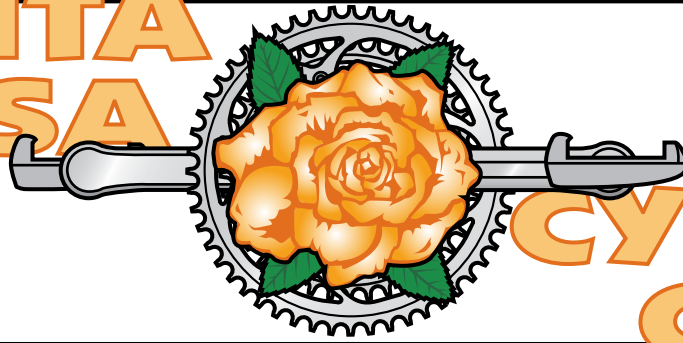


SANTA ROSA



CYCLING CLUB

APRIL 2012 NEWSLETTER

Wine Country Century: closer every day...

Saturday, May 5, the date of this year's Wine Country Century, is looming on the horizon. From where we stand now, in April, we can almost see the masses of riders converging on Santa Rosa for the big ride...2500 participants in all.

When they really do drive or ride out to the Wells Fargo Center, will we be ready for them? Will we have all our ducks in a row with regard to rest stops and sag wagons? Will all our coolers and cutting boards and ice chests be clean and sanitized? Will we have course marshals and cantaloupe slicers and truck drivers everywhere we need them? We certainly hope so.

Event Chair Doug Simon and Volunteer Coordinator Kimberly Hoffman tell us that most of these needs are being met. But we never have enough volunteers. That would be like having too much money or too much RAM. Put another way: the numbers of jobs that need doing at the WCC are like the numbers of hills in a long ride: no matter how many you've done, it seems as if there is always one more still to do.

This is the biggest event of the year for our club. It's the one event whose revenue stream bankrolls all the other things we do. It also funds our many charitable grants, which enable many other good organizations to do all the things they do.

The fact that the event sells out in a day is an indication that we are doing things right (thanks to all those wonderful volunteers). But we can't rest on our laurels. Our reputation for putting on a great event is only as good as our most recent efforts. So we need to keep doing what we do so well, and to do that we need lots of help from all of you.

If you have not yet found your niche in the volunteer corps for the WCC, there are three things you can do to activate the process:

1. Check out the committee chair roster on the back page of this newsletter and get in touch with the chair of your choice.
2. Go to the club's on-line volunteer [sign-up page](#) and register for the task of your choice.
3. When in doubt as to what you want to do or where you want to fit in, talk to Kimberly, our Volunteer Coordinator.

Don't forget our WCC Workers' Ride and Party on the day after the real WCC. Same routes, same start/finish venue, the riding company of your club mates, and even better food than the main event! RSVP forms for this hot ticket will be available near the end of April.

THE TWO-JERSEY SOLUTION



If you have been following the saga of the quest for a new Santa Rosa Cycling Club jersey, you know that we whittled our field of 14 design submissions down to two finalists.

(Thank you to all the members who submitted designs.) We then had a run-off between those two top designs (with voting at the club website). Perhaps you even cast your vote in the finals. Hundreds of members did. But after all the votes were counted, we ended up with almost a dead heat between the two of them. It's true that one got slightly more votes, but if we produced just that jersey, it would mean that the almost 50% of the members who voted for the other jersey would be disappointed (and might not buy any jersey at all). So after considerable deliberation, the Board has chosen a novel solution: we are going to produce them both.

But wait, there's more! As has been discussed previously, we are going to set up a custom ordering program with our supplier (Voler Team Apparel) so that you, the customer, can dial in exactly the jersey you want. Men's cut, women's cut, men's or women's sizes in either club cut (roomier) or race cut (slimmer). Wind shell vests, sleeveless jerseys, full zips, etc. Even long-sleeve jerseys, jackets, and arm warmers.

Needless to say, all of those options—spread over two different designs—are going to make for a highly complex ordering process. But we're fine-tuning the program with Voler now, and we think we can do it. (Voler offers this service and knows how to make it work.) We're not quite ready to roll out the order form yet (which will be at Voler's website), but we should be ready for business a month from now, with delivery of the new apparel around the end of July.

The final price for the jerseys (and other items) will depend on how many units we eventually order. The more we order, the cheaper everything becomes. After all of you have had a chance to place your orders, the club will step in and buy more stock to help boost the total purchases to more advantageous price points, ringing up volume discounts for everyone.

We will explain all this in painstaking detail next month, once we're ready to accept orders. For now, be assured that we will have new club colors by the end of July.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for March

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, March 14. 90 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin reported on the club's bank balances, as of February 29.

3. Membership: Registrar Gordon Stewart reported membership of 1510 (combining individual and family memberships). David Abramo acted as host at the New Member Table, with several new members on hand.

4. Election: Board officer Rick Sawyer distributed ballots for the election of a member to fill the vacant seat on the Executive Board. Rochelle Bowman, Bob Redmond, and Holly Johnson were the three members whose names had been put in nomination at the last meeting. (Thanks to all for offering to serve.) When all the votes had been counted, Bob Redmond was elected to the Board.

5. Meeting site: The Board is looking into a new venue for the monthly meetings if attendance continues to exceed room's capacity. No decision at this time.

6. Rides: Ride Director Bill Oetinger and Webmaster Gordon Stewart outlined a new on-line club ride submission form they have developed. (See article, this page.) Bill circulated the calendar for April rides.

7. Jersey: Bill Oetinger updated the members on the status of the quest for a new SRCC jersey. (See article on page 1.) Slides of all the jersey designs were displayed and each designer received a round of applause.

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

9. TT: Bill Oetinger discussed advance work for the Terrible Two with the Board, noting that he, Bill Ellis, and Rick Sawyer are all assisting TT Chair Craig Gaevart in the prep tasks.

10. Tours: Bill Oetinger and Doug Simon reported to the Board that both club tours for this summer have full rosters, with—so far—one name on a wait list.

11. Trail: Ken Tam from Sonoma County Parks and Rec offered a presentation on the proposal for a feasibility study for the new Sebastopol-to-Petaluma trail, as well as the proposal for a trail between Sonoma and Santa Rosa along the Hwy 12 corridor. After a discussion period, the members voted to approve the Board recommendation of pledging \$5000 to the local match fund for the study of the former project. (No funding has been requested for the latter project.)

12. Festival: Member John Hershey addressed the members about the Bodega Bay Fisherman's Festival and a tie-in to SRCC rides. (See item in April ride list.)

13. Brevet: Bob Redmond reported on the recent 200-K and asked for volunteers for support on upcoming brevets.

14. Feature presentation: Barley and Susan Forsman and Robert Choi, owners and founders of [Volagi Bikes](#), made a presentation on their new bikes and about how they came up with their bike designs and their business model.

New ride submission form for club rides

Gordon Stewart (webmaster and wizard programmer) and Bill Oetinger (ride director and newsletter editor) have been developing an on-line form for submitting rides to the club calendar. Go to [Leading Rides](#) at the club website and check out the box at the top with links to the new features.

In the past (up until now), the procedure for submitting rides has been very haphazard and free-form, opening up endless opportunities for human error to get into the system: wrong dates, wrong start times, wrong pace listings, wrong routes, wrong contact info, etc. No one has been at fault; it has simply been a process that has evolved, higgledy-piggledy, over 20 or more years.

Now we hope to eliminate a good many of those opportunities for human error to creep into the mix. With this new on-line form, ride leaders will provide us with all the information we need, exactly as it pertains to their ride. Note: this only applies to our weekend rides, not to the regular, weekday rides.

We tested this last month with a half-dozen ride leaders and it worked well. Based on that experience, we've refined the form a bit before going public. Now we think we're ready for prime time. We hope to have all potential ride leaders familiar with the process and using the form within a month or two.

So, going forward, please *do not* send us your routes and specs in an e-mail. Use the form and Gordon and Bill will collect the data from the site and pour it directly into their documents. Please *do* feel free to e-mail or call if you wish to discuss a potential ride or its possible date on the calendar. But once you know what you want to do, fill in the official form. We expect to make refinements to the process as we become accustomed to using it. This is a new learning curve for all of us. Suggestions from you, the ride submitters, are of course encouraged.

A tip: on the new form there is a Comments box. If there is some very specific feature of your ride you want to cover, put the info there. But don't feel the need to write those little narrative thumbnails we have in the newsletter ride list. Those are created by the ride director/newsletter editor to fill the available space on the ride list spread. More space one month: longer copy blocks; less space: shorter blurbs. Please leave that for the final edit.

At the same time that we are turning over this new leaf, we are also strongly encouraging all ride leaders to become familiar and comfortable with Ride With GPS, the on-line mapping program... <http://ridewithgps.com/>

We are not making it mandatory that you submit your rides as RWGPS docs, but we are hoping most of you will do so. There are links to their site at our Leading Rides web page, and Gordon has prepared a very simple, useful tutorial for getting up to speed in the use of this handy program, including links to some video tutorials that the folks at RWGPS have prepared. (One in particular, about editing an existing route, is especially good.) Find a spare half-hour to read Gordon's notes and visit the Ride With GPS site, and you'll discover that, not only is it a useful tool for planning bike routes, it can actually be good fun. Just supply us with the URL for your saved route, and we'll take it from there.

Our goal with the new on-line form is to make the ride-submission process more efficient and to make the ride list more accurate and free from those frustrating human errors. With the help of all the ride leaders, we should achieve that.

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.

First up on this month's saga of club rides are the activities of the weekend of February 18-19. The following report is self-explanatory and needs no introduction (except to say: I was there and it was great fun.). This was sent in by Luke Scrivanich: "On February 18, Bill Conklin and Luke Scrivanich collaborated on an early season assault of the Geysers, starting in Healdsburg and ascending from the southern side of this brute. This was Bill's debut as SRCC ride leader, and he wanted to ensure a successful excursion and leave a positive first impression. So he pulled out all stops in treating the cyclists to coffee service at the start, followed by a water stop at the summit of the Geysers, and concluding with a beer and burger fest at the Bear Republic! These special treats were compliments of Dr. William Conklin's Family Dentistry practice based in Windsor. Thanks to Bill and to his diligent assistant Erica, who arranged the coffee and water stations!

"Bill led the early group of 15 BC riders and Luke started a second group of 11 CD riders 30 minutes later, out through Alexander Valley to the base of the climb. Heavy winds from the northwest buffeted the riders on the valley approach and early ascent. Riders silently wished the wind pattern would hold for several hours, to provide a strong tailwind run back south into town. As the riders hit the early slopes of the climb, the groups began to splinter, grinding out the pedal strokes. At the summit water station, riders topped off their bottles and regrouped for the descent and race thru Big Sulfur Creek Canyon, with the two groups now together. Bill Conklin experienced multiple flat tires and a ruptured sidewall, and was thankful that one of his ride mates carried a spare tire. After a quick stop at the S. Cloverdale Blvd overpass convenience store and Starbucks, the riders were rewarded with a strong and steady tailwind that propelled them back into Healdsburg along the 101 frontage road. The gathering of 14 that lunched at the Bear Republic then enjoyed a lively chat and hearty meal."

There were two rides on Sunday of this weekend. John Olson listed a century that worked south from Santa Rosa to the Carneros, then north the length of Napa and Knights Valleys, and finally back into SR via Chalk Hill. His report: "Twenty one of us began the CD portion of the century ride on a chilly and overcast Sunday morning. As we turned up Mark West Springs, Miguel joined the group. He and Bob Pucket lead us up the first climb. We did a little speed work through the rollers and down to Badger, then throttled back the pace all the way to Glen Ellen Market for a quick regroup.

"Thanks to Christian McDonald who led us along a zigzagged course through his backyard of Sonoma. A couple of flats on the south side of town were the only notable issues on this segment. As the skies began to clear, a few of the D riders stretched their legs south of 121. Soon after, we all enjoyed a lunch stop at Browns Valley. A few carbs and caffeine and we quickly worked our way over to the Silverado Trail where Don Graham showed his stuff on an incredible 25-mph pull for eight miles. A brief stop for water in Calistoga and we were off up the hill to the county line just north of Calistoga. A few met the challenge late in the ride and fought for the KOM prize. The prize: a build-up of lactic acid in the thighs...oh well, it was all worth it; at least that's what I heard. We regrouped

after the descent and pacelined to Chalk Hill. We arrived, safe and sound, fatigued and happy, back at the start.

"Michael Garner has successfully returned from his injury to be a strongman on the bike. We all fight for a place behind him when the wind turns against us. Ken Cabeen, after taking a six-month sabbatical from the bike, is beginning to show his form again. Laura, the only woman in the CD group, held her own and showed excellent form and fitness as well. Thanks to those who joined us from the Petaluma club and Mendo Velo, it was nice to see some new faces. It was my pleasure to lead such a great group of cyclists."

Clearly, with that kind of pacelining, this was a CD ride. But we accidentally listed it as BC in the newsletter (my bad). So while most folks got the word and were prepared for the pace, Paul Whitely kindly offered to lead a BC group for any who showed up with that tempo in mind. There were a few, and Paul reports they had a good ride with no mishaps. It was the longest ride of the year for most of them and they were happy to have completed it.

The other ride on this day was Susan Hester's A ride from SR out to Mom's Apple Pie and back. Susan reports: "About 20 people showed up for the ride, including three guests. A rider showed up just as we were about to leave with an under-inflated front tire and a flat rear. In order to not hold up the group, I asked Sue Bennett if she could lead the main group. She said yes and enlisted Alan's help. Off they went. Another member had had a flat tire while riding to the start. Soon she showed up and she and her friends who had waited for her also rode off. I finished with the tires. In the meantime, another rider had arrived late and was just finishing getting ready. So off we rode to try to catch the main group, which we did at Mom's, just as they were leaving. Sue said there had been no problems. I didn't hear of anything happening on the ride back. So a day that started out poorly ended well. A great big thank you to Sue and Alan for helping out."

We don't think under-inflated tires or showing up late are endemic to the A crowd. That can happen to anyone. But this gives us an opportunity to remind riders of one of the basic rules of club ride etiquette: make sure your bike is in good order before you depart for a ride. Check it out the night before and fix anything that isn't right. We have recently revised and expanded the [page](#) dedicated to club ride etiquette at the website. We invite new members and veterans alike to review those guidelines.

First up on the last weekend of February was our second SRCC-RUSA 200-K brevet of the season. This one started in Healdsburg, same as the first one, but this one had a ton more climbing, heading up 128 out of Cloverdale to Boonville, then up and over hilly, spectacular Hwy 253 to Ukiah, back down the valley to Hopland, over hilly Mountain House, and back down into Sonoma County for the run back to the after-ride party at the Bear Republic. Winds out of the north made the early miles challenging, although most of the nearly 100 starters worked in groups to share the work of plowing into the wind. And then, from Ukiah south, it was just like the Geysers ride the previous Saturday: big old tailwinds to push everyone home at ridiculous speeds. Bob Redmond filed a long and colorful report on the day at the chat list, and we have another randonneur article on page 7. All agreed it was a nearly perfect day. Thanks to Bob and to Bill, Evelyn and Kimberly for working in support, and thanks to Scott and Marni Duncan for the use of their business as a start site.

— Continued on page 6

RIDE SCHEDULE

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

The following system is used in our ride schedule so that riders can estimate the relative difficulty of each ride.

TERRAIN

- 1: Mostly flat (River Road, Dry Creek)
 - 2: Rolling, easy grades (Westside Road)
 - 3: Moderate grades (Graton Road)
 - 4: Hilly; a few steep climbs (Coleman Valley Road, Franz Valley Road)
 - 5: Very hilly; lots of long climbs (Trinity Grade, The Geysers, Skaggs Springs Road)
- (If available, elevation gain may be listed.)

TEMPO

Actual ride speed may vary, depending on terrain, distance, weather, and group dynamics. Tempo listing is only a ballpark estimate.

A: relaxed pace; frequent regroupings; waits for all riders. Over 26 minutes*

B: touring pace; regroupings every 30-60 minutes; waits for all riders. 23-26 minutes*

C: brisk pace; pacelines likely; regroupings every 45-90 minutes. 19-22 minutes*

D: aggressive pace; pacelines; slower riders may miss regroupings. Under 19 minutes*

*Times are for official SRCC speed trap: 4.4 mostly uphill miles on Graton Road from Ross Road in Graton to summit at Tanuda/Facendini junction. If you want to know where you fit in on club rides, time yourself on this section (at your normal riding tempo) and compare your time to the list above.

DISTANCE

The last figure in the formula, stated in approximate miles. (If in doubt, leader should overestimate mileage slightly.)

• RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route 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.

It's April Alpina time!

Join in the hill-climbing fun for the month of April: go to the April Alpina [page](#) at the club website and open an account. Then amaze your friends with the zillions of feet of elevation gain you can accumulate in just one month. Log on, then head for the hills...

SUNDAY • APRIL 1

41 miles for April Fools Day

2/AB/41

9:00 AM • SW Community Park

Old familiar roads in new combinations to ride from SW SR south to Petaluma for a coffee break, then back north through Penngrove and Cotati.

Jack Hartnett—694-0922
cyclingjack@yahoo.com

The Nifty Ten Fifty

HC/CD/55 • 10,000'

8:30 (C) • 9:00 AM (D)

Cerrito Vista Park, Moeser Lane
and Pomona Ave, El Cerrito

Ridiculously steep climbing in the Berkeley hills. Earlier starts OK, but not guided. Visit: www.niftytenfifty.com for more info, gps files, updates. Light snacks and drinks at a stop at the halfway point. \$5 optional donation. 5:00 pm dinner at Lanesplitter in Berkeley.

C: Bill Dunn—415-269-0591
Janet DeHaven—510-734-3713
D: Paul McKenzie—510-409-8873

SATURDAY • APRIL 7

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Keiser Park, Windsor

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

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

Napa County Wildflowers

4/C/97

8:30 AM • Calistoga

Three loops: First a warmup climb up Lawley (Old Toll Rd) and descent back to the valley floor. Then a loop through Knights Valley via Franz Valley and Franz Valley School.

Final loop heads down Napa Valley, then up Sage Canyon to the second rest stop at the turnoff to Berryessa-Knoxville. Return is via Lake Berryessa, Pope Valley and Ink Grade. Hopefully, the recent rains will bring out the wildflowers in Pope Valley.

Doug Schrock—318-3089
dschrock@keypointcu.com

SUNDAY • APRIL 8

West Coast Climbing

5/D/90

8:30 AM • Ragle Ranch Park

West Sonoma County's best and biggest climbs—King Ridge, Fort Ross, Coleman Valley—all in one sitting. Ride to the ride and make it a grand century. Short regroupings at Cazadero Store (mile 22), Fort Ross Store (49), and Jenner (63). This would be a good ride for a C-tempo co-leader...

Darrin Jenkins—362-0408
darrin-jenkins@sbcglobal.net

SATURDAY • APRIL 14

Hubba Century

5/BC/100

9:00 AM • Geyserville School

The 100-mile core of the SRCC Hubba Double Metric. From Geyserville to Boonville on 128, then up and over 253 to Ukiah. Home via River Road, Mountain House and Dutcher Creek. This will be a stay-together ride with multiple regroupings on these remote roads.

Bill Carroll—623-9783
carrollpb@comcast.net

Medio Fondo...

Willow Creek vs. Coleman Valley

Willow Creek: 3/B or BC/52

Coleman Valley: 4/C/56

9:00 AM • Youth Comm. Park

Essentially the Medio Fondo route, with options for either Willow Creek or Coleman Valley (just like the Fondo). Weather (mud) may play a role in which option appeals.

B: David Fitch—228-9705
DavidCFitch@gmail.com
BC: Donna Norrell—292-0565
donna.n@comcast.net
C: Seth Wood—630-854-1721
dmbpsps@yahoo.com

SUNDAY • APRIL 15

You Never Give Me Your Money

1/A/45

9:00 AM • Healdsburg City Hall

South along Westside all the way to Hacienda Bridge, back toward Forestville on Martinelli and 116, south along the assorted sections of the West County Trail into Sebastopol for a break at Coffee Catz. Back north along Hall, Willowside, Oakwild, Slusser, Mark West Station, Starr, Windsor River, Old Red, etc.

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

SATURDAY • APRIL 21

Pine Flat Challenge
3-5/BCD/62
9:30 AM • Piner HS

The latest edition of the semi-annual run up Pine Flat Road, with the clock ticking. Start in SR and ride up in a bunch, then regroup at the bottom of the hill for a mass start run to the summit. If you want, your time to the summit will be recorded. Times vary from approx. :50 to 1:30+. For more info, visit the Pine Flat Challenge [website](#).

Doug McKenzie—523-3493
douglas@sonic.net

Clear Lake Double Metric

4/CD/121 • 10,000'
8:30 AM • Foss Creek El. School
BC start at 8:00 AM

The by-now classic loop through Alexander and Knights Valleys, up and over Ida Clayton and down into Lake County (on two miles of steeply downhill gravel road). Big Canyon (gravel) and Siegler Canyon, then along the west short of Clear Lake to Kelseyville. Hopland Grade and Mountain House back into Sonoma County and finally a run down Dry Creek Valley to the finish. If it rains on Saturday, reload for Sunday. RSVP to be sure. Lowland (BC) option from Hopland: south on Hwy 101 > Geysers Road into Cloverdale > rejoin course. Only a mile or two shorter but bypasses climbs on Mountain House. *Please do NOT show up for the BC start if you are not a BC rider.*

CD: Tony Lee—766-9803
BC: Bill Oetinger—823-9807

Susan's Birthday Ride

3/A/58
9:00 AM • Youth Comm. Park

West from SR to Graton and Occidental, downhill thru Freestone and Valley Ford, up and over Middle, jog over to Hwy 1, south to Tomales. Back north via Tom-Pet, Twin Bridge, Carmody, Bloomfield. Thru Sebastopol and back to SR.

Susan Hester—573-1532
susanmhester@yahoo.com

SUNDAY • APRIL 22

Dutcher Creek, etc
2-3/BC/71
8:30 AM • NorCal on College
(do not park in their lot)

Same route as Nick's birthday ride in Feb (long route): mostly a WCC loop (Wohler Bridge, Westside, Dry Creek, Dutcher Creek, Asti, Alexander Valley, Chalk Hill, Faught, etc)

Nikola Farats—535-0399
nikola@sonic.net

SATURDAY • APRIL 28

SRCC-RUSA 400-K Brevet
6:00 AM • North Santa Rosa
\$30.00 registration fee

This route runs north from SR through Cloverdale and Ukiah, then south along Hwy 20 to Clear Lake. Retrace the same route to return. For more information and registration form, visit the SRCC Brevet [page](#).

SUNDAY • APRIL 29

Ride Yoga 2!
2/AB/50 • 3/BC/56
10:00 AM • Lomitas School House
(2124 Lomitas Avenue, SR)

Improve 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! Ride heads out into the Valley of the Moon, including Lawndale, Schultz, Warm Springs, Henno, Dunbar, and then back into Santa Rosa. BC route adds the big Cavedale-Trinity highland loop.

BC: Janice Thomas—568-7062
jmt.bike@gmail.com
AB: Anne Graver—529-5983
gravers3@comcast.net

Bodega Bay Fisherman's Festival

3/B/42
9:00 AM • Ragle Park

Ride out to Bodega Bay with your friends on this ride and enjoy the party (or ride on your own via a different route and at a different tempo). Free, secure valet bike parking provided by SCBC, 10 am-5 pm. The Festival is at Westside Park, Westshore Road...
<http://www.bbfishfest.org/>

Janice Eunice—575-9439
nicenice@sonic.net

REGULAR RIDES

Sunday Winter Training Rides
C/40-50 • 9:00 AM • Bad Ass Coffee

Training rides with hard efforts
Ray Rodriguez—322-6367

Monday Monday

BC • 40-50 miles • 9:00 AM
[Windsor Bike Shop](#)

Howard Hesterberg—321-1696

Wednesday Wanna-B's
B • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa
Beth Anderson—874-3685

Vin Hoagland—584-8607

Second Wednesday: Healdsburg City Hall
Chris Jones—938-2669

Third Wednesday: Finley Park, Santa Rosa
Jerry Fabiano—823-4201

Fourth Wednesday: Ragle Park, Sebastopol
Paul Musson—303-246-3182

Fifth Wednesday: Esposti Park, Windsor
Alfred Mascy—484-5885

C • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa
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

Looking for C leaders for FF, WW rides.

Not all the long-haul truckers in the club were on this ride. This was also the date of the Death Valley Double. Karl Kuhn, Richard Anderson, Robert Morris, Patrick Seely, Rick Sawyer, Craig Robertson and Michael Eller represented the club well in this far-off and rather exotic locale. They were fortunate in that this was one of the years when the weather (in particular, the wind) was benign. (Such is not always the case in the wide open valley, and when the winds are nasty, this ride gets seriously ugly.) And while the boys were out riding, Ginger Kuhn was getting in a round of golf at Furnace Creek (the lowest golf course in the world).

Two rides on the Sunday of that weekend. Janice Thomas, Liz Sinna, and Vicky McKay collaborated on a B ride out of San Miguel School, headed up into the wine country. Liz filed this report: "We had a great ride...an *Easy Like Sunday Morning* ride. Beautiful day! Brisk but not as windy as the day before. All enjoying the route that Janice created, through bright yellow mustard fields that looked like a Van Gogh painting. It was good to have three ride leaders: one up front, another in the middle, and a third to take care of the folks with mechanical difficulties...not to mention a fourth leader to escort the A contingent. (Susan Hester led an A group that started at 8:30.) We had one report of an incident where a rider cut into the path of another, causing a minor spill. Just a word of caution to us all: when cycling in a group, always be aware of the safety of others, pointing out obstacles and using hand signals when coming to a stop or turn."

Also on this day was Nikola Farats' birthday ride. We saw a report about this on the chat list, but subsequently lost track of it, so can only go on fuzzy memory. A last-minute route and tempo change by Nick left folks confused as to the scope of the ride, and while some stuck with it, others bailed. There was good food at Nick's house at the end for those who hung in there.

The first Saturday in March brought us Garth Powell's ride out of Ukiah, climbing over the same massive summit on 253 that the brevet did, only going in the other, harder direction, then heading north through Anderson Valley to Flynn Creek and Orr Springs, a world class road with big scenery, big climbs, and big descents. We didn't hear from Garth, but Ken Cabeen sent a note to the chat list about it: "I can only say to you SRCCers who didn't make it up for this ride, you really missed a great one. Of all days to venture out of the usual territory, this was it: great weather, gorgeous scenery, good company, and generally much better road surface conditions." Ken added that there were ten riders on this remote loop. And Shaun Ralston replied to Ken's post with this: "In addition to the outstanding weather, incredible scenery and friendly camaraderie, Garth's ride was *exactly* as advertised: a true C pace, with regroupings every 30 to 60 minutes (and mutual stops for flats, water refills, etc). And while we climbed 8500' feet of tough Mendocino grades in under 80 miles, it was the perfect group tempo that made this ride so much fun (and virtually easy). Kudos to Garth Powell for his leadership and to the rest of the group for honoring the posted C pace. Very nice change of scenery: the clear blue skies of Ukiah, Orr Springs, Comptche, Navarro, and Boonville."

Also on this day, we had our traditional kick-off ride for the March Magic miles challenge: the Cotati Circulator (riding round and round a loop west of Cotati), led by Steve Drucker: "We had seven riders for the 8 a.m. loop, at all varieties of B level, for a crisp but

beautiful ride through the green pastures, mustard fields and dairy farms. The rough chip seal sections have mellowed a little. Loop two had 20 riders with some A-level folks. The third loop was just three riders: Bill Dunn, Bob on a Cruz Bike recumbent and me. Bill and I were the only ones who rode all three circuits. Several rode two rounds. There was a mild tailwind going west and the temperatures warmed up to the low 70's for a very pleasant day to be bike riding."

And yet one more ride on this first Saturday of March: Chris Brown led a BC ride from SR up to Pine Flat and back. "The Pine Flat ride was a great success. We had about 23 people at Howarth Park. The group stayed together (except for a small bottle drop mishap) up until Jimtown. Then we headed up Pine Flat, where most of us went to the guardrail. There were six riders who went all the way to the top including Darren Jenkins and our two guests from Texas. When we all regrouped at Jimtown for the second time, the two Texans left to daringly take on the Geysers. We then headed for home, with the C's off in the front and a few B's at the back. All in all, the ride was fantastic, with beautiful weather and wonderful people."

On Sunday, Donna Norrell offered up a variation on the Medio Fondo course at BC pace: out from SR to Occi and Duncans Mills, onward to the coast, then south, then back inland over the hilly ridges of Coleman Valley. Donna sent in this report: "Around 25 cyclists showed up for today's ride out to the ocean. Many new faces and three people from Marin. The pace heated up down Hwy 1 and the group split up into smaller groups after that. Overall, a great day for the ride leader: gorgeous weather, no mechanicals, no injuries, no lost riders...*whoops*, well, except for the ride leader who, while staring out to the calm, glistening ocean, missed the Coleman Valley turn and started heading down to Bodega Bay. (Confessions are cleansing.) A good samaritan (Hunt Moore) chased her down and got her back on the route. The Coleman climb was waiting, and so were a few patient others at the top of the ridge and even more in Occidental. A fun ride, and a few of us stayed for burgers and beers afterwards. Thanks to all who made the ride enjoyable."

The next weekend brought us the annual Free Lunch Ride. There were A, B, and C routes out of Healdsburg, essentially around the mid-section of the WCC course, with all the rides converging on El Sombrero at the finish for lunch. Those who were eligible received ten-dollar bills good for their food and suds at the taqueria. How did one become eligible? By attending the January meeting and voting in our Board election. Of the 80 or so people who did the rides, 42 cashed in on the free lunch. One rider had a small crash, but aside from that, the rides were entirely uneventful in the most pleasant sort of way: good roads, good scenery, good weather, good company...a simple formula for a successful bike adventure.

That was supposed to be the only ride on Saturday, but because of a forecast for rain on Sunday, Sarah Schroer asked permission to reschedule her Sunday Saving Daylight Century to Saturday, with notices on the chat list and web site. She reports: "Despite a last-minute schedule change, nine riders showed up at the right time and place for the ride. Thanks to the change, we had great weather, with no worries about being caught in the rain. Our group was well matched, both on the climbs and on the flats, and the pace was C+ all day long. With just two brief pit stops, we covered 107 miles and about 8500' of gain in less than eight hours! No flats or mechanicals, low traffic roads, and a tail wind on Silverado



West Dry Creek Adopt-a-Backroad Litter Pick-up Day

Sunday, May 20, 9:00 AM, Healdsburg City Hall

It's time again to heft our Hefty Bags and head out into the countryside in search of litter. Most of you know the drill, but for the ever-increasing numbers of new members, a brief summary of how, where, and why we do this...

The club has committed to clearing a couple of popular cycling roads of litter each year, one road each at six-month intervals. We do this, first of all, because it's simply a good thing to do. But we also do it as a gesture of goodwill to the residents along those roads, to show them that cyclists—at least those in the SRCC—are a positive force in the community. It's especially good to do this project immediately after the WCC and WCC Workers' Ride, when we have put so many bikes on these roads and have perhaps caused the locals some inconvenience. To get that message across, we set up road signs while we're working that announce who we are and what we're doing out there.

Many hands make light work of this task...around 40 sets of hands would be just about right. We'll divide the ten-mile long road up into short sections to be walked by crews of two or three. The collected bags of litter are hauled off to the dump.

After we have cleaned the roads, we will clean our plates over lunch at the Bear Republic in Healdsburg, paid for by the club.

It's possible (and fun) to turn this project into a bike ride. Ride to the start in Healdsburg, then out to your assigned stretch of road for the litter lifting (stashing your bike in a secure spot). Then ride back into Healdsburg for the lunch, and then back home afterward. To sign up or for more information...

Mike McGuire—542-6687 mmcguire@pacbell.net

B&B, continued from page 6

Trail. Good conversation along the way, topped off with pizza and recovery beer at Mary's after the ride made for a great day on the bike." I might add that Tony Lee and Marc Moons rode to and from this ride from Petaluma, turning an already challenging century into a jaunt of closer to 150 miles. Stout work, lads!

After a week of steady and sometimes near-biblical rain, it was unclear whether the rides of St Patrick's Day weekend would happen. Not much space left here, but we just have room to say that the rain stopped overnight on Friday and both the BC Apple Cider Century (19th annual) and Carole Kolnes' Green, Green Hills of Sonoma County were run, and excellent rides they were, with around 20 optimists at the start of the ACC and 14 for Carole's A ride.

Only five hardy souls completed the full ACC (Liz Sinna, Bob Puckett, Brian Gully, Mark Golik, and Mr Bill). Others either opted for the 100-K course from the start or did the longer, hillier loop out to Fort Ross and then peeled off at Occidental for a stiff ride of around 75 miles. The five who stayed the course were battered half to death by a ferocious NW wind that came up later in the afternoon. We did get a few small tailwind runs out of it, but more often, as we twisted and turned our way toward home, it was either a buffeting crosswind or a battering headwind. Really brutal. But hey, we'll take it. On a weekend when we thought the ride was a goner, we got 'er done.

More randonneur ramblings — Mike McGuire

The second brevet of the 2012 SRCC season took place on February 25, making a round trip from Healdsburg by way of Geyserville, Cloverdale, Boonville, Ukiah and Hopland. It was the same distance as the January 200-K but significantly more challenging. January: range of finish times: 6:05 to 10:41, average time 8:00 hours. February: 7:02 to 12:27, average time 9:18. 4900' compared to 8700' elevation gain! But, in true randonneur form, all finishers received the same accolades for getting in under the 13.5-hour maximum time limit.

Our next brevet is a 300-K on March 24. It has the same minimum pace of 9.5 miles per hour with a 20-hour maximum finish time. The course is from Healdsburg to Guerneville to the coast and down to the South Beach at Point Reyes and return. It's very scenic and not too hilly, but it can be breezy on the ride back up the coast. A nice lunch will be provided at the turn-around *contrôle*.

In Northern California, most brevets are conducted from January to June. The Santa Cruz Randonneurs, San Francisco Randonneurs and Davis Bike Club, along with SRCC, put on a full series of rides (200, 300, 400 and 600-K). When one completes all four distances in a calendar year, he or she earns a Super Randonneur medal, a significant award. The four distances can be completed on any recognized course around the country and that adds to the enjoyment of riding with friends in many different settings. A longer ride can be substituted for a shorter one, if necessary.

The organizing body for randonneuring in the United States is Randonneurs USA, or RUSA. It coordinates events nationwide and is our link to international activities. RUSA helps write and interpret the rules by which rides are conducted. The RUSA website (rusa.org) contains a great deal of information about the sport and is worth visiting. Bob Redmond, as our Regional Brevet Administrator (RBA), works with the other RBA's to schedule events throughout the year to reduce the risk of conflicting dates. Links to several randonneuring sites have been added to our club website. Bob has had the help of Bill and Evelyn Ellis and Kimberly Hoffman for our first two rides. Other club members will help on the longer events and opportunities for novice volunteers abound!

This sport has a strong French connection. Pierre Giffard of *Le Petit Journal* staged the first *Paris-Brest et retour* in 1891. Despite changes, Paris-Brest-Paris continues to this day as the oldest long-distance cycling road event. It is open to amateur riders only.

There is a billboard just north of Santa Rosa that claims "One sip and you're fluent in French." Probably not, but knowing a little French can be an asset to taking part in the ultimate *randonnée* (actual French for "long ramble in the countryside, by foot or bicycle"). While All Dogs Go to Heaven, not All Randonneurs Go to Paris, but it is a great goal and part of the mythology and lure of *brevets, permanents, populaires, flèches, and darts*.

Carole reported lots of green apparel for St Patty's Day...even hair dyed green, which got tourists snapping photos at the Jimtown regroup. Those crazy Sonoma County bikers...

Finally, David Abramo checks in with this short note about the breezy, freezy Sunday AB ride on this weekend: "Twenty-six people who must really love to ride in the wind, freezing cold and occasional rain did just that. We all survived, some of us just barely. Have truck, will SAG. Enough said. We still love our 'job' as ride leaders. See you next month!"

SANTA ROSA CYCLING CLUB

PO Box 6008

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- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates.....526-3512
- Membership registration: Gordon Stewart.....823-0941
- Meeting program coordinators: Sharron Bates....526-3512
- René Goncalves.....570-6653

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



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

GENERAL MEMBERSHIP MEETINGS

Wednesday, April 11 • 6:30 PM

Occidental Road Round Table Pizza

**Darrin Jenkins, Director of Development Services/
 City Engineer for the City of Rohnert Park, on...
 Types and tips of signal detection for cyclists.**

Wednesday, May 9

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, April 5 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, May 3

• 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
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- Wohler Bridge..... Tony Buffa, 824-4466, tbuffa@sonic.net
 Evelyn Ellis, 415-898-2998, evbuch@yahoo.com
- Warm Springs Dam.....Janice Oakley Thomas, jmo_bike@yahoo.com
 Richard Anderson, r.c.ander@comcast.net
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- Food Service, WFC Michelle Kane, 292-5707, kearykane@yahoo.com
- Overall, WFCJoe Morgan, 778-8209, TheMorganFamily@comcas.net
- Workers' Ride and Picnic Doug Simon, 577-0113, desimon@sbcglobal.net