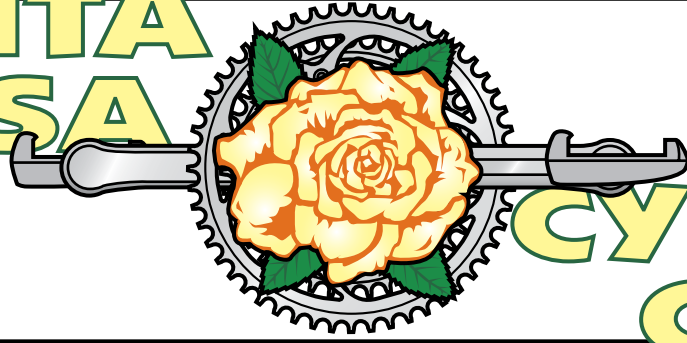


SANTA ROSA



Terrible Two



CYCLING CLUB

JUNE 2012 NEWSLETTER

WINE COUNTRY CENTURY: BETTER THAN EVER

The 2012 Wine Country Century has done it again. A home run? A slam dunk? A wire-to-wire victory? Choose your favorite metaphor, as long as it implies something approaching perfection or complete and unalloyed success. That's how we want to describe our big event for this year.

On Saturday, May 5, 2500 cyclists converged on Santa Rosa for the latest edition of this popular ride. Event Chair Doug Simon, all of our experienced committee chairs, and all of our over 400 volunteers were ready for them. Every to-do box on every list had been checked off. Someone had even taken care of that all-important item: ordering up a day of perfect cycling weather.

It was just slightly nippy in the morning, as the riders streamed out of the Wells Fargo Center, heading out onto their appointed rounds. But it didn't take long for the sun to assert itself in a clear blue sky, and by midday, it was on the high side of 80°. Winds were moderate and, for the most part, a non-factor. All in all, we could hardly have asked for a better day for a big bike ride.

If you were out on the course on either Saturday or Sunday (on the workers' ride), you will have had no trouble understanding why the WCC is such a popular event...why its 2500 entries are snapped up in a matter of hours, back in February. The scenery all along all our roads looked about as picturesque as it can possibly look, with wildflowers and green meadows in abundance, with every tree and shrub decked out in its best, blooming springtime finery. (Those old SRCC members who latched onto this date for the WCC—the first Saturday in May—over 30 years ago: that was a stroke of genius.) Even without the perfect springtime date, this landscape would still be appealing, from the corduroy rows of vines to the shady redwood groves, from the sheep-cropped hill tops to the rock-ribbed coast. But the greenery and blossoms of spring make it all that much prettier, and then the lovely weather: that's the cream-cheese frosting on the cake.

Of course, the roads and the landscape are out there for the taking, any day of the week or month. That's only half of what makes the WCC so user-friendly. The other half is the support the club provides. Over those 30-some years, the club has tinkered with the details of how we stage this ride, tweaking a little here, adding an innovation there, and just generally polishing it up to a high gloss. But all that detailing and fine-tuning wouldn't amount to much without the people who put all the details into action, out

around the course, and also in the months and weeks before the big day and even afterward, tidying up the loose ends.

Veteran club members may take some of this well-oiled support machinery for granted. Been there, done that, seen it all before. But talk to any of our new members, after their first exposure to the SRCC juggernaut, and you'll find out how impressed they are at what a slick operation this is. And look at the letters from WCC participants on page 7: the one word that appears in almost every happy note, over and over: "support."

That single word refers to all of you, individually and collectively. Whether you worked a rest stop, drove a sag, helped at the warehouse; whether you assisted with the food buying or the truck driving or the apparel sales or the course marking. Each little task, done efficiently and cheerfully, adds up to a pleasant, even sometimes a spectacular day for our guests.

Among the innovations this year were an expanded menu at the finish, with tri-tip added to the traditional Willie Bird turkey. We also served beer for the first time, at a concession run as a fundraiser for the Sonoma County Bicycle Coalition. Lagunitas very generously donated the beer—a lot of it—and the Coalition pulled many a pint and made a good chunk of change. However, next to the line for beer was an even longer line for ice cream sundaes. The demand was so high for this post-ride treat that several servers got blisters on their hands from scooping ice cream!

Our apparel sales went very well. Our order of over 750 new WCC jerseys was the biggest single order we've ever placed, and we sold out the entire run, except for an odd size here or there. Likewise, our order of commemorative t-shirts was one of the biggest ever—close to 1000 units—and these were all either sold to riders or offered as tokens of our appreciation to our many wonderful volunteers. Smaller orders of socks and posters were moving briskly as well.

Any way you want to measure it, it was a successful day, with nary a glitch from start to finish. That's down to the incredible organizational talents of Doug and the committee chairs, and to the energetic, can-do attitudes of all the volunteers. We were able to celebrate our slam dunk home run of a WCC at our workers' ride and picnic the next day. We hope you were a part of the excitement. Thank you to everyone who helped make it such a great day for the club.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for May

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, May 9. 75 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin reported on current bank balances, as of April 30.

3. Membership: Registrar Gordon Stewart reported membership of 1561 (combining individual and family memberships). Timothy Brown acted as host at the New Member Table, with several new members on hand.

4. Rides: Ride Director Bill Oetinger circulated the ride calendar for June.

5. Jerseys: Bill Oetinger and Sharron Bates set up a display of Voler jerseys in both women's and men's sizes and in both club cut and race cut. Different fabric and chamois options were on display. Bill also demonstrated how one orders the jerseys through the Voler website. Bill said folks could contact him with questions as long as the person averred that they had read his detailed instructions about the process at the club website, as he believed it would cover 99% of the questions out there.

6. Directory: Webmaster Gordon Stewart announced the recent addition of a member directory at the club site that allows folks to list any services that members have to offer. The directory does not permit advertisement and is merely an information portal for interested members.

7. TT: TT Chair Craig Gaevart gave a brief status report on the upcoming Terrible Two (June 16), including showing the new TT volunteer page at the club website. (See article on this page.)

10. Drawing: In honor of Bike-to-Work Month, Karen Thompson conducted a swag drawing for all members who are participating in the Commute Miles, March Mag!c, April Alpina, and Century Challenge on-line logs. Prizes included wine, cycling books and accessories, and VIP passes for the Amgen Tour of California.

11. Picnic: Annual end-of-summer picnic date has been set as Saturday, August 25 and will be held at the club warehouse this year. Rick Sawyer has agreed to chair the event.

12. Litter: Board member Mike McGuire talked a little trash about the Adopt-a-Backroad Litter Pick-up day on Sunday, May 20.

13. Brevet: Bob Redmond discussed the upcoming 600-K brevet and the two new 200-K brevets that have been added to the calendar in conjunction with the 600-K. (See ride list for more info.)

14. Giro Bello: Member Kathleen Archer announced that the Rotary Club of Santa Rosa will be hosting the July 7 Giro Bello. See <http://www.Giobello.com/> for further details.

15. Tour de Fuzz: Member Genevieve Navar announced the September 8 Tour de Fuzz that benefits the Law Enforcement Chaplaincy program. See <http://www.tourdefuzz.org/> for further details.

16. Feature presentation: WCC Chair Doug Simon conducted a round-robin forum where members were encouraged to share their observations and anecdotes about the recently completed Wine Country Century. David Abramo showed the club's Facebook page, with its extensive album of photos, videos, and comments from the WCC.



Now that the Wine Country Century has been laid to rest for another year, it's time to tune up our amazing SRCC support machine for the Terrible Two Double Century, coming up on the longest Saturday of the year, June 16. And make no mistake: it will be a long day, for riders and workers both.

But while the riders have to slog away all day and sometimes half the night on their own, the workers can share their load, breaking the chores up into manageable shifts of a few hours each.

We will need help in all the usual places: food buying and distribution on Friday; cleaning and organizing equipment in the days leading up to that Friday; set-up at dawn on Saturday morning and clean-up at the end of that long day and night; sags early, often, and late (especially late); crews at all the rest stops and at the after-ride festivities at Analy High School; more clean-up at Analy and at the warehouse on Sunday.

The Terrible Two is, as always, a part of the California Triple Crown Double Century Series. However, the ride is not included in the Stage Race this year, and that means our attendance might be down a little. Stage Race or not, there will still be a good field, and the riders who will be here will still need and appreciate the support we provide.

There is something really special about helping out on this most prestigious of ultra-marathon rides. You can see and feel how hard the riders are working, and it feels good to be able to help them to do their best. Club members who have helped out on the TT before know this. They come back year after year to do the same jobs. But in spite of that, we always seem to need new folks to fill a few holes on the crews.

If you're an old hand at TT support, you know where you want to be and how to line that up. We have a new on-line volunteer [sign-up form](#) that makes getting involved easy. If you're new to the TT and want more information, get in touch with one of the Chairs below.

Craig Gaevart: 545-4133, cgarch@sonic.net
Bill Oetinger: 823-9807, srcride@sonic.net

BACKROADS & BREAKAWAYS

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

Last month, we ran out of room for one more item from that reporting period: that was any mention of clubsters at the Mulholland Double (April 14), first of this year's CTC Stage Race events (all in Southern California for 2012). It looks like the Volagi Voyagers, Robert Choi and Susan Forsman, are the only SRCCers contesting this all-SoCal Stage Race, but they flew the club colors high. Robert finished third overall and Susan was second among the women. Actually, she was really tied for first. She had slowed down over the last miles to ride in with another woman, who had no lights. But the folks at check-in messed up her time and docked her a minute. (Very sloppy timekeeping, if you ask me.) Hat's off to Susan and Robert on a good beginning to the Stage Race.

Meanwhile, back home, Spring sprang on us with a vengeance in the latter half of April. In fact, all of a sudden it felt like high summer, with some seriously toasty temps, beginning on the weekend of April 21-22. That was the date of the traditional Clear Lake Double Metric, which heads out of Healdsburg, over Ida Clayton and down into Lake County. We had a BC group and a CD group. Tony Lee reports on the faster bunch: "It was indeed hot today: 93° in Cloverdale as we passed through at about 4:30 pm. Twelve riders started off with the CD group at 8:30 am and one more joined at Chalk Hill. We caught Bill O and Rich Fuglewicz on Ida Clayton and they said 10 started with the BC group, so a good turnout overall. The lake effect kept temperatures very pleasant all the way to Soda Bay and to the top of Hopland Grade. As we descended the other side, the temperature rose. Marc Moons, Scott Duncan, Ken Cabeen and Miguel Sanchez wore the rest of us out by Cloverdale and pushed on ahead to the finish. The rest of us stopped one more time in Cloverdale. As we stood outside the convenience store, I looked at the bunch of us. What a motley crew we were. Sweaty faces, salt-covered bodies, cramping limbs, moans, guys dumping ice water over their heads...all except one, the lone girl in our group: Sarah Schroer. She stood there looking like she just showed up to the ride, with a popsicle and a big smile. I asked her how she felt and she said 'Great, I feel like I'm getting a second wind.' She then went on to beat the rest of us up Dutcher Creek. We were all in by 6 pm, later than I thought we would be, but the heat was a big factor in the later finish. Overall, a great day with a great group of CD riders who worked well together and stuck together the whole day."

That note was posted to the club chat list, jump-starting a lively thread of comments from other participants. I was the BC leader and this is part of my post to the list: "I saw 95° climbing Hopland, but it came with a cooling breeze that made it seem nicer. The really hot spots—for me—were earlier in the day, like on Big Canyon, where the thermometer said only 91 or so, but it felt like a roasting oven. The only problem with that cooling breeze in the afternoon was that it turned into a headwind for the final miles, heading south. Not a ferocious, brick wall headwind, but strong enough to have all the roadside grasses bent over (in the wrong direction). This may not have been as big a factor for the faster riders doing the hillier, twistier route, but for those of us who elected to do the straight shot south along the freeway, it meant

plowing into that mild but persistent wind for 20 miles. It wasn't crazy-awful, just a slog." The BC group broke up into a couple of little pods after the regroup in Hopland at 100 miles. Some folks still felt moderately strong, while others were just chipping away at the 120+ miles a little bit at a time. We were slower than the fast group, even with our shortcut, but while a few people were pretty well gassed at the end, nobody was terminally, miserably bonking. It was, overall, a wonderful, epic ride.

Meanwhile, somewhat closer to home, Doug McKenzie had another club tradition on the calendar: his semi-annual Pine Flat Challenge. These involve runs up the legendary Pine Flat climb against the clock. Sometimes they are run as ITTs and sometimes as mass starts, like a mountaintop stage finish. This was one of the latter. Doug reports: "Twelve starters at Piner High on a beautiful warm morning. We pick up about four along the way. Keep the pace in the C to D range for the ride up. One rider from Sacramento area yoyo-ing off the back. I'm thinking he might have some issues on the climb. I also notice super light components on his bike.. *hmmmm...* We get to the start and there are another half dozen or so waiting. It's getting hot now, mid 80's. Most everyone tops off their bottles. Off we go and Nick K of the Red Peloton takes off, too fast for me and anyone else. A group of about five or six set off in chase. The guy from Sac who was earlier struggling is solidly in the group. Soon he's off the front of our group. Sandbagging a bit, he was. We hit the steeper pitches and it breaks up. I'm riding solo after about four miles. It usually sticks together longer so I'm wishing I had someone to work with. Can't close the gap up front and can't see anyone behind, oh well. The last two miles are brutal, the heat had taken its toll, and with everything in bloom, including trees, my allergies are off the chart. The 21% section almost locked up my lungs. Looked down at the time and the hour mark looked just slightly out of reach. Sure enough, 1:00:14. Of course, now I'm thinking where could I have trimmed a few seconds. Great ride overall. No new records this time, a bit too hot." Nick was first at 53:11, with Vic Vicari (the Sacto sandbagger) second, just :20 back. For full results from this recent run, plus past results, visit Doug's Pine Flat Challenge [website](#).

There was a third club ride on this busy day: Susan Hester's birthday ride from Santa Rosa out to Tomales, 58 miles at A tempo. "When I planned this ride I thought it would be cold and foggy and of course it was not. Temperatures in the high 80s. About a dozen of us started out from Youth Community Park. It didn't take long for the group to break up. Some folks went up Occidental, bypassing the bike path and the climb up Graton. I climbed Graton with Irene and we stayed together for the rest of the ride. We met up with others at the Freestone bakery. The climb on Middle kicked our butts, but what a beautiful downhill, looking at all the cows grazing amongst the green fields. Met up with Fernando during our hike up Middle and he stayed with us the rest of the way. We made it to Tomales to be greeted with a little cooling sea breeze. No sign of anyone else from our group. We decided rather than climb Carmody we'd turn back via Hwy 1. We arrived at Ragle in one piece for a welcome restroom and shade break."

Only one listing on Sunday, April 22. That was Nikola Farat's ride from Santa Rosa up to Asti and back. Nick sent in this note the next day: "We had 22 at the start and when we rolled into Geyserville we were down to 11. We would have had 12 but one rider, a guest of the ride leader, went left instead of right at the intersection of Asti

— 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...go to Calendar & Rides

SATURDAY • JUNE 2

SRCC-RUSA 600-K Brevet Plus two 200-K options

Starts in northern Santa Rosa and heads north through the Alexander Valley to Cloverdale and Hopland before climbing over the Hopland Grade to Lakeport. Continues north to Upper Lake before making a big swing all the way down to Winters before heading home on the same route. 200-K options: ride out to the Pope Valley control, spend the night at the crazy party they have out there, then ride back home on Sunday (each way is 200-K).

For more info: brevet [web page](#)

Harrison-Sweetwater

4//B/52

9:00 AM • Piner HS

Out to the West County hills: Green Valley and then Harrison Grade. Down Boho to Monte Rio, along the river to Guerneville, and then the magical Sweetwater high country dance party. Home via Westside, Wohler, Trenton-H'burg, River, Oakwild, Piner, etc. For those who like hills but aren't necessarily fast at them. Ridden at B pace.

Christine Logan—577-1422
christinelogan@comcast.net

SUNDAY • JUNE 3

Twin Hills VFD Breakfast Ride

2-3/AB/39

8:30 AM • Analy HS parking lot
by Eddie Lane

Up the hill from Sebastopol to the Twin Hills Volunteer Fire Dept. for a pancake breakfast to benefit the folks who come to our aid when we fall off our bikes. Then an easy meander out around Bloomfield and Valley Ford.

Sue Bennett—523-1322
sbenn@sonic.net

SATURDAY • JUNE 9

Solidarity Ride

8:00 AM: 3/B/100

9:00 AM: 3/B/65

374 Blodgett St. Suite 4, Cotati

You are invited to the 2012 Solidarity Ride, hosted by Volagi Cycles. West and north from Cotati, through Sebastopol. Mill Station, Green Valley, 116 to Guerneville. Down the river to Monte Rio, then up Boho to Occi, out Coleman to Joy and south on Joy to Bodega

Hwy. Valley Ford, Franklin School, Dillon Beach, Tomales. Down the bay to the Marshall Wall. Chileno Valley, Carmody, Roblar, etc. 65-mile loop skips the northern run up to Guerneville and the River...goes up Harrison Grade from Green Valley to Occi instead.

Susan Forsman—(415)225-9405
susan.forsman@volagi.com

SUNDAY • JUNE 10

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Ragle Park

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

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

SATURDAY • JUNE 16

THE TERRIBLE TWO

5/CD/200 • 16,500'

5:30 AM • Analy HS

Pre-reg only

See article on page 2 or visit TT web [page](#).

SUNDAY • JUNE 17

Dry Creek & Alexander Valley

2-3/AB/45

9:00 AM • Esposti Park

A mellow loop up through Healdsburg and Geyserville with a stop at Jimtown for munchies and water, then up and over Chalk Hill and Faught to the finish.

Jack Hartnett—694-0922
cyclingjack@yahoo.com

For the Rest of Us

3/BC/75

9:00 AM • Ragle Park

For those not wiped out by the TT, another run out through the West County hills, but this one goes all the way down Tomales Bay to Point Reyes Station. Back inland along Nicasio Reservoir to the Cheese Factory, then Hicks Valley, Wilson Hill, Chileno Valley, Carmody, Roblar, Canfield, etc.

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

SATURDAY • JUNE 23

Let the Good Times Roll

2/A/35 • 3/C/52

3:30 PM • Third Street Aleworks
610 3rd St, Santa Rosa

A midday, multi-tempo ride ending at the Third Street Aleworks for libations and dinner at 7 PM. Join Don Graham, Sunny Mawson, and David Abramo for this party on the patio. It's going to be a great ride and fun evening! Routes up into the Windsor area on the A loop and an extra loop out to Wohler Bridge, the River, Odd Fellows, Green Valley, Graton, etc on the C loop.

A: David Abramo—(650)533-2330
djabramo@yahoo.com
Sunny Mawson—838-3138
sunny.mawson@yahoo.com
C: Don Graham—538-3664
ccmtg@sbcglobal.net

Tandem Flying 55

3/B/55

9:00 AM • Cotati Dog Park

Tandem Rally! This is a good opportunity to get out your tandem and who knows, this could be the start of something big. This is a fairly straightforward route with a few hills but nothing drastic. All bikes are welcome of course but it would be great to ride with tandem friends.

Donn King—490-9115
donnk@pacbell.net

Holly Johnson—(949)910-4050
hollyhj@yahoo.com

SUNDAY • JUNE 24

Creamy Pralines Ride

3/BC/52 or AB*

9:00 AM • Howarth Park

Through the parks, Channel, Oakmont, Lawndale, Warm Springs, Sonoma Mtn. Pressly, Roberts. Through Cotati, west to Roblar, Canfield, Bloomfield, Pleasant Hill into Sebastopol. Joe Rodota Trail to SR, etc. We will have praline cookies at the ride start to celebrate National Creamy Pralines Day.

Liz Sinna—484-2459

lizsinna@gmail.com

Vicky McKay—537-0826

vmckay@sonic.net

Janice Thomas—495-0353

jmt.bike@gmail.com

*AB: Susan Hester—573-1532

susanmhester@yahoo.com

SATURDAY • JUNE 30

Penngrove VFD

Pancake Breakfast Ride

2-3/AB/36

8:30 AM • Cotati Vets

Second ride in this series. Down to the VFD pancake breakfast in Penngrove (help support our emergency first responders). Then, stoked

up on eggs and flapjacks, ride on through the chicken coop belt north of Petaluma and out to beautiful Chileno Valley before returning to Cotati.

Sue Bennett—523-1322
sbenn@sonic.net

SUNDAY • JULY 1

Ragle to Tomales

3/B/40

9:00 AM • Ragle Park

Out through the hills west and south of Sebastopol on a typical collection of twisty, West County roads (too many and too complicated to list here...but all good, all scenic, all fun). The route slip will list them all and you'll have a good time.

Tony Buffa—824-4466
tbuffa@sonic.net

REGULAR RIDES

Sunday Training Rides

C/40-50 • 8:30 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

David Fitch—228-9705

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

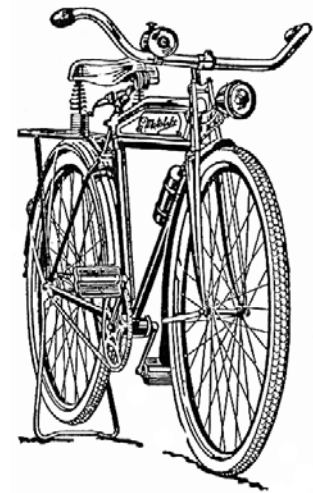
David Henry—338-9125

Fourth Friday: City Hall lot, H'burg

B: Buck Hall—537-1946

Fifth Friday (B only): Esposti Park

Gary Grayson—538-9262



Urban Greenways: Connecting Neighborhoods; Transforming Communities

The Southeast Greenway Campaign will host guest speakers Meredith Thomas and Rachel Russell of the San Francisco Parks Alliance who will share highlights of the Blue Greenway, which will transform San Francisco's southeastern waterfront. The event will be held at the Glaser Center on Thursday, June 7, 7:00 – 9:00 pm.

The Southeast Greenway Campaign will report on progress toward the greenway to Spring Lake in Santa Rosa, including the recent breakthrough meeting with Caltrans and the formation of working groups.

To attend, RSVP to Linda@SoutheastGreenway.org. Co-sponsors are the Southeast Greenway Campaign, the San Francisco Parks Alliance, ArchiLOGIX, TLCD, Land-Paths and the Leadership Institute for Ecology and the Economy. More about the Southeast Greenway and the June 7 event at: www.southeastgreenway.org.

and 101. He ended up in Cloverdale, where he called a friend who took him back to Santa Rosa. After a prolonged wait, we started back on 128. Up to this point, the pace was rather mellow. When we turned left in Jimtown, someone must have shaken the hive. Three killer B's went to the front and prompted a cacophony of painful shrieks and yells from the hapless drones. When we got to Old Red, your intrepid ride leader, who was now bonking, with attendant sore knees, had to throw himself on the mercy of Janice and Laurie. The two Sisters of Mercy, with the help of food and encouragement, got me back to my house."

On the last weekend day of April, we had our 400-K brevet. Brevet coordinator Bob Redmond reports: "While our shorter brevets have had record turnouts, the 400-K had only 15 registrants... typical of a post-PBP year. Regardless, we ran the brevet (in full SRCC grandeur) to support those who have their goals designed around our events. Eleven riders set off at 6 am for Lower Lake via Ukiah and a loop over the top of Clear Lake. The route doesn't need staffed controls, so we put all our efforts into the finish control, a suite at the Best Western. Karen Thompson put together an incredible spread, and we had just as many volunteers as riders on the course. Two riders—early arrivals—had DNFed by continuing past Lower Lake to Middletown and coming up Western Mine. Garth Powell was the first official finisher to arrive at 10 pm, after 16 hours, and the *Lanterne Rouge* (final rider) finished at about 5 am, well ahead of the 9 am time limit. Our final brevet will be the 600-K on June 2. We will be running a set of 200-K brevets in conjunction with the 600-K, sharing much of the same route: out to Pope Valley on Saturday, spend the night at the renowned 600-K staffed control, then home the next day."

This was also the day of the Devil Mountain Double, over in the East Bay, and in spite of it not being in the Stage Race this year, SRCC participation was more than respectable. Once again, Robert Choi was third overall, and once again, Susan Forsman was the first woman to finish, two minutes ahead of world-famous ultramarathon star Ann Trason. (That means SRCC women have finished first on DMD two years in a row, with Megan Arnold drilling it last year.) Other clubsters finishing the super tough DMD: John Witkowitz, Brian Chun, Doug Schrock, Frank Pedrick, Kamran Asmoudeh, Peg Miller, Darrin Jenkins, and Robert Morris (by way of the workers' ride). A good showing on a very tough double.

We might have expected reigning CTC champ Marc Moons would be doing DMD, but Marc has a different agenda this year, and on this day, he chose to do the latest in the Grasshopper series of spring training races. This one did the same Ida Clayton climb and steep, gravel Western Mine descent we had done the previous weekend on the CLDM before heading back toward SR via Butts Canyon, Ink Grade and Spring Mountain. Marc relates that he rode with Levi down the length of Butts Canyon before Levi dropped them all on the climb north of Pope Valley, eventually catching and dropping some other racers (on the Spring Mtn climb) who had gotten off the front earlier. This is Levi's way of recuperating his broken leg. We should probably know, by the time this newsletter hits the street, whether his recovery was completed in time for a good effort at the ToC. As for Marc, he finished the Grasshopper in 13th with what he referred to as concrete legs.

On Sunday, we had Janice Thomas and Anne Graver leading an-

other edition of their program that begins with a ride and ends with a yoga session. Anne sent in a note that may be the shortest ride report in club history: "20 riders, no problems, good weather, great yoga." Okay...I guess that just about sums it up. I did get a slightly longer, more anecdotal report from one participant, but all it added was a few names and a little coloring. Anne pretty well nails it. We might just add that the ride was out in the Valley of the Moon—Lawndale, Schultz, Dunbar, etc.—and that the BC option included the hilly Cavedale-Trinity loop.

The last ride we'll cover for April was the Janice Eunice offering, heading from Sebastopol out to Bodega Bay to visit the annual Fisherman's Festival. Janice reports: "19 riders were present at Ragel Park to ride to the Fish Fest. This was listed as a B ride because of the distance and the amount of climbing, which I feel A level riders can accomplish at a slower pace. As I told one of the riders, I am an A rider who likes to do BC routes at my pace, 10 mph. A fast group took off fast, with the B riders in hot pursuit. What I liked was the leaders at the front regrouped and waited until I caught up with them at Barnett Valley and at Bodega Hwy, and then we all did the well-earned descent to Bodega. The group waited till I got there at the top of Bay Hill. Michael started at Freestone and met us at the top of Bay Hill. It was a beautiful day with breathtaking views, so we took pictures and all felt great about our accomplishments. We all rode down Bay Hill cautiously, because it is famous for awesome-looking potholes.

"The Festival was a great event, with good food, especially the fish and chips, great music, interesting crafts and unique jewelry, and the parade of boats was nice to see. The route back had some interesting grades before arriving at Ragel. If one did the whole route, it had 3300' of climb."

The next weekend was of course the WCC extravaganza. You can read about the main event on page 1, plus letters from happy participants on page 7. After the big day was over and done with and all our happy guests had gone home, we had our own party on Sunday: the WCC Workers' Ride and Picnic. We think about 250 took part in the fun day. If possible, the weather was just slightly better than it had been on the real WCC the day before. We saw 90° on some cyclometers later in the afternoon, but most of the ride was run off with temps in the high 70's and low 80's... in other words, ideal for cycling. The big pavilion at the finish was so packed with members, it looked almost like it had on the previous day. The food was at least as good as it is on the regular WCC, with Matt Parks and his catering crew—Jenny, Nick, and Sydney—cranking out the chow. And the rest stops around the course were nearly as well-stocked and comfortable as they were for the main event. The comment has been made on more than one of these occasions in the past that this is just about the best member-event of the year in this club. We wouldn't disagree.

One week later represents the last week we can cover this month. We had two rides on Saturday: a classic, clockwise loop up and over the Geysers (out of Healdsburg), listed by David Fitch, and the infamous Fearsome Five, listed by Marc Moons. The latter has become a rather big deal for the hardcore end of the club, enough of a big deal to have its own [webpage](#), like the Pine Flat Challenge. Marc reports that over 30 riders took part in this ultra-tough, five-summit sufferfest, with almost half of them copping all five summits. Both starter and finisher numbers are records. Other riders did anywhere from two to four summits. It would take more space than we have here to do justice to how hard this ride is. But

• Letters from the WCC •

Two thumbs up to Santa Rosa Cycling Club. The Wine Country Century was hands down the best supported ride I've done. The scenery was stunning, the food was great. (I'm one of the slowest riders and they didn't seem to be out of anything when I got to the

B&B, continued from page 6

if you know this much, you might be able to appreciate it, at least in the abstract: twice over the Geysers, Pine Mountain, Ida Clayton, and Pine Flat. 15,000' of steep climbing in 129 miles, and, on this day, temps up over 90°. A serious piece of work.

David's B-tempo, 56-mile Geysers loop offered a nice alternative to that hardcore craziness. I guess you could say the 20 or so people who did that ride get credit for one out of the five Fearsome summits: the north face of the Geysers. Folks on this ride interacted with the folks on the FF ride, as the hardcore riders were on their way back south over the Geysers, after their Pine Mountain out-&-back. Those of us on the shorter ride had a much easier time of it. After the fast descent to Alexander Valley, we kicked back on the bench at the Jimtown Store, watching the world go by, before ambling back to Healdsburg.

Sunday was of course our local day for the Amgen Tour of California, and SRCCers were all over the place, all day, plugging into the action and excitement wherever and whenever they could find it, from the big circus downtown to the remote ridge lines of Fort Ross and Coleman Valley. The event has been so extensively covered in both the local and cycling press that there isn't much we can add, nor much point in repeating all the obvious storylines. It was simply a very, very big day for cycling in the North Bay...bigger than the WCC or the TT and probably bigger, in some respects, than the GranFondo. Watching the race on TV, either live or in replay, and knowing that those same images of our spectacular Sonoma County landscape were being viewed on TV screens and computer monitors from California to New York, from Dallas to Paris...well, if this region were not already considered one of the world's most significant cycling destinations, it certainly is now. Aren't we all lucky that we live here full time and have all these wonderful roads as our very own backyard play area? Several of the folks on the Geysers ride on Saturday were out-of-towners, visiting for the Tour but picking up a local ride while here...so, in addition to seeing all that the Tour route had to offer, they also got to check the Geysers off on their bucket lists. As we often like to say: just another day in paradise. Cycling paradise anyway. David Abramo and Sunny Mawson had an A ride out of Windsor that included a chance to watch the racers go by on their Windsor loop. Sunny sent in a note about it. They had 18 on hand, including some more of the out-of-towners, here for the race. Not much to say about their experience except that it was pretty much like what all the rest of us experienced on that busy, colorful day.

Saturday was also the date of the Central Coast double, round two in the all-SoCal Stage Race. The official results weren't available when we went to press, but we believe the only SRCC members who completed the ride were Robert Choi, Susan Forsman, and Rick Sawyer. We know it was a hot day, as it often is down there at this time of year. It took its toll on riders, especially over the bleak, barren hills of the second century. Hat's off to anyone who finished or even came close to finishing.

rest stops.) The volunteers around the course helping with directions at easy-to-miss turns and split-offs for different routes helped keep us safe and on track. I loved seeing so many SAG vehicles and was very grateful for the wonderful man who took me and two other tired riders back to the start for a wonderful meal...the ice cream sundaes were the best. I think we had about a dozen riders from my club on the course and they all had great experiences. Pass on our appreciation. We hope to do it again next year.

— *Kallie*

Best supported ride I have ever done in terms of SAG, food, rest stops and friendly people! All of your volunteers should be very proud of the job they did. Congrats and thanks to all your club members!!

— *Lionel Senes, San Luis Obispo Bike Club*

This is one of our favorite events of the year. What a great job is done by all. Please pass along our heartfelt thanks to all the volunteers who help make it such a wonderful and enjoyable day.

— *Brad Bertalan*

What an awesome event! Beautiful ride, unbelievable rest stops and so many volunteers. Definitely worth the 12-hour drive from Phoenix. Can't wait to come back next year. Thanks for all of your hard work putting on such a well-run event!

— *Julie Matthews Buszkohl*

I am new to cycling and this is my first event. I volunteered for people picking up their drop bags. Countless people told me it was the best and most organized ride anywhere. A job well done SRCC.

— *Bill Petty*

I just would like to say a huge "job well done" to every single volunteer and organizer of this event. It was the first cycling event my wife and I have participated in and we both noticed the attention to detail that set this apart from even some of the big-name running events. Thank you for a great time and all the work the club did!

— *Jeff Cooke*

For my first-ever century ride, what an amazingly well put together event. Every rest stop was beyond my expectations. The volunteers were all helpful and super supportive. I want to thank everyone who made this possible. The experience I had will never be forgotten. I look forward to next year!

— *Tisha Abbott*

You guys outdid yourselves again. The sag support, volunteers, yummy lunch were all amazing, and Lagunitas (beer) was a bonus. My husband especially liked the gluten-free option at lunch. Thank you!

— *Barbara Miller*

Please pass on to your club my thanks for putting on such a fine ride last weekend. My friends and I all enjoyed the great route, friendly volunteers and wonderful support. A friend and I spent a week in Santa Rosa and used the [Ten Great Rides](#) portion of the club website to plan some excursions while we were there. Every ride we did was great, and I especially enjoyed the narratives. They really helped us understand what the rides would be like, and were well written and entertaining to boot.

— *Jane Whicher*

SANTA ROSA CYCLING CLUB

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

March Magic • April Alpina

March and April have come and gone for another year, and we can now total up the efforts of the folks who participated in our two month-long, on-line challenges. (The logs are on-line; the challenges are out on the roads.)

For [March Magic](#), the challenge is to pledge to ride a certain number of miles in the month and then to back that up on the bike. 34 people entered and posted goals, and over half of them met or exceeded their goals. Mark Gire, Rico, and Jess Robel all topped out at over 1000 miles and Bill Dunn just missed that goal at 976 miles. Fred Schwartz, Martin Clinton, Billie Wolff, David Abramo, Liz Sinna, and Steve Drucker all exceeded the 750-mile level. Others hit their targets as well, including Joe Morgan, logging over 300 fixie miles.

For [April Alpina](#), the premise is the same: post a goal and then try to meet it. The only difference is that, instead of miles, this one is about total elevation gain. 17 riders posted their goals and 11 met them. Top climber was Paul McKenzie, with just a hair under 90,000' of gain (much of it rung up on his Nifty Ten Fifty ride). Bill Dunn was next at almost 67,000'. Fred Schwartz, Mark Walsh, Mark Gire, Rick Sawyer, Denver, Aaron Davis, Liz Sinna, Mike DeMicco, and Clay Popko all topped out at over 40,000'.

The club's on-line, interactive logs are fun. Aside from these two, one-month challenges, we have the [Century Challenge](#) and [Com-mute Miles](#) Challenge going on year-round. If you cycle-commute or do centuries now and then, you should be posting your numbers here to impress and inspire your club mates. Check out the sites and sign up. Then get out there a rack up some glossy numbers you can post to your accounts.



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, June 13 • 6:30 PM

Occidental Road Round Table Pizza

**Feated speaker: Gary Hellfrich,
Sonoma County Bicycle Coalition**

Wednesday, July 11

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Special date: Monday, June 4 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, July 5