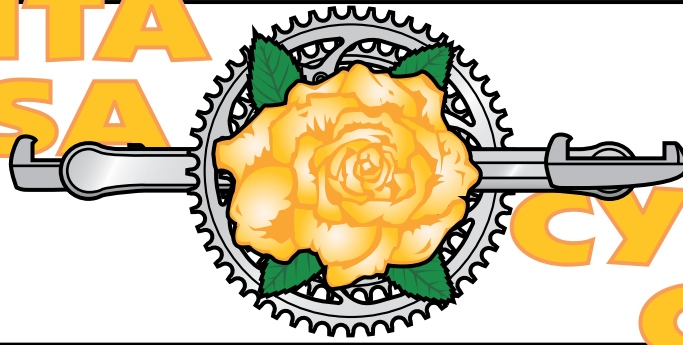


SANTA ROSA



CYCLING CLUB

AUGUST 2012 NEWSLETTER

END-OF-SUMMER PICNIC & RIDES

Saturday • August 25 • SRCC Warehouse

Summertime, and our traditional picnic (and rides) to mark the season's passing draw nearer. As you can see from the sub-head, our big event is scheduled for the last Saturday of August, one week ahead of the Labor Day crush. This year, we're moving the picnic back to the club's warehouse/club house in northern Santa Rosa (Any gritty, industrial ambience suggested by the word "warehouse" is entirely inappropriate to our pleasant, rural facility, which is set amidst vineyards, and where we set up our picnic tables and buffet in the dappled shade of old oaks.)

Please register if you plan to attend. We need to know how many to plan for, and if last year is any indication, attendance will be somewhere in excess of 200. This is a members-only event and you **must** RSVP on-line (or contact any Board member for "manual" registration).

We will reserve the lot at Schaefer Elementary School on San Miguel Road for stashing our cars before the rides and during the picnic (same as the New Year's Day rides and other recent occasions). The rides end at the warehouse, and after the festivities, you can ride back to the school and your cars. Please do not drive to the warehouse.

The picnic will deviate somewhat from our (sometimes) traditional potluck format. This year, all of the food and drinks will be provided by the club. This avoids the need to collect potluck dishes at the school parking lot and ferry them to the warehouse and back.

This event will require the assistance of a handful of helpers to make it go smoothly. If you can pitch in, please contact picnic chair Rick Sawyer. Although we need most volunteers to commit ahead of time, you can also simply come early enough before your morning ride (or stay a little late after the picnic) to lend a hand for a few minutes. We're going to need around 20 volunteers in order to lighten the load so that most of the helpers can also ride that day and enjoy the picnic. Volunteer efforts will be needed on Saturday, and also on the Friday before and Sunday after the event...take your pick.

Additional details, such as start times, ride maps and route slips, can be found at the club on-line calendar...a mouse click away while you're filling out the RSVP form. Volunteers should register, too. We look forward to seeing you on August 25!

Rick Sawyer: sawyer.rts@att.net, 933-0760

It's a jungle out there! Or is it?

— Bill Oettinger, SRCC Newsletter Editor —

There has been a busy buzz of news articles lately, following the recent bike-car collisions and all their catastrophic results. There has been enough general news coverage so that we don't need to go into the details again. But to sum up, over almost three months, in the Napa-Sonoma area, six cyclists have been struck by motor vehicles, leaving five dead and one with serious injuries.

In addition to these headline-making incidents, the club has seen what is probably an above-average run of accidents over the same period, as we noted in last month's *B&B* column. (My own name was on that list because I too was hit by a car.)

For the most part, the local paper has covered the stories well with its reports on the various incidents, and with some follow-up commentary, with only a few troubling exceptions. They chose to print a well-intended but clueless *Close to Home* editorial. And they published no less than three letters from misguided do-gooders suggesting that cyclists should ride toward oncoming traffic! Fortunately, they also published a couple of letters debunking this preposterous notion. (Let there be no doubt about this: anyone riding a bicycle is bound by the rules and statutes of the state vehicle code, including the one about riding *with* traffic, not *against* it.)

All of this collectively has left quite a few cyclists a bit shell-shocked, wondering if cycling is all that safe; whether its obvious benefits compensate for its potential risk. Reflective of this—perhaps—was a cranky e-mail we received from a member, suggesting that our club rides are unsafe: that many of those in attendance don't know how to ride and are menaces to those around them. The writer cited the recent spate of club-rider accidents as proof of his point.

All of this presents us with a number of talking points. Taking the last item first, we can note that out of all the recent crashes involving club members, only a couple of them occurred on official club rides. Further, few of the club-ride crashes up to that point could really be characterized as having been caused by rider error. Based on that rather limited data set—those few recent crashes—the proof of the point is not established: that SRCC rides are dangerous because there are so many loose cannons in the groups.

It is true that we do see some rather sketchy bike handling and decision-making on club rides, now and then, here and there. That's nothing new. While we all wish each and every one of us could be a master of bike skills, it's probably inevitable that sometimes

— Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for July

1. Call to Order: President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, July 11. 63 members and friends were present.

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

3. Membership: Registrar Gordon Stewart reported membership of 1626 (combining individual and family memberships). Timothy Brown acted as host at the New Member Table, with new members on hand.

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

5. Jerseys: Bill Oetinger noted that the merchandise from the Voler custom order will be shipped in the last week of July. (See item on page 8.)

6. Swap meet: Kimberly Hoffman reported that the Velo Swap Meet put on by Red Peloton last Sunday at Canine Companions was well attended and raised approximately \$1200 to be shared equally between St. Dorothy's Rest and Canine Companions. Rick Sawyer led a 42-mile ride that started and finished at the Swap Meet site. All donated cycling items that went unsold were donated to Community Bikes.

7. TT: Chair Craig Gaevart and Bill Oetinger made a report on the recent Terrible Two and noted the TT Volunteer Party scheduled for July 20. Other members chimed in with anecdotes. Bill noted that there are many left-over "I did it!" t-shirts and that any finishers who want a second shirt should get in touch with him.

10. Picnic: Annual end-of-summer picnic date has been set as Saturday, August 25. (See item on page 1.)

11. Get well: Members welcomed back Arlene Morgan after her recent crash and also circulated get well cards for Mike McGuire, who recently crashed his motorcycle.

12. Holiday Dinner: Plans for having the annual holiday dinner may have hit a scheduling snag, so Board members are now considering other venues.

13. Feature presentation: LandPath's Craig Anderson provided an overview of that organization's work and its intersection with the values of cyclists. Craig answered questions about facilitating improvements in cycling infrastructure and expanding cycling opportunities within our community.

SRCC Ritchey Ranch lunch stop Levi's King Ridge GranFondo 2012

The Santa Rosa Cycling Club is once again organizing and staffing the lunch stop near Seaview and Fort Ross Roads for LGF12. There we be 4000 riders on the GranFondo route coming through that most important stop. Steve Drucker will be coordinating the stop for the club. (Thank you Steve!)

On the day of the event, we will need a total of 100 club members spread over three shifts: 8:00 AM—noon to set up and work, 11:30 AM—3:30 PM to continue and clean up, and 2:00 PM to 5:30 PM to clean up and load the truck. We will help arrange carpooling to the site to minimize the number of cars on the roads. We will also need volunteer help on days before and after the event at the the club warehouse, preparing and cleaning equipment. Doug Simon will be coordinating those tasks.

Finally, we are looking for a volunteer or two with a motorhome or trailer to spend a couple nights at the rest stop to keep the site secure.

The event has been very exciting the last three years, with a vast variety of riders, Levi, himself, at the lunch stop. Of course, the great benefits of the event are to cycling in Sonoma County and to the various charitable organizations the GranFondo supports.

The GranFondo is Saturday, September, 29. Volunteers receive a commemorative tee shirt and an invitation to an appreciation party with food, swag, and door prizes. Please mark your calendar, save the date, and sign-up to volunteer. The club will take care of signing you up with the GranFondo organization.

Steve Drucker: bdrucker@sonic.net, 707-538-5256

Check the club website beginning August 10 for more volunteer information and for the on-line sign-up form.

And the winner is...

What? It's only August, so why are we talking about the End-of-Year Awards? It takes time to gather nominations and come up with deserving winners. Since we are a little past the half-way mark of the year, we invite you to reflect on the first half of the year and let us know who you think should be recognized.

The EOY committee makes most of the final decisions on awards, but it does so only with input from the membership. These folks can't be on every club ride and be in-the-know as to who's doing what in club life. With over 1600 members, the club is just too big and diverse. So we need you, the members, to be the eyes and ears in the field. Please send suggestions as to who might be worthy of winning this or that award, from Rookie of the Year to Most Improved; Volunteer of the Year, Good Shepherd, etc. (Check the list of award winners in last January's [newsletter](#) in the club archives.) But don't feel constrained by the list of past awards. The EOY committee also welcomes suggestions for new Awards—whimsical or heart-felt—based on what has happened over the year. Past examples include the Accidental Randonneur and the Iron Chef. Send your suggestions to the EOY committee: David Abramo, Rick Sawyer and Karen Thompson. Contact info can be found at www.srcc.memberlodge.com/ContactUs. If you would like to help with the selections or the event itself, please talk to the same folks, as we welcome the help.

**SONOMA COUNTY
BICYCLE EXPO**

Your destination for all things bike!



SATURDAY • AUGUST 18
See Ride List for more information.

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.

When we left off last month, we were just laying that brutal Terrible Two to rest. One week later, it was back to the regular round of club rides, beginning with Donn King's tandem ride on June 23. Donn reports: "If you think riding a tandem is fun, try riding a tandem with Susan Forsman as your stoker: it's off the charts! Four tandems and a bunch of single bikes rolled out Saturday morning, headed for Tomales. One of the tandem teams was Michael and Natalie, from Virginia. Perfect day for cycling: sunny, cool, and a little breezy. The course wasn't a roll-over-and-play-dead affair, with 3500' of elevation in 55 miles. But everyone made it and was smiling at the end. Michael and Natalie had the misfortune to double flat going through a deep pot hole on one of the Highway 1 descents between Tomales and Valley Ford, but Craig and Michelle stayed with them, and those two tandems finished together. The other tandem team, Martin and Jennifer, did what they seem to always do: keep pedaling, maintain a steady pace, and finish looking like they didn't break a sweat.

"Riding with Susan felt like old times, and we worked together well and thoroughly enjoyed each other's company. We made my 50-pound Burley tandem sing, and the miles positively melted away. Susan was in a mellow mood, and we only indulged in one beat-down: Susan made us tear up the descent between the top of Chileno Valley Road and Tomales-Petaluma Road, snarling something about 'smoking these Marin County punks.' I did as I was told and we hurtled through that descent like a freight train in free-fall. It was a great day and we will do it again sometime."

The Marin County punks Susan referred to included our old friends Rollin Feld (a former SRCC Gearhead winner) and Scotty Combs. It was nice to run into our next-door neighbors, down there in the borderlands.

That same day, Don Graham, David Abramo, and Sunny Mawson joined forces on a rather original ride package. Don can explain: "I had envisioned a warm June afternoon with a short recovery ride after the TT, where we all met back at the outdoor patio of the Ale Works. It turned out the TT got the warm weather and our ride was chilly with quite a wind. Approximately 10 A riders and 11 B/C riders left Santa Rosa at 3:30 PM out the bike trail west of town and up to Windsor. A loop through Windsor and then the B/C group headed West toward Forestville while the A group went back to Santa Rosa. When one of my B riders, a guest from San Francisco, had several flats, I sent the C group on ahead. Later, playing catch-up, I pulled the B group without stopping and, though windy, we made up most of our time. Everyone really seemed to enjoy the route across the river on the summer bridge most did not know existed. Amazingly, all three levels of riders arrived at the Ale Works within about five minutes of each other. We were all ready for the warmth of inside seating and everyone stayed for dinner. It was nice to get to know more fellow club members that ride at different levels, people you don't often see. After a few pitchers and solving all of cycling's issues, the last six of us left the Ale Works about 10:00 PM." Don's point about the different tiers of the club intermingling is a good one, and it's why we have multi-tempo rides...including the big picnic ride(s) this month.

There was just one ride on Sunday, but it was a good one, and well attended. Janice Thomas, Vicky McKay, Liz Sinna, Susan Hester, and Laura Stansfield collaborated on a multi-tempo ride out of Howarth Park. It was an interesting route, first heading east and south through Oakmont to Lawndale and Warm Springs, then doubling back west over steep Sonoma Mountain, Pressley and Roberts, and down into Cotati for a break. Then it headed further west along Roblar, Canfield, etc, into and through Sebastopol. Finally, it took the Joe Rodota Trail back into Santa Rosa. Liz pulled together a long, entertaining account of the day that was posted to the chat list, with reports from three of the ride leaders. It's too long to reproduce here. (We've said it before: if you want to see all the great reports on the chat list, you have to subscribe. It's free and easy. Directions are at the club site.) Susan reports 13 on a pleasantly uneventful AB ride, which took a shortcut out there somewhere to nip off a few miles. Janice reports around 25 for the BC ride, including a couple from Toronto and a fellow from Florida. And Laura reports only four for the C group, which I think was an unofficial, late addition to the program. The B and C groups ended up intermingled anyway, including at rest stops at the Redwood Cafe in Cotati and at Coffee Catz in Sebastopol. So: over 40 riders, with a wide range of speeds and ambitions, but all working together to have a great ride on a day of pleasant weather. What could be better?

On the last day of June, Sue Bennett listed one of her volunteer fire department pancake breakfast rides: "The ride on June 30 was one of our rides to help support the first responders who come to our aid from time to time. This ride went to Penngrove for the Rancho Adobe pancake breakfast. There were a couple dozen on the ride and several others rode from their homes to Penngrove to join us for breakfast before peddling on to other commitments. I cannot count the number of times the volunteers and firefighters thanked us for supporting their event. After a breakfast that included fresh-cut fruit, we headed out for our ride. The weather was good. One rider had one of those embarrassing falls when the foot refuses to come unclipped in time. A half mile further, another rider, Lidia, took a tumble at the turn onto Eastman Lane and broke her collarbone. Thankfully we did not have to disturb the folks at the fire station we had just left. She called her friend who came to her rescue. The remainder of the ride was without incident (as far as I know)."

Tony Buffa kicked off July with a nice ride from Sebasatopol out to Tomales: "About 30 of us took off from Ragle on a replay of a ride I listed a few years back. Out Pleasant Hill to Watertrough, Kennedy, Blucher Valley. The faster riders were off the front before we got to Pleasant Hill Cemetery. I waited at the turn onto Sanders, but three riders chose to skip the climbing and continue out Bloomfield. By the time we got to Bodega Hwy those same three wanted to skip Carmody so they turned right toward Valley Ford. I waited at the top of Carmody for the last of the riders to get there and we continued on to Fallon, Twin Bridge, and the Tomales Bakery. Perfect day. Overcast and warm. After sharing space at one of our favorite bakeries with Marin Cyclists, we pressed on via Dillon Beach, Middle, and Estero to Valley Ford, where guess who we ran into? The three riders that skipped Carmody and Tomales. I followed along, making sure no one got lost and reminding everyone to go single-file on the small stretch of highway with no shoulder before Freestone, then continued up to Jonive. While I

— 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

SATURDAY • AUGUST 4

After the SCBC Skills Class

David and Sunny plan to lead an A-tempo ride after the SCBC skills class on this day. Ride details were not available at press time, but check the club's on-line calendar for all the information.

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

SUNDAY • AUGUST 5

Skaggs Springs-Annapolis Run 5/C/84 • 13,000'

8:00 AM • Warm Springs Dam

No drop! Regroups at every major summit. D riders welcome, but may wish to move at their own pace, or co-lead! Lunch at Stewarts Point Store. Water at camp two miles prior to Annapolis Road turn-off. This route is much easier in the crisp morning air, and we will not reach the most exposed sections of Skaggs on the return leg until the afternoon temperature is moving down. It's a great day of climbing, coast, and fast, safe descents!

Garth Powell—523-1284
garth@furmansound.com

Come Out and Play

4/AB/25

9:00 AM • Howarth Park

Come and Play. If you are thinking of moving to the B rides, come out and ride. The course seems challenging but it will help you become more comfortable with downhill. We will be on Bennett Valley for a little while where we must be single-file, then on to Sonoma Mountain, Pressley and Roberts, coming back via Petaluma Hill.

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

SATURDAY • AUGUST 11

Mid-County Meander

2-3/AB/46

9:00 AM • Willowside School

Take a meander around the county, including Chalk Hill, Alexander Valley, Chiquita, Old Red, Slusser, Oakwild...

Sue Bennett—664-3093
sueb631@yahoo.com

SUNDAY • AUGUST 12

Pace Line Practice Ride

2/C/46

9:00 AM • Healdsburg City Hall

Flat (except Dutcher Creek) ride to Cloverdale with an emphasis on correct pace line riding. The idea is that we will regroup so as not to drop riders at key points during the ride, but the pace will be at a brisk C level. Learn how to ride fast with less effort.

Ron Hodges—481-4500
ronalde.hodges@gmail.com

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Healdsburg City Hall

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

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

Tam to Tap

4/C/73

9:00 AM • Walnut Park, Petaluma

A ride up Mt. Tam followed by beer on tap at McNear's. Ride west out to Pt. Reyes Station, then south, where we begin our climb up and over Mt. Tam. We'll continue our journey back into Petaluma, where anyone interested can join in some social time after our ride.

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

SATURDAY • AUGUST 18

Cavedale-Trinity

4/B/50

9:00 AM • Howarth Park

Come climb with me. You don't have to be fast, just have heart. Out from SR thru the parks and Oakmont, then Lawndale, Warm Springs, etc. After Cavedale-Trinity, Dunbar-Henno, then back via Warm Springs, Lawndale, etc.

Christine Logan—577-1422
christinelogan@comcast.net

SUNDAY • AUGUST 19

Ten-School Class Reunion Ride

2/C/78

9:00 AM • Piner High School

This ride takes us past ten local high schools that many of us attended. Wear your school

colors, your varsity letter; challenge your high school rival to a sprint. Join in for a ride the day before classes start most Sonoma County high schools.

Eric Heitz—547-7361
heitzeric3@yahoo.com

Sonoma County Bicycle Expo 10:00 AM—4:00 PM 2nd & E Streets, Santa Rosa

Sonoma County Bicycle Coalition's annual festival of all things bike. Vendors, bicycle theatre, art bikes, BMX tricks, food, New Belgium beer! Custom frame builders build bikes on site; Small World Fat Tire Crit by Bike Monkey, and a short Ride About Town (meet up at 8:00 AM). Sell your old bike stuff or donate it to SCBC. Not to be missed!

www.bikesonoma.org/expo.
Events@BikeSonoma.org

SATURDAY • AUGUST 25

End-of-Summer Picnic & Rides 2/A/31 • 3/B/41 • 3/C/51 9:00 AM • Schaefer School, SR Picnic at warehouse (4023 Coffey)

West on San Miguel > R on Fulton > L on Wood > L on Woolsey and then pick up the WCC 100-mile course until Mill Station. Then... **A route:** from Mill Station, R on Dyer, thru Graton and up to Vine Hill, Trenton-HB, Mark West Station, Slusser, Laughlin, River, Barnes, Dennis to Coffey and the warehouse. **B route:** from Mill Station, Green Valley and Hwy 116 to a R on the Odd Fellows summer crossing, R on River > R on Sunset > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station, rejoin A route, etc; **C route:** from Mill Station, continue on WCC course to Guerneville, then straight on River to rejoin B route, etc. See item on page 1.

A: Barbara Drucker—538-5256
bdrucker@sonic.net
B: Donn King—490-9115
donnk@pacbell.net
C: Paul Stimson—480-9109
pstimson@sonic.net

SUNDAY • AUGUST 26

Konquering the King 5/90/B and C 8:30 AM • Willowside School

Burn off the picnic calories: join us to Konquer the King! West to Occidental, then north on Boho to Monte Rio and out Moscow to a regroup in Duncans Mills. Caz Hwy to King Ridge, Hauser Bridge, Meyers Grade, Hwy 1. Back home the same way. Note later start for shorter route out of Monte Rio.

B: Liz Sinna—484-2459
lizsinna@gmail.com

C: Janice Thomas—495-0353
jmt.bike@gmail.com
Laura Stansfield—415-613-3302
searchK9@pacbell.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: Galvin Park, Santa Rosa
Christine Logan—577-1422

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

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

Grizzly Century Weekend

The Santa Rosa Cycling Club's participation in the Grizzly Century has become a club tradition. Every year on the first weekend in October—this year, Oct. 5-7—many members head south to Bass Lake to camp together and ride together on the century that may be the most beautiful and bike-friendly in the state. *This year, for the first time in years, the Griz and the GranFondo are on different weekends, so you don't have to choose between them.*

It began around 13 years ago when club member Wendy Page tried the ride and loved it so much she started recruiting fellow club members to go back with her in subsequent years. Her enthusiasm was so contagious, and the ride and support proved to be so wonderful, that it soon became a club institution, helped along each year with a modest financial contribution from the club budget (to pay for some of the camping and some of the Sunday breakfast).

What makes the Griz so special? First of all, it's a great course. Lovely scenery just outside Yosemite, with all that same big granite and deep canyon scenery that make the national park so famous. Traffic is next to nonexistent on most of the loop. You'll see more sag wagons than any other vehicles, all day long. There are big but not brutal climbs, and there are wild descents, some as long as a dozen miles or more, almost always on excellent pavement. (The century has over 10,000' of climbing and an equal amount of descending.) There are shorter options than the full century.

Aside from the great course, there is the great support. Rest stop chow is top notch. You also get—for your entry fee—a very good free breakfast before the ride and a free dinner after. But wait, there's more: the organizers pay for our campground on Friday night, and the SRCC chips in to cover the camp fees on Saturday night and the cost of fixings for a hearty camp breakfast on Sunday morning as well. Essentially, you pay your entry fee and pay for some gas to get there, and that's your whole expense for the weekend. Their tee-shirt art is usually excellent as well. Such a deal!

While a few club members opt for nearby motels, most camp together in a reserved campsite on beautiful Bass Lake.

RSVP with Kimberly Hoffman (579-3754, kdhoffman10@yahoo.com). Sign up for the ride on-line or via snail mail...

<http://www.grizzlycentury.org/>

was pulling a bunch along the highway towards Freestone, a few folks fell off the back, so I waited at the turn onto Jonive. Everyone showed except the ‘three.’ Back down the hill I went and found them sipping on coffee at Wild Flour Bakery. They said they were fine and didn’t need me to wait, so back up the hill I went and on to Jonive, Occidental, and back to Ragle. All in all, a great ride and no mishaps.”

Going back down that hill from Jonive to Wild Flour, then back up, looking for riders? Tony gets high marks for being a Good Shepherd ride leader.

On Saturday, July 7, Laura Stansfield had a listing for an 80-mile C ride down in Marin. She sent this report to the chat list: “We ended up with 18 C and D riders. It was a great group and it turned out to be a wonderful day on the roads of West Marin. When the riders gathered at the Park ‘n Ride in San Rafael, I was a little intimidated to see a number of strong riders and wondered how the day would turn out. Amongst the riders were some new faces that were not SRCC members. I hope they had a good time and will consider joining our great group on future rides.

“This ride had lots of ups and downs, some big, some small. I knew it would be challenging to keep the group together, but I think in the end (thanks to a good group), things worked out pretty well. The riders would usually split into a few small groups, but then we would meet at the regroupings (Rancho Nicasio, Cheese Factory, Helen Putnum, Marshall, and Rancho Nicasio again). When we got to the store near Marshall, I sort of felt like I was herding cats and wasn’t sure what to do since one person had a flat, I was told a few people stopped to talk to Bill and Evelyn prior to climbing the Marshall Wall, some D rider who quickly made it over Wilson Hill and Marshall Wall decided to have a quick lunch at Marshall, and then some riders were scattered in between. At that point, I was feeling a little defeated with my duties as ride leader, but when I heard the rider with the flat had what he needed and was okay and more riders were behind him, I talked to a couple other riders and we decided to ride on to our coffee stop in Pt. Reyes Station. At this point I think there were five of us and I wasn’t sure how the rest of the ride would turn out with the group spread out. Shortly after arriving in Pt. Reyes, it was great to see the rest of the group roll into town, uniting us once again prior to our return to San Rafael.”

Also on this day, David Abramo and Sunny Mawson had an A ride up around the wine country: 49 miles of West Dry Creek, Dutcher Creek, Asti, Alexander Valley, etc., with the obligatory stop at Jimtown. We can only guess that the ride went well. David and Sunny were both out of town and off-line when we were trawling for post-ride tidbits, so we never got a report on this one.

The next day, Rick Sawyer led a ride in conjunction with the Red Peloton Velo Swap Meet in Santa Rosa. He reports: “Fourteen of us left from Canine Companions in southwest Santa Rosa on Sunday morning, with a slightly chilly fog still overhead. We played hide and seek with that for the first few miles, but eventually broke into full sunshine on our way to a coffee stop in Occidental. The group had quite a variation in riding speed, and I tried to stay somewhere in the middle. A few broke off and rode directly home once we returned to Santa Rosa from the northwest. The remaining riders finished as planned and regrouped at the nice Canine Companions

facility to browse the Velo Swap put on by Red Peloton. There was plenty of tempting loot at rock bottom prices, a good crowd of cyclists and also a raffle, food and drinks. Several other clubs had rides that ended at the event. Jonathan from Red Peloton reports that over \$1200 was raised, to be split between the Matt Wilson donation to St. Dorothy’s in Camp Meeker and Canine Companions. A very pleasant day, and for a good cause.”

One week later—the last week we can cover this month—we had a full slate of rides. Saturday kicked off with Nikola Farats rather original 60-mile, BC-tempo route from Santa Rosa over to Calistoga and back. Nick sent in this note about it: “The Magnificent Seven had a magnificent time on the Sharpe/Kortum Canyon ride. The weather was perfect and, because we spent most of the ride in Napa County, the roads were great. We did, however, encounter a half-mile of dirt at the top of remote Sharpe Road. From then on we had good pavement. As we rode along the ridge at the top of Kortum Canyon, everyone got off their bikes to admire the striking view of the vineyards, which looked as though they were holding onto the steep hillsides for dear life. We took pictures of us in the foreground and the canyon with vineyards in the background. Simply brilliant. The ride down Kortum Canyon was a Bill O-type descent: sheer terror. Oddly, when you get to the bottom, you are at the stop light in tranquil, downtown Calistoga. The rest of the ride down Silverado Trail and up Spring Mountain was uplifting. Another great, fast, descent down to and along Calastoga Road brought us back to Santa Rosa.”

I have no idea what Nick means by “a Bill-O type descent.” Am I always doing routes with steep, technical downhills? No question though: obscure Kortum Canyon is a wicked-steep pitch, uphill or down. I believe I introduced it to club rides, many years ago, but as a climb, not a descent. Finally, speaking of wicked-steep pitches, calling the climb of Spring Mountain “uplifting” is a laugh-and-a-half. Okay, sure...if you can keep the pedals turning over on those brutal walls, I guess you do eventually get lifted up to the summit...

Speaking of obscure, dirt roads, the other ride on this day had some of both, all wrapped up in Willow Creek. David Fitch put together a 61-mile route from SR out to the coast, with two passes through Occidental. It was mostly a collection of old-favorite roads, but tangled together in a new combination that made it seem fresh. There were 13 riders at the start, including Mary and Scott from Sacramento. Weather was a bit overcast, and because we were heading to the coast, it stayed that way most of the ride. But it was nice, especially out along the glorious Sonoma Coast beaches. Only as we were climbing unpaved Willow Creek did we finally break out into blue skies and sunshine. It has been awhile since I’ve done Willow Creek. What a wonderful, off-the-beaten-path road! Even the evil twin sisters—with their double-digit gravel pitches—didn’t seem all that hard on this day. Aside from people splitting up on the climbs and descents (as usual), the group stayed together nicely and honored the listed B tempo: frisky yet mellow. A very nice day.

While taking a break at Wild Flour, we crossed paths with many SRCC members riding the SF Randonneurs’ two-day brevet weekend (SF to Cloverdale on Saturday and back to SF on Sunday). There were eight or nine club members taking part. Our brevet coordinator Bob Redmond sums up the relaxed and somewhat quirky world of brevets with this observation: “Randonneuring can be fast and oxygen-deprived or relaxed and chatty, tired and



• Terrible Two thank you notes •

All the volunteers were so calm and supportive! I have never felt so taken care of at all the rest stops! It was like I had sherpas. Everyone was at our beck and call. I was so grateful to see you at the rest stops with your cheery smiles, hugs and food and drinks.

— *Liz Sinna*

This club continually surprises me, and it did so again yesterday: this time it was the Cadillac support and organization and caring volunteers on the course that made such a self-learning attempt even possible. It is really kind of a miracle, that level of human support and cycling-event expertise.

I'd also like to salute the riders, who supported each other on the course. I felt it many times. The last surprise of a very long day was the cheers of those same volunteers and riders (at the finish) who had supported me all day. Thank you.

— *Scott Duncan*

I thought the support out there on the TT was amazing! The water all along the climbs was *key* to survival. All the volunteers were cheerful and ever-so helpful! It was a Herculean effort to put that ride on, especially in that heat. Thank you so very much!!

— *Lonni Goldman*

If you're going through hell, keep going: at the end angels are waiting. And angels I found, at every rest stop into the finish, holding my bike, handing me a cold towel, hosing me from top to toe with water, filling my bottles with ice-water or cheering me on. Awesome!

— *Marc Moons*

B&B, continued...

supportive all in the same ride. It's what you make of it. Sprinkle that with a large dose of laughs and you get the picture."

There were two rides on Sunday as well, including the latest installment of the Welcome Wagon Rides, courtesy of Mike and Janice Eunice: "Ten riders met at Julliard Park for an easy ride to Oakmont by way of Channel Drive. We had seven women. One was a visitor on a borrowed bicycle and not yet a member of SRCC. Another, a member, wanted to try out a group ride. One of the guys is a member new to club riding. The others were returning riders who ride on the WW each month. It was a great day, with only one flat (Mike assisted her while the rest of us waited at the cafe in Oakmont). We completed 16 miles with some grades that were a challenge to some of the new riders."

Also on this day, Janice Thomas and Sherry Adams led a 47-mile, C tempo ride out of Sebastopol to Coleman Valley, Bay Hill, and Joy. Sherry checks in: "We might have started out with 20 but a few chose to do modified routes or cut it short. We got the full round of Sonoma County weather, from sunshine to completely fogged in on Coleman Valley. The most impressive feat of the day was Firouzeh riding for miles without incident on a tire that appeared to have no rubber at all for several inches on the tread. Karen Thompson later suggested that there was no need to worry, that in a pinch we could count on Liz Sinna to pull a Chris Horner and give Firouzeh and bike a ride back to the start. A couple of us saw a doe and fawn scramble out of our way on Joy road. A pleasant day out there, with lots of regroupings, tasty treats in Bodega, thought-provoking conversations, no flats."

Jungle...

— *Continued from page 1*

we make mistakes and get things wrong. We are a big club, with over 1600 members now and more joining every week. It would be unrealistic to expect every one of us to be perfect all the time. I've heard people assert that some clubs or race teams do this better. All I can say is: I'll believe it when I see it. I've ridden with other clubs all over the map, and there is a mix of good skills and not-so-good everywhere you go. Even race teams, which hand pick their members, still have bonehead moves on their rides.

But we try to do better. We have entry-level, learning rides for novices. We offer skills clinics whenever qualified members volunteer to coordinate them. For new members, we provide the *Street Smarts* guide book for safe, effective cycling. On club rides, where we may occasionally encounter those sketchy riders, we much more frequently see skilled veterans leading by example.

As for offering more skills clinics, remember that this is a 100% volunteer-driven club. Nothing gets done without some member taking it on and making it happen. And that includes scheduling and conducting rides and clinics for learning and improving skills. (Let the record show: our cranky e-mailer has never volunteered to lead a ride of any sort, let alone a skills clinic.)

As for the larger questions about the overall safety of cycling, out on the road, what can we say that hasn't been said before? If you've been around bikes long enough and have been paying attention, you know that cycling is a relatively safe activity. Failure Analysis Associates, one of the world's leading engineering firms in the specialty field of quantifying risk exposure, did a study on the rates of fatalities per hour of activity for many pastimes. They rate driving as approximately twice as dangerous as cycling. Fishing, to cite just one other sporting activity, is rated as much more dangerous than cycling. This was not a study commissioned by some pro-cycling advocacy group. It purports to be a balanced, scientific study. Take that one with however many grains of salt you think appropriate.

And for sure, getting whacked by a large car or truck will trump all sorts of statistics. But as the *PD* article quite rightly pointed out, this recent run of bad accidents is considered an anomaly... an exception...and is not indicative of a trend. The four cyclists killed in Sonoma County in this short span equals the total number killed in the previous five years.

We are not going to lose track of the fact that there are a lot of impaired, distracted, irresponsible drivers out there. We understand that. Things could be better. We also understand that many drivers don't know how to behave around cyclists. All cyclists are drivers, but not all drivers are cyclists. Some drivers don't know what to do when interacting with riders. That's part of what we deal with every time we head out on a ride. Finally, we know there are more than a few riders—on club rides or not—whose skills and bike smarts are a bit ragged. We either try to assist them or try to avoid them, as the case may be.

But bearing all that in mind, we are still reasonably safe out there. Anyway, what's the alternative? Parking your butt on the couch until you keel over from congestive heart failure? When you weigh in the balance all the good things we get out of cycling, all the life-enhancing benefits, we're confident most of you will agree that, in the long haul of life, the relatively low level of risk is acceptable. We hope to see you out on a club ride soon.

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)



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, August 8 • 6:30 PM

Occidental Road Round Table Pizza

Featured speaker: Jack Holmgren, on visibility on the road

Wednesday, September 12

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, August 2 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, September 6

Custom club apparel is here!

Our shipment of new club kit—jerseys, shorts, etc—was due to ship to us in the final week of July. Each of your custom orders will be individually packaged, with your name and personal packing list attached.

Everything is being shipped to our apparel distribution boss, Sharron Bates. Sharron has graciously offered to make herself available to process the orders from her home. You can call her and make arrangements for a time to drop by and pick up your new apparel, typically in the evening, as Sharron works days.

As soon as we know the shipment has arrived, you will receive a blast e-mail from the club with an announcement to that effect. After that, get in touch with Sharron. We expect that to be around July 23 or 24.

However, please note that Sharron is going to be away on vacation beginning the following week. While she's gone, René Goncalves will have the merchandise and will be available to assist you in claiming your goodies. When Sharron returns, she will reclaim whatever is left of the inventory. If you cannot get to Sharron's house, she will bring the remaining items to the August club meeting and also to the club picnic on August 25.

Sharron Bates: 526-3512
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René Goncalves: 527-1248