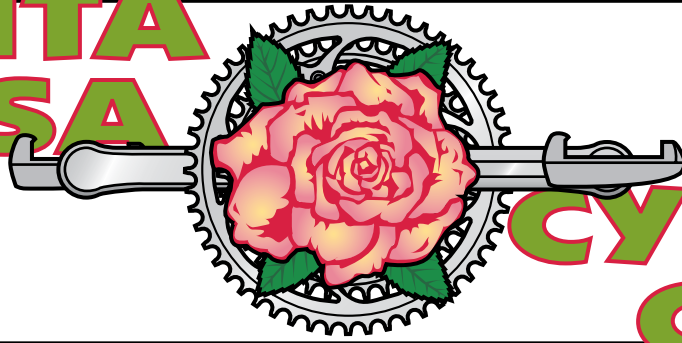


# SANTA ROSA



# CYCLING CLUB

## JANUARY 2012 NEWSLETTER

### Thankyou!Thankyou!

To the SRCC ride leaders of 2011: who thought up the routes and listed the rides; who passed out the route slips and collected the waivers; who kept track of stragglers and called out the rest stops; who made life fun for the rest of us...

Tony Buffa	Greg Durbin
Carole & John Kolnes	Laurie Buettner
Tony Lee	John Olson
Rick Sawyer	Kimberly Hoffman
Sue Bennett	Beth Anderson
Darrin Jenkins	Vin Hoagland
Rose Mello	Eric Peterson
Janice Oakley	Karen Thompson
Doug McKenzie	Alfred Masy
David Abramo	Johann Heinzl
Steve & Barbara Drucker	Buck Hall
Bill Oetinger	John Russell
Ken Cabeen	Gary Grayson
Bill Carroll	Greg Stone
Ken Russeff	Lowell Antze
Donna Norrell	Kim Nelson
Dave Batt	Nabeel Al-Shamma
Sarah Schroer	Greg & Jan Conklin
Christine Logan	Mike & Janice Eunice
Susan Hester	Bill Dunn
Steve & Jessie Kroeck	Marc Moons
Jack Hartnett	Matt Wilson
Martin Clinton	Sunny Mawson
Robert Redmond	Nikola Farats
Craig Gaevart	Howard Hesterberg
Linda & Sid Fluhrer	Anne Graver
Megan Arnold	John Mills
Laura Stansfield	Vicki Duggan
David Fitch	Tom Helm
Gary Helfrich	Luke Scrivanich
Joyce Chang	James Baldwin
Craig Johnson	Liz Sinna
Jon Dick	Gabby McNamara
Jack Strange	Don Cropper
Paul Musson	David Henry
Jerry Fabiano	Vicky McKay
Chris Jones	John Mills

### Holiday dinner and awards presentation

On Saturday, December 3, over 150 club members gathered in the grand ballroom at the Flamingo Hotel for the club's annual holiday dinner and end-of-year awards presentation. This was our second year at the Flamingo. We said last year that this new setting for the party was a one-year-at-a-time experiment. Most people liked it well enough in 2010 to encourage us to do things pretty much the same this year. There are a few who would prefer to return to the funky, downhome ambience of the Druids Hall, but overall, most folks say they prefer this more upscale venue. (A post-event survey prepared by the Board will soon attempt to provide more accurate feedback on this.)

One aspect of last year's event that was not entirely satisfactory was the awards presentation: not that there was any single part of it that was wrong, but just that the whole of it, from start to finish, dragged on too long. So this year, an awards committee worked hard at fine-tuning both the list of awards and their presentations so that the evening would clip along at the pace of a frisky C ride. And it worked! With the help of Timothy Brown as MC, and with a well-prepped cast of presenters, the program stayed on schedule and stayed interesting. When we arrived at the final awards of the evening, we still had a full house—no one sneaking off toward the exits—and many in the crowd even hung around afterward to continue the socializing. It also helped that we published a printed program for the evening...a new feature this year but a simple thing we should have thought to do years ago. It allowed those in attendance to see where we were in the flow of the evening and it also provided a page for listing notable accomplishments of club members in the past year, from California Triple Crown winners to SuperRandonneurs to March Magic miles maestros.

After Tim got things rolling, club President Donn King took the stage to make his Year-in-Review speech, highlighting not only the special events of the year, such as the WCC, but also emphasizing the cooperative, grass-roots nature of the club.

As always, the first awards of the evening go to our Rookies of the Year. For 2011, these went to the very deserving Laura Stansfield and Miguel Sanchez. (Hard to believe those two club ride regulars are so new to SRCC life.) Tim made the Rookies presentation and then turned the podium over to Rick Sawyer, the 2010 Ride Leader of the Year, for presentation of the 2011 awards in that category. This year, there was a five-way tie for having led the most rides, shared by Janice Eunice, David Abramo, Sunny Mawson, Bill Oetinger, and Ken Russeff. Rick stayed on stage to present the Lewis & Clark Award to Alfred Masy and Pat de Lambert. This award honors riders who complete ambitious self-supported cycle-tours during the year, and Alfred and Pat certainly qualify, with tours in New Zealand, Europe and the Sierra.

Bill Oetinger was up next to do two awards. He presented the King and Queen of the Mountains awards to long-time hill meister Marc Moons (who finished first in the CTC Stage race—again—and had impressive top-ten finishes in the semi-pro Grasshopper races), and to new member Diane Zinchini (who introduced herself to the club by being the fastest woman on the last Pine Flat Challenge hill climb). Switching gears from

— Continued on page 7

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for December

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, December 14. 62 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on the club's bank balances, as of November 30.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1357 (combining individual and family memberships), which is up 21 from last month. Timothy Brown acted as host at the New Member Table, with a couple of new members on hand.
- 4. Election:** Per club by-laws, names of candidates for election to the club Executive Board were placed in nomination at the meeting. Current Board member Don Graham is not seeking reelection, but all other incumbent officers are. Member Susan Forsman was nominated to fill the seat left open by Don's departure. Elections will be at the January meeting.
- 5. Budget:** Treasurer Greg Durbin presented the proposed budget for 2012, explaining the various income and expense projections in detail. The members then voted to approve the budget as presented. Greg was roundly thanked for doing a wonderful job on what is a massive and quite important task.
- 8. Holiday Party:** Donn King thanked Greg Durbin, Sharron and Ron Bates, and René Goncalves for their work on setting up the holiday dinner, and he saluted Karen Thompson, Bill Oetinger, and David Abramo for their work on the awards presentation.
- 7. Grants:** Secretary Rick Sawyer announced that the 2011 End-of-Year donation voting is complete and the recipients who received at least 5% of the votes were announced, together with the corresponding dollar amounts (of the overall \$13,000 donation pool) going to each. The amounts were rounded to the nearest \$25 and approved by the members present.
- 8. Jersey:** Don Graham again announced that the Board is soliciting design contributions from the members for a new club jersey.
- 9. Website:** Webmaster Gordon Stewart announced that he has reconfigured the club website to make various features and links more accessible.
- 10. Thanks:** Member Ken Wells, representing the Sonoma County Trails Council, thanked the club for its donation and reminded members of trails work days which occur regularly in Annadel.
- 11. WCC:** Event Chair Doug Simon discussed early prep work for the 2012 Wine Country Century. (See article, page 6.)
- 12. New Year:** Sharron Bates covered prep work for the New Year's Day party at the warehouse. (See ride list for more details.)
- 13. Tours:** Bill Oetinger noted that he is planning a new club tour for August 4-12, 2012: Northwest Oregon. Doug Simon added that he will be running a revised and expanded version of this year's Wild Rivers Tour in July. Bill stated that both tours will be introduced in the February newsletter, with registration details provided.
- 17. Feature presentation:** Members brought Christmas cookies to share and also shared slide shows from bike rides and tours in 2011. Carole Kolnes presented a slide show from the recent Tour de Photo and Bill Oetinger and Craig Gaevert collaborated on a slide show on the August Wild Rivers Tour.

## SRCC RANDONNEURING – A ROOKIE'S PERSPECTIVE

— Rick Sawyer —

It must have been in talking with PBP (Paris-Brest-Paris) veterans or reading the swashbuckling tales of club brevets posted on the SRCC chat list that first caught my attention when it comes to the cycling sub-culture of randonneuring (a structured but otherwise mostly unsupported form of long distance cycling organized in the United States under the auspices of RUSA or Randonneurs USA). Eventually, that interest grew to the point where I volunteered to help staff the finish control for our 2010 SRCC 600-K brevet, which amounted to hanging around at a local hotel, checking in the riders as they reached the finish line. We provided some nourishment, a shower and a place to nap before they headed for home. During those many hours as the riders trickled in, and stuck around to rest and talk, I was fortunate to experience—at least second-hand, in hearing all of the tall tales told—what randonneuring is all about.

In short, randonneuring is about going the distance, and doing so with a spirit of determination, without much outside support, although often in cooperation with one's fellow riders. Of course stamina and mental toughness are required, but speed is definitely not a prerequisite, and the rides are not particularly competitive in that sense. In fact, the entire concept of competition is seemingly applied only in connection with each individual's challenge in conquering the route at hand. "Be prepared" is the motto of the randonneur or randonneuse (our female counterparts). This preparedness applies to the rider's conditioning, mental approach, essential items to be brought along, and mechanical skills.

My interest was piqued, and as a rookie rando in 2011 (this time both a rider and a volunteer), I got to experience, first-hand, how all of this works out on the road. It really is another world, full of new experiences and new people

I encourage club members to try a brevet in 2012 and see for themselves what I mean. Entry-level brevets of 200 K aren't much longer than a century, and the routes followed are usually less challenging, since in randonneuring the focus is more about getting somewhere (and back) in the simplest way. Even if you have no interest in riding the pinnacle event of randonneuring—PBP—brevets can be a good way to bridge the training gap between century distance and perhaps a double century. You don't have to be a RUSA member to participate, or need any special gear, to ride one of the shorter brevets (unless you by chance don't finish the ride in the daylight). There are even shorter events called *populaires* that are generally 100 K in length, for those wanting an easy introduction to the longer events.

The rewards can be numerous. You might just find you're able to ride for distances you never considered possible. That is what nearly all serious randonneurs find about themselves. And in this process of self-discovery, you'll have the company of many incredibly experienced, capable and helpful comrades who are often quite interested in lending their expertise and/or encouragement.

Find any randonneur or randonneuse, and ask them to explain the sport. Then try it. I think you'll be glad you did.

*Our first brevet of the season is listed in the Ride Schedule (page 5). For more information on brevets, visit the SRCC Randonneuring [webpage](#), or contact our Regional Brevet Administrator, Robert Redmond ([redmond.bob@gmail.com](mailto:redmond.bob@gmail.com)) to volunteer.*

## 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 launching off into the new year, we have to hark back into the old one to remember the rides from the recent past. We have to venture all the way back to the weekend before Thanksgiving: November 19-20. There was one ride on Saturday and two on Sunday, and if you chose to do the one on Saturday, you lucked out. It was nice that day but rainy on Sunday, and both the rides on the latter day were wash-outs...Ken Russeff's A ride and the hilly BC ride planned jointly by Janice Thomas, Liz Sinna, and Vicky McKay. Rain-outs aren't the only bad luck to be visited upon these folks lately. Ken Russeff crashed the week before his ride, fracturing a couple of ribs, dislocating a shoulder, and doing himself all sorts of uncomfortable damage. And Liz Sinna also went down, breaking a collarbone. Get well, folks! And we want to add to this list Susan Noble who is now almost recovered from a crash at about this same time.

James Baldwin had better luck with his first-ever ride listing on the Saturday. He did something we often recommend for first-time ride leaders: he didn't think outside the box. When the leader is new—an unknown element—it's wise to choose a route that is not new. (Think of listing a ride as a form of marketing: if you, the leader, are not yet a brand name, at least choose a route that is, so the public will have some confidence in the product being offered to them.) James selected a very well-known and popular route: the annual end-of-summer picnic ride out of Ragle. James sent in this note about it: "The ride started in cold temperatures and broken cloud cover. Not much of a surprise for November in Sonoma County. The surprise was Sue, who was visiting from Australia and participated in the ride. In addition to Sue, we had about 25 riders. We had one mechanical on Thomas and a flat in Freestone. The C riders were ready to roll out as the B group arrived in Tomales for a break. As the B group rolled out, the holes in the clouds were slowly filling in, and the ride ended under heavy clouds." Those would be the clouds that dumped their moisture on the Sunday rides...but at least the Saturday gang got in some nice winter miles.

Thanksgiving weekend offered three more rides, beginning with Rick Sawyer's BC century out of Howarth Park on Saturday. Rick reports: "From under a chilly blanket of morning fog, 16 of us rolled out of Howarth Park to complete a late-season century looping down through the Valley of the Moon and returning via Napa Valley, Knights Valley and Chalk Hill. It wasn't long before the sunshine got the upper hand, and it turned into a beautiful day. The idea was to try to keep the group together, making this a moderate and social paceline ride, and it worked famously. The mild, windless conditions were only slightly marred by a locust-plague of five flats. It was one of the rare times we turned in a true 'club ride,' where, with the two scheduled rest stops and a couple of regroup, we managed to have the full group stay mostly together the entire day. Pleasant cooperation ruled, as the faster people moderated their speeds and the slower of us hustled as hard as we could to keep up. The fall colors, a very nice day on the bikes, topped off by pizza and beer at Mary's. What could be better?"

Sue Bennett had a slightly less ambitious ride on this same morn-

ing: an AB run from Santa Rosa out to Twin Hills Apple Ranch in the foothills above Sebastopol. She sent in this note about the day: "Despite the heavy fog and cool temps, 30 people came out for a post-Black Friday ride, staying as far from the malls as possible. With headlights and tail lights blinking, the group headed out. Before we got to Roblar, there were two flats, due in part to the wet roads. About halfway down Roblar there was a distinct line between fog-soaked roads and bone dry. Things were better after that, with the sun poking its head out. Everyone seemed to enjoy the stop at Twin Hills Apple Farm. Several riders commented, 'Wow, I didn't even know this place was here! I am going to have to bring my wife/husband/family here.' Another Sebastopol treasure discovered."

On Sunday, Gabby McNamara listed a 68-mile BC ride starting way over in Napa and going even further afield, out into Wooden Valley. We wondered if anyone would show up for such a distant, obscure ride, but they did. Gabby reports that seven riders showed up to keep her company on this challenging ride, which included out-&-backs on Twin Sisters and Soda Canyon, as well as the hilly Monticello summit (once in each direction). If you're not familiar with those roads, you should be! They're wonderful bike roads, but tough. As Gabby said, "The ride kicked our butts."

That'll do it for November. First up in December was Bill Carroll's BC ride on Saturday, December 3. Bill checks in: "We had a good ride. The weather was unbelievably mild for early December; most of us were in arm warmers and shorts. There were about 30 riders at the start. Before the ride, I asked everyone to stay together along the Santa Rosa creek trail, then gave my blessing for faster riders to go off the front if they chose. We stayed together until there was a split at the Highway 116 light. I waited for some slower riders at the top of Green Valley. Microclimates impressed on this day. As we made the right-hander at Harrison Grade to stay on Green Valley, the temperature dropped at least 10 degrees and stayed cold along the rest of the route until Guerneville. We had a leisurely regroup there. I requested we stay together on the run east on River Road, and we had a quick but very civil paceline with just about the entire group. The little climb onto Westside separated us again, and we made our way back to Santa Rosa in small groups. It was a great day, a nice short ride in anticipation of the club holiday party that night. There has been a lot of discussion lately about faster riders blowing up rides, but I have to say that all the riders (which included everyone from slow B's to solid D's) complied with my instructions. It was a very cooperative group."

On the same pleasant day, Jack Hartnett had an AB ride out of Howarth, heading out toward Forestville. Jack reports: "We had 35 smiling cycling friends show up for my Kozlowski Farms ride. You could not ask for a more beautiful morning in Sonoma County...chilly but zero fog. Temps in the 40's at the start but warming up quickly. A few rollers but no serious climbs. The Kozlowski munchies were enjoyed by all...coffee and pies, cookies, etc. No crashes but a few flats. Everyone seemed to enjoy the route out to Forestville and back. Will be looking forward to leading rides in 2012...*wow!*...where did 2011 go?"

On Sunday, December 10, Carole and John Kolnes held their 4th annual Chocolate Ride, an AB, 41-mile ride from Esposti Park to Geyserville and back, including a gift of either free chocolate or coffee for all, compliments of the ride leaders. (Don't you love the extra little touches that some ride leaders throw in? Isn't this a

— 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](http://www.srcc.com)...go to Calendar of Rides

## SUNDAY • JANUARY 1

### NEW YEAR'S DAY RIDES

2/A/22 • 3/B/52 • 3/C/59  
10:00 AM • Schaefer School

Our traditional kick-off for the new year. If the weather is good, expect to see at least 100 riders at the start. If we're rained out on Sunday but it's better on Monday, we will reboot for the second day. All rides stop by the SRCC warehouse/club house (4023 Coffey Lane) for lunch and socializing. Either ride to the start or park cars at nearby Schaefer School. This ride is members-only and requires an [RSVP](#). See article in December [newsletter](#) for more information.

- A: Barbara Drucker—538-5256  
BDrucker@sonic.net
- B: Timothy Brown—542-5150  
me@timothybrown.net
- C: Bill Oetinger—823-9807  
srccride@sonic.net

## SATURDAY • JANUARY 7

### Doc Holliday Ride

3-5/B-C/40-50  
9:00 AM • Doc Holliday Saloon  
(138 Calistoga Road, SR)

A nice winter ride with a twist. Starts and—more importantly—ends at a nice new bar and restaurant where the proprietor (a club member) will be offering discounts to riders on food and drink. Ride explores the Valley of the Moon, including out-&-backs on Adobe Canyon and Los Alamos (optional), plus such nice roads as Dunbar, Sonoma Mtn, Enterprise, Warm Springs, Lawndale, and the Sonoma Valley Regional Park bike trail.

- C: Don Graham—538-3664  
ccmtg@sbcglobal.net
- B: Rob Conners—829-8809  
robconners@sbcglobal.net

### Bike Yoga

2/AB/40 • 3/BC/50  
10:00 AM • Lomas School House  
(2124 Lomas Avenue, SR)

Start the New Year improving flexibility and balance by joining us for yoga after the ride. The class will be led by instructor Helen McGee, costs \$10 and lasts an hour (3-4 PM). You will feel great! The ride heads west on the SR Creek Trail, then picks up the West Country trail in Sebastopol. BC riders will detour up the Graton hill, down Harrison Grade, and rejoin the short route at the trailhead off Green Valley Road. After that, it's the little

lanes along the river and behind the airport and then back into Santa Rosa.

- AB: Ramona Turner—479-7539  
raturner@sonic.net
- Jack Hartnett—694-0922  
cyclingjack@yahoo.com
- BC: Janice Thomas—568-7062  
jmt.bike@gmail.com

## SUNDAY • JANUARY 8

### Winter Endurance Trainer

3/C/103  
8:30 AM • Healdsburg City Hall

This follows mostly the same route as the 200-K scheduled for the end of the month, but breaks it off short for a rest stop in Yountville, then comes north on Yount Mill, Hwy 29, and Rutherford Cross to rejoin the 200-K route on its return to Healdsburg. D-riders welcome.

- John Olson—490-6252  
johnrolson@yahoo.com
- Greg Cockcroft—497-2865  
Gcockcroft@yahoo.com

### SRCC Welcome Wagon Ride

1/A/10-15  
10:00 AM • Joe Rodota Trailhead  
(off Sebastopol Rd, SR)

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

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

## SATURDAY • JANUARY 14

### Cavedale-Trinity

5/BC/50  
9:00 AM • Howarth Park

Another run out into the Valley of the Moon, but this time with the big climb and descent of Cavedale and Trinity as the marquee attraction. Aside from the big Cavedale climb, a relatively moderate ride.

- Chris & Timothy Brown—542-5150  
me@timothybrown.net

### Matt Wilson Memorial

Buster's BBQ Run  
4/C/90 • 9000'  
8:45 AM • Maria Carillo HS

Garth: "This is a slight variation on the ride I created to introduce Matt to Buster's BBQ in Calistoga (one of his favorites!). Bring dol-

lars for a late lunch—early dinner. Absolutely no drop (D's are encouraged to co-lead up ahead of us – we'll segregate at the start). There will be three stops prior to Buster's, but we will need to keep them brief so that we may get all the ride in before dark and have ample time for Buster's."

Garth Powell—523-1284  
garth@furmansound.com

### I'm Gonna 'B'

2/AB/35

9:30 AM • Healdsburg City Hall

North into Dry Creek Valley by way of Chiquita and Lytton Springs. Up and over Dutcher Creek, under 101, and south along Asti and Geyserville Roads. Then Hwy 128 and Red Winery to Jimtown. Alexander Valley, Lytton Station, Lytton Springs and another shot at Chiquita wrap things up.

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

## SUNDAY • JANUARY 15

### Hills and Valleys

3/D/47

9:00 AM • Piner HS

A fast, counter-clockwise loop up to Windsor, then west along the river and into the hills—Green Valley, Harrison Grade—before the sweet descent on Graton Road and a run back into town on the valley roads.

Scott Duncan—433-1100  
scott@modelhomesource.com

## SATURDAY • JANUARY 21

### Valley of the Moon

4/A-B/36

9:00 AM • Howarth Park

Yet another Valley of the Moon ride. This one does Lawndale and Schultz, then Warm Springs, Henno and Dunbar. The trail through Sonoma Valley Park, a regroup in Glen Ellen, and finally the full run over Sonoma Mountain to Bennett Valley.

Dave (B) & Irene (A)—546-5301  
irenebatt@hotmail.com

## SUNDAY • JANUARY 22

### A Ride with Mike

2/A/28

10 AM • Geyserville Park-&-Ride

North up Alexander Valley to Cloverdale. After a regroup, south over Dutcher Creek into Dry Creek Valley. West Dry Creek and Lambert Bridge to another regroup at the deli, then over Lytton Springs and back north along the valley to Geyserville Mud.

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

### Trinity-Spring Mtn

5/BC/53

9:00 AM • Howarth Park

Follows the early miles of the TT course: Bennett Valley, Warm Springs, Arnold, Dunbar, Trinity, Oakville Grade, Silverado Trail. Then the ride bends back to SR over the fearsome Spring Mountain climb, down St Helena, up and down Calistoga Road and into town.

Megan Arnold—322-4847  
em2ay@hotmail.com

## SATURDAY • JANUARY 28

### SRCC-RUSA 200-K Brevet Healdsburg

A relatively flat route with rollers along Hwy 128 and Silverado Trail into Napa. The only real climb (in a Sonoma County sense) is the Sonoma-Napa county line. An unbalanced out-&-back with 70 miles to the Napa control and 50 miles to the finish. A full lunch will be provided at the Napa turn-around. You must register for this ride. \$20 entry fee. For more information, visit the [brevet page](#) at the club website.

### Fixie Ride

3/B/55

9:00 AM • Esposti Park

Easy pace into Windsor for a break at Cafe Noto, then jump on the pedals...south on Starr, Mark West Station, around to the north on Wohler, Westside, West Dry Creek. Over the ridge on Canyon and south down Alexander Valley all the way to Chalk Hill. Home via Faught and Shiloh. Fixies encouraged but multi-gear bikes welcome.

Bob Stiles—579-2720  
bintp@comcast.net

## SUNDAY • JANUARY 29

### Lunch in Sonoma

2-3/AB/45

9:00 AM • Howarth Park

Through the parks and Oakmont and the usual route along Lawndale and Warm Springs, then down Arnold and into Sonoma. John works at Wine Country Cyclery, just off the Plaza in Sonoma, and he has arranged to have the shop cranking up a BBQ for the riders: nothing too fancy, but dogs and trimmings, coffee, etc. Then return through Kenwood, Oakmont, etc.

John Mills—477-7271  
mills4pet@juno.com

## REGULAR RIDES

### Sunday Winter Training Rides

C/40-50 • 8:30 AM • Bad Ass Coffee

*Training rides with hard efforts*

John Olson—490-6252

Ray Rodriguez—322-6367

### Mix-it-up Mondays

All 10:00 AM • Decide-&-Ride

*Jan 9 & 23: Windsor Bike Shop, C pace, road*

*Jan 16 & 30: Howarth Park, mountain biking*

John Olson—490-6252

Laura Stansfield—415-613-3302

### 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*

*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 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

*Second Friday: Howarth Park, Santa Rosa*

B: Doug Newberg—579-0925

*Third Friday: Ragle Park, Sebastopol*

B: Christine Logan—577-1422

David Henry—338-9125

*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

### Looking for leaders for FF & WW rides.

### Friday Mountain Bike Rides

CD • 10:00 AM • Howarth Park

*Single-speed or geared mtb bikes*

*2-3 hours • Decide-&-Ride*

John Olson—490-6252

Roger Simmons—695-847

great bunch?) Carole sent in this little poetic summary of the day...

A crisp December morning, with 48 riders or more  
 All bundled up for the Hot Chocolate Tour  
 Each chilly cyclist was given a treat:  
 A bag full of chocolates for them to eat  
 Similar to Santa and his speedy red sled,  
 They flew from the park, all rushing ahead  
 Flying over hills and valleys so green,  
 Looking forward to chocolate and that hot coffee bean!  
 Smiles and laughter told the story quite well  
 They made it back safely and nobody fell!  
 The day ended nicely, with riders content  
 Let's do it again next year: the 5th annual event!

Also on that weekend was an A ride hosted by Mike and Janice Eunice. I asked Janice about it and got this reply: "Mike and I had a great Welcome Wagon with 12 riders. All were SRCC members. On this sunless, cold morning, we rode the Santa Rosa Creek Trail to Willowside, Hall, Fulton, and returned to Santa Rosa on the Joe Rodota Trail. All of us went to Holy Roast for some warm coffee, hot chocolate and a great social time. It is really great to have Michael riding again and taking the sweep position. It was nice to talk with Karen Thompson, who bought my coffee. These small gestures of kindness by the riders are very heart-warming. Mike and I really enjoy leading these rides...thank you."

Laura Stansfield had the only faster, longer ride on the weekend, but she found herself with a scheduling conflict and made an appeal on the chat list for someone to stand in for her. But somehow, she thinks she sent the wrong message and that folks understood her to say the ride was cancelled. She still showed up to hand out maps, but there was almost no one at the start in Cotati, so the ride kind of fizzled out. In contrast to that non-starter, Rick Sawyer used the chat list to pump up a ride for Saturday morning, and in the end, around ten people showed up for it...a 75-miler from Ragle out to Jenner and then down the coast to Tomales. I was one of the riders who showed up, and I can tell you it was nippy at the start: 30°. But by mid-ride, out on the coast, it was comfortably balmy (for December). All in all, a very nice day.

That brings us up to the last weekend we can cover this month: the weekend before Christmas. First up on December 17 was a BC ride of about 100-K listed by Donna Norrell. Unfortunately, two days before the ride, Donna was in a bad auto accident (rear-ended on Hwy 101). We're happy to report she's not badly injured, but she was feeling a bit beat up at ride time and so I filled in for her.

A good crowd of 25 turned out for the ride. A quick survey of the assembled gang at the Ragle Park start showed this to be pretty much a who's who of the club's fastest riders. In theory at least, they were almost all capable of riding much faster than the listed BC tempo. But no, they all said: it's mid-winter and we all plan to ride at a mellow pace and stay together. In practice, their mellow pace was still well above the BC target, although they did regroup often and were almost all still together near the end of the ride. Off the back, a small group of true BC riders did their own ride and had just as good a time as the riders up front. And in fact, the gap between the two groups was not enormous: the BC group pulled into the Helen Putnam Park rest stop on Chileno Valley just as the CD group was departing. Regardless of the pace of either group, it was a lovely day for a bike ride, with bright sun, mild temps (for the week before Christmas) and not a breath of wind all day. Most agreed that it was a fairly challenging ride for the season. Many climbs, large and small—Bloomfield, Ghericke, Hwy 1, Marshall Wall, Wilson Hill, Spring Hill, etc—added up to well over 5000' of gain.

Yikes...running out of column! Just barely enough room to note that David and Sunny had 22 for their A ride out of Esposti Park on Saturday, including Mike McGuire on his fancy new recumbent, and that Dave Batt had 15 mostly C and D riders for his B ride up Cavedale on Sunday (sound familiar?)

## WCC 2012: prep and planning

Most 2011 committee chairs have confirmed for 2012. Chairs and volunteer opportunities to be listed in the February newsletter.

Rider limit to remain at 2500, entry fee increased from \$60 to \$65 per rider. Increase due to inflation and potential additional expenses to improve event.

2012 WCC Worker's Ride: we are considering changing the normal date because of potential conflict with Santa Rosa Tour of California activities.

### Goals for the 2012 Wine Country Century:

1. More volunteers involved to lighten the load for the heavy lifters.
2. Enhance the event where reasonably possible.

### Minor changes being considered:

- More volunteer shifts and committees to spread the load.
- More food choices at finish
- Beer available at finish
- Medics at rest-stops
- Rider numbers
- "STAFF" work aprons
- Ship pre-ordered apparel prior to event
- More souvenir options for participants to purchase: socks, arm warmers, water bottles, messenger bags, etc.

### Two important preliminary items:

- Bill Oetinger has produced new designs for the event t-shirt and jersey. (Check-out the artwork on the [website](#).)
- John Miklaucic has completed our reservations for the Wells Fargo Center, and has rest stop reservations almost complete.

We had our first planning meeting on Nov. 20. Good attendance: 20+, most committee chairs and a lot of Board members.

### Next WCC planning meeting:

Monday, January 16.  
 Round Table Pizza, Occidental Road, SR  
 5:30 to eat (club will buy pizza, salad, and drinks); meeting time: 6:00—8:00

Open to all SRCC members who have an interest in getting involved in the planning of the WCC.

I look forward to working with you all to present this great event we call the Wine Country Century. Please contact me if you have suggestions or questions.

**Doug Simon, 2012 WCC Chair**  
**707 547-7403 cell**  
**desimon@sbcglobal.net**

## • Club Insurance •

The beginning of the year is always a good time to provide folks with a brief summary of the club insurance program. The club has insurance primarily to protect our members from legal actions and as a side benefit, we are also provided with some secondary medical insurance in the event one of us crashes during a club ride. With that, here's a brief, basic FAQ on insurance.

### • What rides are covered?

Any ride that is listed in the club calendar (web or print) is considered a "club ride" and falls under club insurance. This does not include "special events," such as the brevets, WCC, or the TT, for which a different level of insurance applies.

### • When am I covered on a club ride?

As long as you are a member in good standing (which means you paid dues and acknowledged the waiver) you are covered on the club ride. If you are not a member but have signed a release and waiver form for your first ride, you are covered, but only this one time. Riders who are not club members but habitually join club rides beyond one ride are not covered. It may be obvious, but you are also required to wear a helmet.

### • When am I not covered?

Beyond the obvious non-members, you are not covered riding to or from the ride, only during the ride itself. If you divert from a posted or otherwise agreed-upon ride route, e.g. to short cut or go home a different route, you are not covered. Rides informally posted on the chat lists are not covered. Folks joining a ride without signing a waiver are not covered.

### • What if I crash?

If you crash and suffer injuries, you should file an Incident Report Form—soon to be available at the web site—and contact me. I can provide you with the form until we post it at the club web site. Please fill it out as completely as you can. If you are unable to complete the form, the ride leader should fill it out and sign it. In any case, you or someone who was with you should follow up with this as soon as possible. In all cases, please be sure to copy me with the Incident Report.

### • What does the insurance cover?

The insurance is primarily a secondary insurance, rather like AFLAC. It has a \$500 deductible but that can be met if you also have deductibles on your medical insurance that you pay. Costs you incur that are medically required and not covered by your insurance may be eligible for reimbursement under the club's insurance. I'm still communicating with the insurer to sort out some details of this coverage, but one thing is certain: if you or I don't file the incident report, we will never know what might be covered. I'll have more details in the near future.

— Craig Gaevart, SRCC insurance coordinator

## *Dinner & Awards...continued from page 1*

climbing chops to politics, Bill presented the Leader of the Pack awards—in honor of hard work in the field of cycling advocacy—to Sherry Adams and Joe Morgan, both of whom labor long and hard in the trenches and back alleys of county government, lobbying for better bike infrastructure.

Garth Powell took the stage next for two more awards. First was our First Responder award, which salutes someone who has demonstrated a cool head and good skills in dealing with a medical emergency on a club ride. This year's honoree was a simple choice: Henry Stroud. Garth then announced that our Most Inspirational award has been renamed the Matt Wilson Spirit Award in honor of our recently departed friend. A special certificate honoring Matt will be presented later to his sister Rachelle. Garth presented another certificate to this year's most inspirational rider, David Abramo.

Bill Ellis was called to the stage to present two awards, beginning with the Iron Chef award, a whimsical salute to Ginger Kuhn for her gourmet meals prepared for the SRCC brevet events. Bill then had the happy but rather emotional task of presenting his wife Evelyn with the Golden Shoe award, given to "the most supportive spouse" (someone who has gone the extra mile to help their partner through the toughest challenges). No one knows better than Bill how deserving his wife is of this honor, in this year, but most in the audience had some inkling of it. There was a standing ovation for this one, and very few dry eyes in the house.

That was a tough act to follow, but Mike McGuire was up to the challenge, bringing some witty banter to the job of presenting the awards for Most Improved riders of 2011. The awards committee couldn't narrow this one down to just one or two candidates, as there were so many club members this year who made such great strides forward in their cycling endeavors. In the end Mike had the pleasure of presenting four Most Improved awards to Sarah Schroer, Timothy Brown, Don Graham, and Rick Sawyer. Mike then presented Sunny Mawson with the Good Shepherd award (for most supportive ride leader). She can mount this award (for quality of ride leads) next to her Ride Leader award (for quantity of ride leads).

Mike wasn't done yet. He next presented the all-important Wendy Page Memorial Volunteer of the Year awards. Winners this year were Ramona Turner and club Treasurer Greg Durbin, with Honorable Mentions going to long-time volunteer heroes Sharron Bates, Kimberly Hoffman, and Doug Simon.

Finally, Robert Redmond took the podium to present the Gearhead award and the awards for Male and Female Riders of the Year. The Gearhead went to Mike Aberg, almost as a form of lifetime achievement award. This past fall, Mike was inducted into the California Triple Crown Hall of Fame—the third club member so honored—for having now completed 51 CTC double centuries in his career. Mike has also done Furnace Creek 508, any number of brevets, and has been an inspiring mentor for many other riders.

Robert presented Karl Kuhn with the Rider of the Year award for an impressive season of big, fast rides—centuries, doubles, and brevets—highlighted by his successful completion of the 1200-K Paris-Brest-Paris in August. Megan Arnold took home the female Rider of the Year award primarily for finishing first in the CTC Stage Race (in her first full season on the doubles circuit). Robert also made note of her fine performances in other big rides, including a class win in a mountain bike endurance event.

Finally, Gordon Stewart wrapped things up with a clever brain-teaser of a contest, asking members to solve a geography puzzle buried within a mysteriously incomplete route slip. Cynthia Spigarelli knew (or guessed) the right answer (*Bloomfield!*). After that, members stayed to chat for quite some time, seemingly reluctant to call it a night after such a pleasant evening.

Thanks to all who took part in the proceedings: event organizers, awards committee, presenters, honorees, and all in attendance.

# SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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- President: Donn King.....490-9115
- Vice-President: Doug Simon .....577-0113
- Secretary: Rick Sawyer .....933-0760
- Treasurer: Greg Durbin .....528-4450
- Officers at Large
- Karen Thompson .....479-1864
- Mike McGuire .....542-6687
- David Abramo ..... 650-533-2330
- Gordon Stewart .....823-0941
- Don Graham .....538-3664
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart .....823-0941
- 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, January 11 • 6:30 PM

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

**Featured presentation:**  
*annual Board elections and a few more end-of-year awards*

Wednesday, February 8

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, January 5 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, February 2

## Commute Miles Log: one last chance

Last month, we urged members to update their Century Challenge logs at the club website before the end of the year (and we do so again now). We also want to remind members who use their bikes for commuting that we have a log for recording and honoring those trips, driven by the goal of keeping cars off the road and promoting the healthful practice of riding to work and to errands and even to the starts of club rides (healthful for the riders and for the planet as well).

Along with our March Magic and April Alpina monthly logs, the [Century Challenge](#) and [Commute Miles](#) logs are year-long activities the club offers: sites where members can join a community of their friends in an interactive celebration of cycling. In each case, the goal is not only to toot your own horn about your good cycling achievements, but also to inspire others to follow your lead; to say, “If they can do it, maybe I can do it too.”

Don't be shy about opening an account at either of these sites. Signing up is easy and free and takes about five minutes, if that. You don't have to post monster numbers to participate. We can't all cycle-commute every day or knock off centuries every month, but anything done in these arenas is a positive. Even one century or a few commutes are worthy of note. And if cycle-commuting isn't its own reward, there is also the possibility of prizes: anyone entered in the Commute log is eligible to win bike swag in a drawing at the January club meeting.