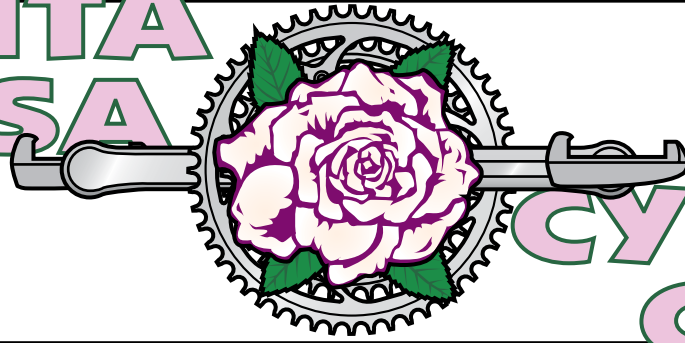


SANTA ROSA



THE
TOURING ISSUE

CYCLING CLUB

SEPTEMBER 2012 NEWSLETTER

WILD RIVERS TOUR

July 22-28, 2012

Six stages • 340 miles • 25,000'

Northwest Oregon Tour

August 4-12

Seven stages • 500 miles • 27,500'



CYNTHIA SPICARELLI

Because the club has run this tour two years in a row and three years in fairly close succession, we're not going to devote quite as many column inches to it this time around. But that doesn't mean the club members who took part this year had any less fun or rode any fewer beautiful miles than those who did it in the previous two editions. It remains a delightfully entertaining tour.

Stage 1: Tish-Tang to Nordheimer **51 miles, 4500' up, 3750' down**

After driving to the Hoopa Reservation, NE of Arcata, on the previous day, the 30+ tour participants set off on their journey by heading north, first through the reservation and along the Trinity River, then further north along the Klamath, and finally, most magnificently, east up the rugged gorge of the Salmon River, a dream cycling destination if ever there was one. (The Salmon River gorge should be on every cyclist's bucket list.) On a hot day, Nordheimer camp offered up a wonderful swimming hole along the river.

Stage 2: Nordheimer to Indian Scotty **67 miles, 6500' up, 5100' down**

In general, this tour is considered moderate...not too challenging. However, this day offered up the most glaring exception to that rule: the long, hard climb to 5900' Etna summit. We feel certain this climb would be rated HC on any Tour de France stage. It is a stern challenge for even the best riders. To make things even more challenging this year, the thermometer was flirting with 100°

Chatting with participants after the tour, the consensus was fairly unanimous: this year's journey around the northwest corner of Oregon was one of the nicest tours we've ever staged. The routes and scenery were great; the logistics were almost flawless and not at all stressful; the weather was mostly benign. It was pretty much the opposite of Murphy's Law: whatever could go right...did.

After a well-organized day of prep chores on Friday, August 3, 37 club members converged on Corvallis the next day, either traveling to Oregon on their own or as part of our fleet of big passenger vans. Most folks stayed in a motel on the Willamette River waterfront, dining out on the town, happy to finally be launched on the tour and eager for the first stage to get underway.

Stage 1: Corvallis to Champoeg State Park **75 miles, 3400' up, 3300' down**

Mostly easy, rolling roads through the farm fields of the Willamette Valley, with the combines out, bringing in the wheat harvest and with hops ripening on their tall trellises. Ahead of time, we had wondered if this stage might be a little boring—just a lot of farm fields—but everyone loved it. We crossed the big river on the tiny Wheatland Ferry, then rolled north to one of the prettiest, most comfortable group sites we've ever encountered. About the only bogey on the day was the heat, with it well up into the 90's (and humid) in the late miles and then right around 100° in camp, where we settled in under the shady oaks and cooled off with repeated infusions of ice-cold beer.

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— Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for August

1. Call to Order: Vice-President Doug Simon called the general meeting to order at the Round Table on Occidental Road on Wednesday, August 8. 62 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin reported on current bank balances, as of July 31.

3. Membership: Registrar Gordon Stewart was on tour but reported (ahead of time) membership of 1638 (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 was away, leading the Northwest Oregon Tour. Taking his place, Mike McGuire circulated the ride calendar for September.

5. Jerseys: René Goncalves brought custom club apparel to the meeting for distribution to members. Many members have not yet made connections with our apparel handlers to collect their orders. We apologize for any inconvenience while our staff has been away on summer vacation. Keep trying to make that connection. Sharron Bates is now back and eager to assist you. Others are asking when we will organize our next custom order. The answer is: sometime next spring. Neither dates nor details have been firmed up yet.

6. Tours: Timothy Brown, back from leading the Wild Rivers Tour, acknowledged the significant contributions by Doug Simon (who had originally intended to lead the tour but could not get the week off) in conceiving, organizing, and providing all sorts of assistance in Timothy's first foray in tour leading.

7.GF: GranFondo rest stop coordinator Steve Drucker announced the need for as many as 110 volunteers to work at the stop. (See item on page 5.) Don Graham also noted that he needs a handful of workers to help at the SRCC hospitality booth at the festival after the Fondo. (Don's contact: 217-9076 , ccmtg@sbcglobal.net) Doug Simon noted that he will have several free entries to the GF. A blast e-mail in early September will explain how we plan to award them to members...probably via a raffle at the September general meeting.

10. Grizzly: Kimberly Hoffman provided a brief history of the club's involvement with the Grizzley Century as well as what is included in the ride entry fee and what is covered by the club. (See item on page 5.)

11. Board: Doug advised the members of recent Board decisions: to comp Gordon Stewart his entry in the Wild Rivers Tour in grateful recognition of his extraordinary efforts to resolve a registration glitch at the opening of WCC reg in February. This not only saved the club from a reg meltdown but resulted in a \$1000 credit from our website host. Also: \$600 to Liz Sinna to order SRCC custom license plate frames for awards to member volunteers.

12. Donations: Doug directed members to Board member Rick Sawyer for any input on organizations in line for charitable donations. (The Board welcomes suggestions for eligible organizations that may qualify for grants drawn from our end-of-year budget surplus.)

13. Feature presentation: SRCC member Jack Holmgren made a presentation on what riders can do to make themselves more visible on the road.

WILD RIVERS

— Continued from page 1

as the riders clawed their way up the sun-baked pitches. But, for whatever it's worth, the summit came and went at exactly halfway through the stage, meaning the final 33+ miles were almost all downhill, often extravagantly so. The stage ended up with a lovely run along the Scott River, ending up at Indian Scotty camp, with another refreshing swimming hole to revive the tired rides.

Stage 3: Indian Scotty to Curly Jack (Happy Camp) 47 miles, 1700' up, 2100' down

Probably the best part of this stage was the first hour, rolling out 17 miles along the canyon of the Scott River. Slightly rolling, but mostly downhill, and every inch of it as pretty as it can be. After that, it was another visit with the Klamath River, following its downhill course all the way to the finish. After an experiment with a remote, primitive camp at the end of this stage (last year), this year it was back to the original camp, where, once again, a pleasant swimming hole was waiting for the wading.

Stage 4: Happy Camp to Panther Flat 67 miles, 5700' up, 7500' down

This stage began with a long, long climb, up the State of Jefferson Scenic Byway to a 4750' summit right on the Oregon border. On paper, it looked almost as terrible as Etna summit, but in reality, it was all quite gradual and generally quite manageable for everyone. After that first, long ascent, most of the rest of the stage was downhill (with one notable exception). The gravity candy began with a 12-mile free fall into the state of Oregon, a sweet, switchbacking swagger down out of the clouds. After a regroup at the general store in O'Brien, Oregon, the gang crossed back into California for the only other real climb of the day: Oregon Mtn Road over Hazel View summit. It's only a two-mile climb, and an easy one at that, but the payback on the other side is great: several miles of kinked up twisties in the woods, then a long, lazy grade beside the Smith River. Panther Flat offered up one more nice swimming hole for those who wanted it.

Stage 5: Panther Flat to Elk Prairie 71 miles, 4500' up, 4800' down

More pretty miles along the Smith River to begin, then a transit of Crescent City, including a promenade along its attractive ocean-front drive. Then the section no one likes: a long uphill and downhill run on Hwy 101, usually with too much traffic whizzing by. Riders were happy to see the last of that as they turned off on little—very little!—roads along the ocean cliffs. This walk on the wild side includes a few sections that hardly meet the definition of road at all. More like unpaved single-track. But things get better with the last miles through Redwood National Park, gliding along on silky pavement under the giant trees.

Stage 6: Elk Prairie to Arcata 45 miles, 2600' up, 2700' down

A short stage, as the day also included the drive home to Santa Rosa. But still a fun stage, with cute little roads meandering along the coastal hills in and around Patricks Point State Park and the picturesque village of Trinidad. A cool bike path and a bikes-only bridge over the Mad River returned the troops to Arcata.

Special thanks to the dynamite food wizards Matt and Nick, Jenny and Sydney, who continue to raise the bar on camp cuisine. Also thanks to all who helped out, from sag drivers to warehouse washers to long-term planners and organizers.

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.

While some of your club mates have been off on either the Wild Rivers Tour or the Northwest Oregon Tour—or, in a few lucky cases, both of them—life on the home front has continued much as ever. We can pick up the thread of club rides on the weekend of July 21-22, just as the WRT gang was heading north to the State of Jefferson. The weekend began with three rides on Saturday...

Steve and Jessie Kroeck listed a CD 61-miler out of Analy HS, which included an invitation to a post-ride garden party at their home, just up the bike path from the school. Steve reports: "About 20 riders joined us at the start. Frequent re-groups kept us together through Occidental, Monte Rio, and Guerneville. We assembled once more at the top of Sweetwater, and then again when we reached Westside. Despite our efforts to keep everyone together, one rider dropped off the back without us knowing, and when we rolled into Healdsburg plaza to get water, he was lost among a throng of cyclists doing the Healdsburg Century. It was heating up fast at this point so we settled into a brisk pace-line heading south when somebody flatted. Three riders helped him while the others continued. Those four then took a short cut back to Sebastopol, so all riders finished at roughly the same time. By now, it was in the mid-90s, so we held the 'garden' party indoors. Those who remained conscious afterward settled in to watch the day's Tour de France stage on tape, but we had accidentally recorded two hours of cartoons instead. Oops!"

Christine Logan listed a B-tempo 40-miler out of Monte Rio that climbed Fort Ross, then dropped down the coast and came back inland along the river. She reports 18 at the start, warm weather on the climb, but cooler temps for the descent on the coast, and a nice regroup at the bakery in Duncans Mills.

This was also the day for Doug McKenzie's semi-annual Pine Flat Time Trial Challenge, where they ride from SR up to Jimtown, regroup, and then get timed up the daunting pitch of Pine Flat. Doug reports: "A light showing for the PFC this time. The lowest ever. Only 10 took the challenge. It was a nice ride up to the start. I must say it's less stressful as a ride leader with 10 rather than 30+. Easier to deal with traffic and stragglers. We got to the start and it was a nice 80° temp. We all knew it would warm up at the top. One rider came all the way from New York to do the Challenge. (Actually he was in town to do the Half Vineman.) Pine Flat did not disappoint. It was a good 90+ on the steepest pitches, but was easy on us at the top: probably mid-80s or so. For the first time ever, no one cracked an hour, with Chad Verbish first at 1:00:08, Doug M second, Miguel Sanchez third, and Paul Stimson fourth." For full results, visit: <http://www.sonic.net/~douglasi/bike/pineflat.html>

There was only one ride on Sunday, but it was a doozy. Peter Potrebic listed a husky century out of Angwin, working down into Pope Valley and then around the infamous Knoxville-Berrysessa loop. Peter posted a lengthy report to the chat list about this epic adventure. Way too long to reproduce here, but to sum up: just four riders showed up to take on this big ride. Some of them were up to that level of challenge and some were not, especially on this very hot day. (Anyone who has done those roads as part of the Knoxville double knows how brutal they can be.) In the end, the

hardest riders who finished first got in their cars and drove back to sag out the riders who were overmatched by the ride.

On the last weekend in July, we had two rides listed that represent the extremes of the club's agenda. Janice and Mike Eunice had a 28-mile A ride around Spring Hill and Chileno Valley and I had a fairly tough century down into Marin County.

Janice reports on the WW ride: "Mike and I had 28 people show up for this popular ride. My purpose was to get more A-level riders to explore one of my favorite, beautiful valleys. It was a wonderful, sunny summer day, not too hot and not too cold. We could see the fog bank out by Tomales Bay, which created a soft, cool breeze as we rode back down the valley."

I was so busy with prep work for the Northwest Oregon Tour that I failed to send my usual post-ride write-up to the chat list about my Sonoma Century. And now I've forgotten the details. I think we had about 30 at the start at Ragle Park. Laura Stansfield had kindly offered to cover the C riders at the front of the pack, and she at least sent a note to the list afterward. She says they had about 15 people—or about half the field—in that group. A couple of things conspired to break the groups up even further. There was a shortcut offered that cut the full distance down to around 74 miles, and several people took advantage of that, perhaps as many as half the field in both the C group and the BC group. Then I got a flat along Nicasio Reservoir, just as we were getting to the tricky bits down in Marin County that would be a puzzle for some Sonoma County riders. Some folks waited while I swapped out the tube, but others pressed on, finding themselves too far back to benefit from Laura's leadership and ahead of me. Of course they got lost and logged extra miles, down around Novato. That pleasant sea breeze that had been a tailwind for the A riders in Chileno Valley was a stiff headwind for us as we slogged along the same road, later in the day and going the opposite direction. In fact, we had to buck headwinds for almost the entire second half of the ride, turning a moderate century into a bit of a beast.

This was also the date of the Vineman Half-Triathlon, and several club members took part. Most notably, Jady Palko finished fourth overall. Also competing and, in some cases, winning or placing well in their age groups: John Russell, Gwen Hall, Gail Platt, Sarah Gevirtz, and Sunny Mawson. (Sorry if I've missed anyone.)

Speaking of Sunny, she sent in this report about a ride she listed on the first Saturday in August: "Practice What You Learned Ride, led by David Abramo and Sunny Mawson after attending the Street Skills Class taught by Tom Helm. Five SRCC members and one guest, who moved to Santa Rosa four days prior, participated in the class. We received lots of useful information. The ride after class was a route recommended by the class instructor, who provided us with a cue sheet and an explanation for why each street was chosen. We stopped every few streets to discuss what we had just done and what we would be doing for the next few streets. This was a great way to reinforce what we had just learned. This class should be a must for every rider, especially new riders. We will all be better riders for having taken the class."

On the same day, one county to the south, hundreds of riders were teeing it up for either the Marin Century or its butch big sister, the Mt Tam Double. We don't know all of the clubsters who might have done the century, although we know Firouzeh Attwood and Dave Johnson were spotted on the 200-K course. For the full

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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.

RIDE SCHEDULE

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

SATURDAY • SEPTEMBER 1

Wild About Wildflower
2-3/B/38
9:00 AM • Cotati Vets

Explore the rolling scenic byways of the West County. Practice pacelines on the wider, flatter sections. Enjoy goodies at Wildflower. This will be a moderate B-pace ride with regroupings at key spots. Strong A riders might consider this one after looking at the hill profile. Contact Bob if unsure.

Bob Hasenick—573-1426
bobhasenick@att.net

Rockpile Century
4/C/102
8:30 AM • Schaefer School

A classic wine country loop—Westside, West Dry Creek, Alexander Valley, Chalk Hill—but with the added challenge of an out-&-back on Rockpile. Sometimes known as Skaggs Lite, it is the native habitat of the false summit.

Luke Scrivanich—479-8599
lscrivanich@aol.com

SUNDAY • SEPTEMBER 2

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. 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 • SEPTEMBER 8

Esposti to Geysers Resort Road
3/B/88 • 6650'
9:00 AM • Esposti Park Windsor

Over Chalk Hill and up Alexander Valley to the northern approach to the Geysers. Up Big Sulphur Creek Canyon to a turnaround at the junction, back down the canyon to Cloverdale. Over Dutcher Creek and home via Dry Creek Valley and Healdsburg.

David Fitch—228-9705 David-
CFitch@gmail.com

SUNDAY • SEPTEMBER 9

Farmers Market Foray
1/AAA (way slow)/11
9:30 AM • Cook Middle School, SR

For anyone wanting a slow ramble to Sebastopol Farmers Market. Kids and/or town/cargo bikes encouraged.

Adrienne Johnson—542-5909
adriennecycle@gmail.com

**Franz Valley, Pope Valley,
Spring Mountain**

4/D/80
8:00 AM • Esposti Park, Windsor

Ride starts early to beat the heat. We will make a brief pit stop at the TT rest stop in Calistoga, followed by a refueling break at the halfway point in Pope Valley. Three long, steady climbs will build up your appetite for lunch.

Sarah Schroer—364-7560
sarahschroer@gmail.com

SATURDAY • SEPTEMBER 15

King Ridge Without the Masses
5/BC/71
9:00 AM • Occidental

The essence of the GranFondo route: Boho, River, Caz Hwy, King Ridge, Hauser Bridge, Seaview, Meyers Grade, Hwy 1, Coleman Valley. CD riders welcome. Water stop in Cazadero. Rest stop in Jenner.

Bill Carroll—623-9783
carrollpb@comcast.net

SUNDAY • SEPTEMBER 16

Bike-Yoga #3
2-3/BC/55

9:00 AM • Lomas Schoolhouse

Over Chalk Hill, then through Wine Country territory. The yoga class will start at 2 pm at the Lomas Schoolhouse and be led by Helen McGee. Cost for class is \$10.

Janice Thomas—568-7062 jmt.
bike@gmail.com
John Russell—566-0300
murphystgrill@comcast.net

SATURDAY • SEPTEMBER 22

Soul Refreshing
2-3/A/59

8:30 AM • Esposti Park

First a loop up through Windsor, then Eastside, Westside, and West Dry Creek. Lambert Bridge and the Lyttons follow, then Red Winery and Hwy 128 south to Chalk Hill.

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

Tam to Tap (Round 2)

A Different View

4/BC or C/78

9:00 AM • Corte Madera Park

Through small towns of Marin to Fairfax, where we will begin our climb to Tam, followed by descent to Muir Beach, then north along the coast, cutting inland at Olema to head back to Corte Madera. We will gather at Marin Brewing Company in Larkspur after the ride.

Laura Stansfield—415-613-3302
SearchK9@pacbell.net
Liz Sinna—484-2459
lizsinna@gmail.com
Brian Gully—391-4727
svo.must@hotmail.com

SUNDAY • SEPTEMBER 23

Skaggs Springs Out-&Back

3-5/BC/42

9:00 AM • Joyce's home
(1600 Lytton Springs Road)

Out to Warm Springs Dam via Dry Creek, up (and down and up and down) along Skaggs to the big bridge, then turn around and work back to the dam. Then retrace down the valley along West Dry Creek to Lambert Bridge.

Joyce Chang—431-8666
joycechang@juno.com

SATURDAY • SEPTMEBER 29

SRCC Ritchey Ranch lunch stop Levi's GranFondo 2012

The SRCC 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 stop.

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 cy-

cling in Sonoma County and to the various charitable organizations the GranFondo supports.

The GF is Saturday, September 29. Volunteers receive a commemorative tee shirt and an invitation to an appreciation party with food, swag, and door prizes. Check the club website for the on-line sign-up form. The club will take care of signing you up with the GranFondo organization.

Steve Drucker—538-5256
bdrucker@sonic.net

SUNDAY • SEPTEMBER 30

The NotFondo Alternative

4/BC/97

8:30 AM • Middletown High School

A long drive to a novel ride that mixes obscure, interesting roads with some patches of traffic and clutter. Essentially a loop around Clear Lake, but with some seldom-visited roads thrown in: Spruce Grove, Sulphur Bank, Kelsey Creek, Bottle Rock. Many regroupings so no one gets lost on this journey into the unknown. Full rest stops in Clear Lake, Lakeport, and Kelseyville. Bring a change of clothes and swim togs: finish the ride with a dip in the Middletown HS pool.

Bill Oetinger—823-9807
srccride@sonic.net

Single Speed or Fixie Ride

2/BC/50

9:00 AM • Ragle Park

About as unhilly as we can make it around here for a fixie and single-speed ride. North from apple town along the bike trail to Forestville then on to Wohler Bridge, Westside, West Dry Creek, Lambert Bridge, and a break at the Dry Creek Deli. South thru Healdsburg and down Old Red to Windsor and a break at Cafe Noto. Back home along Slusser, Oakwild, Willowside, Hall, Occi, 116, etc.

Craig Johnson—415-455-8631
cjbicog@comcast.net

Mellow Sunday for All Categories

1/B/25

10:00 AM • Piner Youth Park

"Gear down, and chat up." That's what Tim Lynch would say. For those who just want to be social and ride in a close bunch to facilitate chatting. Stay in the small chainring all day, never go more than 15 mph or so. Don't really need a route map because we stay in a bunch all day. This kind of ride is standard therapy for fast types to take a day off but still enjoy being with people.

Tom Helm—332-8792
tomhelm@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

Attituesday

C • 50-70 miles • 9:00 AM

Ragle Park, Sebastopol

Roger Simmons—829-9271

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

double, we can report that Paul Stimson, Vern Piccinotti, and Doug Schrock were our best finishers, in a time of 13:51. Greg Durbin, Scott Duncan, and Sarah Schroer came in next, a few minutes over 14 hours. (Sarah was the first woman finisher.) A bit further back, Frank Pedrick, Anthony Johnson, Liz Sinna, and Kamran Azmoudeh also successfully completed the challenging ultra-marathon. “*Chapeau!*” to one and all!

There were two rides the next day. Garth Powell listed a super hilly ride along Skaggs Springs, with the Annapolis loop thrown in, which added up to 13,000' of wickedly steep climbing in just 84 miles. Garth sent a long and amusing note to the chat list about this monster ride. Hard to distill all his wit into one, itty bitty paragraph, but I have to try: six riders took it on, including the young Chris Brown and the recovering Karen Thompson. Michael Barnes, Miguel Sanchez, and Sherry Adams rounded out this elite field. Garth also recruited Len Allair to provide sag support. Weather was pleasant and sunny. As is his custom, Garth made this a no-drop, all-inclusive ride, and he held to that throughout, making sure no one fell through the cracks.

It might seem strange to see Susan Forsman leading an AB ride of only 25 miles. She is, after all, the current Triple Crown Stage Race winner and the top woman finisher on most of the hardest double centuries this year. But that is exactly the ride she listed on August 5. Here's what she had to say about it: “My ride was a lot of fun. Twelve cyclists showed up, ready to go for an easy 25-mile ride. Three of those cyclists were A pace. Susan was one of them. I've forgotten everyone's name by now. I need to write them down next time. Since the ride was AB pace, I decided I would stay in the middle and rode most of the way with Natasha, a new member of the club. The B-pace cyclists took off and had a blast racing each other along Bennett Valley Road, then up Sonoma Mountain and down Pressley and Roberts. We regrouped at Crane Creek Regional Park and had a few minutes to catch up, enjoy the sun, and then it was back to Santa Rosa via Petaluma Hill Road. I can't wait to lead another ride. I realize there are a lot of members I don't know, so I'd better start leading more rides so that I can meet as many as I can.”

August 11 offered up a Sue Bennett favorite: the Mid-County Meander out of Willowside School. Sue reports: “With temperatures predicted to be in the mid to upper 90s, we had a group of only 22, mostly B riders. The hottest spot on the ride was the last 150 yards on the second climb on Chalk Hill. I think all of us feared that Alexander Valley and Healdsburg would be just at bad. As it turned out, it never got that hot, and a nice breeze made the weather not that bad. At the Safeway in Healdsburg, everyone regrouped and chatted for awhile. It turned out to be a nice ride.”

We had three rides on Sunday, August 12. One of them was billed as a Pace Line Practice Ride, hosted by Ron Hodges: “The ride went well. There were six altogether. Two were B riders who chose to drop behind, so we had a good pace line group of four riders. We were averaging about 20 mph for most of the ride. Some of the riders had not gone over the summer bridge before and found River Road in Cloverdale to their liking: better pavement than most of the other Sonoma County back roads.”

Also on this day was another edition of the Mike-&-Janice Eunice Welcome Wagon rides. Janice sent us this note about it: “It was

a wonderful day for a ride. The day was clear, with a cool breeze blowing, and few cars on West Dry Creek. We only had one new rider and that was Axel Johnson riding behind his mother, Adrienne Johnson, a long time active member of the club. After completing the Magnolia loop, Adrienne had a flat. Alan replaced the bad tube, but Adrienne decided that she should go to the bike shop and assure herself that her bike with Axel in tow was okay. Sue, Alan, Mike and I continued on the route: the standard West Dry Creek loop to Lambert bridge and back to the start by way of Dry Creek.”

Finally, Laura Stansfield listed a 73-mile “Tam to Tap” ride. Laura posted a nice recap of the ride on the chat list, once again too long to reproduce here. She said there were about a dozen at the start in Petaluma, all strong C or D riders. They headed west over Wilson Hill and along the Nicasio Reservoir to a regroup in Pt Reyes Station, then headed south on 1 to the big climb on Fairfax-Bolinas Road, up to the ridge, down to the lake, and up and down to Fairfax...a stout piece of work. After a food break in Fairfax, it was west over White's Hill into San Geronimo Valley, then up through Nicasio, up again to the Cheese Factory and up again (and finally down) to Petaluma. Laura explained the “Tap” part of the ride title this way: “After finishing the ride, seven of us went to McNears for some food and beer. Coffee stops during a ride are a nice, but I find getting together after a ride, when you can really relax, has a different energy and is an enjoyable way to get to know fellow riders.” We couldn't agree more.

On the final weekend we can cover this month, Christine Logan kicked things off with a Cavedale-Trinity loop at B pace...50 miles out of Howarth Park. There were 30 riders at the start, running the gamut from pure B—which was the listed pace—to borderline D. We got tangled up with a 700-rider mountain bike race in Spring Lake and Annadel Parks. That was interesting. By the time we'd cleared the parks and Oakmont, climbed Lawndale, and cruised Warm Springs, the group was pretty strung out. But we regrouped at the market in Glen Ellen before tackling Cavedale. It was the first time up that epic, gnarly road for several in the group. The scabby, lumpy pavement had several of us thinking fondly of the silky pavement we had just been enjoying on the little roads in Oregon. After a regroup at the firehouse, we bombed the Trinity descent, then looped back to Glen Ellen via Dunbar and Henno. After one more regroup, it was back to Howarth on essentially a retrace: Warm Springs-Lawndale-Oakmont, etc. The weather was nearly perfect throughout: not a wisp of fog at the start and mid- to high 80's on the exposed climbs later. It was a delightful day.

Sunday offered a nice C ride from Eric Heitz, but Eric reports only four riders showed up. Probably there were competing draws on people's attention from the SCBC Expo, the crits in Rohnert Park, and from the Wings Over Wine Country extravaganza. Not to mention the fact that a lot of members are out of the area at the height of summer vacation time.

Last but far from least, we want to salute the summer vacation of Marc Moons, who has made an extended stay in Colorado to compete in that state's version of the Triple Crown Stage Race. Three double centuries, all with huge elevation gain figures and all run at the highest altitudes in the US. Without much time to acclimate to that thin air, and competing against local Rockie's riders, who live (and breathe) at that altitude, we believe Marc finished 2nd or 3rd overall. Final results were not available when we went to press, but anything in that ballpark is impressive. We'll share the official results when we get them.

Northwest Oregon — Continued from page 1

Stage 2: Champoeg SP to Vernonia **73 miles, 5000' up, 4500' down**

Two detours padded the miles from the original 68. The tour leader suggested the first one as a way to avoid a busy highway. It certainly did that, and was very pretty, but it was a much tougher climb than the highway it avoided, topping out at 19%. That was on our way to the highest point on the tour: up on Bald Peak, early in the stage, which offered up—after the big climb—panoramic vistas over the verdant valley and then a twisty, 17% descent back into the valley. After 25 more miles of rolling farm fields and dappled woods (including a long detour around a short construction zone), we were treated to the Banks-Vernonia State Trail: the final 21 miles of the stage on a sweet new rails-to-trails conversion. Dream riding through the forest without a car or a care in sight. Also nice: the temperature dropped from near 100° to around 80°. We shared our overnight camp in the village of Vernonia with a tour group from the Sacramento Wheelmen. We crossed paths with them, off and on, throughout the first three days of the tour, before we went our separate ways.

Stage 3: Vernonia to Seaside **72 miles, 3300' up, 3900' down**

A peaceful, simple day, cruising through lush forests of fir and alder, first along the meandering Nehalem River, then along the Youngs River. There really is almost nothing to say about this stage. It was all the same, from start to finish: rivers and woods, woods and rivers, with the occasional green meadow thrown in. One big climb, bundled with an even bigger descent, but overall, mostly mellow, easy miles. Most of the day we headed west, eventually fetching up at the ocean in the glitzy, kitschy resort of Seaside.

Stage 4: Seaside to Cape Lookout State Park **71 miles, 5000' up and down; 61 miles, 4200' up and down**

Things got complicated when we headed south down the coast. Most of the complexity involved the side road diversions to get off busy Hwy 101. All of the detours were scenic and fun and usually low-traffic. We visited pretty Cannon Beach and some riders added a nine-mile out-&-back into Ecola State Park (picture-postcard scenic). Then, further down the coast, we climbed to Neahkahnie summit, 600' above the rocky coast, where everyone who carried a camera was burning up pixels in wholesale job lots, trying to bring home that spectacular view for their photo albums. After two more tranquil detours off the highway and a stop for lunch at the Tillamook Cheese Factory, we tackled the rugged headlands around Cape Meares, with wonderful scenery every mile of the way. The short option saved a few miles and dodged the last, biggest climb, but was still a very nice way to go. We all reunited in the pretty state park, where we trooped out to the dunes after dinner to watch a classic Oregon beach sunset.

Stage 5: Cape Lookout SP to South Beach State Park **72-79 miles, 4800' up and down**

“Your mileage may vary” could have been the motto of this stage, as another construction detour and a glitch on the route slip caused riders to end up with varied totals on the day, depending on how they handled those two jokers in the deck. But it was all good, in spite of the unexpected, improvisational bits. In broad outline, this day was a lot like Stage 4, as we continued south down the coast, using as many side-road *divertimenti* as we could think of

to reduce the miles on Hwy 101. These included the balance of the wonderful Three Capes Loop, begun the day before with Cape Meares and continuing today with the big climb up and over Cape Lookout, down through the sand dunes of Cape Kiwanda to the little village of Neskowin. A nifty, bike-friendly loop around Devil’s Lake bypassed schlocky Lincoln City. Then, later in the day, we enjoyed several miles of riding right along the sea cliffs, highlighted by the Otter Crest Loop, a short but sweet byway off the highway. Finally, we wiggled through the big resort town of Newport and carefully tiptoed across the elegant, art deco bridge over the Yaquina River. (Imagine crossing the Golden Gate Bridge with 4'-wide sidewalks and no railing between you and the traffic.) We stayed for the next two nights in a nice group site at a huge state park on the beach.

Stage 6: Layover day in Newport

For this day of staying put in the same camp, we laid on rides of anywhere from 30 to 65 miles. In the end, we think everyone who rode—and many didn’t ride at all—did just the easiest (almost flat) ride around beautiful Yaquina Bay to a coffee-&-pastry break at Sassafras Sue’s in the old mill town of Toledo. That left plenty of day for lazing around camp or beachcombing; for visiting the nearby Oregon Coast Aquarium or the Rogue Nation Brewery (good food and great beer). It was mostly an intentional rest day ahead of the final, most challenging stage of the tour.

Stage 7: South Beach SP to Corvallis **100 miles, 5000' up, 4800' down; 85 miles, 4000' up, 3800' down**

We saved the best for last on this tour, with a final stage that was long on miles and jam-packed with best-quality biking. After one last rolling run south along the ocean and one last back road bypass off the main highway, we followed the pretty, winding Alsea River inland. The shorter route kept company with the sleepy river for almost 40 miles before tackling the 1000' ascent of Alsea summit, and then the rockin’ descent into the farm fields and woods west of Corvallis. Almost three-quarters of the group elected to try the century. That route left the river at mile 35 and traced a convoluted course along several tiny roads through some of the prettiest, most peaceful landscapes one could ever imagine. For over 40 miles, it was fantasy biking: as close to perfection as we have any right to expect in this mortal coil. Meandering lanes, usually with satin-smooth paving and zero traffic, shaded by an endless canopy of broadleaf forest. It ran mostly over rolling terrain, but featured one big climb and a too-much-fun descent. Near the end, both routes came together to follow a pleasant bike path into Corvallis, finishing up with a run along the Willamette River, right up to the door of the motel.

At the finish, most of the riders we saw had blissed-out grins plastered on their faces. No one complained about the long miles or about being trashed. Everyone was simply in a state of euphoria, over the final stage and over the tour as a whole. It was an always pleasant and occasionally fantastic adventure, from start to finish, meeting or exceeding all of our expectations.

We must thank all of the people who helped make the tour a success, including our two rookie food coordinators, Nick Parks and Sydney Anderson, and our four part-time sags, Robin Dean, Douwe Drayer, Janice Thomas, and Donna Norrell...plus all of those who pitched in with the chores, before, during, and after the tour. These cooperative tours only work when everyone lends a hand, and this year, on this tour, that premise worked to perfection.

— Bill Oetinger, tour coordinator

SANTA ROSA CYCLING CLUB

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To join the club or renew membership, please go to
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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, September 12 • 6:30 PM

Occidental Road Round Table Pizza

No featured speaker this month; instead a longer period for socializing and getting to know one another.

Wednesday, October 10

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, September 6 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, October 4

Grizzly Century Weekend

Every year on the first weekend in October—this year, Oct. 5-7—SRCC 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.*

While a few club members opt for nearby motels, most camp together in a reserved campsite on beautiful Bass Lake. Breakfast and dinner are included on ride day and breakfast at camp on Sunday is covered by our club. All you need to spring for is the entry fee and the gas to get to Bass Lake and back. The course is gorgeous and loads of fun, and the support is superb. There are route options shorter than a full century.

See last month's [newsletter](#) for more information about the ride and about our club's involvement with the event.

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

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