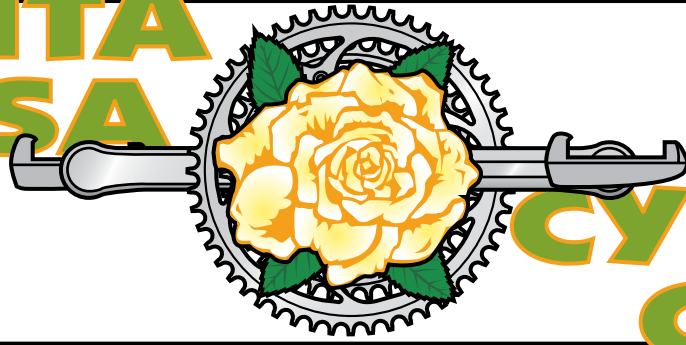


# SANTA ROSA



# CYCLING CLUB

## MARCH 2012 NEWSLETTER

### Another record for Wine Country reg

The club's premier event, the Wine Country Century—scheduled for Saturday, May 5—has had a field limit of 2500 riders for several years now. Not that long ago, we didn't hit the limit until late April. Two years ago, we were astonished when the event sold out in four days (after registration opened on February 1). Last year, we were even more amazed when the last entry was gone in less than 40 hours. This year? Would you believe 14 hours?

So...wow! 14 hours. But then again, perhaps it's time to stop being amazed at the ever-increasing popularity of the Wine Country Century. A quick bike ride around any part of the course is all we need to remind ourselves that we are blessed with a spectacular landscape here and a great set of roads traversing it. (It's a "Goldilocks" of courses: not too hard, not too easy, but *juuuust* right!) The weather in the first week of May is—usually—about as good as it gets in this part of the world. Between the scenery, the bike-friendly roads, and the lovely spring weather, we already have a winning formula. But there are other organized rides on the local scene—some of them coming very close to poaching on our traditional first-Saturday-in-May date—and they don't sell out in a day. What makes our ride so special? The secret ingredient that sets the WCC apart from all the other big rides is the support: the wonderful, energetic, cheerful energy and organization of hundreds of SRCC volunteers.

Every year, after the event, we read the ecstatic thank you letters from our guests. Yes, they will probably mention the scenery and the sunshine, but the one thing they all are sure to rave about is the support...the support provided by our SRCC members.

This is our cue to remind you that such great support does not happen all by itself or because of the planning and efforts of a handful of committee chairs. It's because of all the rest of you, from rest stop workers to course marshals to sag drivers to warehouse washers to food wranglers to course markers. We need many, many members to get on board for this, the biggest event of the year for this club.

Check out the roster of committee chairs on the back page of this newsletter, or go to the on-line volunteer sign-up [page](#) at the club website. Find a job that looks like it will be fun for you and make it happen. If you're new to this and need some guidance, talk to Kimberly Hoffman, our volunteer coordinator. She will be able to point you in the right direction, so that you end up being

### Changes for WCC Workers' Ride and Party

In recent years, we have had the Wine Country Century Workers' Ride and Party on the Saturday following the actual WCC...one week later. This year, that Saturday—May 12—will be one day ahead of Stage 1 of the Amgen Tour of California, starting and finishing in Santa Rosa. There will be an enormous amount of cycling-related hoopla and activity in and around Santa Rosa the day before the race begins, and it doesn't make sense to try and run our workers' events on that day, when so many of our members will want to be a part of the festivities in downtown Santa Rosa.

So we're returning to an old club tradition from many years ago for this one year only: we are going to stage the WCC Workers' Ride and Picnic on Sunday, May 6, the day after the WCC. What's more, instead of having the after-ride party at the club warehouse, as we have done in recent years, we're going to have it at the same venue as the WCC: the Wells Fargo Center, under the big tent. The WCC Organizing Committee has studied the options thoroughly and has determined that this is the best way to handle it this year. Much of the set-up for the century, including rented tables and chairs and our own equipment, can remain in place overnight, greatly reducing the work for our crews. (Speaking of which, we need volunteers to staff the Workers' Ride and Party. Working on the Sunday event entitles those volunteers to ride the official century on Saturday.)

In all significant respects, it will be the same fun day it has always been, with the same great rides and the same entertaining party, with Matt Parks and his catering crew handling the food.

We will keep you up-to-date on the specifics of how this will work out in the months ahead. You will be expected to register for the Workers' Ride and Party. When we have that registration page set up, probably around mid-April, we will let you know.

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part of this amazingly successful and popular event. Being a part of our winning team should be incentive enough, but if it's not, remember that volunteers also earn a nice, free event t-shirt and access to the Workers' Ride and Party (see above).

Finally: while we marvel at the speed at which the event sold out, let's also marvel at the hard work and creative problem solving of WCC Registrar Gordon Stewart, who sorted out some very tricky registration and billing bugs that showed up in our final testing of the system. Without his expertise, we'd have had a serious meltdown on our hands.

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for February

**1. Call to Order:** President Donn King was out of town, so VP Doug Simon called the general meeting to order at the Round Table on Occidental Road on Wednesday, February 8. 110 members and friends were present.

**2. Treasurer's Report:** Treasurer Greg Durbin reported on the club's bank balances, as of January 31. Greg reported to the Board that he has been in negotiations with PayPal concerning overcharges to our account dating back to 2009, and that we will be receiving a credit for approximately \$3000 to set this right.

**3. Membership:** Registrar Gordon Stewart reported membership of 1482 (combining individual and family memberships) for a net gain of 104. Timothy Brown acted as host at the New Member Table, with several new members on hand.

**4. Election:** Three names were put in nomination for the vacant seat on the Executive Board. Rochelle Bowman and Bob Redmond each introduced themselves. Holly Johnson was not in attendance, but Rick Sawyer spoke for her. Board member Mike McGuire asked if there were any further nominations, but there were not. The special election for that seat will be held at the March meeting.

**5. Swag:** Member Liz Sinna made a presentation to the Board regarding assorted "swag" merchandise that might be made available to the members (or non-members), including license plate holders and water bottles. Liz also suggested a program wherein members earn credits for attending rides or carpooling to rides, etc. The Board thanked her for the presentation and agreed to consider the proposals at a future date.

**6. Rides:** Ride Director Bill Oetinger and Webmaster Gordon Stewart briefly outlined a new on-line club ride submission form they are developing. It is being tested this month and should be ready for public roll-out next month. (See article, this page.) Bill circulated the calendar for March rides.

**7. Jersey:** Rick Sawyer updated the members on the voting for a new club jersey design. (See article on page 7.)

**8. Thanks:** Sharron Bates, Doug Simon, and Ramona Turner shared letters they had received thanking the club for charitable grants disbursed over the last couple of months.

**9. WCC:** Event Chair Doug Simon discussed early prep work for the 2012 Wine Country Century. (See articles on page 1 and roster of Committee Chairs on page 8.)

**10. TT tees:** Bill Oetinger distributed surplus I Did It! tees from the 2009-2011 TT's to any qualifying members in attendance.

**11. Tours:** Doug introduced Tim Brown, who has taken over leadership of the Wild Rivers Tour. Doug will advise and assist with logistics ahead of the tour.

**12. Trail:** Doug Simon notified the membership of the pending request for a financial pledge to help fund a feasibility study for a bike trail from Sebastopol to Petaluma. There will be a presentation and vote on this at the March meeting. (See article, page 7.)

**13. Feature presentation:** Member Alfred Masy presented a slide show on his many cycle-touring adventures, which have so far taken him to no less than 73 countries. He included a useful primer on how to get into self-supported touring.

## Randonneuring: another side of cycling

— Mike McGuire —

Quadrennial events include the Olympics, presidential elections and visits from Uncle Howard and his family from Nebraska. They also include Paris-Brest-Paris, commonly known as PBP. Like all things that have such a long hiatus, after they have taken place, they drop off the screen for many people.

When it is a PBP year, *randonneurs* and *randonneuses* (French male and female terms for people who like to ride long, self-supported events over many hours and days) flock to rides all over the country to qualify for *Le Grande Dame* in France. Generally, the following years see a lull in participation for a year or two and then interest begins to ramp up for the next big gathering.

But this year, the first off-year after PBP (last held August, 2011), our SRCC Napa 200-Kbrevet attracted 145 entrants. That's over 50 riders more than we had for last year's PBP qualifier! The weather, course, lunch stop *contrôle*, volunteer help and enthusiasm make our ride one of the best. Ending at a local brew-pub adds to the festivity of this brevet. The word is out on the *randonnée* circuit: this is a ride worth doing.

These rides are called *brevets* (basically French for "certificate," one of which is issued for successful completion of the given distance within a specific time frame.) As the brevet season moves on, the distances increase, but the pace for completing each distance remains the same. Riders must finish each course at a rate of only 9.5 miles per hour, but the clock is always running. Fix a flat, have lunch, rest on the side of the road, get lost (accrue "bonus miles")...none of these stops the clock. A reasonable pace is needed to protect against problems that might cause long delays. Brevets range in distance from 200-K to 1200-K. But those longer rides are a topic for another article.

This style of ride is unique in that, if you ride too fast, you may get to a *contrôle* too soon and have to wait until it officially opens! (This doesn't happen too often.) At the other end, if you squeak in just before the closing time, you get the same credit as those who might have finished hours earlier. The last official finisher earns the affectionate designation "*Le Lantern Rouge*."

Our plan is to include information, history and next steps into the world of randonneuring in future newsletters. With Bob Redmond as our Regional Brevet Administrator (RBA) and several other club members as enthusiastic participants, we'll discuss training, other regional events, equipment, *populaires* and *permanents*. It's all fun (in its own special way).

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### On-line ride submission form for club rides coming soon

Beginning in April, we will roll out a new ride submission form at the club website. All riders will be asked to submit their rides via the form, filling out all required fields (phone, e-mail, name, time, place, route, etc). This should ensure a consistent, accurate transfer of information from ride leaders to newsletter editor and webmaster (as opposed to the haphazard methods now in place).

Leaders submitting original routes—not ones pulled from the club archives—will be encouraged to submit their routes as Ride With GPS docs. We highly recommend that you familiarize yourself with this [mapping app](#) so that you can make use of it when planning future rides. More on this in April.

## 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.*

Last month we were living in the dream world of endless sunshine, right through the dead of winter. One month later, something approaching a more conventional reality has settled in, with our usual Northern California mix of winter sun and occasional rain fronts passing through. It has rained hard once or twice, probably washing out some of our weekday rides. The weekend rides have almost dodged the bullet, but not quite.

Dave and Irene Batt had a moderate ride down around the Valley of the Moon on January 21. It rained enough on Friday to discourage Irene from leading the A ride, but Dave stuck it out and showed up for the B ride on Saturday morning. He sent in this report: "AccuWeather had it pretty accurate, with the rain letting up just before the ride start. Nine riders showed up, with Sue Bennett taking over the A ride leadership. The trail in Sonoma Valley Park was perfect, with dappled sunlight on the spanish moss-covered pavement. Everyone stayed together. A light sprinkle on top of Sonoma Mountain Road was all the rain we saw."

The next day the rain was a little harder to avoid. Mike and Janice Eunice had an A ride on the slate. They drove out to the start in Geyserville, but it was pouring and of course no one was there. Anyone with a lick of sense would have agreed that was the right decision: leave the bike alone for this day and do something else. Ah, but some people don't have even a lick of sense and will go out and ride in the rain, regardless. Our 2011 Rider of the Year, Megan Arnold, shows us the pluck or lack of a lick of sense that gets you to the top of the cycling food chain. She had the fierce Trinity-Spring Mountain loop scheduled for this day and she went ahead and did it, and to hell with the rain. She even had two guys along for company. Those of us who stayed snug and dry indoors tip our hats to these doughy, damp road warriors.

One week later and the weather could hardly have been better for the first official SRCC brevet of the season. It was a nippy 33° as over 130 riders swarmed out of Healdsburg at the start, and it didn't climb into the 40's until well into the ride. But by mid-afternoon, it was in the balmy mid-60's and felt delightful. This ride is being covered elsewhere in this issue in a piece that takes a big-picture view of the quirky world of brevets and randonneuring. I will only add here that this was the first brevet I've ever signed up for, and I had a ball. Lots of good company all day long; lots of busy, efficient pace lines. I believe the fastest riders averaged over 26 mph for the whole 126-mile ride. But even merely mortal riders recorded fast times on a day of nearly ideal riding conditions. I didn't get an exact count, but I believe there were well over 30 club members in the field, so the ride combined a lot of old friends with new folks who had traveled to our event from around the Bay Area and even further afield.

On this same lovely day, Bob Stiles had listed a Fixie Ride out of Esposti Park. But he suffered a back injury a few days before the ride and put out the call for someone else to lead in his place. David Fitch answered the call. David sent in this short note about the day: "Bob's 3/B/55 Fixie Ride on Saturday went pretty much as planned. Except for having just one fixie to 12 roadies (hope he wasn't feeling out of place amongst the multi-gear interlopers).

And only about three B riders; the rest were A and C. Nevertheless, for those of us (who apparently were not sufficiently attracted to the idea of riding 200 km), this was a great ride, beautiful January weather, no incidents of note."

The last ride in January was a nice one. It was the second annual Lunch in Sonoma ride, wherein John Mills escorts riders from Santa Rosa down to Sonoma, where he has a lunch arranged at Wine Country Cyclery. It's a scientific fact that free food will bring out the bikers in droves, and this ride proved to be a case in point. I'll let John tell the story: "The Sonoma ride was attended by 65 (count at start) and the group enjoyed a nice ride under the brisk morning sun. By the time we got to Sonoma, it had warmed nicely and the shop had prepared lots of treats for us. Hot dogs on the grill, a huge pot of *pizoli* (mexican stew), fresh fruit, and a plateful of sweets baked by Ramona. Tables and chairs were spread to help the riders relax and enjoy the sunshine and food. We had a local bicycle masseur giving mini-massages and about 25 people took advantage. Several people stayed and enjoyed Sonoma for an extended time. One couple even stayed so long they didn't return until after dark. Thanks to everyone who rode with us that day."

As some of you may know, John suffered a heart attack a few days after this ride. He survived it and was scheduled for bypass surgery in late February (after we've gone to press). Hope all that has gone well!

And that'll do it for January. First up in February was a CD spanker out of Piner HS led by John Olson and Michael Garner: 63 miles in the west county hills and down along the river. John reports: "First off, what a beautiful day it was, getting ever warmer as the ride progressed. Unfortunately, many of the 19 riders to start this ride got cooked! A lot of cramping going on after the first set of climbs. Michael Garner monitored the second group up Graton Road while the first group chased Miguel up Graton and beyond. We regrouped in Occidental after descending Bittner and gathered ourselves for the high speed descent to Monte Rio. Then a moderate paceline through Guerneville, Mays Canyon, and that painful little climb up Green Valley. Another regroup at the bike trail, more reports of cramping. The group was getting thinner. The steep 16% descent out of Forestville (Covey) with a stop sign and hard right at the bottom was a perfect spot for Barley to show off the stopping power of his Volagi's disc brakes. He raced by us all and stopped effortlessly, as I strained to slow my bike without much success. We meandered Eastside, Windsor River, and back to the start. Five riders remained at the end. The second group I am told enjoyed a coffee stop in Windsor. All were accounted for."

Ken Cummings offered a short night ride for beginners that evening...beginners to night riding, anyway. Only one woman showed up to keep Ken from having a lonely ride. But the two of them had a good time: out the Joe Rodota Trail to Sebastopol for a break at Hopmonk, then back into Santa Rosa.

On Sunday, February 5, Megan Arnold was back in the mix with her Super Bowl Century. With the Niners not in the game, quite a few people elected to come out and play on this nearly-perfect, nearly-springtime day. Altogether, I think there were about 18 riders on board. The route was the classic Doug McKenzie Two County Coastal Century, which is a stout piece of work, with climbs on Green Valley, Harrison Grade, Coleman Valley, Bay Hill, Franklin School, Marshall Wall, Wilson Hill, Bloomfield, and Burnside, plus a lot of rollers in between (over 8000' of gain for the ride).

— *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; pacerlines likely; regroupings every 45-90 minutes. 19-22 minutes\*

D: aggressive pace; pacerlines; 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

## SATURDAY • MARCH 3

### Soda Springs • Orr Springs

3-5/C/81 • 8000'  
9:00 AM • Mendocino College  
(1000 Hensley Creek Rd. Ukiah)

This is a lesser known route but a great one for climbs, views, and descents. Absolutely no drop. D's are encouraged to co-lead up ahead of us. We'll segregate at the start.

Garth Powell—523-1284  
[garth@furmansound.com](mailto:garth@furmansound.com)

### Cotati Circulator

2/AB/BC/24/48/72  
8:00/10:00/Noon • Cotati Vets

The traditional kick-off to our March Magic mileage marathon. Riders circulate around a moderate, rolling, 24-mile loop in the hills west of Cotati, returning to the start after each lap. How many laps you choose to do may depend on how crazy you plan to get about MM. Join in early or late.

Steve Drucker—538-5256  
[bdrucker@sonic.net](mailto:bdrucker@sonic.net)

### Pine Flat

5/BC/65  
9:00 AM • Howarth Park

SR to Pine Flat and back. North through town, up Old Red and Faught to Chalk Hill and Hwy 128. Back the same way, with stops at Jimtown. Turn around on Pine Flat is beyond the guard rail but before the steep part.

Chris Brown—542-5150  
[atomiccabbie@hotmail.com](mailto:atomiccabbie@hotmail.com)

## SUNDAY • MARCH 4

### Medio Fondo

3-4/BC/56  
9:00 AM • Youth Comm. Park

A variation on Levi's Medio Fondo. Out to Occidental via Graton, then down to Duncans Mills for a break. Hwy 1 to Coleman Valley—the only big climb of the day—then back.

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

## SATURDAY • MARCH 10

### Free Lunch Rides

2/A/25 • 2/B/30 • 2-3/C/40  
9:30 AM • Healdsburg City Hall

Classic wine country loops, with a few extra miles for the faster riders, so that everyone ends up finishing together...in theory, anyway. All those who attended the January meeting

are entitled to a free lunch at El Sombrero Taqueria after the rides. All others welcome, but must pay for lunch. See item on page 7.

A: Jack Hartnett—694-0922  
[cyclingjack@yahoo.com](mailto:cyclingjack@yahoo.com)  
B: Craig & Michelle—545-4133  
[cgarch@sonic.net](mailto:cgarch@sonic.net)  
C: Bill Oetinger—823-9807  
[srccride@sonic.net](mailto:srccride@sonic.net)

## SUNDAY • MARCH 11

### 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

### Saving Daylight Century II

3-5/C/107 • 9000'  
9:00 AM • Howarth Park

East from SR over Spring Mtn and Howell Mtn. After stop at Pope Valley, east to Lake Berryessa and south along lake. Beautifully paved Hwy 128 back to Silverado Trail, south toward Yountville (second pit stop). Up Dry Creek Road and down Trinity to Glen Ellen. Remaining 15 miles are flat. A final regroup at Mary's Pizza for recovery food and drink!

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

## SATURDAY • MARCH 17

### 19th Annual Apple Cider Century

3-5/BC /100 • 3/BC/100 K  
8:30 AM • Ragle Park

Both routes together through the west county hills—Green Valley, Pocket Canyon, Old Monte Rio—to the first regroup in Monte Rio. At MR, the 100 K heads south on Boho, through Occi and down to Valley Ford, Whitacker Bluff, and Tomales. Meanwhile, the full century heads out to Caz and then climbs Fort Ross Road to Meyers Grade before returning to Monte Rio and picking up the 100-K course. A fairly challenging century, but not brutal, with some of the best scenery on any ride, anywhere.

100 M: Bill Oetinger—823-9807  
[srccride@sonic.net](mailto:srccride@sonic.net)  
100 K: Janice Thomas—568-7062  
[jmt.bike@gmail.com](mailto:jmt.bike@gmail.com)  
Laurie Buettner—874-2811  
[meanlauren@gmail.com](mailto:meanlauren@gmail.com)

## The Green, Green Hills of Sonoma County

2/A/56  
9:00 AM • Esposti Park

This ride staggers around in circles and wanders up dead-ends like a drunken Irish sailor on St Patrick's Day. It heads north through Windsor and Healdsburg, but then throws in loops or out-&-backs on Baillache, Magnolia, Lytton Springs, Soda Rock, and more, with a run out to Jimtown for good measure.

Carole Kolnes—838-3988  
arttenus@sbcglobal.net  
Barbara Drucker—538-5256  
bdrucker@sonic.net

### SUNDAY • MARCH 18

#### Another Kind of Green

2-3/AB/56  
9:00 AM • Piner High School

A very basic—but always pretty—Wine Country loop, following the course of the WCC over Wohler Bridge, up Westside and West Dry Creek. Over Canyon into Alexander Valley, down 128 to a break at Jimtown, then further south to Chalk Hill and back over the ridge toward Santa Rosa

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

### SATURDAY • MARCH 24

#### Don't Fear the Meeker

##### + Willow Creek

4/C/50  
9:00 AM • Ragle Park

A steep and wiggly meander through the west county hills. Route includes a *Mal Detour* down Acreage and through Camp Meeker. However, if the roads are exceptionally wet, we can skip these roads. If Willow Creek is likely to be muddy due to recent rain, then we'll continue down to Coleman Valley.

Steve Michel—829-2192  
sidi\_steve@yahoo.com

#### SRCC-RUSA 300-K Brevet

6:00 AM • H'burg • Pre-reg only

A wonderful but potentially challenging brevet: from H'burg down the river to the coast, down the coast to Point Reyes Station and out onto the Point Reyes land mass...and back. Not too terrible, unless the wind is blowing (which it usually is). For more info and reg form, visit the SRCC Brevet [page](#).

### SUNDAY • MARCH 25

#### Parks, Pacelines and Pastries

2-3/B/50 • 2700'  
9:00 AM • Cotati Vets Bldg

This route is surrounded by lush fields and

farmlands, covering western Petaluma, Chileno Valley, Tomales, Middle and Walker Roads. Mostly rollers with two half-mile hills. Geared for those looking for a solid B ride. Only the strongest of A riders should consider joining in. Faster riders will find today's scheduled C ride a good alternative.

Bob Hasenick—573-1426  
bobhasenick@att.net

#### Lots of Rollers and a Few Good Hills

3/C/59  
9:30 AM • Cotati Dog Park

South to the outskirts of Petaluma, then west through the chicken belt to Chileno Valley, Wilson Hill, and the Marshall Wall. North on Hwy 1 to Tomales, then west to the top of the hill by Elephant Rock. North on Franklin School, east on Whitacker Bluff and Fallon-Two Rock, north on Carmody, and back home via Roblar, Stony Point, West Sierra.

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

### SATURDAY • MARCH 31

#### Women's Skills Clinic

3/BC/40  
9:00 AM • Analy HS

An opportunity for the women in the club to receive some expert mentoring on bike skills in a supportive, cheerful setting. Tips and drills will be mixed into a ride through the hills west of Sebastopol. Sorry guys: Jessie wants this one to be just for the women.

Jessie Kroeck—829-0224  
kroecks@sbcglobal.net

#### Double County • Double Metric

2/BC/126  
7:30 AM • Howarth Park

Traditional wrap-up to our March Magic month of miles: a long run over into Napa Valley and all the way south down that valley... and back. Quality miles without monster hills. Minimal stops at Jimtown, Calistoga, Browns Valley, and Glen Ellen.

Steve Drucker—538-5256  
bdrucker@sonic.net

#### The Alternative Metric

2-4/BC/63  
9:00 AM • Downtown Graton

North to Hop Kiln, over Sweetwater to Guerneville, then down river to a rest stop in Duncans Mills. Continues southward along the coast, inland on Bodega Hwy, and back to Graton thru the hills west of Sebastopol.

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

See website calendar for April 1 listings.

### REGULAR RIDES

#### Sunday Winter Training Rides

C/40-50 • 9:00 AM • Bad Ass Coffee

Training rides with hard efforts  
Ray Rodriguez—322-6367

#### 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 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 leaderless C rides are decide-&-ride)

#### Thursday Fixed-Gear Rides

CD • 20 miles • Noon  
Spoke Folk Cyclery, Healdsburg

Multi-gear bikes welcome too

Doug McKenzie—523-3493

#### Thursday West County Rides

C to D • Noon to 2 pm (+/-)

Coffee Cats, Sebastopol

Park in West County Revolution lot next door

Steve Michel—829-2192

#### 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: Bob Owen—291-4401

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

#### Friday Night Dinner Rides

6:00 PM • Finley Park

Must have proper light systems

Ken Cummings—495-8999

Although it was listed at BC, the bulk of the crowd that showed up were closer to the CD spectrum of the club, and the results were predictable: over a dozen of the riders tootled off up the road at CD pace, while a smaller group of true BC riders chugged along at the advertised tempo. Pace issues aside, it was a fine day. Megan tells me a few people up front found ways to short the course later in the day. Those of us in the back group stuck with it. We got in our full century, although we too used savvy navigation to dodge a couple of Doug's gratuitous hills, later in the day. One of the nicest things about the ride was doing Chileno Valley without a hint of a headwind, late in the afternoon. We almost never do that road in that direction, late in the day, without getting hammered. So that made the ride just a little bit easier than it might usually be.

The second weekend in February offered up a full slate of rides. Six of them, three on each day. We got lucky with the weather. It rained steadily on Friday, right into the evening, and we went to bed wondering if Saturday would be a wash-out. But the day dawned bright and sunny and it stayed that way right through Sunday. On Sunday afternoon late, after all the rides were over, it started raining again. Steve and Jessie Kroeck had their traditional Valentine Sweetheart ride on tap on Saturday. This ride has suffered through any number of rainy miseries over the years, but when it doesn't rain, it's a gem. Steve sent us this report: "About 20 C and D riders began at Analy High School and five more joined us en route. The roads were slick with Friday rain so we emphasized cooperation and safety at the start but didn't know what to expect with so many strong riders. We were pleasantly surprised. Despite a strong pace and several thousand feet of climbing, everyone was still together (mud-speckled but smiling) in Monte Rio. Pace-lining back on River Road, a rider who flatted was grateful when the whole group stopped with him. Very cool! Together still and going reasonably hard at Wohler Bridge, those who rode to the start began peeling off. At Piner Road, the 20 remaining riders were content to warm down in the emerging sunlight and look forward to post-ride coffee in Sebastopol. As often happens—with everything right in the world—two wheels crossed and a rider (Greg Durbin) hit the deck pretty hard. It appeared at the time his bike got the worst of it, but later he was found to have a fractured pelvis and shoulder. That really put a damper on an otherwise satisfying ride." We're happy to report that both of Greg's fractures are not complicated and that he is mending nicely.

One of the other two rides on this day was grafted onto the Kroeck ride: Dave Batt organized a shorter, slower variation on the same route, starting from the same site. "The ride went well with 14 B riders starting. No rain or mist and great views. The downhill on Harrison Grade was appreciated after the uphill on Burnside and Jonive. The group hung together until Jonive when I called out no more regroup. One near miss T-bone after the ride leader pulled a U-turn in front of a fast-moving young lady. My apologies."

The final ride on this nice day was Sunny Mawson's and David Abramo's AB ride out of Youth Community Park, heading up around the classic Westside-Eastside loop. Sunny filed this report: "20 people, 40 miles, on another sunny day. One new member, John, rode with two friends, one of whom had a flat (the only one we know of on this ride). One visitor: Jonathan. We hope they will all be back. David got a phone call from one member Saturday

evening, wanting us to know this was one of the prettiest (and possibly best) rides she had been on since she joined the club. I love the enthusiasm of the new members."

The three rides on Sunday included a Eunice Welcome Wagon Ride, a Sue Bennett AB ride, and a Donna Norrell BC ride.

Janice Eunice reports seven riders for her WW ride out of Ragle Park, including four member and three visitors. She says the three visitors—Pedro, Fernando, and Gabriel—promised to join the club after the ride. (This is why we think of Janice as a gateway drug for the SRCC: she gets the new riders hooked.)

Sue Bennett's ride started from Youth Community Park on Fulton and headed up to Windsor for the standard coffee break at Cafe Noto. "It was a foggy start on the west side of town, but not at ground level, so visibility was good. Twenty five joined in on the fun. I know of only one flat, which occurred on Hall Road early in the ride. As the fog cleared and the sun came out, the mustard in the fields glowed a brilliant yellow. A beautiful day indeed, and everyone enjoyed themselves."

Donna sent in this report on her ride: "About 25 cyclists showed up for the ride out to Tomales Bakery, both new faces and veterans and almost an even split of BC and CD. It was foggy and cold to start, with a flat in the first block. Two people stayed behind to fix the flat (catching up by the first regroup), while the rest of us proceeded, the faster riders separating out quickly (as I requested). It warmed up by the time we hit Spring Hill, and Chileno Valley was beautiful as always. The BC's were a loose bunch, with one person having muscle cramps. Thanks to Rich and David for helping bring up the rear. The sun was out as the BC's rolled in at the bakery, just in time to see the CD's rolling out. Unfortunately, Paul Stimson crashed at the corner of Stony Point and West Sierra, and that resulted in a trip to Kaiser ER: a fractured clavicle and stitches, along with the usual road rash. Wishing you well, Paul."

In addition to Paul's injuries and Greg Durbin's the day before, we are sorry to have to report a serious accident that befell Mike and Michelle Kane on their tandem the previous week (not on a club ride). They blew a rear tire in a fast right-hand, downhill corner on Franz Valley School. They went down hard and fast on their right sides. Michelle suffered a fairly simple fracture of her upper arm. Mike's right hand was under the bar when it hit the pavement, and he has some serious injuries to that appendage. I don't want to speculate about his wounds, but I know at least a couple of surgeries are in the works. It's a tough time for this likeable couple. Of course, they're both right-handed.

It's probably pointless to urge one and all to take it easy out there. The careful riders will continue to be careful and the risk takers will continue to push the envelope. Anyway, most accidents have little to do with too much speed or being out-of-control crazy. Most are just Murphy's Law: the unseen pothole or shoal of gravel or wet patch...nobody's fault. But with our county back roads in worse shape every year, and with winter rains compounding the problems, it does make sense to dial it back just a little bit. Two or three months off the bike, a great deal of pain, expensive medical bills, and pricey bike repairs all add up to a high cost for a few seconds gained on some sketchy downhill. (I am not suggesting that any of these recent accidents was the result of the riders pushing too hard. But if the urge to do so—to push too hard—comes to you, think of your fallen comrades and calculate the cost-benefit ratio of playing around out along the ragged edge.)

## Who says there ain't no free lunch?

The Free Lunch Ride format began in 1993 as a counterpoint to the club's annual end-of-summer picnic: another fun event for the members, about half a year away from the picnic. It was our first serious attempt at a multi-tempo ride, with routes of varying lengths, all coordinated to mingle and then finish at approximately the same time. And then the club would pick up the tab for lunch at El Sombrero Taqueria in Healdsburg.

Over the years, the reasons for having the ride have changed. At first, it was just a straight out freebie...no strings attached. Then we decided to use it as a "thank you" for folks who came to the February meeting to help with putting stamps and address labels on all the WCC and TT promotional fliers we used to send out (back when the WCC didn't sell out in 14 hours). If you helped out at the sticking bee, you received a voucher for lunch in return.

When we stopped doing the sticking bees, we looked around for another *quid pro quo* to which we could apply the free lunch voucher. We settled on rewarding folks who came to the January meeting and voted in our annual election. It used to be that the January meeting also offered free food. (It was our end-of-year awards banquet as well.) But when the banquet moved to its own date in December, the January date was left with no freebie, so the Free Lunch voucher became the vehicle for keeping alive the tradition of free food on the club's tab.

Regardless of the historical context or the rationale behind it, the bottom line is this: do the rides and then join us for lunch at El Sombrero afterward. Ride leader Bill Oetinger will have a list of all who attended the January meeting. If you were at that meeting, find him before the ride or at the lunch, and he will hand over a \$10 bill to cover your lunch.



The crisp air of winter soon gives way to spring. What better way to experience the cascade of plum blossoms along route 128 or the falling waters along Austin Creek than a little friendly competition with yourself? Sign up for the March Magic miles challenge and set up a mileage goal for the month: anywhere from 150 to 1500 miles. Whether it is from your daily commutes or your weekend grinders, all your miles count towards your self-

selected goal. Even indoor trainer miles count. All club members who sign up with their real names and meet or exceed their goals will gain entry into our National Bike Month drawing in May.

[March Magic](#) is one of four on-line, interactive logs the club maintains for the enjoyment of its members. The others are [April Alpina](#) (a month-long challenge like March Magic, but focused on elevation gain instead of miles), [Century Challenge](#) (a year-'round log for all the century-length rides that members do), and the [Commuter Miles](#) log (recording and saluting all miles ridden by bike that might otherwise have been done in a car).

It's easy to sign up for any of these logs. If the links above don't work for you, visit the club website and look for them under the Calendar & Rides header in the menu bar. It only takes five minutes to sign up, and once you do, you can have fun watching your numbers mount up, by the month or all year long. We want everyone involved: just a few commutes or miles or centuries are as good as dozens. Simply being involved is the important part.

## • Sebastopol–Petaluma Trail study •

County of Sonoma Regional Parks is taking the next step toward making its priority "Petaluma–Sebastopol Trail" a reality. And Parks is getting help from local groups, including—we hope—the Santa Rosa Cycling Club.

The Petaluma–Sebastopol Trail is a planned 11-mile multi-use pathway that will provide a safe, dedicated route between the cities for cyclists, pedestrians, equestrians, and other non-motorized users. Eventually, the pathway will link to planned facilities within City limits; in other words, it's going to be a major connector.

Regional Parks in April will submit a request to CalTrans for a \$190,000 grant to study the project's feasibility. The study will examine potential trail alignment through the lenses of right-of-way and environmental impact. The study is required in order for the trail to be eligible for federal or state funding.

The CalTrans grant requires Regional Parks to provide a 10% local match. Recognizing the long-term value of the Petaluma–Sebastopol Trail as part of a regional bicycle network, Sonoma County Bicycle Coalition (SCBC) has, with other community partners, launched a campaign to raise the \$19,000. As of mid-February, \$10,000 has been raised. SCBC and its partners have until March 15th to raise the remaining \$9,000.

The trail is a community-based effort, and will be the result of years of collaboration by citizens, community organizations, and local government. To be a part of turning this vision into a reality, you can make a tax-deductible donation toward the matching fund through Sonoma County Bicycle Coalition ([www.bikesonoma.org](http://www.bikesonoma.org), Tax ID# 68-0467440, or call 545-0153 or email [Sandra@BikeSonoma.org](mailto:Sandra@BikeSonoma.org) to receive a donation form).

There will be a presentation at the March SRCC meeting regarding this project. The SRCC Board is recommending that the club pledge \$5000 to the matching fund. If the project is eventually approved, the club will write the check. If the project is not approved, the pledge will be rescinded.

## SRCC jersey: down to two finalists

Last month we offered 14 different designs for your consideration in the quest to come up with a new Santa Rosa Cycling Club jersey. Thanks, first of all, to the club members who spent time and creative energy producing those many designs. Thanks also to all of you—the members—who took the time to log on at the club website and vote for the designs of your choice. (Hundreds of you did so.)

Based on those votes, we have now narrowed the selection down to two finalists, whose vote totals were almost equal to each other but well ahead of the other choices. Now we ask you to return to the club website to vote again for one or the other of these two nice designs. Click [here](#) for the on-line voting page, or go to the club website and follow the links to the page.

We will have the voting site open for business between February 20 and March 5. Individual members will have one vote; family memberships are entitled to two votes. We will announce the winner in the April newsletter and will then proceed to the business of organizing our order, including many options for custom features: men's and women's sizing, vests, zipper length, long sleeves, even arm warmers. More on all of that next month!

# SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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Member: LAB • CBC • CABO • REBAC • SCTC • SCBC  
02/20/12 7:57

- President: Donn King.....490-9115  
Vice-President: Doug Simon .....577-0113  
Secretary: Karen Thompson .....479-1864  
Treasurer: Greg Durbin .....528-4450  
Officers at Large  
Rick Sawyer .....933-0760  
Mike McGuire .....542-6687  
David Abramo ..... 650-533-2330  
Susan Forsman ..... 415-225-9405  
One seat temporarily vacant .....*See item 4, Minute Mix*  
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, March 14 • 6:30 PM

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

**Featured presentation: Barley & Susan Forsman  
of Volagi Bikes**

Wednesday, April 11

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, March 8 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, April 5

## • Directory of WCC Committee Chairs •

- Chair ..... Doug Simon, 577-0113, desimon@sbcglobal.net  
Vol. coordinator ..Kimberly Hoffman, 579-3754, kdhoffman10@yahoo.com  
Registration..... Gordon Stewart, 823-0941, gordon@gsathome.com  
Sags & Communication ..... Craig Gaevert, 545-4133, cgarch@sonic.net  
CHP/Medics/Permits ..... Bruce Hopfengarder, 494-4455, k6bdh@me.com  
Food ..... Rene´Goncalves, 527-1248, leslierene@hotmail.com  
Equipment..... Rose Mello, 543-5889, rmello57@comcast.net  
Course marking ..... Bob Redmond, 799-0764, redmond.bob@gmail.com  
Course hosts..... Tom Bahning, 525-1960, duncansmills@sbcglobal.net  
Course signs ..... Vicki Duggan, 525-1960, duncansmills@sbcglobal.net  
Course marshals..... Ron Bates, 526-3512, sharron@randaloptimal.com  
Customer service..... Jack Hartnett, 694-0922, cyclingjack@yahoo.com  
Clothing sales..... Sharron Bates, 526-3512, sharron@randaloptimal.com  
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Ocean Song..... Wayne Kellam, 523-1878, wkellam@sonic.net  
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