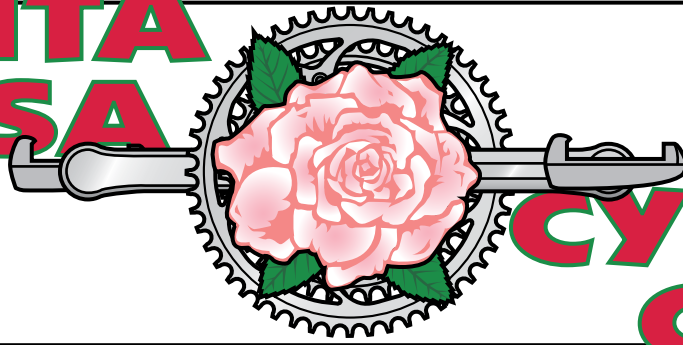


# SANTA ROSA



# CYCLING CLUB

## DECEMBER 2012 NEWSLETTER

### New Road for Semi-Annual Litter Pick-up Day

After picking the Dry Creek Valley and Chalk Hill regions about as clean as can be (over the course of 12 years), the club's intrepid litter pickers are looking for new worlds to conquer. Litter bosses Mike McGuire and Ramona Turner searched far and wide to find a new, suitably messy stretch of road for their troops, and they found it on Petaluma Hill Road, on Sunday, November 11.

In case you're new to club life and can't understand what picking up litter has to do with cycling, let us explain. Twice a year our volunteer crews fan out along some popular cycling road to scour it clean of accumulated roadside trash. We do this as a gesture of goodwill to all of our neighbors who live along those roads...to let them know that cyclists, at least in this club, are a force for good in the larger community. We have big, official-looking signs that inform passing motorists it's the Santa Rosa Cycling Club doing the work. We hope we make a few friends for cycling along the way, but even if we don't, we still think it's a worthwhile project. After all, nobody sees these road shoulders as up-close as cyclists do. It's nice to ride the roads when they're all tidied up. It might even prevent a flat tire now and then.

This time around, Petaluma Hill Road supplied our crew of 40 workers with all the litter they could wish for, and then some. Unlike some of our old roads that we've cleaned so exhaustively in the past, this ten-mile stretch—from Kawana Springs to Penngrove—was knee deep in trash. Even with high side panels mounted, our full-size pick-up could barely contain all the bulging bags of who-knows-what, gathered along the road. In spite of all their herculean efforts, the workers think this same road could benefit from another round of clean-up; that they didn't get every last bit of litter that's out there to get. So it's quite likely Petaluma Hill will be the scene of our next litter day in the month of May.

After all the invigorating exercise of gathering up the garbage and hauling the heavy hefty bags around, our crew members were rewarded for their efforts with a celebratory lunch at the Third Street Aleworks, compliments of the club.

We encourage volunteerism in this club. It's the engine that drives everything we do. But we don't just ask for volunteer help. We honor and value those volunteers greatly. When folks give up their Sunday morning for a project such as this one, we are happy to pick up the tab for their lunch afterward.

### New Year's Day Rides and Party

Weather permitting, we will be kicking off the new year with a slate of rides around the wine country on the morning of New Year's Day. ("Weather permitting" means not raining.) There will be routes for all levels of riding ambition and tempo (at least ambitions appropriate to the midwinter date). The rides will begin at Schaefer School, near the corner of Coffey and San Miguel, and will follow approximately the same routes as our Wine Country Century 100-K Workers' Ride, with shortcuts inserted here and there for the folks who wish to travel at more leisurely speeds. Check the ride list in the newsletter or at the website for more details on the routes and start times.

After the rides, we will pedal to the club's warehouse/clubhouse (4023 Coffey Lane) for a party to get the new year off on the right foot. Our dedicated, creative volunteers are already planning the party: what to cook, how to organize it, and what to do if it rains. Be aware that parking is very limited at the warehouse. If at all possible, travel to the warehouse on your bike. If the rides are rained out, we will still have the party. In that case, we'll do the best we can with the parking of cars, including parking cars out on Coffey Lane.

With New Year's Day falling on a Tuesday, we don't have the option of rescheduling the ride to the next day, as we have had in other years, when the date fell on a weekend. We simply have to take whatever Tuesday gives us. If it is raining, we will adjust accordingly: a little rain and we might do a little ride; a lot of rain and we will skip the rides entirely and proceed directly to the party, which happens, rain or shine, ride or no ride.

This is a members-only event and registration is required (so we can accurately estimate food purchases). Registration will be set up at the club's [calendar](#) of rides and events.

We have our volunteer leadership in place for the party—as always, the dynamic duo of Sharron Bates and René Goncalves—and they are being supported (*all of us* are being supported) by a volunteer crew from the Sonoma County Bicycle Coalition, led by Tom Helm, looking to give a little back to the club that often supports them. We may still need a few SRCC vols to help the SCBC vols, so if you can assist, please get in touch with...

Sharron Bates (526-3512, [Sharron@RandalOptimal.com](mailto:Sharron@RandalOptimal.com))



# MINUTE MIX



Highlights from the General Membership and Executive Board meetings for November

- 1. Call to Order:** President Donn King called the general meeting to order at the Round Table on Occidental Road on Wednesday, November 14. 62 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on current bank balances, as of October 31. He also noted that the annual budget meeting was scheduled for the following day and invited any interested members to attend.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1630 (combining individual and family memberships). Liz Sinna and Karen Thompson acted as hosts at the New Member Table, with four new members on hand.
- 4. Rides:** Ride Director Bill Oetinger circulated the ride calendar for November.
- 5. Apparel:** Bill Oetinger updated members on the ongoing custom club apparel program, noting that merchandise is scheduled to arrive in early December. (See item on page 8.)
- 6. Swag:** Liz Sinna distributed SRCC license plate frames to members who had been volunteers on club projects in the past year.
- 7. Elections:** Donn King introduced Craig Gaevert as this year's election coordinator. (There needs to be one disinterested person not on the Board to oversee the Board elections.) Donn noted that there are now more people interested in being on the 2013 Board than there are openings, so the coming election will be more than just a rubber stamp of a finished slate of candidates. Members wishing to stand for election will have their names put in nomination at the December meeting, with the final vote at the January meeting. Members may nominate themselves.
- 8. WCC:** Doug Simon announced the first planning meeting for the Wine Country Century is set for Sunday, Dec. 2 at our home Round Table. He also announced that Susan Forsman has agreed to chair the WCC Workers' Ride and Party.
- 9. New Year:** Sharron Bates and René Goncolves have graciously offered to once again lend their culinary and logistical support to the annual New Year's Day party, which will be held at the warehouse/club house again. A volunteer team from the Sonoma County Bicycle Coalition will assist. (See article on page 1.)
- 10. Donations:** Karen Thompson announced the final list of nominees for year-end donations. (See item, this page.)
- 11. Get Well:** Get Well cards for Rich Steiner were circulated. (See item in B&B.)
- 12. Litter:** Ramona Turner reported on the recent litter pick-up project on November 11. (See article on page 1.)
- 13. Blast:** Gordon Stewart asked if the members would want to receive a once-a-week blast e-mail with timely updates on club doings. Currently, we receive one or occasionally two blast e-mails from the club per month. No one objected.
- 14. Bars:** Jim Whittle introduced the founder of Veda Bars, who made a brief presentation on their Ayurvedic energy bars.
- 15. Featured speaker:** Ride Director Bill Oetinger presented a slide show on the Northwest Oregon Tour, the club-sponsored tour run in August.

## 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 grants finalized soon enough to have the checks out to the recipients by mid-December, we need to keep the nomination and voting process moving forward. Members were asked to submit nominations during the month of October. We now have our final list of nominees, presented here in alphabetical order...

- Bike Elves
- Challenged Athletes Foundation
- Community Bikes
- Earle Baum Center of the Blind
- Early Bird Women's Racing Team
- Eco2School Program
- Greenacre Homes & School
- Landpaths
- Ross Dillon Hope Fund
- Santa Rosa Southeast Greenway Campaign
- Sonoma County Parks Foundation
- Sonoma County Trails Council
- Team Swift
- Women's Recovery Services

SRCC members will be able to vote for the organizations of their choice at the club website during the last two weeks of November through December 2. All voting instructions will be at the [web page](#). There will be links at the site to each of these organizations' own websites, so you can visit their sites and learn what it is they do (and whether you would want to support them with your vote).

**If you are reading this before Dec 2, it's not too late to vote.**

We are not voting at this time for any of the groups we already donate to on a regular basis, such as the SCBC, the local Tour of California organizing committee, the Sonoma County Radio Amateurs, or any of our state or national cycling coalitions.

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### *Year-long century and commute logs: wrap 'em up!*

If you have an account at either (or both) of our year-long on-line logs—the [Century Challenge](#) and the [Commute Miles Log](#)—it's time to bring your data up to date. Sure, there's a full month left in the year, and we fully expect you to have more rides and miles to log in this last month—never mind the rain—but if you have been neglecting your site, let this be a reminder to get in there and fill in the blanks.

If you have not yet opened an account for 2012, it's not too late to do so. On one of these rainy days, when you can't be out riding, you can pull out your personal log book and transfer a year's worth of figures to the on-line log. Amaze your clubmates: drop a whole mass of awe-inspiring data on them like a load of bricks!

The Century Challenge records and honors all rides of approximately 100-miles (doubles count as two centuries). The Commute Miles Log records and celebrates all bike miles that replace car miles, including errands, commuting to work and to club rides. In both cases, the goal is to have fun and, by the way, to inspire others to do the same: to leave the car at home and ride the bike more, whether it's for commuting, grocery-getting, or rolling out a century.

## 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.*

Here we are, right round to the back side, the dark side, of the year. And yet, most of the time, we're still out there, still logging our miles...perhaps not quite so many miles as in spring or summer, but at least a few, in amongst the raindrops.

This chronicle harks back to sunnier days, back during the zenith of that golden season known as Indian Summer. We pick up the thread with Bill Carroll's ride around the wine country on October 20. Bill sent in this note about it: "We had about 30 riders to start under cloudy skies, which cleared into one of those fantastic fall days we are so fortunate to have here. The colors were beautiful in the vineyards, accented by the unique, lower light of this time of year. After slogging our way up Mark West (why can't there be an easier/safer way to access Franz Valley from SR?), we had a short regroup at the top of the Franz Valley climb. Most riders made it into the brisk paceline, powered mostly by Michael Barnes, all the way down 128 into Jimtown. After a leisurely break, we again motored onward. There was a bit of a miscommunication about whether we were, or were not, breaking in Windsor. Some did, some did not. No matter, as many riders reconnected at our house for some beverage and food. Another great day."

I have to confess that I was one of several riders that did *not* make it into that Michael Barnes-driven paceline on Hwy 128, north of Ida Clayton. We were in our own paceline, going a steady 28 mph... and yet we were still dropped off the back of that faster group. The ride was listed at C tempo, which I guess means "C-and-on-up." It was our group of 28-mph slowpokes that stopped for the listed break in Windsor, thereby guaranteeing that we would never see the front group again, at least not until we were hanging out at Bill's place in Santa Rosa, Hoovering up good food and drink. Thanks to Bill for once again going well beyond the basic job description of a club ride leader, with this nice after-ride party thrown in.

But then this notion of adding the after-ride socializing is much in vogue these days. Witness the ride on the following day, led by Liz Sinna. David Abramo, Sunny Mawson, Sherry Adams, and Bob Redmond. All those leaders is a clue that this was a multi-tempo ride, with groups and routes at A, B, and C tempo. Something for everyone. Liz reports: "I was inspired to do a multi-level ride by David and Don Graham, who had done this last June. It appears to be a winning combination: biking, then beer. We had a good turnout: about 13 people in our group and 35 people overall. We missed the rain! Co-leader Sherry stayed in front while I swept. Janice Thomas also lent a hand by ensuring we all stayed together. We had no incidents and lots of fun, ending our day at Third Street Aleworks. Having these multi-level rides is a great way to meet other folks you normally wouldn't see. It may be a little work up front, but it is so worth it, especially if you finish it up with tasty food and libations. Thank you again to David and Sunny for leading the A's and to Sherry Adams for helping me co-lead and creating the route. Special thanks to Robert Redmond for the last-minute sub for flu-sick Don Graham for the C/D gang."

Amidst all this jolly socializing, however, I have to add a more serious note. Long-time member Rich Steiner was badly injured on his way home from the Friday ride on this weekend. He was

descending Healdsburg Avenue in Sebastopol when a car turned left into his path at Florence Avenue. Rich sustained critical injuries. He was transferred to UCSF, where he has undergone several major surgeries on his pelvis and spine. He's back at Memorial now, and those who know him best say he's on the road to recovery and in good spirits, or as good as they can be under the circumstances. He sends greetings to his club mates and thanks them all for the cards and other thoughts and prayers that have winged their way to him.

Unfortunately, this is not the last of the injury reports for this edition. On my Sonoma-Napa ride the following Saturday—October 27—no less than four riders hit the deck, all in the same corner on the infamous Dry Creek descent into Napa Valley. Barley Forsman, Darrin Jenkins, Hunt Moore, and Donna Norrell all slid out in what appears to have been a super slick patch of oil in the last left-hand corner at the foot of the hill, just up from the bridge. It's a steep, off-camber, decreasing radius corner, but I can't recall anyone else ever crashing there before, lending some credence to the notion that there was something on the road making it especially treacherous. A pick-up truck also slid out in the same spot and was already deep in the ditch when our riders began arriving. Barley, Darrin, and Hunt all escaped with little more than road rash, but Donna broke a clavicle and several ribs and also suffered a concussion. The full 911 extravaganza was called into action, with Donna being hauled off to hospital in Napa. She was eventually transferred to Kaiser and is now resting at home, hoping to be back on the bike soon.

Two other riders had to call for rides home on this day...one with an unfixable flat and one with a busted derailleur. It seemed to be that kind of day. It had started out well enough, with at least three dozen riders at the start in Cotati on another day of lovely fall weather. A few of us had to wait awhile early in the ride for an out-of-town tandem that soon discovered just how brutal our Sonoma County hills can be. By the time we got them diverted to an easier bail-out route, the fast kids were long gone. Then the delays for the wrecks and the mechanicals further divided the groups. And also, it was just a hard ride, with Sonoma Mountain, Trinity Grade, Mt Veeder, and assorted smaller hills wearing folks down over the 68 miles. There was no socializing after this one. Folks just racked their bikes and departed quietly.

Jack Hartnett had an AB ride the next day, and this one appears to have had a happier outcome: "Our ride on Sunday turned out very nice...could not ask for any nicer weather. It was absolutely perfect from the start to the finish, with temps in the low 70s. An amazing turnout: I lost count after 40+, but I estimate close to 50 total riders. This included one tandem and a couple visiting from Washington. We wound our way up through Geyserville, up and over Dutcher Creek (the only climb), then down Dry Creek to the store for a break. No flat tires or accidents that I was aware of; lots of great conversation and smiles."

That put a nice exclamation point on the month of October. First up in November was an A ride led by that dynamic duo, Sunny and David. Sunny sent us this note about the ride: "In the words of one of our riders (Chela), this was an 'awesome day for a ride.' Almost 40 miles, with the wine country at its absolute show-off best. We won't hold it against Chela that she ran over a squirrel. (It did survive and scamper off.) One of our new members, driving to the ride start, had a flat, dropped her car off to have the tire repaired,

— 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](http://www.srcc.com)...go to Calendar & Rides

## SATURDAY • DECEMBER 1

### Women's Winter Skills in the Hills

3/B/C/39  
9:00 AM • Lower parking lot at Analy High School

Skills clinic for women to learn how to improve climbing and descending abilities.

Jessie Kroeck—696-6470  
[kroecks@sbcglobal.net](mailto:kroecks@sbcglobal.net)

## SUNDAY • DECEMBER 2

### 5th Annual Holiday Chocolate Ride

2/A/41  
9:30 AM • Esposti Park

Faught, Chalk Hill, Hwy 128 to Jintown. Further north to Geyserville and a stop at Geyserville Mud Coffee. Back south via Geyserville, Fredson, Lytton Springs, Chiquita, Grove. South of Healdsburg: Old Red, Arata, Hembree, etc. Riders will receive a ticket good for a coffee, tea, or chocolate at Geyserville Mud, compliments of John & Carole.

Carole Kolnes—484-0728  
John Kolnes—477-2358  
[arttenus@sbcglobal.net](mailto:arttenus@sbcglobal.net)

### Spring Mountain Winter Trainer

3/CD/58  
9:00 AM • Esposti Park

This ride takes the "easy" way up Spring Mountain. From St Helena, it follows a relatively flat route north and returns to Windsor via Chalk Hill Road. There will be a brief water/bathroom stop in Calistoga.

Sarah Schroer—364-7560  
[sarahschroer@gmail.com](mailto:sarahschroer@gmail.com)

## SATURDAY • DECEMBER 8

### Pre-Holiday Dinner Ride

3/BC/48  
9:00 AM • Bill's house  
135 Alderbrook Drive, SR

A fairly simple and not-too-challenging ride to whet one's appetite before the Holiday Dinner. West through town and out along the SR Creek path and onward to Occidental Road, Mill Station, Green Valley, Mays Canyon to a break in Guerneville. Then back home along the river and Westside, Wohler Bridge, dodging south around the airport and back into town via Old Red, etc.

Bill Carroll—623-9783  
[carrollpb@comcast.net](mailto:carrollpb@comcast.net)

## SUNDAY • DECEMBER 9

### 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. 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](mailto:nicenice@sonic.net)

## SATURDAY • DECEMBER 15

### West County Winter Loop

2-3/BC/59  
9:30 AM • Ragle Ranch Park

Appropriate to the season: as unhillly as a West County ride can be. North on the trail to Forestville. West to the coast on Hwy 116 (plus Moscow). South on Hwy 1 to Valley Ford. Back home via Roblar, Canfield, etc. Rest stops in Duncans Mills at mile 22 and Valley Ford at mile 44.

Bill Oetinger—823-9807  
[srccride@sonic.net](mailto:srccride@sonic.net)

## SUNDAY • DECEMBER 16

### Ride the River

3/A/31  
9:00 AM • Healdsburg City Hall

Ride the Russian River. Make your way around Fitch Mountain then up Bailhache. Have more fun climbing Mill Creek before a post-ride brew and snack at the Bear Republic. Regroups at the top of Bailhache and Mill Creek before the Ladder.

David Abramo—(650)533-2330  
[djabramo@yahoo.com](mailto:djabramo@yahoo.com)

Sunny Mawson—838-3138  
[sunny.mawson@yahoo.com](mailto:sunny.mawson@yahoo.com)

## SATURDAY • DECEMBER 22

### Let's Ride to the Coast

3/B/67  
9:00 AM • Youth Community Park

Similar—in broad outline—to the West County Winter Loop of the preceding Saturday: a big, easy loop out to the coast and back, only this time with a start in Santa Rosa.

David Fitch—228-9705  
[DavidCFitch@gmail.com](mailto:DavidCFitch@gmail.com)

## SATURDAY • DECEMBER 23

No rides listed at press time. Check the on-



line calendar at the club website for late additions to the list.

## TUESDAY • DECEMBER 25

### Merry Christmas!

#### Christmas Cookie Ride

1/Social/24

10:00 AM • SW Community Park

Sue's Christmas Cookie Ride is an almost-annual club tradition. Start in SW Santa Rosa, head west to Sebastopol, then north along High School, Sanford, Hall, and Willowside. Turn east toward SR along Piner and then work south through SR to the finish. Bring some cookies to share at Sue's house after the ride.

Sue Bennett—523-1322  
sueb631@yahoo.com

## SATURDAY • DECEMBER 29

#### Healdsburg-Sweetwater Loop

2/C/50

9:30 AM • Healdsburg City Hall

South on Old Red and Eastside, then Wohler, Westside, and River to a break in Guerneville. Up and over Sweetwater and north on Westside and West Dry Creek to Lambert Bridge. South to Healdsburg and lunch at the Bear Republic.

Bill Ellis—415-898-2998  
red\_tandem@yahoo.com

## SUNDAY • DECEMBER 30

#### Le Tour de Cember

3/BC•CD/99

8:00 AM • Howarth Park

A long, late-in-the-year ride through varied, scenic areas (Franz Valley, Napa Valley, Carneros, Sonoma Valley). The mostly rolling and flat terrain will enable us to ride in organized pace lines, helping each other through a winter day with a short span of daylight.

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

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

CD: Richard Anderson—228-8055  
r.c.ander@comcast.net

## TUESDAY • JANUARY 1

### HAPPY NEW YEAR!

#### NEW YEAR'S DAY RIDES

2/A/22 • 3/B/52 • 3/C/59

10:00 AM • Schaefer School  
(San Miguel Rd, east of Coffey)

Our traditional kick-off for the new year. If the weather is good, expect to see at least 100 riders at the start. All rides stop by the SRCC warehouse/club house (4023 Coffey

Lane) for lunch and socializing. Either ride to the start or park cars at nearby Schaefer School. Party happens rain or shine (whether we ride or not). This ride is members-only and requires an [RSVP](#). See article on page 1 for more information.

A: Barbara Drucker—538-5256  
BDrucker@sonic.net

B: Looking for a leader

C: Bill Oetinger—823-9807  
srccride@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

#### 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*

Don Cropper—795-3236

*Second Friday: Howarth Park, Santa Rosa*

B: Bob Owen—291-4401

*Third Friday: Ragle Park, Sebastopol*

B: Looking for a leader

*Fourth Friday: City Hall lot, H'burg*

B: Buck Hall—537-1946

*Fifth Friday (B only): Esposti Park*

Gary Grayson—538-9262

## SRCC randonneuring:

### Looking back; looking forward

Our wildly popular 200k brevets continued to grow in 2012, probably because of the fantastic support and lingering camaraderie at the Bear Republic. Once again, the fairly flat Napa time-trial drew riders that could challenge the control's opening times. The 145 registered riders included guests from Elmira, NY, Reno, NV and Palm Beach, FL. The second running of the Hubba 200k had fair weather, as compared to last year's icy conditions that almost cancelled it. We had 108 registered for this difficult, early-season ride that uses the gorgeous climb on Hwy 53 between Anderson Valley Brewing and Ukiah Brewing. Our guests from Boulder, CO had no problem getting their tandem over the climbs.

But once you jump up to the longer rides of 300k and 600k, there are only a few hearty souls who take them on, especially in a post-PBP year, when everyone resets for the next cycle. The 300k had 26 registrants, 16 starters and 9 finishers. It was wet, and cold and wet. It was wet from start to finish without interruption. Our 600k has a renowned, staffed control in Pope Valley that runs from noon to sunrise. This year we had use of the grange as a dorm, so we opened up the party by hosting a 200k ride out and then a 200k return the next day.

SRCC had riders for San Francisco's *flèche*. *Aflèche* is a bunch of teams riding their own diverse 360-k routes which all must be ridden in 24 hours, so that all teams finish at the same time. It's always ridden on Easter weekend. What a wonderful experience for this rookie! Again this July, SRCC joined SF for the SF-Cloverdale overnight brevets. Starting in SF, we rode to Cloverdale, spent the night at the Best Western, and returned the next day.

Davis will be holding their quadrennial Gold Rush 1200k Randonnée in June, 2013. This tends to load up the early season by our neighboring regions in Davis, SF, and Santa Cruz. Between us, we have a brevet scheduled almost every weekend, January through May. SRCC will be adding another 200k for 2013, the Nov-Caz that will finish at (you guessed it) a brewery: Moylan's. The 300k has been moved to October. The 400k and 600k were not submitted for ACP certification, but if there is enough interest, we can run them for RUSA certification in the late season.

— Bob Redmond

and made it to the start as we rolled out. We had 26 riders, one a visitor, and a couple of new members. All did very well, although there was a little hill walking going on. We remembered when we were the walkers, and just getting up the hills a little further than the time before, without getting off the bike, was a 'win' for us. We can hardly wait to do it again."

Also on this day, Christine Logan had one of her signature rides: not too many miles (43) and not too fast (B), but quite hilly. This one traveled from Santa Rosa to Sonoma and back, doing Sonoma Mtn Road each direction and doing an out-&-back on wicked-steep Grove Road out of El Verano at the far end...a really gnarly piece of work. Christine reports: "18 people and it was perfect weather for a long climb. The fast graciously waited for the slower. New road to some. Mostly C riders. Feels like we caught the last of the great fall weather."

The following day was devoted to our semi-annual litter pick-up project, about which you can read more on page 1.

On the next weekend, Doug Schrock listed a 64-mile C ride that included climbs of Trinity, Howell Mtn, and Spring Mtn, plus assorted smaller lumps...a daunting tour of duty. Doug checks in: "Eight strong riders (TT/DMD regulars, etc) started and ultimately five finished the whole ride, with one person riding to the start and peeling off after completing the loop and the other three people improvising shorter loops or an out-&-back. I was concerned about the descent on the back side of Trinity (Dry Creek) in the aftermath of the club ride two weeks earlier. However, it turned out my warnings to our group were unnecessary. The stormy weather the previous day failed to drop any significant rain and the wind dried out the pavement. In addition, the fateful curve at the bottom of the hill just before the bridge had been paved sometime in the past week. Further on, we were treated to more fresh pavement on Howell Mtn, from Silverado Trail up to the Conn Valley intersection. A pleasant stop at the Model Bakery fortified us for the climb of Spring Mtn. As we meandered back through the Sonoma Valley, the sun's rays (coming in at a low angle) cast a golden glow over the fall colors, from vineyards to deciduous oaks. It was good day in wine country (although a bit chilly!)."

On the same day, Susan Hester had an A ride that went from Calistoga to a lunch in Yountville, then returned to Calistoga for hot-tubbing at the end of the day. (Hard work, but somebody's gotta do it.) Her note: "We had 14 people, including two non-members (one of whom heard about the ride at the Napa Valley Film Festival the night before). It was a cool day to ride the Silverado Trail. The following thank-you note says it all: 'Susan, thanks for leading the ride today. It was a beautiful day and a great route.'"

On Sunday, 11/11, Mike and Janice Eunice had another edition of their Welcome Wagon Rides. Janice says there were eight in attendance this time and, for a change, no new first-timers. But Janice reports riders thinking about upgrading their bikes and thinking about listing rides of their own now, so even with no newbies aboard, you can see that she is still acting as an enabler for other riders...moving them forward, bit by bit, week by week. I think of Janice as our gateway ride leader. She starts the newbies out easy and gets them hooked on riding, then passes them along to the bigger, faster rides, where we get them thoroughly addicted to the harder stuff.

## SRCC & the 2012 California Triple Crown Double Century Series

Last year, we were pleased to report that a record 27 SRCC members completed at least three double centuries to earn their California Triple Crown laurels, with another 24 members doing one or two doubles for a total of 153 doubles completed. This year, those numbers were down a bit: 20 members earned their Triple Crown honors, with another 22 doing one or two doubles, all of that effort adding up to 115 doubles completed.

Those 44 members are just the ones we know about, who either listed the SRCC as their #1 club affiliation at the CTC site or whose names we recognize, even without that club designation. (Some folks belong to two clubs or else fail to list any club at all.) With over 1600 members in our club now, it would be surprising if we didn't overlook a few worthies when compiling this list. So if you earned your CTC laurels this year and we missed you, let us know. We'll make amends in a future issue.

Assuming the numbers are approximately accurate, why the drop-off? First of all, last year's numbers were a record, and by a wide margin. They represent a perfect storm of favorable circumstances for many riders, and that might be hard to duplicate. This year's numbers are more in keeping with what we have seen in recent years. However, having the CTC Stage Race all in Southern California this year probably had an adverse effect on some people's agendas for the season.

As we reported a few months ago, only two club members chose to contest the SoCal-oriented Stage Race this year: Susan Forsman and Robert Choi. (But they did quite well: Susan won the women's division and Robert finished a close second in the men's division.) Typically, we might begin a season with at least a dozen members committed to trying for all the Stage Race events, plus a great many other doubles as well. This year, many folks gave that a pass. 18 out of last year's 27 CTC winners did not make the list this year. Some did one or two doubles and a few did none. That means there were only nine repeaters from last year, or, to turn that around, there are 11 new people on the list.

However you slice it, 20 Triple Crown winners out of one club is still a pretty splashy performance. So, without further ado, let us introduce you to this year's crop of CTC hot shots, including the numbers of doubles each knocked off...

Kamran Azmoudeh (6), Michael Burke (5), Robert Choi (6), Scot Combs (3), Bill Conklin (3), Greg Durbin (3), Susan Forsman (5), Tina Forsman (5), Joe Gorin (3), Brian Gully (3), Peg Miller (3), John Monroe (5), Frank Pedrick (5), Garth Powell (5), Craig Robertson (8), Doug Schrock (3), Fred Schwartz (4), Liz Sinna (5), John Witkowicki (3), David Young (3). Congratulations to all of these hardcore hearties!

Double centuries are a quirky subset in the world of cycling. Not really races, not exactly brevets, and not quite tours. One thing they definitely are is hard...very challenging. Riding 100 miles in a day is a huge accomplishment for most amateur riders; riding twice that distance seems a ridiculous proposition. But these folks prove it can be done, and the fact that so many of them come back, year after year, tells us it's an activity that can grow on you...that being part of those events is fun, and that the sense of accomplishment one feels upon finishing the events is worth the effort it takes to get there.

# Listing Rides in the SRCC today

— Bill Oetinger, SRCC Ride Director

There is a page at the club website called [Ride Leading Made Easy](#). It's supposed to be a tutorial for anyone getting into leading club rides. I wrote the copy several years ago and I've updated it a couple of times since. Now, in thinking about this article and revisiting that page, I can see that it's out of date again and needs another revision. Our system keeps evolving.

In simplest terms, leading a club ride today is the same as it has always been. You dream up a route and get it posted on the club's ride calendar. You show up on the appointed day with a handful of route slips, do a little pre-ride briefing, and off you go. But the step-by-step process of getting from that first bright idea about a ride to the ride itself...that process has changed considerably in recent years. In fact, it's much, much easier to list and lead a ride now than it was ten years ago. But to the uninitiated newby, not yet up to speed on how we do things, it might seem like a complex, intimidating maze. I hope I can demystify that process here.

Like most other aspects of modern life, the changes in the ways we create our monthly ride calendar are driven by technological innovation, in particular the wonders of websites and what clever people can make them do. We are fortunate in the club to have one very clever fellow devoting a great deal of time and expertise to the challenge of making our website do more for us. That would be Gordon Stewart, one of the true unsung heroes of the club. His wizard problem-solving skills have dragged some of the rest of us Luddites out of the hard-copy dark ages and into the brave new world of on-line, interactive utility.

It wasn't that long ago that the two-page ride list in the newsletter was the only source for ride information we had. Now that newsletter ride-list is almost a quaint relic of a bygone age. It still has its uses and its value, but for information on rides, 90% of the club members go first to the website ride calendar. That fact alone is a significant change for the club. But that's only the tip of the iceberg. Concealed behind that easy-to-use calendar are a number of snazzy innovations.

Click on a link for any given ride on the calendar and you will pull up a page with more info on that ride, including further links to a route slip and to a detailed map at the Ride With GPS [website](#), which supplies almost more information than most folks will want to try and absorb. The data included in that map can be downloaded to any compatible GPS-equipped cyclometer, so the tech-savvy cyclists in the club can have turn-by-turn, real-time directions right on their handlebars.

But wait, there's more! That all has to do with the finished product: the ride listing that members will access before coming on a ride. But we were talking about *leading* a ride...*listing* a ride. How does a member who wants to list and lead a ride get from his or her bright idea for a route to this wonderful finished product?

The first thing you need to do is get in touch with me to reserve a date on the upcoming calendar. This usually happens in the second week of any given month. We try to have the upcoming month's calendar ready to roll by about the 20th of the preceding month, and that means we want all the rides lined up—more or less—by about the 17th, giving me a few days to tidy up the details. Once you have your date, you need to produce your ride...or route.

In the club today, there are two ways to produce a new ride list-

ing. 1. You can go to the club's ride archive and browse through hundreds of past rides and choose one, then recycle it with a new date and with any other changes you want to make to it. 2. You can create a new route from scratch.

The [archive](#) contains every ride that has appeared on the club weekend ride calendar over the last five years (since we set up the program). At the rate of two or three rides a weekend, that adds up to between 500 and 700 rides on file so far, with more being added every week. Sorting through such a big file might seem a daunting task, but it's set it up so you can search the archive based on four different criteria: terrain, distance, start sites, and ride title. Choose mileage, for instance, and you'll get a list beginning with five or ten-mile rides and progressing all the way up to 200-K whoppers.

If you want to create a ride from scratch, we will refer you back to the Ride With GPS website. We ask members to open an account there. (It's free and only takes about ten minutes to get set up. And I can tell you, after having an account for a few years now, you will not be buried in e-mail spam from the site. One or two update notices a year, maybe.) Once you have an account, the learning curve on working with the mapping program is not at all steep. There are a few tricks and shortcuts that you will learn over time, but we can save you some of that time: we have set up a [page](#) at our website with helpful hints and links to a tutorial at their website. In a matter of minutes, you can pick up the little tricks that make the system work more-or-less seamlessly.

So...you have your bright idea for a loop of roads you want to do. Using the Ride With GPS app, you can plot that loop and quickly figure out if it's what you had in mind. Too long? Go back and find a shortcut. Too short? Add a few more roads. Of course, it does help to know your local roads. The mapping app will do whatever you tell it to, but you have to know which roads are the good ones, the bike-friendly ones. If you have a reasonable grasp of the local geography, you can do this. We have been asking people to open accounts at Ride With GPS and to plot their routes there for about a year now, and I have yet to see one person who didn't figure out how to open their account and plot their first ride within an hour or two, often in just a few minutes. It's that easy.

Once you've plotted your route in Ride With GPS or pulled a route from the club archive, it's time to dive into our other new webpage: [Submit a Ride](#). (The link to it is in the menu on the right side of the home page.) This is a typical on-line form: fill in the blanks and hit Submit. It couldn't be much easier. Once you hit Submit, e-mail notices automatically go to me, as Ride Director, and to Gordon, as Webmaster. We take the information from the forms and pour it directly into either the newsletter ride list or the website ride calendar. The nice thing about this form is that it eliminates almost all of the opportunities for operator error to sneak into the process. It isn't quite fool-proof, as we still discover from time to time. But it's worlds better than it used to be.

The actual business of leading your ride—out in the real world—is a topic for another day. That part of the package hasn't really changed much over the years. But the process of getting from bright idea to seeing your ride on the calendar has become much simpler and—equally important—much less prone to errors and glitches. If you have considered leading a ride but have been uncertain about how to start the process, rest assured: it's about as easy as it can be. And if you are still puzzled by it all, Gordon and I are always available to walk you through the process.



# SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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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, December 12 • 6:30 PM

Occidental Road Round Table Pizza

*Featured presentation: an assortment of member-generated slide shows about their recent bike adventures.*

*Also: home-made Christmas cookies...  
you make them, we eat them.*

Wednesday, January 9

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, December 6 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, January 3

## Custom Club Apparel Arrives in Early December

Our shipment of new club kit—jerseys, shorts, etc—was due to ship to us in the final week of November. 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 the first week of December.

If you cannot get to Sharron's house, she will bring the remaining items to the December and January club meetings and also to the New Year's Day party at the warehouse.

**Sharron Bates: 526-3512**  
**1110 Suffolk St, Santa Rosa**