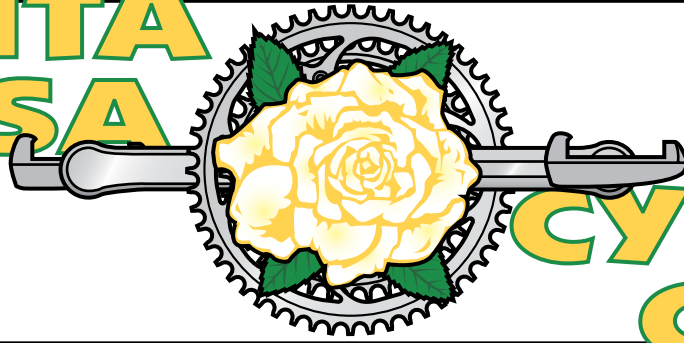


SANTA ROSA



HOLIDAY DINNER:
SEE PAGE 7

CYCLING CLUB

NOVEMBER 2011 NEWSLETTER

Rider ID required on club rides

Recently, an SRCC member required emergency medical care on a ride. When the first responders arrived, they found no ID of any sort on the rider. No name, no address, and most importantly, no medical information and no emergency contact data. This complicates emergency response considerably.

Contrast this with the accident of club member Karen Thompson on the Terrible Two last June. Karen credits her ID bracelet with providing the paramedics with all the information they needed to expedite her care in a swift and efficient manner. Karen believes a great deal of her recovery from those serious injuries is due to the speedy and correct decisions medical personnel were able to make, based on the information on her ID band.

In considering these and other emergencies that have arisen on club rides, the Board has decided it's time to make carrying proper ID a requirement for participation in all club rides. Up until now, the only item required for participation in a club ride, aside from a decent bike, has been a helmet. Going forward, we now want you to carry some form of ID that includes emergency contact information and all pertinent medical information (blood type, health care provider, and any special medical conditions you would want medical staff to know about).

Just as ride leaders now ask any non-members to sign a liability waiver at the start of a ride, we will now have them remind every rider to carry their ID. Anyone not carrying ID will be asked to write the info down on the back of a map and stick it in their pocket.

We have expanded our member registration form so that all the information noted above will now be included in the sign-up process. Both the newsletter ride list and the on-line ride calendar now state that ID is required for participants on all club rides.

Road ID bracelets are an inexpensive, simple way to carry all your relevant data. If you don't like a bracelet on your wrist, consider making a copy of your driver's license and laminating it, back-to-back, with a card containing all your emergency contact and medical information. New club membership cards will now contain all that information, so carrying a copy of your card is an option.

Whichever method you prefer, make sure the information is readily accessible to the first responders. (Don't bury it so deep in your seat bag that it takes an exhaustive search to find it.) Minutes, even seconds, can sometimes be crucial in a serious crisis. Be prepared for that worst-case scenario and help the emergency personnel who are trying to help you.

Letter from the President

— Donn King —

This has been a very sad month for the Santa Rosa Cycling Club. We have lost two of our members in a very short space of time. Their names are Bryan Lawley and Matt Wilson. Both members died on bike rides and both died very quickly of natural causes. Bryan was a new member and not well known in the club. At the other extreme, Matt was well known and extremely popular, not only as good bike rider, but as a person of exceptional wit and intellect.

Death is sad and sobering but also a great gift to the living. When we lose someone, we are so much more aware of life. We become, at least for a time, hyper-sensitive and mindful of our environment and how we treat the people in it. Each action is taken consciously. It's a tough way to get awareness, but it works every time. When we gathered to say goodbye to Matt last Sunday afternoon, you could feel in the air the awareness of self and others and time; the beauty and the fragility of life. Our senses were heightened.

We all know it: bicycling is a fairly dangerous sport. We all take absurd chances when we go out on the roads. We know it, we live with it, and we ride anyway. The risks come in the form of traffic, bad roads, our own infirmities, and yes, other riders. But living involves risk-taking and I doubt that any of us will stop riding, even though we know that our next ride may quite literally be our last. As a bike club, we need to emphasize safety more than ever. All riders on club rides are now required to carry identification on all of our rides. It is essential that we be able to identify each other if there is a problem. At least four experienced members offer rider skills instruction courses. The club now sponsors periodic bicycle first aid courses. We are working to minimize the risks, but they will always be there.

In some ways, the way Bryan and Matt died is enviable: on their bikes, on a nice day, with companions, and very quickly. It's tempting but blithe to say that Bryan and Matt died doing something that they loved. The fact is, they're gone and they aren't coming back, and we are going to miss them. Any person's death is a great loss, not only for their families, but for our club and for all people. As John Donne wrote: "Any man's death diminishes me, for I am involved in mankind." Keep riding, be good to your riding buddies, and look out for each other. It's all we can do.

Ride in peace, Matt and Bryan.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for October

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, October 12. 80 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on the club's bank balances, as of September 30.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1305 (combining individual and family memberships). Timothy Brown acted as host at the New Member Table, with several new members on hand. Gordon announced that he has added fields to the on-line membership registration form for collecting emergency contact and medical information, which will now become a part of each member's file. (See article on page 1.)
- 4. Rider ID:** Donn King and Ride Director Bill Oetinger explained the new club policy requiring all participants on club rides to carry ID and emergency contact info. (See article on page 1.)
- 5. First Aid:** Don Graham reported on the recent first aid class sponsored by the club and lead by Eric Peterson. 17 participants.
- 6. GranFondo:** Barbara Drucker gave a report on the SRCC-managed rest stop at Ritchey Ranch on the GranFondo course, and Doug Simon contributed his observations on the work done by members at the club warehouse, before and after the event. Don Graham reported on the booth the club hosted at the Lifestyle Expo after the ride.
- 7. Budget:** The date for the special Board meeting to iron out the 2012 club budget was changed to October 26.
- 8. Awards:** Karen Thompson has been working with David Abramo and Bill Oetinger on a first draft of nominees for the end-of-year awards. She urged the members to submit nominations, and a hand-out with the list of our traditional awards was distributed.
- 9. Grants:** Secretary Rick Sawyer reminded members that the Board is still—until the end of October—accepting nominations for recipient organizations to be considered for charitable donations at the end of the year. Donn King proposed that we set aside \$2000 of the grant fund for the Sonoma County Radio Amateurs (whose assistance is so valuable on the WCC and TT). That measure was passed by the members.
- 10. Jersey:** Don Graham explained that the Board is soliciting design contributions from the members for a new club jersey. The deadline for submitting a design is the end of the year. After that, the membership will have a chance to vote on the designs. Designs must be created as computer graphics, using apps such as Illustrator. As with all club projects, this is a volunteer effort (that is: unpaid, except for a free jersey and vest if your design is selected). Bill Oetinger will make available any existing club logos for use in a new design. For more info, get in touch with Bill.
- 11. Leadership:** Donn King noted that we are seeking candidates for Board positions for the coming year. (See article on page 7.)
- 12. Feature presentation:** Former pro racer and Team Swift manager Laura Charameda spoke about her involvement with Team BMC and Cadel Evans victory at the Tour de France. She also spoke about Team Swift's [Cycle with Champions](#) event coming up on October 30.

• Matt Wilson • 1979 • 2011

It is with heavy hearts that we report the death of SRCC member Matt Wilson, who passed away from natural causes while riding his bike over the summit of Los Alamos Road on Friday, October 14...his 23rd birthday.

According to Henry Stroud, Matt's riding companion, they had just ridden up, at a moderate pace, from the Hood Mountain trailhead and were preparing to descend toward town when Matt stopped and collapsed against a fence. Henry called for emergency assistance and administered CPR until the medics arrived (in a very quick 12 minutes), but it was all in vain. Matt was gone.

Although results of an autopsy have not yet been made public, it appears Matt was taken by a severe bout of heart arrhythmia. He had suffered from such episodes of rapid and erratic heart contractions for many years, but in the past had always managed to survive them.

News of Matt's death spread quickly throughout the local cycling community. Matt was a member of both the Santa Rosa Cycling Club and the Red Peloton race team, and all of his many friends were shocked and saddened to realize that someone so young and so vibrant—so *alive*—could be taken from us so suddenly. A memorial service was quickly pulled together for Sunday evening at Youth Community Park, where approximately 200 people consoled one another and rejoiced in their memories of this very intelligent and charming young man.

Matt grew up in the west county and graduated from El Molino High School just a few weeks before he entered and completed the first of his five Terrible Twos. That is when some of us first met this happy-go-lucky, plucky kid. His infectious good humor and sly, wry wit made him friends wherever he turned. In the years since, his cycling skills and savvy improved dramatically, but none of that ever went to his head: he always remained the same kind, compassionate, cheerfully optimistic boy-at-heart that we all knew and enjoyed. Matt had been attending SRJC, majoring in mechanical engineering and minoring in Spanish. He had the world by the tail and nothing ahead of him but promise and success and fulfillment. By all appearances, he was happy and content with his life.

Matt is survived by sisters Rachele and Liisa, by his aunts Judy and Diane, by his grandpa Ray Wilson, and by other aunts, uncles, and cousins. We wish to extend our heartfelt condolences to his family. Thank you for sharing this delightful fellow with us. He is also survived by his hundreds of brothers and sisters in the extended cycling family of Sonoma County. We are all still grappling with the knowledge that this special person is gone; that all his future days are not going to transpire. We understand that such a thing can happen. We just never thought it would happen to Matt.

Happy trails, little brother. Keep smiling, wherever your travels may take you.

BACKROADS & BREAKAWAYS

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

Before plunging into the regular round of club rides here, I have to address a serious omission from last month's report: I simply forgot to mention Paris-Brest-Paris, which is almost inexcusable, considering what a huge accomplishment it is for those who take part (not only the completion of the 750-plus-mile ride in France in late August, but the many qualifying *brevets* that precede the big event). PBP runs once every four years. This time around, there weren't as many SRCC members on the road in France as in past years, but we still had some good dogs in the fight. Karl Kuhn completed his first PBP in a very good time. Craig Robertson completed his fourth PBP and Tom Russell completed his second. According to Tom, they were bombed by the hardest, heaviest rain he has ever encountered. But it only lasted for a few hours (unlike four years ago, when it rained throughout the event). Congratulations to Karl, Craig, and Tom for successfully completing this monumentally epic adventure, in spite of the biblical deluge.

First up on our regular schedule for this period was Ken Russeff's A-pace ride on September 24. Ken sent in a very brief note about it: "Almost 40 Miles of Back Road"? Actually about 37 miles. The ten riders departing from Santa Rosa City Hall had a perfect ride day sandwiched between 92° on Friday and rain on Sunday. Forestville, Hacienda, one flat, and Café Noto in Windsor."

On the same day and not too far away, Christine Logan had a 58-mile B ride heading out of Piner HS and visiting several rather steep hills near Santa Rosa. Some of them are well-known to local riders: the out-&-back along Adobe Canyon to Sugar Loaf State Park and the climb over Sonoma Mountain from Warm Springs to Bennett Valley. But the first big ascent of the day probably took a few riders by surprise. That was the obscure and very steep pitch up and over the Wikiup high country on Los Arboles and Vista Grande. That first wicked set of walls broke the group of 30 or so riders up to such an extent that they didn't all get back together until a leisurely regroup at the ranger station in Sugar Loaf and then at a second regroup at the market in Glen Ellen. Even then, a few folks appeared to have gone missing: off the front and off the route and never seen again. (I do sometimes wonder why people come on club rides and then combine a propensity for going off the front with a lack of familiarity with the route...) Anyway, all in all, a good ride on a day of crisp, clear fall weather. In addition to all the other delights on this ride, we want to report perfect new pavement on Bennett Valley Road, from Grange to Yulupa.

On Sunday, Laura Stansfield and John Olson co-listed a standard 55-mile King Ridge loop out of Monte Rio at C pace. This was promoted as a last chance to preview the marquee attraction for the GranFondo, coming up the following weekend. My guess is that proximity to the big event actually worked against this ride: too close together. Nevertheless, 11 riders showed up and set off in a mild drizzle. John took charge of a lead group heading for the hills at CD pace, while Laura kept tabs on the folks riding at C tempo. Laura tells us they rode up out of the drizzly overcast on the higher ridges and, except for one flat, had an uneventful and very pleasant day, if any ride up through the magic Kingdom can be considered uneventful. It was Laura's first visit to King Ridge,

and as is always the case with King Ridge newbies, the scenery and topography knocked her socks off.

September 24 was also the date of the Knoxville Double Century, starting and finishing over by Vacaville, so a near neighbor for us and popular with SRCCers. Our folks on the scene say it was a good day, with fairly mild weather. It has become a harder ride with the substitution of the brutal Loch Lomond climb for the Big Canyon descent, and most people we talked to thought it was a pretty long day in the saddle. Knoxville doesn't list finishers by time, but simply as having finished, so we can only do the same, and here they are, our crew of long-haul truckers who spent a day at the School of Hard Knox: Craig Robertson, Joe Gorin, Rick Sawyer, Sarah Schroer, Tina Forsman, Megan Arnold, Paul Stimson, Mike Aberg, Greg Lester, John Witkowicki, Garth Powell, and Patrick Seeley.

Many of our riders stayed in the Vacaville area overnight to attend the California Triple Crown awards breakfast the following morning, where, among other things, Megan Arnold received her award for winning the CTC Stage Race and Mike Aberg was inducted into the CTC Hall of Fame for completing over 50 double centuries.

The GranFondo was the main attraction on the local cycling scene on the following Saturday (October 1). It wasn't an official SRCC event, but many members were involved, either riding it or working at one rest stop or other around the course. The club was in charge of the biggest rest stop of all at Ritchey Ranch on the top of Fort Ross, and we want to tip the old chapeau to Steve and Barbara Drucker for taking the lead on the set-up, management, and clean-up of that huge "village" in the foggy hills. It was a big production and was done about as well as anyone could hope for. Thanks to all the members who pulled tours of duty at that stop and at all the other stops around the course, or who worked as sag drivers or pitched in with set-up and clean-up at the warehouse, before and after GF-Day.

If you want to know more about how the whole Fondo day went, you will have to look elsewhere. It was covered extensively in the PD and of course at the GranFondo [website](#).

While so many members were tangled up with the Fondo, a smaller group made the long drive to Bass Lake for the Grizzly Century, always a nice date on our club schedule. In case you don't know, it is a long-standing tradition in the club to do this great ride as a club function; to camp and hang out together for the weekend. It's just unfortunate that our weekend at Bass Lake falls on the same weekend with the Fondo now. Both are worthy of our time and attention and it's impossible to do them both. Larry Wendt was one of the few who chose the Griz option, and he sent a nice report on the weekend to the chat list. According to Larry, all went well, with good fall weather and all the great scenery and support that are the hallmarks of that excellent event. Perhaps in some future year, the two events will fall a week apart and we can have the best of both worlds.

For those of you who didn't get your Fondo itch scratched on Saturday, David Fitch had a reprise of the MedioFondo route on our club calendar for Sunday. He reports: "It appeared that many people were either occupied with Fondo clean-up or were resting from Saturday's activities: just seven people started the ride at Piner High and we picked up one more in the west county. Two were visiting from Vancouver Island. Weather was fantastic and

— 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 slips. Riders must carry ID, emergency contact and medical info, and should carry cash, tube(s), flat repair kit, and water bottle(s).

HELMETS AND ID 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

SATURDAY • NOVEMBER 5

Mt Tam-Marin

3-5/BC/61 • 6000'

9:00 AM • Albert Park parking lot
(corner of Lindaro St &
Andersen Dr, San Rafael)

Our annual autumn pilgrimage to Mama Tam, plus all the dinky, funky roads in the towns around her feet, with a few new twists and turns borrowed from the Golden Gate Century. Some steep, challenging climbs, but also some rockin' descents and many mellow miles of flats and rollers...and loads of new and different scenery. Some of the route segments are no-brainers, like Fairfax-Bolinas and Ridgecrest. But other sections are quite complicated and obscure, so let's try to keep together for the puzzle sections.

Bill Oetinger—823-9807
srccride@sonic.net

Jon's Birthday Ride

2/A/37

9:00 AM • Joe Rodota Trailhead
(west end of Sebastopol Rd)

Out into the west county foothills (Watertrough, Pleasant Hill, Bloomfield, Canfield, Blank), then south toward Penngrove (Roblar, Stony Point, Railroad, Minnesota), and back north to Santa Rosa along Petaluma Hill. A coffee break at Atlas Coffee Company in the Julliard Park neighborhood, and finally the Prince Greenway and Joe Rodota Trail to the end.

Jon Dick—695-8076
logan@pon.net

SUNDAY • NOVEMBER 6

Chalk Hill Litter Pick-up Day

9:00 AM • San Miguel School

Yes, this is on the ride list: turn your litter picking into a bike adventure. See item on page 8 for more information.

Mike McGuire—542-6687
mmcguire@pacbell.net

SATURDAY • NOVEMBER 12

Joyce's Birthday Ride

5/BC/52

8:45 AM • Joyce's home
(1900 Lytton Springs Road)

Up and over the Geysers from south to north.

A brief stop in Cloverdale, then down the valley via Dutcher Creek and Dry Creek. Hard to beat the Geysers on a crisp fall day.

Joyce Chang—431-8666
joycechang@juno.com

Tour de Photo

2/A/35

9:00 AM • SR City Hall

A leisurely meander out the Prince Greenway and Santa Rosa Creek Trail, then out to the West County Regional Trail, with a slight detour to a rest stop at Kozlowski Farms. More bike trail to Forestville, then pretty Martinelli, River, Trenton, Oakwild, Willowside...back to the SR Creek Trail and into Santa Rosa. Tour de Photo? It means: bring your cameras. Lots of short stops for burning up pixels on the fall colors along our quiet back roads.

Barbara Drucker—538-5256
BDrucker@sonic.net

Carole Kolnes—838-3988
arttenus@sbcglobal.net

Jack Strange—484-6045
strange@msn.com

SUNDAY • NOVEMBER 13

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Keiser Park, Windsor

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 • NOVEMBER 19

West County to Tomales

3/BC/48

9:00 AM • Ragle Park

Similar to the C route for the August picnic ride. North to Green Valley, Thomas, Maddox, and Harrison Grade, south through Occidental to Valley Ford. Then south along Franklin School, Whitaker Bluff, Middle, and Dillon Beach to Tomales for a bakery break. Home via Twin Bridge, Carmody, Bloomfield, Watertrough, etc. An old favorite...and for a good reason.

James Baldwin—849-3747
JBaldwin@agloan.com

SUNDAY • NOVEMBER 20

Turkey Week Ride

2/A/35
9:00 AM • Esposti Park

West across the Windsor Plain to Slusser, Mark West Station, Eastside, and Wohler. Then north along Westside into Healdsburg for a break on the terrace at the Oakville Grocery. Home along Old Red, Los Amigos, Arata, Hembree, etc.

Ken Russeff—953-1804
russeff@sonic.net

Five Parks and Zen

4-5/BC/60
9:00 AM • Howarth Park

Big climbs, early and often, on this ride out into the Valley of the Moon. Which climbs? Los Alamos, Adobe Canyon, Jack London, and Sonoma Mountain, plus all the usual connector roads (Channel, Oakmont, Warm Springs, Bennett Valley...) Can you name the five parks from the title? Annadel, Hood Mountain, Sugarloaf, Jack London, and...

Janice Thomas 568-7062
jmo_bike@yahoo.com

Liz Sinna 484-2459
lizsinna@gmail.com

Vicky McKay 537-0826
vmckay@sonic.net

SATURDAY • NOVEMBER 26

Big 40 C

2+/BC/100
8:00 AM • Howarth Park

A big Sonoma-Napa loop, first heading south through Oakmont, Glen Ellen, and Sonoma, then out into the Carneros over the new, wide shoulders on Hwy 121 to Old Sonoma and up through the little hills (Thompson) to a rest stop at Browns Valley Market in Napa. North out of Napa and up through Yountville, then over to Silverado for the long haul up-valley to Calistoga. Another break there, then Myrtle Dale and Bennett Lane and Hwy 128 all the way north to Alexander Valley and Sonoma County. Back west and south along Chalk Hill and Faught and then dodging through the Larkfield and Santa Rosa neighborhoods to get back to Howarth. Being not too hilly, it is hoped that riders will work together in easy, sustainable pace lines.

Rick Sawyer—933-0760
sawyer.rts@att.net

Twin Hill Holiday

2-AB-30
9:00 AM • SW Community Park

Sue led this same ride last year on the same

weekend, but it was rained out or at least rain-shortened. But it's worth repeating in any event, as it's a good ride. From south Santa Rosa out to Sebastopol and up into the hills southwest of town for a visit to the Twin Hills Apple Ranch, always a nice place to take a break, especially in the holiday season. Back to the Joe Rodota Trail by more little Sebastopol back roads.

Sue Bennett—523-1322

SUNDAY • NOVEMBER 27

Napa-Mankas Corner-Soda Canyon

3-5/BC/68
9:00 AM • Dwight Plaza, Napa
(corner of First & Main)

First a loop through Napa's rural residential highlands, then over Monticello and down into Wooden Valley, with the added spice of an out-&-back on wicked Twisted Sisters. A rest stop in pretty Mankas Corner, then a loop around secluded Gordon Valley and back over the hill on Monticello and down to Napa again. But wait...there's more: up Silverado Trail a ways, Soda Canyon awaits, a very challenging out-&-back. Another rest stop at the Soda Canyon store, either before or after the out-&-back. Then back to Napa.

Gabby McNamara—815-7436
gglez11@hotmail.com

FUTURE PLANNING

2012 SRCC RUSA

Brevet Schedule

January 28...200 km
February 25...200 km
March 24...300 km
April 28...400 km
June 2...600 km

Apple Cider Century

Saturday, March 17

Wine Country Century

Saturday, May 5

Terrible Two Double Century

Saturday, June 16



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

Jerry Fabiano—823-4201

Fourth Wednesday: Ragle Park, Sebastopol

Paul Musson—303-246-3182

Fifth Wednesday: Esposti Park, Windsor

Alfred Mascy—484-5885

C • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

C: Looking for a leader

Second Wednesday: Healdsburg City Hall

Eric Peterson—433-7737

Third Wednesday: Ragle Park, Sebastopol

C: Looking for a leader

Fourth Wednesday: Ragle Park, Sebastopol

Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

C: Looking for a leader

(All 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 (A group): Youth Comm. Park

Ken Russeff—953-1804

B & C • 30-50 • 9:00 AM

First Friday: Cotati Dog Park

B: Christine Logan—577-1422

Don Cropper—795-3236

C: Looking for a leader

Second Friday: Howarth Park, Santa Rosa

B: Looking for a leader

C: Looking for a leader

Third Friday: Ragle Park, Sebastopol

B: Christine Logan—577-1422

David Henry—338-9125

C: Looking for a leader

Fourth Friday: City Hall lot, H'burg

B: Buck Hall—537-1946

C: Nabeel Al-Shamma—479-6246

Fifth Friday (B only): Esposti Park

Gary Grayson—538-9262

If you can remove any of the **red ink** from the list above, you would be a hero for all the weekday riders. We are especially in need of C leaders. If you are a C rider on the weekday rides, you should think about this. If you're doing the rides anyway, why not lend a hand?

If you want to know more about what's involved in leading rides before committing, talk to the club Ride Director or to any of these ride leaders.

everything was going great until we reached the coast. There, a rider had a bad attack of IT-band knee pain, severely limiting his ability to continue. Instead of trying to go down the coast and up Coleman Valley, he, his wife, and I took the Willow Creek shortcut to Occidental, avoiding most of the climbing, where he rested at Howard Station Cafe while the car was fetched for the ride back to SR. That, combined with another rider's two flats (on the same tire) kept things feeling fairly lively."

The next ride on the list was on the next weekend: October 8. This was Donna Norrell's Wine Country Loop, which was an almost exact replica of our WCC Workers' Ride, except for skipping the out-&-back to the lunch stop at the dam. It does not appear that the same-old-same-old route acted as any sort of deterrant on interest for this one: nearly 50 people showed up at the start on a lovely Indian Summer morning. Over the early going the relatively level and rolling miles out past the airport and toward Wohler Bridge allowed a large chunk of that large crowd to stay pretty well connected. But things changed after that. First off, two folks found themselves dealing with flats at the brief stop at the bridge, and Donna and a few folks stayed with them. The majority of the group took off and soon splintered into at least two main groups. There was a really fast cohort with a dozen or more and then a second tier more in the BC range that had another 20 or so riders. The bigger rollers along Westside, West Dry Creek, and Canyon stretched the pace lines in these groups near the breaking point, but most folks managed to stay within their respective folds until a big rest stop at the Jimtown Store. The fastest group left the store shortly after the middle group rolled in, and the middle group left well before Donna's rear guard ever arrived, so it was essentially three rides on the same route. But in comparing notes afterward, it appears everyone had a good time. The post-Jimtown miles along 128 and Chalk Hill did wear a few folks down, so that there were assorted solos straggling along at the end. But no one was really shattered by the pace...just husbanding their resources a little.

Ken Russeff had his October listing on this day, and he called it Oktoberfesting. His brief report: "34 miles from Willowside School with 31 riders, one flat and a stop at Café Noto in Windsor. Just another perfect Fall day in Wine Country."

Also on this day was the Bass Lake Double Century. We've mentioned Bass Lake before in this column as the start-finish for the Grizzly Century. Same lake, different dates, different rides. The Griz starts at the lake and goes uphill into the higher Sierra. The double starts down around Fresno and goes up to Bass Lake, passing through some very pleasant and scenic country in the foothills in between. (If you did either of our Three Parks Tours, in '99 or '09, you may fondly remember some of these same little roads: Powerhouse, Maxson, Trimmer Springs, Burrough Valley, etc. Good stuff.) We had eight riders on this one. As I understand it, you could either do a mass start and get a recorded time or you could leave whenever you wanted and not get a time. Of the timed riders, Karl Kuhn was fifth in a time of 12:40. Paul Stimson and Vern Piccinotti came in at 13:15 in a group of four, tied for eighth, and seven minutes later, Greg Durbin was the next one to finish (12th place). So, among the timed riders, we had one-third of the top dozen. Not bad! Richard Anderson, Rick Sawyer, Sarah Schroer, and Robert Morris also completed the ride.

On the last weekend we can cover this month, we had two rides, one each day. Luke Scrivanich kicked things off with a hilly loop over into Napa Valley: "Although riding conditions were shaping up to be perfect for our Cavedale-Napa-Franz Valley loop, it was a somber morning at Howarth Park, as club members consoled one another and mused over the sudden passing of Matt Wilson, who had left that same location on his last ride, just 24 hours earlier. After instructions from the ride leader, the group of about 24 observed a moment of silence for Matt. Then Bob Redmond and Susan Noble eloquently shared some fond memories of Matt: what the club had meant to him, and how much we enjoyed his wry sense of humor and constant banter during the times we shared with him. Susan and Bob left to join Jonathan Lee's memorial ride up Los Alamos, while the rest of the group dedicated our journey to the memory of Matt.

"We started with a leisurely saunter through the parks and Oakmont, but the pace quickened near Kenwood, where we picked up two more riders. The group stayed intact until the early slopes of Cavedale but then fractured as each rider found a comfortable climbing cadence. We planned to regroup and refill water bottles at the Trinity fire station, but the lead group pulled out minutes before the slower climbers rolled in. Some mutineers in the lead group announced they would forgo the run up to Calistoga to avoid the high-traffic Mark West Springs leg, deciding to trade the potential safety risk for a guaranteed house of pain up and over Spring Mountain. After a fast but safe descent of Dry Creek and Oakville Grade, we followed Silverado Trail up through the valley. The rear guard picked up scattered riders with strong paceline work cutting through the mild headwind. As morning turned into afternoon, temps remained in the 70's, with partial cloud cover providing welcome respite from the heat.

"We regrouped at Calistoga Roastery for caffeinated carbo loading and met up with the remnants of the lead group that had decided to stay on course. The group now totaled a dozen riders and we committed to stay together for the return to Santa Rosa. The views from top of Franz Valley were spectacular, and after a regroup at Safari West, we maintained paceline formation on Porter Creek and Mark West Springs. (Yes, there was traffic, but no, it wasn't a problem.) We deviated somewhat from the ride slip near the finish, with a cool-down on Brush Creek Trail. GPS clocked 74 miles and 5300' of gain."

Two nice discoveries for paving connoisseurs on Luke's ride: all of Arnold Drive between Glen Ellen and Eldridge is now beautifully paved; even better, all of Oakville Grade, from the Dry Creek junction to Hwy 29—every last inch of it—has also been repaved to the highest standards. The monster descent into Napa Valley, which had been becoming increasingly abrasive and scabrous, is now about as good as it can be...satin smooth. If you thought the Oakville Grade descent was fast before...

On Sunday, Anne Graver had a 45-mile AB ride out of the Rouge et Noir Cheese Factory which included the Marshall Wall, Tomales Bay, Chileno Valley, and Wilson Hill. Anne sent in a brief report (in the Ken Russeff, Rose Mello style of brief ride reports): "We had 17 riders of all levels. It worked out just fine and I lead from the back. Weather was perfect for the hills and no wind. We all made it back and the cheese factory had a special on brie so some of us stocked up. Great day."

And that's it for this month. Keep riding!

2011 Holiday Dinner and Awards Presentation

On the evening of Saturday, December 3, Santa Rosa Cycling Club members will don their best dress-up duds and converge on the grand old Flamingo Resort Hotel for an evening of gourmet dining and congenial socializing. The occasion is our annual Holiday Dinner Party, which, in addition to offering good food and good company, will also include the presentation of our Annual Awards, honoring great deeds done over the course of the past cycling season.

Unlike our minimalist buffet suppers at the funky old Druids Hall (supplemented with homemade pot luck fare and lots of volunteer help), now everything is provided by the hotel, including table (rather than buffet) service. For those who don't want to drive anywhere after an evening of revelry, the hotel is offering rooms at very reasonable rates. There will be a no-host bar and a corkage fee for wine brought to the dinner.

Cost will be \$20 per person. However, even with this admission fee, the club is still underwriting the lion's share of the cost for the evening.

As ever, the entertainment accompanying the dinner will be the presentation of the awards. While the Board decides most of these, it does so only with the help of many members who place names in nomination for the various awards. (For a list of all the traditional award categories, check the October, 2010 [newsletter](#).) As we have noted before, the Board needs as much help as it can get in figuring out the winners. With over 1300 members in the club, riding with different groups, at different speeds, sometimes on weekends and sometimes on weekdays, it's impossible for the small handful of Board members to keep track of what all the members are doing. That's why we ask the members to send us their suggestions. Thus far, many have done so, and we're homing in on some worthy recipients. We also welcome new awards: you can make up one of your own to salute one of your fellow members who has done something special this past year. They don't all have to be for heroic accomplishments either. They can be goofy awards for some slapstick gaffe that happened on a ride. If you can think of the award, we can present it.

That said, we are well aware that last year's presentation dragged on far too long. We are working on that. We are going to begin the presentation earlier in the evening and we are going to streamline the flow. We can't promise that we'll get it exactly right this time, but we aim to try.

Looking for Leaders...

As we approach the end of the year, we have to begin thinking about who will serve on the Executive Board in 2012. Many of the incumbent Board members hope to be returned to office in the new year, but there will be at least one vacancy. And although the incumbents may wish to be returned to office, they must stand for election along with any new candidates.

Election of officers takes place at the January club meeting. According to our bylaws, anyone seeking to run must have their name put in nomination no later than the prior month's meeting. Candidates will be introduced at that meeting.

Holiday Dinner Party

• ANNUAL AWARDS PRESENTATION •

Saturday • December 3

Flamingo Resort Hotel

2777 Fourth Street • Santa Rosa

Reception & no-host bar: 5:30 pm

Dinner: 6:30 pm (table service)

Awards throughout the evening

• MENU •

Hors d'oeuvres

Flamingo Winter Salad

Entrée (choose one on registration form):

Certified angus prime rib with baked potato

Pink salmon with rice

Butternut squash ravioli

(Vegan options on request)

Fresh, seasonal winter vegetables

Sourdough rolls

Dessert:

Pumpkin cheesecake *or*

Black forest cake *or*

Amaretto mousse cake

Coffee and Tea

Wines available from the Flamingo wine list • \$12 corkage

Cost: \$20 per person

Attendance is restricted to members and their partners

Registration for the Holiday Dinner Party is on-line in the

[calendar](#) section of the club website

Payment is by credit card or PayPal.

Registration closes at end of day, Monday, November 27

Optional: in the spirit of the season, the club will be collecting toys (unwrapped) to be donated to needy children.

The club is always looking for new people to become involved in leadership roles, either assisting at our many events and activities or serving on the Board. Being on the Board requires attendance at one Board meeting and one club meeting each month.

Most Board members derive a great deal of satisfaction from being able to take part in the planning and policy-making that guides the club from year to year. This is a big organization with a big budget, and the decisions we make can be significant. We want and need good people to be engaged in that decision-making process. If you think you have what it takes to help lead the club in the months ahead, seek out any current Board member for more information on what is involved. (Board contact info [here](#).)

SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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Member: LAB • CBC • CABO • REBAC • SCTC • SCBC
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- 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, November 9 • 6:30 PM

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

*Featured presentation: Bill Oetinger, with a slide show
and video of the Southern Utah Tour*

Wednesday, December 14

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, November 3 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, December 8

Chalk Hill Litter Pick-up Day

Sunday, November 6, 9:00AM, SanMiguel 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. We've been doing these projects for quite a few years now, and it may be that many of you have come to take them for granted: that someone else will volunteer to do the work. We haven't had full crews for some of our recent work days, so we need to see a few new faces out there. Perhaps, this time, that "someone else" is you.

We do these litter days because it's simply a good thing to do for our community and our environment, but we also do them because we want our neighbors to know that cyclists (especially those in the SRCC) can be a net-positive in this community.

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. You can even turn it into a pleasant bike ride by cycling to the start, then out to your appointed section of road. Leave your bag of collected trash for pick-up by our truck crew, and ride on to the free lunch. Throw in a few extra miles on the way home, and you have the makings of a wonderful autumn bike adventure.

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

Mike McGuire: 542-6687, mmcguire@pacbell.net