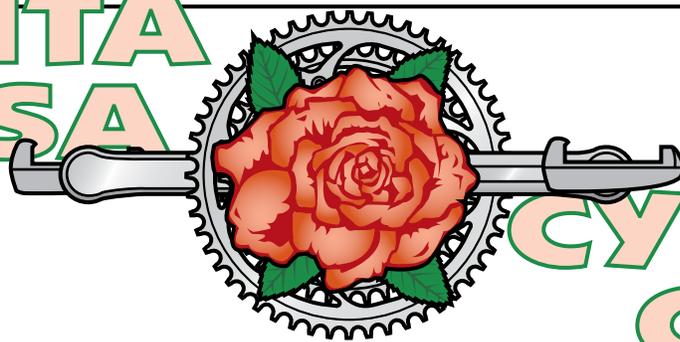


SANTA ROSA



CYCLING CLUB

OCTOBER 2011 NEWSLETTER

End-of-Summer Rides & Picnic: Recipe for Fun!

In case you missed it, this year's annual End-of-Summer Picnic was held on a mild and sunny Saturday, August 27th. As usual, it all started with group rides of A, B and C tempo that took looping routes along the beautiful west county backroads. The rides (of about 35 to 55 miles) are designed so that everyone ends up back at the starting point at roughly the same time. Impressive pelotons rolled out at their appointed morning moments, and returned without major mishap...as sure as any swallows Capistrano can claim. Immediately following was our traditional BBQ and extensive potluck picnic. We were back at Ragle Park in Sebastopol this year, after a one-year hiatus. (While the club warehouse—the site we used last year—is also very nice, we opted for a change of venue that also facilitated different ride routes. And with so much recent and upcoming club warehouse activity, we didn't want to overuse the grounds there.)

Around 200 of us gathered to shake off some of those summer dog-day doldrums, a number that amounts to a near-record crowd. By 11:30 AM, riders started trickling in and were greeted by the sight of a shady oasis formed by the park's stately oak trees and the tent city of our club canopies. The barbecues were smokin', the drinks iced down, and the tables were loaded up with a member-provided bounty of wonderful appetizers, side dishes, and desserts. We then proceeded to devour everything within reach. About three hours later, as last call went out, there was still a sizable number of folks on hand...many of whom lent a hand in the clean-up and take-down process. (Cooperative effort is another long-standing club tradition.)

It's probably not a good idea to try this at home, but if you cooks out there are wondering, our SRCC recipe for late summer fun goes something like this:

Start with only the best ingredients, and grown locally...the Santa Rosa Cycling Club (of course!).

Carefully measure out attendance on-line, including potluck commitments in massive proportions (156 different offerings, if anyone is counting).

Uncork a magnum genie-bottle full of enthusiastic club volunteers.

Gather up 45 pounds of tri-tip, 200-odd chicken parts, a passel of portobello mushrooms, 600 pounds of ice, 400 soft drinks, 300 beers, and other sundry beverages. Grill or chill, as appropriate.

Work up an appetite with a brisk morning ride in bike-heaven.

Sprinkle a shady and comfortable park setting with 200 of your best friends.

Stir vigorously at 75 degrees for three hours.

Over the feast, swap talk of gear-inches and questionably exaggerated tales of cycling-heroism...and enjoy!

SRCC 2011 Year End Donations

From excess funds in each calendar year, the Santa Rosa Cycling Club makes donations to various cycling-related organizations and other causes deemed appropriate, as approved by the club membership. As you may recall from early this year, we had a total of \$13,000 available for year-end donations from the club's 2010 budget. As often happens, however, we were so busy dealing with other club business at the conclusion of 2010, those donations weren't approved and made until early this year. But for the 2011 budget-year, we've decided to get back on track and get this process completed soon enough to have the 2011 checks out to the recipients by mid-December.

In order to do so, we need to start the ball rolling now, at least in gathering nominations. To this end, the club membership is asked to submit nominations for worthy donee organizations/causes. Nominations will be accepted from October 1 through October 31, and the names can be submitted to any club Board member. Please try to give us as much contact and promotional material you can in support of your nominees, as we will likely need that later as we carry out the actual voting process that will determine who gets the money. As has been the norm in recent years, the voting will take place on-line at the club web site (more information on that topic later).

This year, the Board has decided it would be prudent to make a few important, but not dramatic, changes to the nominating and donation voting processes. Regarding nominations, the criteria remain the same as in the recent past. But this time, we're going to start with a clean slate. There will be no donees suggested by the Board. We're going to start from scratch on that, as the number of donation recipients has seemingly grown ever-larger in recent years, as people tend to add organizations. Another change from last year will be that any organization not eventually getting at least 5% of the votes cast by our membership will not receive a donation. The goal here is to limit the many possible donees to those we really care most about supporting, while at the same time not having

— Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for September

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, September 14. 65 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin reported on the club's bank balances, as of August 31.

3. Membership: Registrar Gordon Stewart reported membership of 1308 (combining individual and family memberships). Timothy Brown acted as host at the New Member Table, with several new members on hand.

4. Tour of California: Donn King explained the background of the club's involvement with local efforts to bring the Tour of California bike race to Santa Rosa. He asked for approval of the membership to donate \$5000 from the 2011 club budget to the Santa Rosa organizing committee to help pay staging costs for the 2012 event. A motion was approved in support of the donation.

5. Facebook: David Abramo announced the club's new Facebook page. (See item this page.)

6. GranFondo: Barbara Drucker gave an update on the GranFondo lunch stop, which will be staffed by SRCC volunteers. The volunteer roster is full, and people were reminded not to arrive at the stop location unless they are signed up and to make proper arrangements to carpool to the site. Doug Simon announced that he still needs volunteers to help with the associated warehouse activities preparing for the rest stop. (See item this page.) Donn King and Carlos Perez conducted a drawing of names to give away seven free entries into the GranFondo. The entries had been presented to the club because of our sponsorship of the event.

7. Budget: Thursday, October 20 was set as the date for a special Board meeting to iron out the 2012 club budget. Members are welcome. Check with Board members for more info on time and place of meeting.

8. Awards: The Board has begun the process of seeking out suggestions for worthy recipients of the End-of-the-Year awards. Karen Thompson has agreed to chair a group working on nominations. (See item this page.)

9. Holiday Dinner: Greg Durbin noted that the Holiday Dinner is scheduled for December 3 at the Flamingo Hotel, and that he and Sharron Bates are working on the details.

10. Advocacy: Donn King asked the membership to approve a club-authored endorsement of SB910, the state Vehicle Code legislation providing for a three-foot clearance when cars pass bikes. A motion passed authorizing Donn to send such a letter to the Governor on behalf of the SRCC.

11. Warehouse: Treasurer Greg Durbin has reached a tentative agreement with our warehouse landlord to extend our lease for four more years, with a possible modest increase in rent after the first two years. Donn King presented this information to the membership, and a motion was approved to extend the lease.

12. Feature presentation: Carlos Perez of Bike Monkey spoke about the upcoming GranFondo, providing the back story to his involvement with the event and also commending the SRCC for its continuing and extensive support of the event.

Letter from the President

— Donn King —

The general club meetings have really been interesting lately. We have had interesting speakers, and there have been some important issues that club members have been asked to consider.

At the last general meeting, the membership was asked to approve a warehouse lease extension, an endorsement of SB 910—the bill that requires motorists to allow at least three feet between a car and a cyclist when passing—and a \$5000 SRCC subsidy for the 2012 Tour of California. We announced the date for the second bicycle first aid class, offered by Eric Peterson, and a drawing was held for seven free tickets to the 2011 GranFondo. Not bad for a bicycle club meeting.

That same night, Carlos Perez of Bike Monkey, the entity through which Levi Leipheimer produces the GranFondo, spoke to the club, describing the organizational process of the Fondo. Each month new members are introduced and welcomed to the club, and it is gratifying to come to a meeting now and not recognize a significant number of faces.

If you haven't been to a meeting lately you are missing something. The issues that confront our world, and the bike club, get more complicated each year. I guess that's the good news and the bad news. Bad, because every issue forces us to take positions and contend with each other, but good too, because debate and contention enliven our experience and stimulate our minds. Disagreement and debate force us to refine our civility skills. The bike club is a family and so we are challenged to disagree in a friendly, respectful way, and include every voice in the process.

Of course the general meetings are still, above all, a place to meet and greet, and get caught up on gossip, and relax. If we haven't heard your voice for a while, or if you have ideas that are not otherwise being expressed, come to a general meeting soon, or a Board meeting for that matter, and get involved.

Last-minute details for King Ridge GranFondo

For information about the SRCC GranFondo rest stop...

Steve Drucker, 538-5256, bdrucker@sonic.net

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...

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)

1:30 pm to 8:00 pm, 6 volunteers, (set up rest stops)

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

Doug Simon, 547-7403, desimon@sbcglobal.net

Finally, we need a few more people to help host our SRCC booth at the GF expo after the ride. Short tours of duty in the midst of all the post-ride hoopla. To get in on the fun...

Don Graham, 538-3664, ccmtg@sbcglobal.net

BACKROADS & BREAKAWAYS

B&B is a column for and about local club rides, news, gossip, anecdotes, odds and ends. If you have a story to share about a ride you led, your race results, a cycling vacation, whatever...call Bill Oettinger @ 823-9807 or send e-mail to: srccride@sonic.net.

Before dropping into the stew of regular club rides for another month, I have one minor bit of housekeeping to do. Last month we reported how Marc Moons and Megan Arnold had cleaned the table—both men's and women's divisions—in the California Triple Crown Stage Race. After publishing that, we got a note from Patrick Seely, who, along with Marlies Radke, won the tandem division of the Stage Race. I did not know it, but Patrick is also a member of the Santa Rosa Cycling Club. So it turns out that the club now owns not only the men's and women's titles for the 2011 Stage Race, but the tandem title too! Wow...what a club!

The club's dominance in the Stage Race might have something to do with the roads we get to use for our training rides, as in the first club ride we will cover in this reporting period: Rick Sawyer's Bad-Half TT Trainer on Saturday, August 20. As the name implies, it was essentially the second half of the Terrible Two, with a run up River and Westside and so on in place of the final miles through Occidental and on down to Sebastopol. The ride started and ended in Healdsburg and added up to a 106-mile day with 10,000' of leg-breaking climbing. There were ten riders at the start, including one strong racer dude who pulled us all the way to the Visitor Center, then did the first climb before turning around and heading home. (Thanks for the great pull, which was fast but just barely sustainable for those of us doing the whole loop.)

Once we hit the wicked climbs on Skaggs, the group quickly split into a CD bunch and a BC bunch, and that division continued throughout. The fast group pulled out of their break at the Stewarts Point store just before the second group pulled in (according to some other cyclists who were lounging on the front porch there). That's as close as the two groups were until the finish, when riders from both groups finally got together for an after-ride chow-down at the Bear Republic. Weather was perfect for a long, hard ride: a bit overcast to start and sunny but mild later on, without much of a breeze anywhere. Also making the ride just a bit easier was sag support provided by TT vet Larry Thomasson, who set up food and water stops on both Skaggs and Fort Ross. Between the weather and the support, it was about as pleasant and easy as such a daunting ride can be.

On the same day, Martin Clinton listed a ride in conjunction with the Sonoma County Bicycle Coalition Expo being held in the parking lot at Santa Rosa City Hall. The point of the ride was to get concerned citizens, and in particular, local politicians and planners, out on bikes for a short but instructive ride around town. Martin sent in this report: "Close to 150 bicyclists left Santa Rosa City Hall, bringing a wide range of riding experience. The 12-mile loop showed some alternative routes, and there were stops to explain choices: paved or unpaved trails; road shoulder, bike lane, or quiet street without facilities. One section of the route demonstrated where there is NO good alternative choice: the Hwy 101 undercrossing on Steele Lane! We finished by comparing riding on Humboldt Boulevard with the bike lanes on Mendocino, and everyone returned safely to enjoy the Bike Expo and Swap Meet."

But wait: there's more. On the same day, David Abramo and Sunny Mawson took on the job of leading the so-called Special

Wine Country Loop.1, the first of two rides in a two-day package. This was a ride that had been a long time in the oven. Back last winter, we were approached by a group from a club up at Lake Tahoe about co-listing a couple of rides down here. They asked for our help with routes and asked us to do the rides with them. We were happy to help. Then foul weather in the spring caused them to cancel the first weekend of rides. They rescheduled for July and we listed the rides again. They cancelled again. Finally, third time around, we had them on the calendar in late August. Guess what? They cancelled again. (Perhaps this is why they call themselves the Procrastinating Pedalers.) This time, we just went ahead and did the rides on our own, beginning with this one. David reports: "Yes, the Tahoe group cancelled, but the show must go on, as they say. It was the usual run up West Dry Creek and over Dutcher Creek to a coffee stop in Cloverdale, then back south through Geyserville. There were upwards of 35 strong riders and then there were Sunny and me. Once the ride started, we never saw our group again. But don't shed a tear for us. We're used to it by now. I reminded everyone at the start that this was an AB ride and that we would lead from the back. It was an enjoyable ride with good weather and no reports of mishaps."

On Sunday, Jack Hartnett led the other half of the Wine Country Weekend set, which also started in Healdsburg but went south toward Windsor instead of north toward Cloverdale. Jack reports: "The ride had a good turnout of 30+ riders from our club. No flats or any other problems, other than the rough Westside pavement... dodging the potholes. Very cool and foggy the first few miles. We definitely needed long sleeves, but it did warm up by the time we got to Windsor for coffee. It was a good ride overall, with lots of smiles at the end; good times for all."

Next up were the annual picnic and rides on Saturday, August 27. We have a good report on that big event on page 1. But we want to add a few comments here. First of all, great thanks to Rick Sawyer for chairing the event and pulling all the pieces together. Our picnics have grown in size and in complexity over the years until they now are quite the production numbers. It is a testament to how well organized Rick had everything that the crowd of nearly 200 never seemed like too many: never a crush, never a wait for food, and not really even all that much work (at least not that much work apparent to the casual observer...that's the mark of a well-run event). But Rick would be the first to say he was only point man at the head of a large crew of volunteer helpers, doing everything from throwing things together at the warehouse to setting up the picnic ground to flipping the fare on the barbie to a great deal of clean-up. It was a team effort and it went as smoothly as most of our club endeavors go. Hat's off to all who pitched in and made the day so much fun for the rest of us.

The day after the picnic, we had two rides on the calendar. One was John Olson's CD scorcher out to Occidental and a bit beyond, then north and east along the WCC route up toward Windsor. John sent in this report: "Twelve riders showed at Piner High in the thick fog on Sunday morning. It was a bit chilly, so the pace was pushed up until we reached the West County Trail near Graton. We were all warmed up from the effort and it was suggested that we might as well do the Graton speed trap and check our times up the climb. We had a wide range of results. The top three riders achieved a 15:45 with a couple close behind, with others ranging all the way to 23:00 (although that rider lost a bottle and had to

— Continued on page 6

RIDE SCHEDULE

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.

PDF route slips available at www.srcc.com...go to Calendar of Rides

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.

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

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

SUNDAY • OCTOBER 2

Post-Fondo Ride

4/BC/63
9:00 AM • Piner HS

If you were busy working at a rest stop on the actual GranFondo on Saturday, here's a chance to enjoy some of the route with a reprise of the MedioFondo course.

David Fitch—228-9705
davidfitch@gmail.com

SATURDAY • OCTOBER 8

Wine Country Loop

3/BC/60
9:00 AM • Schaefer School

"Wine Country" is right: almost a carbon copy of our WCC 100-K course, or, even more accurately, our WCC Workers' Ride 100-K. It's not new, but it's always a sweet ride.

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

Oktoberfesting

2/A/36
9:00 AM • Willowside School

A run out the West County Regional Trail to Forestville and north on Martinelli to Hacienda Bridge, then back up the river on Westside to Wohler Bridge. North again to Windsor for a Café Noto break, then back south via Windsor, Slusser, Oakwild, etc.

Ken Russeff—953-1804
russeff@sonic.net

SUNDAY • OCTOBER 9

SRCC Welcome Wagon Ride

1/A/10-15
10:00 AM • Julliard 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

SATURDAY • OCTOBER 15

Cavedale-Napa-Franz Valley

5/C/73
8:30 AM • Howarth Park

Out through the parks and Oakmont and into the Valley of the Moon to the big climb of Cavedale. Then the big descents (Dry Creek, Oakville) into Napa Valley. Up valley to Calistoga, then back over the ridge on Franz Valley School and Franz Valley, Mark West Springs, etc. Home via Riebli, Wallace, etc.

Luke Scrivanich—479-8599
lscrivanich@aol.com

SUNDAY • OCTOBER 16

Cheese Factory Ride

3/B/45
9:00 AM • R-&-N Cheese Factory

Up and over the Marshall Wall, then north along Hwy 1 to a break in Tomales. Further north to Fallon-Two Rock, then east and south through Chileno Valley. Back over the ridge on Wilson Hill and down Hicks Valley to the Rouge et Noir Cheese Factory.

Anne Graver—829-0686
gravers3@comcast.net

SATURDAY • OCTOBER 22

Barbecue Century

3/BC/100
8:30 AM • Bill's home
(135 Alderbrook Dr, SR)

North out of town along Brush Creek Trail, Wallace and Riebli, then west, more or less along the river, to a break in Guerneville. Up Sweetwater, Westside, Dry Creek, and Dutcher Creek, all the way to a break in Cloverdale. Then south through Asti and Geyserville and Alexander Valley to Chalk Hill. Home along Faught, Old Red, Mark West, Cross Creek, and assorted city roads. Barbecue afterward at Bill's (barbecue fires up around 4:30). *RSVP very much appreciated.*

Bill Carroll—623-9783
carrollpb@comcast.net

SUNDAY • OCTOBER 23

Very West County

4/C/54
9:00 AM • Ragle Park

South out of Sebastopol on Pleasant Hill, then into the killer B's...Bloomfield, Burnside, Barnett Valley, Bohemian...up to Occidental. West, up and down and up and down, along Coleman Valley. North along the lovely Sonoma Coast to the Russian River and inland along River and Moscow, then back uphill on another stretch of Boho. Downhill on Graton and back to Ragle on the little roads through the old orchards and new vineyards.

Sarah Schroer—364-7560
sarahschroer@gmail.com

Cycling Skills Clinic and Ride

1/BC/25
10:00 AM • Stony Pt & Northpoint

Low-key bike-handling skills clinic, followed by easy paceline 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. Just like last month's drills, but with the pace up to BC and more opportunity for fast pace lines at the end.

Tom Helm—332-8792
tomhelm@sonic.net

SATURDAY • OCTOBER 29

Two County Coastal Century

4/C/100
8:30 AM • Piner HS

Lots of stiff climbs on this busy journey through West Sonoma County and the northwest corner of Marin County: Harrison Grade, Coleman Valley, Bay Hill, Franklin School, Marshall Wall, Wilson Hill, Carmody, Bloomfield, Burnside...never a dull moment. Many turn-off points to cut the ride to 35, 55, or 75 miles. Doug's birthday ride.

Doug McKenzie—523-3493
dougiasi@sonic.net

Sonoma 2 Napa

2-3/A/30
9:00 AM • Vallejo Barracks lot
(off 1st St E in Sonoma)

An easy, rolling meander out through the vineyards of the Carneros District, southeast of Sonoma...Burndale, Ramal, Las Amigas, etc. Out to a break at Moore's Landing on Cuttings Wharf...and back.

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

SUNDAY • OCTOBER 30

Rockpile Metric

3-4/BC/62
9:00 AM • Healdsburg City Hall

Up Dry Creek Valley to the native habitat of the false summit: Rockpile Road. Back down

the hill and over the ridge to Geyserville and Alexander Valley, then back to Healdsburg.

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

Tricks & Treats

3/A/34
9:00 AM • Healdsburg City Hall

A grab bag of treats and tricks in the Healdsburg neighborhood. First, a run up Baillache to the Rio Linda Academy, then another out-&-back on Mill Creek (minus the final wall). Then the Magnolia loop and finally a run up Kinley and back down through the neighborhoods to the finish.

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

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 Mussion—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: Looking for a leader

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

End-of-the-Year Awards

It's only October, so it may seem premature to be talking about the awards we hand out at the December Holiday Dinner. But in fact it's not too early to be thinking about them. It takes time to gather nominations and to mull them over and come up with deserving winners.

The Board of the club makes most of the final decisions on awards, but it does so only with the input from many club members. Board members can't be on every club ride and stay on top of who's doing what in club life. The club is just too big and diverse. So we need you, the members, to be our eyes and ears in the field. We need you to send us suggestions as to who might be worthy of winning this or that award, from Rookie of the Year to Most Improved; Volunteer of the Year, Good Shepherd, etc. (Check the list of award winners in last January's [newsletter](#) in the club archives.)

Send your suggestions to any current member of the Board...

www.srcc.memberlodge.com/ContactUs.

SRCC has a Facebook page!

For all you avid Facebook users out there, we are pleased to announce that the SRCC now has a Facebook presence. To find us, log into Facebook and search for "Santa Rosa Cycling Club," then click the *like* button. It's a place for members to exchange cycling information, share pictures and videos of rides, as well as post comments on activities. It's up to you to make this site *great!* Our goal with this page is to eventually grow our member base and extend our reach to those outside of our area to show what an outstanding cycling community we have created here in Sonoma County. Not a Facebook user? Fear not. Our Facebook page will not take the place of our website, low flow or chatty lists. Please send comments or suggestions to your Facebook admin, David Abramo (djabramo@yahoo.com). Thanks for your support with this project.

retrieve it out of the ditch on the way up.) We had many regroup, as abilities were so varied. Some took charge of leading the flat portions, while others scampered away on the climbs. All in all, a good solid workout that was enjoyed by all. An e-mail received from one of the riders agreed, stating, "Thanks! Again, despite the hurt, my all-time favorite ride to date."

Also on this day, Rose Mello had an AB ride from Howarth Park out to Mom's Apple Pie near Graton. They found themselves tangled up with the Santa Rosa marathon and made a detour on the Joe Rodota Trail that worked okay, and for the most part, things went well for the group of ten riders. However one rider named Cynthia hit a bollard on the bike path and crashed. Another rider zipped home and brought back a car to take her to the hospital, where she was found to have a fractured rib, fractured thumb, and dislocated finger. Ow.

Unfortunately, that was not the only crash of that week, nor the most serious one. On Howard Hesterberg's Monday Monday ride, Michael Garner crossed wheels with John Olson up on Dutcher Creek and went down hard, ending up with a fractured pelvis. I've chatted with Michael since then. He's resting at home, going totally stir crazy with his slow convalescence. He'll be back.

That wraps up August. Opening up September, we had four rides spread over the three days of the Labor Day weekend. John Russell listed a nice, 64-mile ride called Green Pastures. It was a reprise of a route he did last winter. John sent this note to the chat list: "As Saturday's BC ride headed south toward Petaluma from the Finley Center under foggy conditions, I quickly realized two things. First, it should have been named Brown Pastures. (What was I thinking? It's not winter anymore.) And the other thing: many of those BC riders at the beginning of the year are now CD level. 32 riders started together but quickly broke up into three groups. Just past Petaluma, the skies cleared for a lovely day of sun and blustery winds (mostly tailwinds after Tomales). There were no flats and very little traffic for a three-day weekend. The motorcycles all stayed on Hwy 1 while we all rode a scenic loop along the bluffs above Dillon Beach on our way to Freestone and Occidental. All the wine-tasting action was up around Healdsburg and Sonoma, making the brown pastures of Sonoma/Marin a good end-of-summer place to ride."

I had a ride on this Saturday as well: the Heart's Desire Century, so named because it ventured from Sebastopol down to Heart's Desire Beach on the Point Reyes peninsula. We had 13 riders at the start and picked up one more along the way. The route south was, for the most part, a simple run down Hwy 1, although I threw in a few wrinkles near the start (Sanders, Blucher Valley, Ghericke). Not too many in the group had ever been down to the namesake beach (a snappy descent going to the beach and a relatively mellow climb coming back out). After a lunch break at the Inverness store, we tackled the steep pitch of Balboa Road, at its steepest maybe in the high teens. For whatever reason, it didn't seem all that brutal on this day, although we didn't exactly sprint up it. After that little exertion, we were rewarded with the smooth, sweeping downhill on Limantour, dropping into Bear Valley. Our return route was not the same as the run down Hwy 1. We went inland over the hill from Olema, then up past the Nicasio Reservoir to the Cheese Factory for another break, then over Hicks Valley, Wilson Hill, and

into a mild headwind along Chileno Valley. Finally, we finished up with Carmody, Roblar, Canfield, and Bloomfield. None of the hills, except perhaps Balboa, was really steep, but the cumulative impact was significant, adding up to over 8000' for the 100 miles. We caught just about perfect weather for a long ride. Cool and grey at the start, then the sun peeking through for most of the day. The highest reading I saw was 86° on the exposed climb of Wilson Hill, but most of the day was probably in the high 70's, and although there was the obligatory headwind later in the day, it wasn't as bad as it often can be. There was a decided tilt toward the C or even CD end of the spectrum on this nominally BC ride. (What's new?) Every time the roads tilted uphill—and they did so often—breaks would appear in the file of riders. But numerous regroup had us more or less in contact with one another, at least until the final miles, where the greyhounds and the stragglers were maybe 15 minutes apart. I was well pleased with the ride. Good weather, good company, and fabulous scenery...just what one would expect when riding to and through a national park.

On Sunday, David and Sunny had another ride for us that they called a Family Fun ride: an easy 25-mile A-pace mosey from SR to Forestville. Sunny sent in this report: "Just another Sunny & David Family Ride in Paradise, where 100% of the riders were there to have a good time...28 people (four non-members and several members just getting out with the club for the first or second time) gathered at the Wright Road end of the Joe Rodota Trail. We handed out 14 Share The Road bumper stickers and then headed for Forestville. This ride involved coffee and conversation stops both going and coming at Andy's Market. Three of our members grabbed a non-member for an unscheduled stop for some other libation in Graton on the way back and still arrived at the end before the last rider left the parking lot. The star of the ride was Kelli Smith's granddaughter, Allissa, who completed the whole ride without a hitch. We look forward to having her join us again."

Martin Clinton was back in the mix with another listing for Labor Day: a 36-mile AB jaunt from Howarth out to Forestville. He reports: "There seemed to be pent-up demand for an AB-pace ride on Labor Day because we started with 30 riders and collected three more en route. The pace was relaxed through town, and then more energetic riders accelerated along Guerneville Road. Most waited for a regroup at River Road, but then another *Breakaway* group missed at least one of the Trenton turns and so were finished with coffee when most of us got to Forestville. Differing needs for refreshment and conversation spread riders' departures back to Santa Rosa. There were three flat tires, each handled by a capable rider, though one turned out to be complicated and justified a route change. Otherwise, just another perfect riding day!"

Next up was Rick Sawyer's ride from Santa Rosa on September 10, heading out to Calistoga via Riebli, Franz Valley, and Franz Valley School. Rick checks in: "Regarding my Not Too Tall ride: it was well attended (I counted 35) and a frisky group it was. A nice day, with some fog early, but then sunshine and the temps never higher than the low 80's. It was a good mix of club members familiar and unfamiliar, including a couple of guests. Everyone was content with a gradual warm-up pace until Riebli was behind us and we started up Mark West to Porter Creek. At that point, the pace got heated quickly, but we had a couple of regroup that kept us mostly together all the way to coffee in Calistoga. The CD speedsters were courteous in that way, and I appreciated their thoughtfulness. But then the ride really cranked up in earnest, and someone let the



dogs out as we rolled uphill toward the county line on Hwy 128. The construction zone stoplights out there further exacerbated the spread of the faster and slower among us, but I don't think anyone was too bothered by that. Upon reaching Chalk Hill, I hung back and rode sweep all the way to the end. Several either rode straight home upon reaching Santa Rosa, retraced Riebli and Wallace, or otherwise found ways to avoid the final climb over Skyfarm and Fountaingrove. Anyway, all good for quite a big bunch of us. One climb after another, successfully conquered with notable gusto. The B riders seem stronger than ever."

On Sunday, Janice Eunice had another edition of her entry-level Welcome Wagon rides. She tells us how it went: "My last WW ride had eight riders and all were SRCC members. Three were new to the club and were happy to learn of the West County Trail to Forestville. We started in humid and heavy dew, so it felt like we were riding in a light misty rain, but it was okay and we were okay."

That same day, Greg and Jan Conklin listed their traditional River Ramble ride. Unfortunately, the ride included something that we have never encountered on a club ride before: a fatality. It was not as a result of a crash or a collision with a car. It was a medical issue of some sort. As of our press time, the police have not released any details about the incident, and we would be remiss in speculating about exactly what happened without official information, so for now, we have to await further news.

Moving on to the final weekend we can cover this month, we had four rides on the list. Darrin Jenkins had his Flying 55 out of Cotati: D pace and few regroupings. "We had 10 at the start on this beautiful day. Two dropped off two miles into the ride. The other eight stayed relatively together as we dodged M.S. Waves to Wine riders throughout the day. Two e-mails from fellow riders do a great job of summarizing the ride: "Today was great. Thanks for putting it on! My experience with other group rides has been that we spend as much time waiting and regrouping and chatting as we do riding, which can be a little trying. Not today: we got after it, got it done, and now I have time to mow the lawn and all that other stuff a responsible adult has to do. If there are more rides like this one, I want to be there." And: "Thanks for putting the ride on today. I wish the club had more like that one. Good quality group and minimal stops!"

Darrin continues: "This ride was a different flavor, one enjoyed by some club members, just as others rather enjoy chatting and drinking coffee. It's nice that our club can accommodate both ends of our broad spectrum." Based on this feedback and the same sort of response to John Olson's fast ride, there is a pent-up demand for these shorter, faster rides. Now all we need is some more ride leaders...

On the same day, David Fitch led a B-tempo ride from Healdsburg up to the backside of the Geysers (an out-&-back). "We started with 32 riders. Fantastic weather! No fog, perfect temperatures. Great suggestion to go over Washington School Bridge (the Asti summer crossing) and River Road. Many people had not ridden that way before. It's very scenic. Several riders mentioned they had never done the Geysers climb before. I heard nothing but enthusiastic remarks and admiration for the fantastic sights of cliffs on one side, Sulphur Creek on the other, with the occasional abandoned mercury mine along the way."

On Sunday, Sue Bennett had a loop out of Santa Rosa through Sebastopol and Windsor: "Today turned out to be one of the sunnier and hotter days of our overall cool summer. Twenty seven chose to

Donations — Continued from page 1

our grants overly diluted. Donation funds will be divided among the qualifying recipients according to the number of votes each gets relative to the others.

As a general, but not ironclad, guideline, organizations proposed as candidates for donations should meet some or all of the following general criteria:

- Should provide support for activities based on cycling
- Should be local or have a significant presence locally
- Should demonstrate a philosophy that respects people and the environment and a healthy society

These are examples of some of the donees from last year: Community Bikes, Sonoma County Trails Council, Landpaths, Ross Dillon Hope Fund, the local Boys & Girls Club, Earl Baum Center of the Blind, and Team Swift. (These are not Board suggestions, merely examples of past grants.)

The 2010 year-end donation pool of \$13,000 was allocated to 13 charitable organizations, in individual amounts that varied from around \$150 to \$2000. For the 2011 budget-year, we expect to have somewhere in the neighborhood of \$11,000 to \$14,000 available for donations. The exact amount will be determined near the end of 2011, once we can better estimate our final bank balances. Voting will take place in the second half of November, so stay tuned for that.

Who the donees will be for this year, and the amounts given, are for the most part up to you. Please send us the potential nominees you feel most passionate about. And don't forget, we need the nominations during the month of October.

make the best of it and go for a ride. Although everyone enjoyed the ride, it was not without incidents. Only a few miles into the ride on the SR Creek trail, three riders, old enough to know better, came charging onto the trail via one of the dirt entrances between the trees and bushes. They had not even looked before entering the trail and almost T-boned into a group of three or four club riders. Thanks to some quick bike handling skills by Carole and every one else being right on the brakes, no one went down. Then on High School road, Carole, not having had enough excitement for the day, had a flat (goathead season). Later, Alan also flatted. When the end of the pack finally got to the coffee stop, Barbara was informed something had broken on the vintage bike Steve was riding and he had called a friend to come get him and his bike. Steve was fine. Otherwise, we had a great time."

Finally, Tom Helm held a skills clinic, with skills drills first and then a little road riding. Tom reports; "There were three of us, an AB rider and a BC rider. While doing the parking lot drills, I realized this would be fun for all levels, especially for C's, to lighten things up and have fun. Part 1: We rode down a long straight skinny line. Rode looking backwards. Rode with our butts off each side of the bike. Rode in tight circles and figure-8s. Picked up water bottles. Rode leaning into a partner. Did quick stops. Then Part 2: Pacerline down Stony Point, back Old Red/West Sierra/Stony Point. Learned to stay together, keep the pace even when going to the front, talk in twos. On the way back, Stephen and I did a fast pacerline, until I got a flat." Tom is a superb mentor for folks wishing to get up the bike-skills learning curve. He's listing another clinic this month. You might want to check it out. Even seasoned riders can use a refresher course on some of these skills.

SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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

To join the club or renew membership, please go to
<http://www.srcc.com>
srccride@sonic.net (Bill Oetinger, club e-wrangler)



The Santa Rosa Cycling Club is a social/recreational organization comprised of cycling enthusiasts with a wide range of abilities and interests. Our purpose is to promote the safe and efficient use of bicycles through club rides and events, and by maintaining an active presence in the local community. We encourage a large and vital membership and try to provide rides for all abilities. We publish a membership roster and a monthly newsletter and ride calendar. We hold a general membership meeting and an Executive Board meeting once each month.

GENERAL MEMBERSHIP MEETINGS

Wednesday, October 12 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

*Former pro Laura Charameda,
talking about being with Team BMC at the Tour de France*

Wednesday, November 9

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Special date: Wednesday, October 5 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, November 3

Chalk Hill Litter Pick-up Day

Sunday, November 6, 9:00 AM, San Miguel School

It's time once again for our semi-annual litter pick-up program. This time we'll be cleaning up the length of Chalk Hill Road (approximately 10 miles). We need 20 crews of two workers each to divide the road up into easy, half-mile sections.

Look for more information in the November newsletter, but mark your calendars now for this important date. Believe it or not, it's actually fun: a nice walk along a country road, doing a good deed, then lunch afterward, on the club's tab.

To sign up or to learn more about the project...

Mike McGuire: 542-6687, mmcguire@pacbell.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 lesliere@hotmail.com