

OCTOBER 2012 NEWSLETTER

End-of-Summer Picnic: all that's best about the club

On Saturday, August 25, well over 250 Santa Rosa Cycling Club members took part in our End-of-Summer Picnic and the rides that preceded it. The picnic was held at our warehouse/clubhouse on the rural end of Coffey Lane, with tables spread on the lawn under the shady oaks. This year, the food service was neither potluck nor catered, but was managed entirely by the volunteer crew. There was lots of it and it was good! Drinks of all sorts helped to sluice down the great food. Between the nice rides, the lovely weather, and all the good things at the picnic, it was a nearly perfect day.

Rick Sawyer was Chair for the event, ably assisted by a crackerjack crew of volunteers. We asked Rick to send us a note about the whole affair. We were just hoping for a list of bullet points that we could use to write a report, but in fact the note he sent seems to pretty well sum up the essence of the day. So, with just a few minor edits, here is what he had to say...

"I was thinking it would be good to mention that we had record attendance, estimates ranging from 260 to 275. Thankfully, we had around 35 volunteers to spread over Friday, Saturday and Sunday, when most of the work needed to get done. We were blessed with a beautiful day, but I have no idea how the rides went...leaving that to you. This picnic, along with the WCC Workers' Ride and Picnic, are our two biggest events of the year, not counting the WCC and the TT...more on that below. I've singled out a few individuals in e-mails to the volunteer group and at the general meeting, so don't think any more of that is necessary.

"It seems like a good angle for the story would be to emphasize how important it is to have a reliable pool of volunteers, filling all sorts of roles, some specialized, some not, but everyone pitching in to make an event of this size doable without a staff of paid people. We had some doing food preparation on Friday, some doing venue set-up, various dishes prepared Saturday morning, grillers doing their thing, people at the serving line, then the take-down, final cleanup on Sunday, right down to cleaning the grills and refilling the propane tanks. This year, the menu was all club-provided, and I felt we went over the top, right down to the ice cream for dessert. How we'll top it next year, I have no idea.

"We've grown as a club, and this event is no longer handled by just an *ad hoc* handful of volunteers. It takes many sets of hands, working in coordination over nearly a full week, to pull it off, although most of us find it rewarding and fun to participate, knowing we've helped make a big bunch of our friends happy for a day.

"This spirit of cooperative effort is really the glue that binds the club together. We couldn't do events like this without the volunteer efforts, both day-of, and all throughout the year. Most notable is the WCC, which is what drives the club's annual budget and therefore allows us to stage the other events we love so much. It's really our most club-populated event (with us in support, not the beneficiaries) at nearly 400-strong. This phenomenon isn't just about the financial end, but is what defines our community, culture, or whatever you prefer to call it. We enjoy getting shoulder-to-shoulder, making things happen for others and for ourselves. Of course, our bikes are important, too, but those alone don't make the booming club culture we enjoy."

A rousing round of applause, please, for Rick and all the other folks who leant a hand for an hour or for a day...doing a little work so that the rest of us could play.

As for the rides, they were as nice as the picnic. There were three routes, in the classic multi-tempo style. The routes were based loosely on the early parts of our Wine Country Century course, with variations added to allow for longer and shorter loops for faster and slower riders (or should we say: more or less ambitious riders?). In theory, the fastest group would leave the start at Schaefer School first, so they would not then have to pass the slower riders. But of course any number of slower riders were seen leaving early, so a certain amount of two-abreast passing happened anyway.

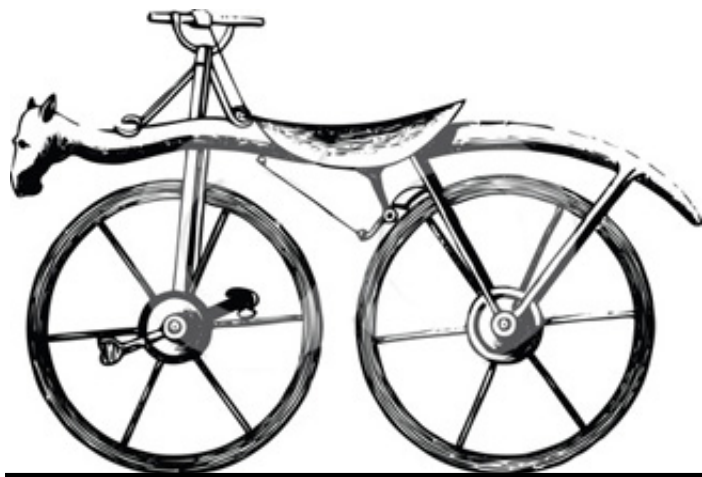
With over 250 people involved, it follows that there were some pretty large groups of riders on the roads of the west county. But the staggered start times, the different riding speeds of each group, and the three different courses all ensured that the long file of riders was well spread out, reducing the potential for traffic snarls. All three groups were on the same course until Mill Station, then all went their separate ways. The routes came back together around Wohler Bridge and Eastside. The fastest riders on the longest course didn't reel in the moderate riders on the middle course until just a few miles before the finish, and folks rode back to the warehouse in congenial bunches. There were A, B, C and D riders all rolling in together at the end. (This is no accident: we plan it this way, and it works.)

Looking around at the happy folks at the picnic, with a good ride in their legs and good food and drink in their tummies...you get the feeling we're doing something right here, with this pedal-powered, volunteer-driven community.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for September

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, September 12. 55 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on current bank balances, as of August 31.
- 3. Membership:** Registrar Gordon Stewart was absent but reported (ahead of time) membership of 1623 (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 September and reported on the August Northwest Oregon Tour. He also led an informal discussion on leading rides.
- 5. Jerseys:** Bill Oetinger announced the opening of a new ordering window for custom club apparel. (See item on page 7.)
- 6. Swag:** The Board appointed a sub-committee to look into offering club merchandise to members, such as SRCC license plate frames, to either be sold or given away as rewards for club volunteering. Committee members (so far): Mike McGuire, Liz Sinna, David Abramo.
- 7. GF:** GranFondo rest stop coordinator Steve Drucker announced the need for as many as 110 volunteers to work at the stop. Don Graham also noted that he needs a handful of workers to help at the SRCC hospitality booth at the festival after the Fondo. And Doug Simon added that he will need some workers at the warehouse before and after the event. (See item on page 5.)
- 8. Grizzly:** Bill Oetinger reminded members of the upcoming Grizzly Century, and discussed what is included in the ride package and what is covered by the club. (See item on page 5.)
- 9. Picnic:** Rick Sawyer reported to the Board on the logistics for the recent End-of-Summer picnic. He noted that they had exceeded the food budget but that the increase was consistent with the record attendance. (See article on page 1.)
- 10. Donations:** Rick Sawyer discussed the process for nominating organizations for charitable grants. (See item, this page.)
- 11. Awards:** Rick Sawyer began the process of identifying 2012 award winners by circulating "ballots" where names could be submitted for the various awards. (See item on page 7.)



SRCC 2012 Year-End Donations

From excess funds in each calendar year, the Santa Rosa Cycling Club makes donations to various cycling-related organizations and other causes deemed appropriate, as approved by the club membership. In order to have the donation process completed soon enough to have the checks out to the recipients by mid-December, we need to get started now with the nomination process. Members are asked to submit nominations during the month of October. Once the nominations have been recorded and reviewed, the final voting will take place on-line at the club web site in November. Look for more info on that next month.

Nominations may be sent to any current Board member.

Regarding nominations: the criteria remain nearly the same as in the recent past. We'll start with a clean slate, with no donees suggested by the Board. In fact, this time we've decided that Board members and other appointed club officers will not be allowed to make nominations. General club members will make all of the nominations, and anyone who does place an organization in nomination should be no more than a general member of the group they wish to nominate. In other words, no board members or officers of a particular group will be allowed to nominate their own organization. Any nomination should include a web address for the nominee's own website, so we can link to that in our final presentation to the members. Last year's grant recipients were listed on page 7 of the February, 2012 [newsletter](#).

All nominees should be non-profit organizations, and it should be remembered that there is no need to nominate one of the groups we already donate to on a regular basis, such as the SCBC, the local Tour of California organizing entity, the Radio Amateurs, or any of our state or national cycling organizations.

As general guidelines, organizations proposed as candidates for donations should meet some or all of the following general criteria:

- Should provide support for activities related to cycling.
- Should be local or have a significant local presence.
- Should demonstrate a philosophy that respects people and the environment and a healthy society.
- Should reflect values similar to those of the SRCC.
- Should not have goals or agendas that are discriminatory or otherwise divisive.

We believe the above guidelines to be in keeping with our stated purpose as a club: "The SRCC is a social/recreational organization comprised of cycling enthusiast 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."

The Board will review the proposed nominees, weed out any that don't meet the above-stated criteria, and make up the final list of candidates in time for the November voting period. We'll stick with the rule that any organization not getting at least 5% of the final vote tally will not receive a donation. Organizations awarded grants will be announced at the December General Meeting and in other club communiques.

Who the donees will be for this year, and the amounts given, are for the most part up to you. Please send us the potential nominees you feel most passionate about. And don't forget, we need the nominations during the month of October.

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.

Starting first with a clarification on the last item from last month: Marc Moons' Colorado Triple Crown adventure. Last month, we said that although the official results weren't yet in, we figured he had finished second or third in their version of the Stage Race (counting elapsed time from three selected doubles). I think Marc would want us to set the record straight on this. There are currently a total of four doubles in the Colorado Triple Crown, but as in the California series, only three of them count for the Stage Race. Marc did indeed do three doubles in Colorado, but only two of them were Stage Race counters. He missed the first one in the series because he was busy with a big event here: the Terrible Two. Still and all, he can offer a pretty good answer to the question: "What did you do on your summer vacation?"

Closer to home, we had worked our way through the weekend of August 18-19 in this chronicle last month. Up next was the End-of-Summer Club Picnic and the rides that go with it (on August 25). You can read about that big blow-out on page 1.

You'd think the picnic would be a hard act to follow, but that didn't stop a trio of women from listing a classic King Ridge ride the next day. Liz Sinna, Janice Thomas, and Laura Stansfield divided the group up into a range of riding speeds, from AB to CD, so everyone had someone to look out for them. Laura sent a long note to the chat list about it, including this tidbit: "I have to start off by saying thank you to Doug Simon for a very unexpected surprise. Liz sent me an e-mail that he would be doing road clean-up on King Ridge and would have some drinks and snacks for us. I expected to see an ice chest and maybe some chips or munchies. As we finished the initial climbing and reached Tin Barn, we could see a van, a pop-up canopy, a big SRCC sign and tables and ice chests. At first glance I would have thought we were pulling up to a rest stop at the WCC. Very nicely spread over two tables were containers with fruit, chips, pretzels, M&Ms, cookies, and ice chests with cold water and assorted drinks. I thought maybe this was for the crew doing road clean-up, but was informed there were only three of them and the wonderful spread was done for our ride. That was very much appreciated and our guest riders from Maryland were very impressed!"

Laura reports around 10 riders in the faster group, including the couple visiting from Maryland, and that they stayed more-or-less together throughout. Liz Sinna sent in a note on the day as well, covering the A and B riders. She reports a bit over a dozen in those two groups combined. She also included the rave reviews about Doug's impromptu rest stop. What she added was that club member Rich Steiner also showed up to provide support on the ride, setting up another mini-rest stop further along the route... just because he felt like buying a bunch of food out of his own pocket and driving to the far end of the county to assist his friends and clubmates. Amazing. Both Liz and Laura commented on the wonderful weather and the lack of any problems, except for one flat. And both noted that the leaders made speeches at the start about good ride etiquette: staying single-file and stopping at stop signs, etc. (In spite of what some letter writers to the paper say: we are working on it!)

That took care of August. First up in September was Luke Scrivanich with his Rockpile Century. Luke sent a century-sized report on the ride to the chat list. It was quite humorous, but in between the lines of wit was some useful wisdom. The ride was listed at C tempo with a late addition of a BC group to be shepherded along by Susan Noble. But of course there was also a group of a dozen D ringers on hand, in addition to two dozen C or BC riders. Luke confesses that, fueled by a great deal of caffeine and by the sight of those cutting-edge D riders, he rocketed off at the start at a pace well above the advertised C level. He soon realized that this was neither a good career move for himself nor correct behavior for a ride leader (who should lead at the listed pace). It's good that he talked through this in his post to the list. Ride leaders need to remember to ride at the listed tempo, even if there are ringers there who will want to ride faster. The fast folks can go off the front—as they did in this case—but they should do so without the leader. Luke eventually dropped back to his core group and all was well. The weather was nice all day: cool to start but then warming up to a pleasant 70-something. The only bump in the road was one flat, quickly fixed. That D group ended up averaging a bit under 19 mph for the hilly, 92-mile course, while the C group averaged a bit under 18 mph. Only one mph difference? Doesn't seem like much, but try to tell that to your legs when you're hanging on at the back of the faster pace line...or not quite hanging on.

Also on this day, and rolling out at a more dignified B tempo, was Bob Hasenick's Wild About Wildflower ride, heading out of Cotati for—where else?—Wildflower Bakery in Freestone. Bob sent us this note about the ride: "I met 14 enthusiastic riders at the Cotati Vets Hall and picked up four more along the way. Wildflower had tall stacks of goodies awaiting us. Temps were just right all day, with very little wind. Many folks appreciated riding roads that they rarely cycle." I should think pretty much everyone would be familiar with the route to and from Wildflower, but perhaps Bob is referring to other parts of his loop with the "rarely cycle" comment.

Sunday had just one ride: a classic Mike and Janice Eunice Welcome Wagon Ride out of Ragle. Janice checks in: "The ride from Ragle Park was a success because we all had a good time. We went to Koslowski's Farm for coffee and social time. We had seven riders, including two new members, Mary and Bill, who did very well. They also recently participated in a Friendly Friday ride out of Cotati." We mention these Welcome Wagon rides every month, but I wonder if everyone knows what they're about. As the name implies, they are a welcoming gateway into the club for new members or others just getting up to speed on cycling or a few who just want an easy, social ride. Janice and Mike are very supportive and are good mentors for those learning the basics. New members or people just getting up to speed with cycling often tell us they wish we had more rides like this. We do too. We wish we had more ride leaders like Mike and Janice.

The weekend of Sept 8-9 kicked off with David Fitch's B-pace, 88-mile ride out of Windsor that was supposed to climb the north side of the Geysers, up to the point where the ascent gets really steep, then come back down the same way. We had failed to note that this was also the day of the Tour de Fuzz, which would be sending its 1000 riders up the south face of the same road. There was some concern that the groups might get tangled up in some way out there on the narrow canyon road, but it wasn't an issue. David reports: "We started off with 13 riders. We stayed pretty

— 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 • SEPTMEBER 29

GranFondo Vols Still Needed

We had a great volunteer response to our sign-ups on-line. About 75 folks have signed up so far, and we could operate the Ritchey Ranch Rest-stop with that crew. But it will be better if we can get 25 more of you to join us. More folks on hand will greatly lighten the load for everyone and make for a much more relaxed day for all. All the volunteers who have signed-up by Monday, September 24, will be entered into a raffle for a chance to win a ticket to *The Levi Effect* film premiere, Friday 9/28 at 5:00 pm. Winners will be notified on Tuesday, Sept. 25.

Info and sign-up for Ritchey Ranch Rest-Stop AM, PM, or late PM shifts at:

<http://srcc.memberlodge.com/Default.aspx?pageId=1359102>

Steve Drucker—538-5256
bdrucker@sonic.net

If you are not available the event day or your desired shift is full or you want to volunteer elsewhere, there are other volunteering opportunities to join in the GF adventure.

Info and sign-up at:

<http://www.levisgranfondo.com/volunteer>

Finally, we need a few people to staff our hospitality booth in the afternoon at the GF Expo after the ride. If you want to hang out at the big party, get in touch with...

Don Graham—217-9076
ccmtg@sbcglobal.net

OCTOBER 5-7

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 the century that may be the most beautiful and bike-friendly in the state.

Kimberly Hoffman—579-3754
kdhoffman10@yahoo.com

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

SATURDAY • OCTOBER 6

Sharing the Vision

4/CD/70

9:30 AM • McNear Park, Petaluma

West from Petaluma over Wilson Hill and the Marshall Wall, down Tomales Bay to Point

Reyes Station, then out onto the Point Reyes land mass for the beautiful climb to Mt Vision. Retrace for a bit, then south to Olema and inland along Platform Bridge, Nicasio Reservoir and, eventually, over Red Hill.

Tony Lee—477-3655
dr_tony_lee@yahoo.com

SUNDAY • OCTOBER 7

Geysers from Healdsburg

4/BC/55

9:00 AM • Healdsburg City Hall

Ride the north side of the Geysers up and over, back via Red Winery, 128, Alexander Valley. Rest stop at Jimtown and return to City Hall. Ride to be at a C pace but B riders are welcome to join.

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

Group Riding Skills Clinic

Safe Riding Practices

1.5 to 2 hours

9:00 AM • Nokia parking lot,
near Corporate Center Parkway

1. Group riding behaviors to avoid
2. Group riding tactics for safety
3. Basic behaviors in traffic
4. Positive methods for dealing with aggressive motorists
5. Safe and proper rotating pace lines

\$20 fee for class. Club will pay \$10 of each entry fee for the first 50 SRCC entrants. To receive discount, register at SRCC [website](http://www.srcc.com) (members only). The club is co-sponsoring this clinic in response to the many recent incidents involving motorists and cyclists. We want to give every member an opportunity to freshen up their bike skills, and we also want to convey to the public that we are proactive about good bike skills and traffic smarts.

Jonathan Lee—576-1879
jonathan@leemail.com

SATURDAY • OCTOBER 13

Rest for the Legs

2-3/BC/58

9:30 AM • Esposti Park

Still tired from the Fondo? Come and spin with me on a relaxing, rolling hill ride. Everything today will seem easy in comparison; I guarantee it. Only 2600' spread over 58 miles. What could be better?

christine logan—577-1422

christinelogan@comcast.net

Two County Coastal Century
4/D/100
9:00 AM • Piner HS

Lots of stiff climbs on this busy journey through West Sonoma County and the northwest corner of Marin County: Harrison Grade, Coleman Valley, Bay Hill, Franklin School, Marshall Wall, Wilson Hill, Carmody, Bloomfield, Burnside...never a dull moment. Many turn-off points to cut the ride to 35, 55, or 75 miles. Doug's birthday ride.

Doug McKenzie—523-3493
dougiasi@sonic.net

SUNDAY • OCTOBER 14

King Ridge
5/B/50
9:00 AM • Duncan's Mills

After a two-year break from ride leading, Wayne wants to get back into it by leading the classic short ride over King Ridge. The 6000' of climbing burns a lot of calories, so bring a lot of snacks.

Wayne Kellam—523-1878
wkellam@sonic.net

Three Parks and Zen
4/BC/60
9:00 AM • NorCal Bike Sport

We will start the ride with Red Peloton up Los Alamos. Optional participation in memorial for Matt Wilson at top of Los Alamos. Regroup at bottom. In addition to visiting Hood Mtn St Park (off Los Alamos), the ride visits Sugarloaf SP (off Adobe Canyon) and Jack London SP (off London Ranch Road). Also includes Lawndale and Sonoma Mtn.

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

Steve Thomas—206-5617 steve.
thomas5617@gmail.com

SRCC Welcome Wagon Ride
1/A/10-15
10:00 AM • Julliard Park

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

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

SATURDAY • OCTOBER 20

Franz Valley-Wine Country
3/C/65 miles
9:00 AM • 135 Alderbrook Dr, SR

Out of town via Riebli, then Mark West Springs and Franz Valley to Hwy 128. North to a break at Jimtown at mile 30, then back south to Chalk Hill. Another break in Windsor at mile 45, then out to Eastside, down around the airport and back into Santa Rosa on the SR Creek Trail.

Bill Carroll—623-9783
carrollpb@comcast.net

SUNDAY • OCTOBER 21

Living it up with the Libras
2/A/35 • 2/B/35 • 3/CD/50
9:00 AM • Third Street Aleworks
610 3rd Street, Santa Rosa

Let's ride to celebrate the October Libras...but you don't need to be a Libra to get in on the fun! Join us afterwards for lunch and libations in the upstairs area at the Aleworks. Assorted routes tailored to the pace levels.

A: David Abramo—(650)533-2330
djabramo@yahoo.com

Sunny Mawson—888-3138 sunny.
mawson@yahoo.com

B: Sherry Adams—294-7442
sherry_n_adams@yahoo.com

Liz Sinna—484-2459
lizsinna@gmail.com

CD: Don Graham—538-3664 cc-
mtg@sbcglobal.net

SATURDAY • OCTOBER 27

Sonoma-Napa: a New Way
3-4/BC/68
9:00 AM • Cotati Dog Park

Now that Hwy 116 between Napa County and Petaluma has wide, bike-friendly shoulders (in two different sections), it opens up options for exploring the south county. This is one of them, linking Cotati, Napa, Sonoma, and Petaluma. Regroups at the Trinity fire station and at the market on Browns Valley in Napa and, if needed, in Petaluma. Will wait for all BC riders so no one gets lost. CD ringers: if you go off the front, you're on your own.

Bill Oetinger—823-9807
srccride@sonic.net

SUNDAY • OCTOBER 28

Fall Colors in Alexander Valley
2-3/A-B/30
9:00 AM • Healdsburg City Hall

A mellow AB ride up through the Alexander Valley to enjoy the fall colors, with a stop at the Dry Creek Store for munchies, drinks, etc. A moderate climb over Dutcher Creek is included from the Cloverdale side.

Jack Hartnett—694-0922
jack71542@gmail.com

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 • 10:00 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-geared 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

much together until we got to Geysers Road, where about half the group decided to climb up the south side. We picked up one more person in Geyserville. The remainder continued to Cloverdale and up the hill. All but three went over and down the south side. Passed lots of Tour de Fuzz riders, but it was never a problem, as they were quite spread out. Lots of greetings made in passing as riders on both sides recognized each other.”

The next day, Sarah Schroer listed a ride starting from the same Windsor location but heading all the way out to Pope Valley. She listed it at D pace. “Sunday was a great day for a ride, with brisk temperatures at 8 am but warming quickly in the fall sunshine. Ten riders at the start, some familiar faces and some newer or less often seen faces. This ride leader spent the day chasing the pack of strong D riders which was led by some guy in a ponytail with a funny accent. After running the gauntlet of Mark West Springs Road (fast traffic even this early on a Sunday morning), we quickly put the small climb of Franz Valley Road behind us and before I knew it the group was flying south on Silverado Trail. A hot pursuit up Howell Mountain Road, then a fast descent to Pope Valley, where we caught up with an early bird who was riding at a more moderate pace. She set off as the larger group filled water bottles and refueled before the trip up Ink Grade. We rolled through St Helena just after noon and shifted into our climbing gears for Spring Mountain, the last climb of the day. The early bird was reeled in at the top of the climb and we stuck together for the remainder of the trip, pulling in to Esposti Park together at 2 pm. This ride was a success on many levels: no flats or mechanicals, no lost sheep, brief regroupings, which kept all riders close together, and the chance to introduce some riders to unknown territory. The club calendar needs more D-pace ride listings, and I challenge any of Sunday’s riders to step up and list a D ride next month. Perhaps we’ll find a leader who can lead from the front this time.”

Also on this day, Adrienne Johnson listed an A ride from Santa Rosa out to the Sebastopol Farmers Market, a ride especially for families. She reports: “We had 13 riders for the Farmers Market Foray: some old salts, three kids (three months, two years, and 12 years), two non-members, and one member on her first club ride. We had a nice jaunt down the Joe Rodota Trail to Sebastopol, tasty treats at the market, and we assembled to head back. Our only hitch was that one helmet jumped ship, either organically or with help from a passerby with sticky fingers. All returned safely and swiftly. A lovely Sunday spin.”

The last weekend we can cover this month began with Bill Carroll’s King Ridge Without the Masses ride, which was intended to be a final tune-up around the marquee portion of the GranFondo course (Boho, King Ridge, Hauser Bridge, Meyers Grade, Hwy 1, Coleman Valley). It’s true that there were far fewer than the 5000+ riders who would be swarming over those ridges later in September, but it was still a pretty big crowd for a club ride. Bill reports...

“It turns out this ride was inappropriately named: a mass of riders did turn out for this one. There were over 50 riders at the start, the sun just starting to break through the marine layer as we rolled out. There was a huge range of riders, with varying abilities, and, as expected, it sorted out pretty quickly into multiple smaller pods of riders. By Cazadero, the groups had largely been selected. I rolled out from Cazadero with a bunch of riders who had taken a break

there, pretty much at the back of the pack, and we mostly stayed together for much of the ride home.

“Besides the beautiful, isolated roads we were riding, the highlight of the day was Ginger Kuhn’s unexpected and greatly appreciated rest stop at the top of Fort Ross Road. As usual, Ginger outdid herself, with a full compliment of drinks, snacks, deviled eggs, home-made cookies, and a range of supplies which would embarrass many clubs on the century rides they host. She even had a couple of chairs to rest weary legs. Thank you, Ginger, for a fantastic, generous addition to the ride!

“The views rolling along the ridge of Fort Ross and Meyers Grade were spectacular, the sea of fog stretching westward, a few tongues licking their way into the lowland valleys. We overuse the word, but in this case it is correct to say: ‘It was awesome,’ as in: inspiring awe.

“There were groups of riders lounging in Occidental after the ride, relaxing, polishing off a few beers and happily reliving the ride. One rider was a little concerned about his friend, James Gault, a new club rider and neophyte cyclist, who was lost on the course. But soon enough James rolled in, reporting he had made the right on Fort Ross Road, descending to Hwy 1 before realizing his mistake. The solution? Climb back up the same way and finish the ride, including Coleman Valley. For that, James gets the Most Impressive Bonus Miles award of the day. Great job! Thanks to everyone who came out for a great day of riding.”

I would like to add that Bill made a speech at the start about being good ambassadors for cycling by riding courteously out there. Also, we worked hard to relocate most of our cars out of the main lot in the front of the Union Hotel so as not to hog up all the spaces ahead of their lunchtime patrons.

This was also the day of the White Mountain Double, down near Bishop. Two club members that I know of—Garth Powell and Liz Sinna—made the long drive down there and did the ride. It’s not an easy double. (No double is easy but this one is toward the harder end of the scale.) It includes a long, long climb to a pass at over 10,000’. We did that same pass on one of our tours a few years back, and it is a piece of work. Anyway...congratulations to our two clubmates on another whopper of a ride.

Last ride this month: Janice Thomas and John Russell listed a 55-mile BC ride out Chalk Hill and around the wine country and then back to town for a yoga class after the ride. Janice reports: “At the ride start, John and I reminded folks that we need to do our part to share the road, that ‘car back’ means to single up, and that cars have a hard time passing on roads with blind curves. I think we did a very good job of singling up and sharing.

“We had about 15 riders at the start. Three others joined us on the way. The riders’ paces ranged from AB to C. I stayed back with the AB riders for part of Chalk Hill, where I encountered two riders who had flatted on the first descent. The day started foggy but the sun came out as we rode on Chalk Hill. The weather was perfect at Jimtown. All paces were collected. A few folks peeled off for home while passing through Windsor. When we got back to the ride start, a few of us grabbed a bite to eat at Café de Croissants. Afterward, we headed to yoga and met three folks who had gone home, showered, and returned for yoga. The class hit all the right notes. We all felt well stretched afterward. Thank you to everyone who came out and especially to John Russell, my co-leader and the route designer!”

Custom club apparel now taking reorders

Since our new club kit(s) arrived from the manufacturer in August, there has been a steady drumbeat of demand for an opportunity to reorder. We had initially said we would not reorder for a year, but demand has been high enough that we have decided to open up the order window sooner, with the target being delivery of the merchandise to us in the first week of December (in other words, in time for Christmas).

Beginning on September 15, two websites will be available where you can order either (or both) of our new club kits. (See links at our club [website](#)). The sites will be open to accept orders until October 10.

Almost everything about the ordering process will be the same as what we saw with the initial order in May, except for a few important details noted below.

Changes...

1. Voler considers this new order a continuation of the previous order. That means we have already hit our volume-discount price points and we will not have to start from zero again. There won't be that sliding scale of pricing, with—maybe—a refund on your credit card statement. The discount prices are already locked in.
2. The premium jersey fabric will be new. SQPro has been replaced by a material called Genesis, which Voler insists is better. The standard jersey material remains the same.
3. The chamois in the premium shorts will be new (and theoretically improved). The standard shorts remain the same.
4. Fully-opening zippers on jerseys are now hidden. The bulkier, visible zips remain on vests and long-sleeve items.

Everything else about the process remains the same. The full order will be sent to the club as one shipment, with all custom orders individually packaged and fully documented. We will distribute the merchandise locally, as we did with the last shipment.

As you will see when you visit the ordering sites, we are offering many custom options, including men's and women's sizes, club cut (roomier) and race cut (slimmer), sleeveless, long-sleeve, wind shell vests, jackets, full zips, etc. We are offering two options in fabric for jerseys: Airies Micro Plus, which is the standard fabric we have used for our club and event jerseys for years, or Genesis, which costs \$6 more per garment.

In addition, each kit will include matching arm warmers and shorts. You can order any item alone or gang up a full ensemble. We will need to reach at least a minimum order of 15 units in any given category. We should be able to do this, because many of these different categories are considered "like items" and are counted collectively toward total sales.

Shorts will be available as either bibs or standards. Bibs are \$10 more. Chamois will be available in men's standard (known as Torino), women's standard (Diamante), and high-end (\$6 extra).

Please note that because these orders are custom, all sales are final...no returns and no exchanges. You will want to be certain of your sizing before you order. Apparel coordinator Bill Oetinger has sets of samples for fittings. If you have not already tried on the jerseys to determine your best fit, get in touch with Bill to arrange a visit to his home in Sebastopol. (823-9807, srccride@sonic.net) Also, there are sizing charts at Voler's website that can be consulted during the ordering process.

Nominations please for 2012 awards!

It's time to be thinking about the likely winners of our 2012 club awards (to be presented at the Holiday Dinner in December).

Awards range from light-hearted to quite serious. ("Serious" not so much because we take ourselves too seriously, but because we really do respect the achievements of our fellow members and want to accord them some measure of honor and respect.) Many of the decisions about the awards are made by the club Board—because somebody has to do it—but the members of the Board cannot be everywhere and see everything that goes on out there on club rides or during other bike-related activities. We need our members to be our spies out in the field: to see what's going on and to report back to us.

We very much want suggestions and feedback from the members as to who the worthy awards recipients might be. The credibility of the awards is only as strong as the information we can gather through member input. So, to help you, the members, help us, here is a list of the traditional awards we present each year, with brief explanations of what they represent (if the titles of the awards aren't self-explanatory).

- Rookie of the Year
- Most Improved Rider
- Ride Leader of the Year (most rides listed in the club calendar)
- Leader of the Pack (leadership in cycling advocacy)
- Volunteer of the Year (best worker on club events)
- Most Inspirational
- King and Queen of the Mountains (best climbers)
- Good Shepherd (most supportive club ride leader)
- Lewis & Clark Award (best self-supported touring adventure)
- Golden Shoe Award (most supportive spouse or partner)
- Rider of the Year (best performance)
- Gearhead Award (not just the best athletic performance of Rider of the Year, but also a sense of having done something really extraordinary, far beyond what the average rider would attempt)

Note that most awards have both female and male recipients. There can also be multiple recipients of an award in a given year. This isn't common, but there's no rule against it. Up to the present time, we have tried not to give the same award to the same person more than once. That may change someday, but so far, we keep managing to find new people to honor.

Many of the awards on this list originated entirely with the members...not with the Board. Some member saw something out there that they wanted to acknowledge and created an award to fill that bill. Most years, there are a few of these. Some of them are clearly one-time-only awards or are entirely goofball and not repeatable. But the best of them hang around and become institutions.

Bear this in mind when thinking about which of your fellow members you want to salute for achievements in 2012. Rather than nominating someone for an existing award, you might want to dream up a new award, be it just for one occasion or possibly for the long run.

We can't repeat this enough: we want your suggestions. To bring someone to the attention of the Board, you can send an e-mail to anyone on the Board or to the newsletter Editor. Their e-mail contact info is listed at the club website on the Contact Us [page](#).

SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

PRINTED ON RECYCLED PAPER



Member: LAB • CBC • CABO • REBAC • SCTC • SCBC

09/20/12 19:39

- President: Donn King.....490-9115
- Vice-President: Doug Simon577-0113
- Secretary: Karen Thompson479-1864
- Treasurer: Greg Durbin217-1549
- Officers at Large
- Rick Sawyer933-0760
- Mike McGuire542-6687
- David Abramo 650-533-2330
- Susan Forsman 415-225-9405
- Bob Redmond799-0764
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates.....526-3512
- Membership registration: Gordon Stewart.....823-0941
- Meeting program coordinators: Sharron Bates....526-3512
- René Goncalves.....570-6653

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



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

GENERAL MEMBERSHIP MEETINGS

Wednesday, October 10 • 6:30 PM

Occidental Road Round Table Pizza

Featured presentation: Voler reps John & Linda Elgart

Wednesday, November 14

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, October 4 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, November 8

Petaluma Hill Litter Pick-up Day

Sunday, November 4, 9:00 AM

It's time once again for our semi-annual litter pick-up program. This time we'll be cleaning up the length of Petaluma Hill Road (approximately 10 miles). We need 20 crews of two workers each to divide the road up into easy, half-mile sections.

Petaluma Hill will be a new site for our twice-a-year work party. Those most involved with the project feel we've scoured the Dry Creek Valley and Chalk Hill areas clean—at least for the time being—and they are looking for new worlds to conquer, or at least to clean up. We take this on not only because it is simply a good thing to do, but also as a form of community outreach: from our cycling club to our neighbors along the roads where we ride.

Details had not been firmed up at press time, but we expect to follow our usual format: deploying along the road to collect the litter, bagging it up for transfer to the dump, then rewarding the crew with a lunch afterward.

Look for more information in the November newsletter, but mark your calendars now for this important date. Believe it or not, it's actually fun: a nice walk along a country road, doing a good deed, then lunch, on the club's tab.

To sign up or to learn more about the project...

Mike McGuire: 542-6687, mmcguire@pacbell.net

Ramona Turner: 479-7539, raturner@sonic.net