Park

A Labor Day ride. Thru SR and out to the west along the river (Guerneville, Olivet, etc) up to Forestville for a coffee break, then south along the bike path to Graton. Up to Hwy 116 and back into SR along Occidental, Sanford, Hall, Third, etc.

Martin Clinton—569-0126
mclinton@in-gate.com

SATURDAY • SEPTEMBER 10

Hills: But Not Too Tall

4/B/54

9:00 AM • Oliver's Market

(Montecito @ Middle Rincon, SR)

A moderately hilly meander—Reibli, Franz Valley, Franz Valley School—over to Calistoga for a break at the Roastery, then north along 128 and back home via Chalk Hill, Faight, and Fountaingrove's side roads.

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

SUNDAY • SEPTEMBER 11

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Ragle Park

An introductory ride for novice cyclists (but veteran riders are welcome too). Easy, social pace. Plenty of opportunities for learning bike skills with supportive, experienced mentors. Instruction in working on bikes on request.

Mike & Janice Eunice—575-9439
nicenice@sonic.net

River Ramble

2+/AB/32

9:00 AM • Finley Park

North out of SR to Laguna, Trenton-Healdsburg, Eastside; south on Old Red to a break in Windsor at Cafe Noto. Further south on Starr, Mark West Station, Slusser, etc back to town.

Greg & Jan Conklin—539-4099
dragonladyjpc@comcast.net

SATURDAY • SEPTEMBER 17

Flying 55

2-3/D/55

9:00 AM • Cotati Dog Park

A speedy run out to Two Rock, then west to Tomales for the obligatory bakery break. North on I to Pet-Valley Ford, Bloomfield, Canfield, Roblar, etc, back to Cotati.

Darrin Jenkins—206-9773
darrin-jenkins@sbcglobal.net

Geysers Out-&-Back

3/B/68

9:00 AM • Healdsburg City Hall

North along the frontage roads east of 101 to Cloverdale, then up the backside of the Geysers to the Resort Road junction. Regroup and retrace to Cloverdale, then back south along Dutcher Creek, Dry Creek, W. Dry Creek,

etc. If the Washington School Road summer crossing is still in place for the season, we will use it to get to the Geysers on the way north. If not, we'll stay on Asti Road. Rest stops in Geyserville and Cloverdale.

David Fitch—228-9705
davidcfitch@gmail.com

SUNDAY • SEPTEMBER 18

Santa Rosa-Sebastopol-Windsor
2/AB/39
9:00 AM • Santa Rosa City Hall

West from Santa Rosa on the Greenway, over to Sebastopol, then north on the bike trail and Hwy 116 to Frei, Guerneville, Olivet, etc, up to Kaffe Mocha in Windsor. Home via Laughlin, Wood, Fulton, and the SR Creek Trail.

Sue Bennett—523-1322
sbenn@sonic.net

Skills Clinic and Ride
1/B/25

10:00 AM • Stony Pt & Northpoint

Low-key bike-handling skills clinic, followed by easy pacerline training ride. Learn to ride to keep the group together. Do parking lot drills for about an hour. Then ride down Stony Point to north Petaluma and Penngrove. Coffee stop. Return via Cotati, West Sierra, Stony Point.

Tom Helm—332-8792
tomhelm@sonic.net

SATURDAY • SEPTEMBER 24

Short but Steep

3-5/B/58
9:00 AM • Piner HS

A kinky, hilly loop around Santa Rosa and nearby areas, including climbs of Wikiup, Riebli, Adobe Canyon, and Sonoma Mountain. Rest stop at the Glen Ellen Market.

Christine Logan-577-1422
christinelogan@comcast.net

Almost 40 Miles of Back Road
1-2/A/37

9:00 AM • Santa Rosa City Hall

West out of town on the Greenway and Rodota trails, then north from Sebastopol by way of Willowside, Oakwild, Woolsey, Laughlin to a break at Kaffe Mocha. Home via Laughlin, Wood, Fulton, and the SR Creek Trail.

Ken Russeff—953-1804
russeff@sonic.net

SUNDAY • SEPTEMBER 25

King Ridge Gran Fondo Warm-up
3--5/C/55
9:00 AM • Monte Rio

The classic King Ridge loop: Austin Creek,

Caz, KR, Hauser, Seaview, Meyers, etc. A last tune-up before the Fondo, or, if you're not doing the Fondo, a chance to enjoy all those great roads anyway.

Laura Stansfield—415-613-3302
searchK9@pacbell.net
John Olson
johnrolson@yahoo.com

Fixed-Gear & Single Speed Ride
2/BC/50
9:00 AM • Ragle Park
(all other bikes welcome too)

About as unhilly as we can make it around here for a fixie and single-speed ride. North from apple town along the bike trail to Forestville then on to Wohler Bridge, Westside, West Dry Creek, Lambert Bridge, and a break at the Dry Creek Deli. South thru Healdsburg and down Old Red to Windsor and a break at Cafe Noto. Back home along Slusser, Oakwild, Willowside, Hall, Occi, 116, etc.

Craig Johnson—415-455-8631
cjbicog@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.

If you're not tangled up with the Gran Fondo on this weekend, consider the Griz. It just may be the best century in the state, and an amazing value, considering everything you get for its bargain entry fee.

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

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

NOTE: the club's on-line ride calendar can be changed at any time to adjust for late-breaking developments (such as the switch of three rides from Ragle Park to Brookhaven School last month to avoid a conflict with the festival at Ragle). Always check the calendar at the web site for the most up-to-date information on upcoming rides and club events.

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 Masey—484-5885

C • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

Second Wednesday: Healdsburg City Hall

Eric Peterson—433-7737

Third Wednesday: Ragle Park, Sebastopol

Fourth Wednesday: Ragle Park, Sebastopol

Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

(All other, leaderless C rides are decide-&-ride)

Friendly Fridays

A • 25-30 • 9:00 AM

Same schedule as other Friday rides

Janice Eunice—575-9439

Fifth Friday: Ken Russeff—953-1804

Fifth Friday (A group): Youth Comm. Park

B & C • 30-50 • 9:00 AM

First Friday: Cotati Dog Park

B: Christine Logan—577-1422

Second Friday: Howarth Park, Santa Rosa

B: Looking for a leader

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 only): Piner Youth Park

Ken Russeff—953-1804

Fifth Friday (B only): Esposti Park

Gary Grayson—538-9262

the Sebastopol hills. He reports: "We started out from Graton with a group of 11 under gray skies. Warm but foggy, and for much of the day the blue skies and sun played a game of peek-a-boo. But all considered, a very nice day weather-wise. There was a good mix of club regulars and several unknown to me, including three non-member guests from as far away as Reno. Our number was rounded up to an even dozen when Steve Thomas caught up to us in Cazadero. Early on there were several regroupings, so we were still a single unit as we topped up our water bottles and rolled out of Caz. But it didn't take long for the Fort Ross Road climb to string us out. Still, a tight pace line of seven of us remained together as we enjoyed a tail wind and the smooth new pavement between Jenner and our stop at Duncans Mills. Michael Barnes was off the front and waiting for us there. That left only four riders with whom we had lost touch, and two of those eventually showed, so all accounted for but two. Some of us waited at the coffee shop for nearly an hour for the stragglers, but no luck. Then at the finish, I waited another half-hour and still no sign of the wayward duo. Little did we know just how wayward. The *lanternes rouge* were both thoughtful enough to call and let me know they had made a wrong turn from Fort Ross Road and logged some bonus miles, so didn't get back to Graton until just after I gave up and drove home."

Next up was the first weekend in August, and, in addition to being just another day for just another club ride, it was the date of the Marin Century and the Mount Tam Double Century. As happened last year and the year before, our club ride on the day shared some roads with the century and double century riders. Our club ride was Donna Norrell's BC ride of 71 miles, heading out of Sebastopol south along Hwy 1 and back inland through Chileno Valley. Donna checks in: "15 riders showed up, including two who rode in from Healdsburg to make it a 100-m+ ride. A few new, younger riders were ready to take off with the seasoned C's, who went off the front on Cherry Ridge, leaving six BC's to ride together out to Tomales Bakery, where they rejoined the C's for a break. We crossed paths with the Marin Century and Double all day, which was fun, especially seeing all our SRCC faces out there. Beautiful weather going to Helen Putman where some C's joined us for the last leg back to Analy HS. A wonderful group. I enlisted Harry to lead out the CD's right from the beginning so my BC's wouldn't be tempted to chase and get strung out for 70 miles. It worked pretty well. There was one young man that had lost over 100 lbs (weighed 300 lbs) that rode strong with the C's. Made my day."

We have an article on page one about the Stage Race aspect of the double century. But the eight stalwart riders whose names ended up in the top 25 of the Stage Race as a result of their great rides on this day were just the tip of the iceberg for the club. In all, we had no less than 21 club members who completed the double, and many of them did it with excellent times. In addition to the eight mentioned on page one, the following also completed this very challenging ride: Kamran Asmoudeh, Paul Robinson, Luke Scrivanich, Michael Leach, Paul Stimson, Greg Durbin, Barley Forsman, Tina Forsman, Bob Redmond, Craig Robertson, Rick Sawyer, Vern Piccinotti, and Mike Aberg. That is an amazing showing for the club. We haven't heard from any members who did the century, but we have to assume there were a few. That's a big ride too. It only pales in comparison to the double.

There was just one ride on the Sunday of this weekend. Anne Graver was back in harness with a AB ride: she pulled Steve Drucker's Lotsa Hills and Two Rocks ride out of the archives (a loop out of Cotati down into the rolling hills north of Petaluma and out to Whitaker Bluff, with the usual stop in Tomales). Anne reports 24 riders on hand, cool weather—nice for riding—and one flat that took four tubes to fix. Okay, I wasn't there so can't really judge, but any flat that takes four tubes to fix usually means somebody was not doing a good job of finding the original problem before putting in a new tube. You might make that mistake with one tube, but four?

There were four rides on the final weekend we can cover this month. Three out of the four were slated to start at Ragle Park, but that conflicted with the Gravenstein Harvest Fair, so we switched them all to Brookhaven Middle School, a few blocks away. (We don't like to flood the members with blast e-mails, but this seemed like a good time to do so, to get that message out.)

David Fitch took the plunge with his first ride lead ever, which included the unpaved section of Willow Creek. "Fantastic weather; started with about 15 riders, including two tandem riders from Michigan, and a rider from Inglewood. The start at Brook Haven school worked out well, with abundant parking. It was an interesting ride, and almost everyone seemed to enjoy riding a road that was new to them (Willow Creek). Biggest problem was getting through severe congestion of about 50 hiker types who were milling about on Willow Creek, blocking the way. No problems, except for a snapped shifter cable, but the rider made it home okay."

Ken Russeff had a ride heading out to the river. "Our A ride to Korbel had 41 riders leaving from Brookhaven School. I think a few B riders (from David's ride) were confused at the start and followed us along. Beautiful day, no known incidents, and a nice break under the redwoods at Korbel Winery."

Janice Eunice had another entry-level Welcome Wagon ride on Sunday, along the Joe Rodota Trail. "We had 15 riders. Some brand new club members, some returning-to-cycling riders, a couple of new non-members that new club members invited to ride with us. We all had a great ride and a nice stop at Coffee Catz."

Sarah Schroer had the longest, hardest listing of the weekend on Sunday: another hilly trek through the coastal ridges. "What a great day to head for the coast! The air was clear and still, and the views from the tops of Coleman Valley Road, Marshall Wall, and Wilson Hill were amazing. Our group reached Highway 1 before the RVers were on the move, and we had light traffic all the way south. We started with 15 riders, including Lonnie, whose SRCC membership was less than 24 hours old! We picked up another rider on our way out Coleman, a Floridian named Shane who spends his summers in Bodega Bay and climbs pretty well for a flatlander. We shared seats at the Tomales Bakery with a group of leather-clad bikers...mostly women. At this point, three decided to shortcut the route while the rest of us continued to the Marshall-Petaluma Road. There we were joined by four members from Petaluma, who kept us company for awhile. We regrouped at Helen Putnam Park for the last time, then faced a headwind on Spring Hill, which split us into several smaller groups. The lead group reached the start/finish at 2:40 pm, six-and-a-half hours after starting the ride and with 80 miles on the odometer. Not bad for a Sunday!" Rick Sawyer and I tacked a little loop onto the end, up around Vine Hill, which took us up to 102 miles and over 8000' of gain...not bad for a Sunday, indeed.

Wild Rivers Tour — *Continued from page 1*

their disposal, including walking for brief spells for a few people. Prior to the really hard part of that climb, there were many miles of lovely, rolling roads along the headwaters of the Salmon. On the far side of the climb, there was the endless descent to the little town of Etna. After Etna (and its old-fashioned soda fountain), there were miles of flats and little, lumpy climbs crossing the pastoral Scott Valley and Quartz Valley, eventually ending up along the Scott River, leading to Indian Scotty camp, where another relaxing swimming hole awaited.

Stage 3: Indian Scotty to West Branch **59 miles, 3100' up, 3500' down**

This relatively easy stage began with a dream run along the rest of the Scott River—mostly downstream and downhill—until it flowed into the Klamath. A run west along another reach of the Klamath brought us to the town of Happy Camp, where most riders stopped to have their pictures taken with the Bigfoot monument. After that, it was a long, mostly uphill—mostly gradual—run up the State of Jefferson Scenic Byway to a camp on Indian Creek. Those final uphill miles, out in the sun on a hot afternoon, made the stage seem a bit harder than it really was. Hiking down to the creek from camp was an arduous trek, and the tumbling cascades in the creek were icy cold, so there wasn't as much lingering in the stream on this day. Our portable showers got a workout.

Stage 4: West Branch to Panther Flat **55 miles, 4300' up, 6100' down**

The long, gradual climb that ended Stage 3 continued for several more miles beginning this stage: up, up, and up to an unnamed summit at 4750', where the remote road toppled over the crest and descended into Oregon. The elevation profile looked almost as monumental as the Etna climb, but it was in fact much easier. The descent into the valley of the Illinois River was about as much fun as it could be—3200' down over 12 slinky, kinky miles—and the only complication was some road work near the top that held us up and rendered some stretches a bit sketchy with assorted paving issues. But once past those impedimenta, it was a jumbo portion of gravity candy...big fun. We took a mid-ride break on the shady deck of the store in tiny O'Brien, Oregon, then headed south back to California. One of the best bits of the stage was a run along quiet, beautiful Oregon Mountain Road near the state line, up and over Hazel View summit and down the twisting south face into the canyon of the Smith River. What a great road! The balance of the stage was run along Hwy 199, which was mostly downhill, mostly well paved, and just a bit busier than we like... but not really all that bad. Panther Flat is a nice camp along the Smith River, offering both good swimming and good showers.

Stage 5: Panther Flat to Elk Prairie **71 miles, 4500' up, 4800' down**

This stage was listed at 64 miles, but we improvised a nice detour to avoid a busy, narrow section of Hwy 199. This took us further north along the Smith, then followed a level or rolling run into the town of Crescent City. Some of the town miles were a bit blah—the usual suburban clutter—but the miles out along the ocean were spectacular. Our first glimpse of the sea didn't disappoint, with rugged sea stacks and crashing surf. That was as good as it got for awhile though, as we had to suffer through the heavy traffic along Hwy 101 for several miles south of Crescent City. This

busy run encompasses a long climb, a long descent, and a long roll-out to our third encounter with the Klamath, this final time near its mouth. The last crossing of the Klamath included an odd sideshow, where masses of tourists were thronging the bridge to catch a glimpse of a wayward gray whale that had somehow swum up the river and didn't seem able to find its way back out to sea. It was swimming in circles right under the bridge. We were happy to leave 101 behind us as we pedaled west along the south bank of the river, headed for an obscure route out along the coast. Brand new, absolutely perfect pavement on gorgeous Alder Camp Road led to the exact opposite on Coastal Drive: a closed and abandoned road, with crumbling pavement giving way to gravel single-track that had even the most skillful mountain bikers in the group hopping off for a little cyclocross action when the going got too rough. But after that walk on the wild side, the stage ended with several marvelous miles of best-quality pavement rolling downhill through stands of magnificent, massive redwoods in their namesake park, with a tailwind thrown in as frosting on the cake.

Stage 6: Elk Prairie to Arcata **45 miles, 2600' up, 2700' down**

Are there elk at Elk Prairie? Yes indeed: huge Roosevelt Elk were on hand to see us off at the start of our final day. This stage was intentionally short and easy because we would be driving home in the afternoon. But it still contained a good deal of quality cycling and scenery. Highlights were the run along Old State Highway above Freshwater Lagoon, the pretty side roads through Patricks Point State Park, down into the picture-postcard village of Trinidad, with its snug little harbor, and the cruise south of Trinidad along aptly named Scenic Drive, overlooking the rocky coast. A meandering route along the back streets of McKinleyville brought us to Hammond Trail, a pleasant bike path taking us across the Mad River and all the way into Arcata. We showered up, piled into our car pool fleet, and cruised home to Santa Rosa, arriving with enough daylight and energy left to clean out our vehicles.

Thanks to excellent planning by Doug Simon and Joe and Arlene Morgan, the trip logistics were a breeze. Food bosses Matt Parks and Jenny Allen kept us all well fed and fueled throughout, and great sag work from Audrey Mattice, Ramona Turner, Tom Helm, and Barbara Moulton had us on easy street every day. Add in great weather, great roads, superb scenery, and a good group and you have the nearly perfect tour.



SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

PRINTED ON RECYCLED PAPER



Member: LAB • CBC • CABO • REBAC • SCTC • SCBC
08/17/11 9:55

- 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, September 14 • 6:30 PM
Round Table Pizza
(Occidental Road, west of Stony Point)

*Featured presentation: Carlos Perez,
speaking about the Gran Fondo*

Wednesday, October 12

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, September 8 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, October 6

SRCC-sponsored first aid class

Wednesday, September 21 • 6:00-9:00 PM
1260 N. Dutton Avenue, lobby

SRCC member and certified first aid trainer Eric Peterson will be conducting the second edition of first aid training classes at the date and site above. Unlike the first class, this one will not feature any CPR training, but will be pared down to just the essential sorts of skills cyclists might find helpful if they were to come upon a bike accident on a club ride.

Cost for this shorter, simpler class is \$25. Class size is limited to 20 participants. Board member Don Graham is acting as coordinator for the class. For more information or to sign up, get in touch with Don: 538-3664 or zdoncycle@att.net

December club meeting program

Traditionally, the featured entertainment at our last club meeting of the year is a free-for-all of short videos or slide shows from members' bike adventures over the past year. Our meeting program coordinators want to hear from you if you have such an item for the December meeting. They want to know what to expect. If the response is poor, they may scrap that program and schedule some other speaker or program. Please let them know soon.

Sharron Bates: 526-3512 or sharron@randaloptimal.com
René Goncalves: 570-6653 or leslierene@hotmail.com