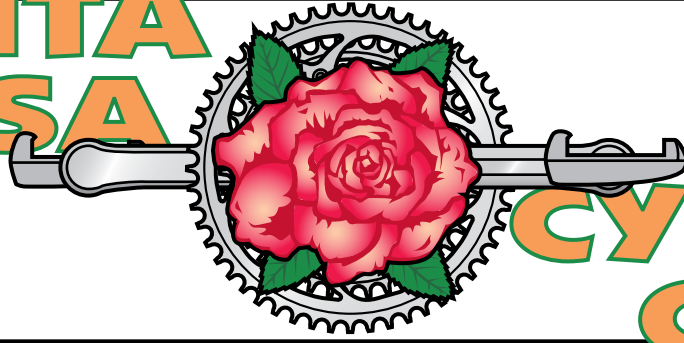


SANTA ROSA



CYCLING CLUB

JULY 2012 NEWSLETTER

Record heat wreaks havoc on the Terrible Two

Attendance at the 2012 Terrible Two was as low as it has been in many years, thanks primarily to this being the TT's turn to be rotated out of the California Triple Crown Stage Race. Now that the event is over, we can guess many of the riders who did *not* sign up this year are breathing a sigh of relief over what they avoided. History, both objective and subjective, will record that this was easily the most terrible Terrible Two ever.

The brutal bogeyman was heat, as it often is on the TT. But this was heat like we've never seen before. The official high for Cloverdale on Saturday, June 16 was 109°. That's our objective yardstick and is a record by a degree or two. (For painful counterpoint, it was only 85° on Sunday.) The more subjective, "real feel" could be measured in the suffering of the riders: strong, fit men and women slumped in chairs at the lunch stop, ice packs on their necks, vacant stares on their haggard faces; or sprawled on the side of Skaggs Springs Road, in a patch of shade, resting, while puzzling out how to convince their exhausted bodies to get back on that damn bike...

177 riders rolled out of Analy High School at 5:30 AM. One very long, very hot day later, 81 riders had made it to the finish, a scant 62 by our traditional 10:00 PM cut-off. (All riders finishing before 11 PM receive CTC credit, but only those finishing before 10 are entitled to wear the coveted "I did it!" t-shirts.) The percentage of riders making it in by ten is 35%, by far the lowest figure in the history of the event (or at least for as long as we've been keeping accurate records). Even adding in those finishing after ten would still leave us with a record low rate of success (45%).

It was already triple-digit hot by the time the long file of riders hit the Geysers climbs in mid-morning. Off the north face of the mountain, the deep, rocky gorge of Big Sulphur Creek Canyon was like an oven. It stayed hot through Cloverdale, over Dutcher Creek and on into lunch, where the bodies were piling up like well-cured cordwood. Many opted to call it a day right there, with the mercury topping 110° by midday. Some climbed into the fleet of sags, but about 25 found enough energy left to do the honorable bail-out back down the valley...a 140-mile ride that started at 111° and stayed on the high side of 100° all the way to the end.

Those who continued onto the steep, kiln-dried killing fields of Skaggs faced the daunting prospect of 30 miles of sun-baked, desiccated hell. Bike thermometers were registering between

120° and 130° over this stretch. The stultifying triple-digit heat, coupled with the relentless, double-digit climbs, added up to a sort of science experiment run amok: how much can human minds and bodies be expected to endure?

But as most savvy TT vets know, if you can get through that 30-mile sufferfest with anything at all left in the tank, it does get easier from there on. The cool, blue Pacific awaits, with temps in the mid-70's and even a touch of a tailwind. Of course, there is still the Fort Ross-Black Mountain tag team to grapple with, but by then, you can almost start to smell the barn, to see that t-shirt...

Up at the sharp end of the field, new rider Nate Ripperton from Mill Valley was dancing along as if the horrible heat were a minor inconvenience. He was first into lunch (but only by a minute), stayed out front, and was first at the finish in a very snappy time of 11:31. This was his first double century. Dave Palmeri of Live Oak was 20 minutes back in second. Then popular SRCC homies Robert Choi and Marc Moons finished together in third. Susan Forsman was the first woman to finish. Sarah Schroer and Liz Sinna, both attempting the TT for the first time on this wicked day, completed an SRCC sweep of the women's podium.

Ripperton's impressive numbers notwithstanding, finishing times were generally slow. For instance, a time of 15 hours would have had you in the top 25. In many past TTs, 15 hours wouldn't have cracked the top 100. Some of that is of course due to the small starting field, but most of it is down to the extreme conditions.

Aside from the many riders taken out by the hills and the heat, we had just two who crashed out. We had the typical backside-of-Trinity stack—right in front of the warning Skeleton—resulting in a broken collarbone. Then, on Hwy 128, a paceline tangle took out a woman rider: broken collarbone and four fractured ribs. Others riders crashed—the road rash was on display—but those shunts weren't too serious.

Two things almost every rider said at the finish: 1. this was, hands down, the hardest ride I have ever done; 2. I couldn't have done it without the support of the amazing volunteers all around the course. In this year of low attendance, the workers actually outnumbered the riders. Every bit of their care and kindness was needed to keep the riders moving...and it was hot for the workers too. It was an epic day for all involved, one that those who were there will be talking about for years to come.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for June

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, June 13. 61 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin reported on current bank balances, as of May 31. Greg and Donn King recounted their recent meeting with the IRS (which went well for the club).

3. Membership: Registrar Gordon Stewart reported membership of 1606 (combining individual and family memberships). Timothy Brown acted as host at the New Member Table, with three new members on hand.

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

5. Jerseys: Bill Oetinger recapped the custom apparel order program from the month of May. Approximately 400 units were ordered, split almost exactly evenly between the two designs. In some categories—both jersey designs, for instance—price discounts kicked in because of higher volume sales, meaning members received refunds on their credit card bills. Merchandise will ship to us around the last week of July.

6. Swap meet: Jonathan Lee and Lauren McNall of Red Peloton announced the July 8 Matt Wilson Velo Swap Meet that will be held at Canine Companions on South Dutton. (See item below.)

7. TT: Chair Craig Gaevert gave a brief status report on the upcoming Terrible Two on June 16. (See page 1 and page 8.)

10. 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.

11. Litter: Mike McGuire reported on the recent Adopt-a-Backroad litter pick-up day, May 20. (See item, page 7.)

12. Feature presentation: Gary Hellfrich, Director, Sonoma County Bicycle Coalition. Gary provided an overview of SCBC's work, including the upcoming Bike Expo and work that has brought diverse county interests to the same table to begin to understand and appreciate the need for intra-county bike paths, among them the SMART corridor trail. Gary also answered a variety of questions posed by members, including noting the fact that the coalition serves as the organization that provides court-ordered educational classes for any individual "diverted" from mainstream criminal prosecution for cycling-related offense.

THE MATT WILSON VELO SWAP

A Benefit for St Dorothy's Rest
& Canine Companions for Independence

Hosted by Red Peloton

Sunday, July 8 • 11:00-3:00

CCI campus (2965 Dutton Ave, SR)

Last fall, Matt Wilson died of heart-related issues while riding his bike in the hills above Santa Rosa. Matt was a well-loved member

— Continued on page 5

2012 California Triple Crown Stage Race

The 2012 California Triple Crown Stage Race is complete. In case you're not familiar with the CTC SR, it is the *uber*-challenge of the California double century series. If just completing 200 miles in one day isn't enough for you, you can enter three of the hardest, hilliest doubles and have your times in all of them added up, as in a stage race. Lowest total elapsed time wins.

This was year two of an experiment for the Stage Race. Last year, all three Stage Race doubles were in Northern California (Devil Mountain, Terrible Two, and Mt Tam). This year, all three SR doubles were in Southern California (Mulholland, Central Coast, and Borrego). The idea was to make the Stage Race more accessible—in alternate years, at least—to residents at opposite ends of the state. With 68 riders completing the ultra-tough NorCal series last year and only 20 completing the not-quite-so-tough SoCal series this year, we'd have to say the jury is still out as to whether this divided-state premise is a success or not.

One thing we know for sure: very few Northern California riders elected to go to Southern California to complete the full Stage Race this year. Robert Choi and Susan Forsman were the only SRCCers to do so, but they did the club proud. Robert finished second overall. (We'll have more to say about Robert's Stage Race resumé later.) This was Susan's first attempt at the full Stage Race, and she came away with first place in the women's division and ninth overall.

Susan won almost in spite of her efforts to give it all away. At Mulholland, she stopped to help a rider who had crashed, losing several minutes. Then she slowed to assist another rider who didn't have lights, late in the ride. On top of that, the officials docked her a minute through sloppy timekeeping. At Central Coast, she gave up several minutes to help a rider in the middle of a medical meltdown. Finally, at Borrego, she was led off-course by another rider and logged several bonus miles. In spite of it all, she was still the top woman in the series. Not only that, but she was first woman in on Devil Mountain and Terrible Two as well.

This club has a long tradition of doing well in the Stage Race, going back many years...more years than we have space to account for here. But just harking back over the past seven years, we see this:

2006: Robert Choi 1st, Marc Moons 2nd

2007: Marc Moons 2nd, Tony Lee 3rd

2008: Robert Choi 1st, Doug McKenzie 3rd; 5 in the top 12

2009: Barley Forsman 2nd; 4 in the top 16

2010: Marc Moons 1st, Robert Choi 2nd, Karen Thompson 2nd woman, 10 in the top 25

2011: Marc Moons 1st, Megan Arnold 1st woman, Patrick Seeley 1st tandem, 8 in the top 25

2012: Robert Choi 2nd, Susan Forsman 1st woman

No other California bike club comes close to matching that record. Next year, the Stage Race will be back in Northern California (unless the organizers scrap the all-NorCal, all-SoCal format). Will Choi and Moons be at it again? Will Arnold go toe to toe with Forsman? Or will we see some other members stepping up? Going back beyond those seven years, there were other members on the podium or in the top 10 and top 20 in the Stage Race. Most of those pioneers have "retired" from that level of competition now, but new folks are coming up. Who will be flying the club colors in the years ahead?

BACKROADS & BREAKAWAYS

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

Before getting into the reports on the regular run of club rides, I want to note that this has been a tough month for accidents in and around the club. I'm probably going to miss a few people, but I can at least recall the following people crashing, often in spectacular and catastrophic ways that led to ambulance rides and visits to hospitals here and there: Sid Fluhrer, Vern Weirich, Denny Davis, Cynthia Spigarelli, Matthew Mendonsa, Terry Ziegler, Arlene Morgan...even this reporter had a bad few seconds that turned into a long night in the ER and a longer recovery. Best wishes to everyone who has hit the deck and is banged up.

The first weekend we can cover this month had only one ride on it: a BC, 51-mile trek out to Pope Valley. Ride participant Donn King sent in this report: "Janice Thomas and Laurie Buettner led a nice, compact, something-for-everyone ride that started in Calistoga, meandered in the foothills on the Napa Valley side, and then took off, up and over White Cottage and Howell Mountain to deposit us in Pope Valley at the store. The Davis Double was in full swing with their traditional rest stop at the Pope Valley Grange. That gave me the opportunity to tell anyone who would listen that I have ridden the DD in temperatures over 100, and another time when it snowed on us briefly in Middletown. It was getting warm when we left the store, but never got too hot. We rode out to a meadow on Pope Canyon Road to try to find some wildflowers, but it was a little late in the season. Back to work again, we headed down Pope Valley and Sage Canyon, past beautiful Lake Hennessy, and finished up using Silverado Trail and eventually the Napa bike trail to get back to Calistoga. Most people admitted that they had gotten their money's worth, but not Janice. She had ridden to the ride and had to get home, so she took off for Santa Rosa via Chalk Hill, on what was by that time a fairly warm day. Thank you Janice and Laurie for doing a great job."

One of the reasons there was only one ride on this weekend was because Sunday was the date of the semi-annual litter-pick-up program, this time in Dry Creek Valley. (See item on page 7.)

Next up was Memorial Day weekend, and that means it was time again for the dreaded Bad Little Brother: 134 miles and almost 15,000' of often very steep climbing. There were many comments made about this classic ride on the chat list, but this one by Scott Duncan sums up a lot of what is good about this ride and about this club: "Rolling up to the start of Bad Little Brother, a free club ride provided by Santa Rosa Cycling Club, I see multiple sag cars, free pre-event snacks, route slips, expert management by ride leader Greg Durbin. I say to myself: 'What a club this is.' For the next 10 HOURS, these volunteers gave up a precious Saturday to make sure that I and my riding partners had a safe and supported ride through very remote and extremely challenging areas, constantly looking after our every need, nutritional and emotional. I'm afraid 'thank you' does not really express the impressiveness of the volunteer fabric and spirit that seem to bind this club together, despite its size and geographic area. Without Kimberly Hoffman, Scot Castle, Craig Gaevent, Craig Johnson, Jay Abraham, and ride leader Greg Durbin, I'm not sure the Bad Little Brother could have happened the way it did. The riders are grateful and tip their hats to these

volunteers, and perhaps others I have left out. After the ride, they spent another hour or two having some food and beverage with the riders they supported, and it was a pretty night in Sonoma County, in the outdoor air, surrounded by good people."

Ride leader Greg Durbin added an overview of the event on the chat list—too long to reproduce here—which, boiled down to its essential bits, amounts to this: 38 riders, about half of whom left at some time prior to the official 8:00 AM start. Stiff headwinds going north through Anderson Valley, but those turned into useful tailwinds for the run south along the coast. Mild but sunny weather all day. Perfect conditions for a long, hard ride. About half a dozen opted for the even hillier highland route. A few flats but no accidents. As one rider put it: "another best day ever on an SRCC ride!"

If a ride that big was more than you wanted on this pleasant day, Donn King offered a nice option: a 55-mile, B-tempo loop from SR out to the remote, wild Willow Creek. Donn reports: "It was a perfect day for this ride. Sunny and cool, and the winds that we have had lately had mostly died down. There were about 25 riders at the start, and a couple more joined en route. Willow Creek was even more beautiful than I remembered, and the Sisters were shorter. Charles Beck tells me that on the Grasshopper these two ramps are called the Evil Twins, so I am thinking, call them the Evil Sisters? They weren't even that evil, and if you had to walk 'em, it was a short walk. Trail conditions were perfect too: firm, and no dust. I saw lots of poison oak though, so I hope everyone washed well when they got home." The evil twins Donn refers to are two extremely steep uphill walls on dirt. You want to stand because it's so steep, but if you do, your rear wheel spins out and you come to a stop or topple over. You have to stay seated and use a nicely calibrated combination of strength and finesse to clean both sections...always a challenge and always a smile-inducing triumph when you bring it off successfully.

There were two fairly modest, moderate, and mellow rides on the Sunday of that weekend. Tom Helm had a B-tempo ride of 21 miles from Piner down around Sebastopol, with some mentoring on good pack riding skills...not for racing, but for being safe and competent in a group. Tom reports: "It was a good group of eight plus me, willing to ride in a tight bunch and be sociable. All B types. Stark contrast to the FF B ride over Lawndale to Glen Ellen a week ago: the normal stretch it out, race to the front. Which is all right, too. Just seems the two styles are complete strangers to each other. I will do the Mellow ride again. It's simple: have people just do the close riding instead of having a class on it beforehand."

Almost in the same mentoring vein, Mike and Janice Eunice had one of their Welcome Wagon entry-level rides. Janice sent in this note about it: "We had 14 riders, including Mike and me. I picked up Charlie, Jackie and George on my ride to the start. Amy, who always comes out on these WW rides, was present. We had two new non-members, and they were competent riders. One of the new SRCC member riders is Lisa. John is coming back from a triple bypass heart surgery, and Kelli wanted a ride before her surgery. SRCC long-time members were Sue Bennett, Alan Bloom, and Susan Hester. The route went west for a bit and then we came east and stopped at Moxie Java for a social hour, where we had a nice visit. We rode 14 miles."

And that takes us into June, beginning with our longest ride of the year: the 600-K brevet (to wrap up our rando season). While

—Continued on page 6

RIDE SCHEDULE

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

TERRAIN

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

TEMPO

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

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

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

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

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

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

DISTANCE

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

• RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route instructions. Riders should carry I.D., cash, tube(s), flat repair kit, water bottle(s), and have their own map in case they get lost.

HELMETS ARE 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

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

SATURDAY • JULY 7

Crossroads & Camelbaks

3/A/49

9:00 AM • Healdsburg City Hall

A classic wine country loop: north on West Dry Creek and Dutcher Creek, south on Asti, Geyserville, Hwy 128, and Red Winery. A stop at Jimtown and back home via the Lyttons and Chiquita.

David Abramo—650-533-2330
djabramo@yahoo.com

Sunny Mawson—838-3138
sunny.mawson@yahoo.com

Marin to the Coast and Back

3/C/80

9:00 AM • Lucas Villy Park n Ride

Out Lucas Valley to Nicasion, over the two big climbs and down into Petaluma. The first part of Chileno Valley, then Wilson Hill and the Marshall Wall to Tomales Bay. Down the bay to Point Reyes Station, Bear Valley, Olema, Platform Bridge, the back along the reservoir, through Nicasio again to Lucas Valley.

Laura Stansfield—415-613-3302
searchK9@pacbell.net

SUNDAY • JULY 8

Velo Swap Prelude

3/B/42

8:30 AM • 2965 Dutton, SR
(Canine Companions)

A moderately hilly ride from SW Santa Rosa to a coffee stop in Occidental (Union Hotel), then returning via Harrison Grade, Green Valley, Vine Hill and back through the west side of SR. C riders are encouraged to join us and ride their own pace. Ride ends up at Velo Swap Meet. (See article on next page.)

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

SATURDAY • JULY 14

Don't freak...it's Willow Creek

3/B/61

9:00 AM • Youth Community Park

Out into the west county hills and onward to the coast. Bay Hill and Hwy 1, then the unpaved wilds of Willow Creek. Down Coleman Valley to Occidental, then back home via Occi, Sanford, and Hall. Regroups in Occi at mile 13, at Freestone Bakery at mile 17; top of Bay Hill Road at mile 25; Hwy 1 & Willow Creek at mile 35; Occidental at mile 47

David Fitch—228-9705
DavidCFitch@gmail.com

Stay Sharpe

3-4/BC/60

8:30 AM • Howarth Park

Calistoga Road and Petrified Forest, then the little known Sharpe and Kortum Canyon (some dirt road in there) down into Calistoga. After a break, down the valley to St Helena and up wicked Spring Mtn. Down St Helena and Calistoga Roads into SR.

Nikola Farats—535-0399
nikola@sonic.net

SUNDAY • JULY 15

Ode to Joy

4/C/47

9:00 AM • Ragle Park

West via Green Valley and Harrison Grade to Occi. Then onward, upward, and downward along Coleman Valley to the deep blue sea. Bay Hill, then a break in Bodega, followed by the gnarly walls of Joy. Bittner down to Occi, Boho down to Freestone, then Bodega, Jonive, and Occidental back to Sebastopol.

Janice Thomas—495-0353
jmt.bike@gmail.com

Sherry Adams—294-7442
sherry_n_adams@yahoo.com

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Julliard Park, SR

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

Janice Eunice—575-9439
nicenice@sonic.net

SATURDAY • JULY 21

Garden Party Ride

4/C/D/61

8:30 AM • Analy High School

Out to Occi via Green Valley and Harrison Grade, then north on Boho and River to Guerneville. The steep ups and downs of Sweetwater Springs are next, followed by Westside into Healdsburg for a break. Then it's down the valley via an assortment of nice roads, back to Analy. Afterward, Steve and Jessie are having a garden party, just a few yards up the bike trail from the school. It's potluck and RSVP's are in order.

Jessie & Steve Kroeck—829-0224
kroecks@sbcglobal.net

Fort Ross Road and the Coast

4/B/40

9:00 AM • Monte Rio

Come struggle with me up this beautiful road. For those who like a challenge but aren't necessarily fast at climbing. How do we get stronger anyway?

christine logan—577-1422
christinelogan@comcast.net

Pine Flat Challenge-ITT format

4/CD/62

9:00 AM • Piner High

North along Chalk Hill and Hwy 128 to base of Pine Flat. Regroup at bridge for time trial to summit. Individual starts. Regroup at top. Retrace to finish. Riders welcome to do the route without being timed on PF. For more info...
<http://www.sonic.net/~douglasi/bike/pine-flat.html#408>

Doug McKenzie—523-3493
douglasi@sonic.net

SUNDAY • JULY 22

Knoxville-Berryessa

5/BC/100

9:00 AM • College Market
Angwin

Down Howell Mtn into Pope Valley. North on PV and Butts Canyon to Middleton (regroup). Big Canyon and Siegler Canyon to Lower Lake. South on Morgan Valley and Knoxville-Berryessa. Back to Pope Valley via Pope Canyon, and finally up Ink Grade and White Cottage to Angwin. A huge, epic ride.

Peter Potrebic—203-4006
peter.potrebic@hotmail.com

SATURDAY • JULY 28

Sonoma Century

3/BC/103 or 74

8:30 AM • Ragle Park

Tomaes Bay, Nicasio, Lucas Valley, Novato, Chileno Valley, etc. Rest stops at Marshall

(25 miles), Marinwood Park (52 miles), and Cheese Factory (72 miles). Looking for a co-leader to take out the CD crowd. Shortcut from Nicasio Reservoir to the Cheese Factory knocks it down to 74 miles

Bill Oetinger—823-9807
srcride@sonic.net

Walnut Park 2 Chileno Valley

2/A/28

9:00 AM • Walnut Park, Petaluma

A counter-clockwise loop of Spring Hill and lovely Chileno Valley, finishing up with social time at the Apple Box on the river front.

Janice Eunice—575-9439
nicenice@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

C • 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

Dave Batt—546-5301

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

Swap meet, continued from page 2

of the Sonoma County cycling community, a member of the Red Peloton team and the Santa Rosa Cycling Club. Matt lived and worked at St Dorothy's Rest, a camp retreat for critically ill children in Camp Meeker.

In Matt's honor, Red Peloton, in partnership with Canine Companions for Independence (www.cci.org), is hosting a swap meet to benefit a cause Matt was close to.

Bring your old, new, unused bike equipment/gear/clothing/frames etc... or just come to browse. We will have bike parts and cycling-related loot to be sold or swapped.

Admission: \$5. To rent a table for all your cycling gear: \$20. Any money generated by personal sales can be kept or, better yet, donated back to the cause. ALL proceeds from this event will be split 50/50 between St Dorothy's and CCI! Cash, check or credit card accepted.

You may donate any gear to this event and it will be placed on a "community table" for sale at a very low price. Any unsold donated gear will be passed on afterward to Community Bikes or Bikes For Humanity. You may also donate monetarily if you would like. Red Peloton is a non-profit org. so it will be a tax write-off for you as well.

There will be rides leaving from and returning to CCI that morning. There is plenty of parking onsite.

Food and Drinks: Hotdogs, burgers, veggie Burgers, tri-tip and chicken, all from the BBQ. Red Peloton will have Clifbar's Clif-shot Drink mix/coolers for those who rode earlier. Please note we will not be serving alcohol at this event.

Tours of CCI: Love doggies? Tours offered each hour of this state-of-the-art facility.

the randonneurs were out in the hinterlands of Mendo and Lake Counties, Karen Thompson was keeping the rest of us—the rest of us on the chat list—amused with photos and updates from out on the course. When it was all over, she sent in this final note: “Nineteen 600-K riders at the start yesterday. Four DNF’d. Otherwise, everyone made it in and is accounted for! First riders clocked in at 07:47; last rider at 21:22. A dozen started the Double Trouble 200-K x 2, but we think only three actually rode the entire course. Folks popped up at the finish after modifications including a 260-K and a wine-hop return. Kudos to Garth, who rode it straight through as a 400-K. A Huge Thank you to all the folks who lent many hands and made this all come together for our final brevet of the season: Joe & Arlene, coordinating all the warehouse stuff we needed to check out. Bill & Evelyn & Libby: what-are-we-doing-at-5-a.m.-in-Santa-Rosa-on-a-Saturday-morning? Oh yes: serving bagels, coffee, fruit and juice while checking folks in. Firouzeh, Dave & Susan, keeping it lively and fun out at Pope Valley Summer Camp. John & Mike, haunting Blue Lakes and providing valuable updates in the dead of night so we could track our riders as they were inbound. Rick Sawyer, putting in another ten-plus-hour shift at the finish. All the kind folks who stopped by at the finish to welcome the tired riders. Sarah & Mike, for their slow cookers! Greg, for all that Treasurer Magic. And of course that tall, skinny guy who is always paying it forward and yet making it a lot of fun, Bob Redmond.”

A little closer to home and a lot shorter was Christine Logan’s B-tempo Harrison-Sweetwater ride. As the roads in the title suggest, this was a hilly ride. That’s classic Christine: easy tempo but hard hills. She reports: “About 30 people, half of which were Cs. We all regrouped at Boho Hwy and drafted like crazy off each other down into Guerneville. That was fun. Then, climbing up Sweetwater, one rider got a slow leak and about 6-8 of us all hung together and kept pumping up his tire to get him home. As payment for our efforts, the rider shared his chocolate chip cookies with us. It was a nice day.”

Sunday brought us one of Sue Bennett’s Volunteer Fire Department Pancake Breakfast rides, this one heading out from Sebastopol to the Twin Hills firehouse. Sue does these when she can find the breakfasts advertised early enough to get them on our calendar. They’re a way of saying thanks to the folks who are often the first responders when a cyclist is injured...something we’ve seen a lot of lately. Sue sent in this note: “Unlike last year when this ride was rained out, this year we had near perfect weather. 26 were at the Analy start. Four more joined us at the firehouse, which made for a noticeable SRCC presence. Fueled and ready to go, we started out together, but soon separated into smaller groups. As ride leader I was at the back. I can’t speak for the others, but those at the back had a great time. One flat, which was quickly fixed.”

On the second Saturday in June, the folks at [Volagi Bikes](#)—SRCCers, one and all—listed a ride from their office in Cotati. Barley Forsman led a century loop up through Sebastopol to Guerneville and Susan Forsman took charge on a 100-K loop that short-cut the century by nipping up Harrison Grade to Occidental. Barley checks in: “I just wanted to drop a quick note to thank everyone who showed up (and rode) the Volagi Solidarity ride this past weekend. We had a very good turnout (more than we expected: near 40 riders for the

100-miler, and 70+ for the 100-K), a great route (thanks to Bob Redmond and Gordon Stewart). We also had great support with Joe and Arlene running the half-way rest-stop, and Bob (again) at the start. Bret from the Trek Store even showed up for SAG support. Susan did an incredible job with food (dinner) at the finish, and Michael from Drip Mobile came up to hand out coffee and tea at the start. We had riders from all over the North Bay and even one rider made the trip down from Portland. I know we had a very good SRCC group represented. It was beautiful weather and great fun. Thank you all for coming, it wouldn’t have been what it was without you! And for those who where not able to make it, hopefully we can do it again!”

That was my first club ride after my crash in mid-May. It was great to be back in the mix with all my homies...much better than being on “injured reserve.”

On Sunday, Mike Eunice led another edition of the Welcome Wagon rides. He sent in this report about it: “Since Janice was in the Southland attending her grandson’s high school graduation, I led the Welcome Wagon Ride. We had 20 riders, including about a half dozen veterans. We rode from Ragle Park to Kozloski Farm for twelve miles round trip, mostly along the bike path. Sue Bennett led the regroup. Everyone had a good time. Two friends from the old days rode with us. Lilian Hanahan was one of the first riders when we started leading the Friendly Friday rides. She must be well into her eighties now. Orin Noah was the original board member of the Sonoma County Bicycle Coalition who filed all of the legal papers to get the coalition going. His little son is now graduating from UC Davis. *Tempus fugit.*”

The weekend of June 16-17—the last we can cover—began with the Terrible Two, about which you can read more on page one. That report fails to mention—for lack of space—one interesting item about the super-hot TT: That is was not at all hot the next day, as both these ride reports point out. That’s one of the crazy things about the TT: the Russian Roulette whims of the weather. Some years you miss the hot day and some years you get nailed.

There were two rides on Sunday, including Donna Norrell’s BC ride from Ragle down to Pt Reyes Station. Donna checks in: “Hate to say it after the TT’s brutal sufferfest, but it was a great day for a ride. Temps dropped 20 degrees. I didn’t expect it myself and had a couple bailouts reserved. Seven people showed up, including Matthew Mendonsa, healing from his shoulder injury...welcome back! New guy Brian joined us, first ride with SRCC...welcome Brian! We beat it over to Tomales Bay and had a great ride down Hwy 1 to Pt Reyes Station. Matthew turned in at Tomales, leaving six of us. After indulging in scones at Bovine Bakery, we headed back, and although there were headwinds down Chileno Valley, the air temperature was glorious and no one complained. Great day, great companionship.”

And Jack Hartnett had an AB ride around Dry Creek and Alexander Valleys out of Windsor: “The ride went well: 20+ club members showed up at the start. Nice mellow ride from Esposti Park up through Healdsburg, Geyserville, Alexander Valley and finally Chalk Hill. Short stop at Jimtown for cool drinks and munchies, and another stop near the end of Chalk Hill for local kids’ lemonade stand (we made their day). Temps were just about perfect vs the day before for the TT. I don’t think it went over 85°, even in Alexander Valley. No crashes, no flats...just about as perfect a ride as you can get. And even the auto traffic was light. How much better can it get than this?”

Cyclist-resident relations on back roads

SRCC member Sherry Adams sent this note to the chat list. It's focused on the popular mountain road Pine Flat, but we feel the message is applicable to any of our narrow, winding country roads, from King Ridge to Coleman Valley. — Ed.

I am a bicycle commuter and I work a few miles up Pine Flat Road. I've gotten to know most of the residents up there over the last few years, most of whom are likeable, neighborly people who, generally speaking, do not like bikes. This may be naive and cause me more trouble than I need, but I thought I would try to foster communication between the cycling community and the resident community.

I just found out about a recent collision between a cyclist going down and a resident coming up. Fault in this particular case isn't really the point, as neither bad cyclists nor bad drivers are in short supply. But the driver is a really nice guy, well-liked on the hill, and a cautious driver. More than once residents have said to me they are convinced one of these days they'll be coming home and hit a cyclist coming down the hill too fast and they really dread that happening. Now with the recent incident, people are upset.

Of course there are plenty of cyclists on that road who do know how to share the road, the frustration is with the behavior of a minority of cyclists. I've spent enough time on that road to confirm that bad cycling behavior is overrepresented on it because it is so low-traffic and it is easy for a cyclist to think no cars are going to come along.

Obviously there are plenty of vehicle drivers on that road who behave atrociously, including one Pine Flat resident whose driving scares everyone who lives up there. My intention is not to suggest

EVERY LITTER BIT...

Once again, SRCC club members turned out in large numbers to do good work. On May 20, we had our semi-annual roadside clean-up. This time West Dry Creek Road and assorted nearby roads were swept clean. All of WDC plus Lambert Bridge, Yoakim Bridge, part of Kinley Road and part of Westside Road looked far better than when we arrived. We could not fill the pot holes nor improve the narrow shoulders, but the litter was gone.

Many thanks to Dick Bartlett, Billie Wolff, Martin Clinton, Susan Hester and Martha Barton. Also helping were Tom Abrams, Randy Gruhn, Sally Barton, Ron Turner, Bill Stites, and David and Irene Batt. Alan Bloom, Sue Bennett, Don Rowell, David Abramo, Hildy Gallagher, Kimberly Hoffman and Rich Grimm pitched-in their support. Barbara and Steve Drucker, Ramona Turner and Gordon Stewart rounded out our list of work crew members (at least those who signed in!). Special thanks to Ron Turner for driving his truck along the course to pick up litter bags and then taking them, on Monday, to the Healdsburg transfer station to dump them off.

After the work of the morning was completed, we retired to the Bear Republic for a club-sponsored lunch and social. Food and drink were enjoyed by all and a chance to chat without the bustle of an event looming overhead was terrific. Several members have suggested we venture onto other, perhaps more needy, roads in the Fall or next Spring. Good idea. Have "pickers," will travel.

Thanks again for all who made this a successful day.

— Mike McGuire, SRCC trash czar

that cyclists are worse than motorists in understanding how to behave on a single lane, winding road with short visibility lines. It's to try and foster communication and sharing of a resource (road space).

Below I've spelled out the two basic requests of the residents. The first is important to pretty much all residents and in my view quite reasonable. The second is a communication request of some residents. It may be that the sort of people who read long essays such as this one are the sort of people who ride responsibly. If so, I'm not sure how to reach the problematic minority. Maybe there isn't a way. And I know a certain amount of anti-bike animosity will exist regardless of how cyclists behave, but also, there is cyclists' behavior that is contributing to the problem.

1. This is a narrow, one lane road with very limited sight lines. You shouldn't be riding on the left side of the road unless you are confident you can see/hear far enough ahead that you could get over to the right side of the road in the case of an on-coming vehicle. A vehicle (or descending cyclist) traveling at a reasonable speed shouldn't have to slam on their brakes to avoid hitting you. When you are coming up the hill, if you are riding three abreast, or two abreast with a gap between cyclists, and in conversation—not listening for cars—you are not going to be able to get over to the right very quickly. Given how short sight lines are on that road, there is not much time from when two on-coming road users first see each other to when they will hit each other. Consider riding single file, or with no more than two abreast, fairly close. You may feel it is reasonable to be as far into the center of the road as a car would be, but keep in mind that an on-coming car cannot see you as far in advance as they can see another car, so they have less time to slow down for you than they would for another car. On the descent, you should go at a speed that you can control your bicycle, and remember that at any moment you could come across a car coming up the hill and the driver will have almost no time between seeing you and when you will pass each other. Stay well to the right where you can't see very far ahead.

2. Some residents have requested advance warning of any scheduled events on Pine Flat Road, so they can allow themselves extra time to get down the hill on those days, or possibly even avoid the event entirely. Obviously this is a public road, and there is no obligation to do this. It is a request for a courtesy. Maybe the only way it is likely to occur is if I monitor for rides up there and then pass them on myself, since anyone organizing a ride has plenty of other things on their mind and can't really be expected to keep track of local contacts for each part of the county. However, if you are planning an organized group ride or clinic on Pine Flat Road and are interested in sending a brief friendly note to residents before hand, I'd be glad to put you in touch.

Thank you, Sherry, for this sensitive, sensible note. We can report as well that we've heard about another round of rumblings from the folks in Oakmont about rude and risky cyclists terrorizing the residents there. Once again, there is talk about closing the bike paths, etc. Regardless of the legal merits of such path closures, it's worthwhile to remind ourselves that we ought to be riding with courtesy and within the law and within our abilities—not being out of control—when we transit that community (or any other). Undoubtedly, YOU are a law-abiding, patient, courteous cyclist, but clearly, some are not. Let this serve as a reminder to be good ambassadors for cycling...in Oakmont and wherever else we might ride.

SANTA ROSA CYCLING CLUB

PO Box 6008

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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)



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, July 11 • 6:30 PM

Occidental Road Round Table Pizza

Featured speaker: Craig Anderson, Land Paths

Wednesday, August 8

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, July 5 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, August 2

TT Volunteer Appreciation Dinner, July 20th

This was no ordinary year for the Terrible Two. The severe daylong heat for the riders was also a challenge for all the volunteers. But in usual SRCC fashion, our members were up to the task. The club would like to celebrate the success of the volunteers' extraordinary efforts to keep our TT riders safe and well supported.

In recognition, the club is hosting a thank-you party for all the wonderful TT volunteers. Details were not final when we went to press, but this is what we have so far:

Event: a relaxed, causal, celebratory dinner

Who's invited: TT volunteers and their partners.

Date: Friday, July 20, 5:30-8:30

Where: At a local park, location TBD

Catered by Matt Parks and crew.

We will send out a follow-up e-mail to the volunteers by July 1, with full event details. An on-line RSVP form will be set up.

We hope all TT volunteers can attend. Please know that the riders and the club/event organizers are all grateful to each and every one of you for the work you put in on this toughest of days.

Thank You! Thank You! Thank You!