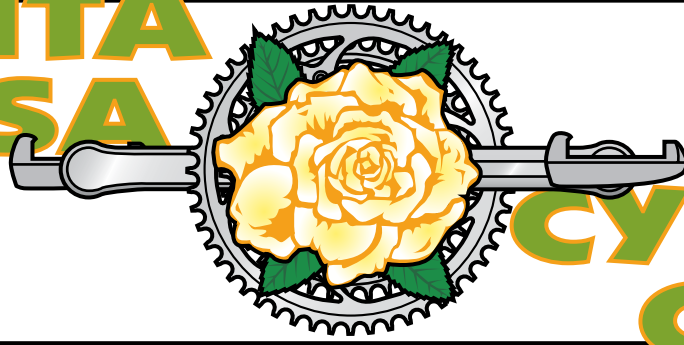


SANTA ROSA



CYCLING CLUB

MARCH 2013 NEWSLETTER

WINE COUNTRY CENTURY: ANOTHER SELL-OUT

Stop me if you've heard this one before. Each year, for several years now, we have been amazed to see the rate at which the 2500 entries in the Wine Country Century are snapped up when registration opens. Last year, the feeding frenzy set a new record: 14 hours to see all the slots filled. This year? Not even 13 hours. 12:39, to be exact. Mind you, registration opens at midnight on February 1, so these folks are burning the midnight oil to snag their spots in the field. They *really* want to get in!

Our club's marquee event, scheduled this year for Saturday, May 4, is clearly a hot ticket. And mind you again, we do no promoting of the ride at all...nothing. Word of mouth from past happy participants is our only form of advertising, but it seems to be doing the job.

Praise from past participants is both a blessing and a challenge. As they say in show business: you're only as good as your last review. We have to keep putting on a good event, every year, to keep the riders happy, so that they keep coming back, and so they tell their friends about it.

It helps that we have a great course through the gorgeous Sonoma County countryside, from the vineyards to the redwoods to the river to the ridge tops. It helps that we have that great date in May, when springtime cycling ambitions dovetail with springtime weather. From the point of view of your average cyclist, it's a perfect storm of positives, all coming together to make for a great day on the bike.

It also helps—immensely—that the folks putting on this nearly perfect event are the members of the Santa Rosa Cycling Club. That means two things. First, it means a club with many years of experience at this sort of event, with a well-oiled logistical machine ticking over smoothly. Second, it means a deep pool of members who are ready and willing to leap into the fray: to take on the myriad jobs that keep that machine humming and keep our 2500 guests happy.

The on-line volunteer sign-up form at the club site opened in late February. By now, veteran WCC workers will be signing up for their favorite jobs. The hundreds of assignments may not be snapped up quite as quickly as those 2500 entries, but many of them will already be gone by the time you read this. Those volunteers *really* want those jobs!

They know a few hours helping out helps the club a great deal. In

fact, all of those small contributions on our biggest event add up to what keeps the club running for the rest of the year. It may be overstating it to say: no WCC equals no SRCC, but without our big event (our primary revenue stream), the club would be much smaller and much less able to function as it does.

But you get more out of your tour of duty than just the satisfaction of knowing you've helped to keep the WCC and SRCC afloat. You also get your snazzy WCC t-shirt, and, best of all, you get to participate in the best party of the SRCC year: the WCC Workers' Ride and Party on the day after the public WCC.

Think of how avidly those 2500 entrants gobbled up the tickets to get to do the ride on May 4. On May 5, you get to do the same ride, without having had to stay up all night to register. You can do it with all your club mates, with rest stops and all the trimmings. And then you get the party afterward, in the same big tent at the finish, with perhaps even better food than at the real WCC. Such a deal!

By the way, if you really want to ride the official WCC and did not get in, here's a secret, backdoor way to do it: volunteering to assist at the WCC Workers' ride, either at a rest stop or at the finish, will get you an entry into the real WCC on Saturday. And not just any entry...this one will be free! (There are only a few of these slots available.)

Check the list of Committee Chairs on page 8 of this newsletter to get an idea of the various areas where we will need help. Then cruise on by the on-line sign-up site and find a job that's a good fit for you and your schedule, including many jobs not actually on May 4. (We'll keep you posted in the months ahead on jobs that need doing on other days, such as cleaning parties at the warehouse.)

We look forward to seeing you out there on the big day, and especially at our own big party the day after.

Terrible Two 200-K moving forward

In the January newsletter, it was announced that the start window for the new Terrible Two 200-K would be 6:30-7:30. Since then, a planning meeting has been held, with most of the significant TT staffers in attendance, and after much discussion and studying of charts and graphs, it was decided to change the start time for the 200-K to 7:30-8:00.

Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for February

1. Call to Order: President Susan Forsman called the general meeting to order at the Round Table on Occidental Road on Wednesday, February 13. 60 members and friends were present.

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

3. Membership: Registrar Gordon Stewart reported membership of 1727 (combining individual and family memberships). Liz Sinna and Donn King acted as hosts at the New Member Table, with several new members on hand.

4. Rides: Ride Director Bill Oetinger circulated the ride calendar for March and spoke about March Magic. (See item, this page.)

5. Tours: Bill Oetinger spoke about the Central Coast Tour, scheduled for June, and the Wild Rivers Tour, scheduled for August. He reported on registration: that many more people had signed up for both tours that we have room for. Both tour rosters will be expanded, but that still will not accommodate all applicants.

6. Logo Gear: At the Board meeting, David Abramo, representing the Logo Gear committee, presented two graphics for possible use on a run of club sweatshirts. After considerable discussion, a resolution passed to not accept the designs, as they were felt to be inconsistent with existing club branding. The Board instructed the committee to continue its efforts to come up with designs, but based more closely on the current rose-gear style.

7. Forums: At the Board meeting, webmaster Gordon Stewart spoke on the use of website-based forums to replace the current chat lists. As a test of the new system, he proposed having the Board try out a forum instead of their current e-mail-based list. The trial is underway.

8. WCC: Event Chair Doug Simon reviewed preparation for the century and reported on the recent registration for the event. (See item on page 1 and roster on page 8.)

9. TT: Terrible Two co-chair Bill Oetinger reported on plans for a 200-K that is being added to the TT this year. (See item, page 1.)

10. Brevets: Bob Redmond reported on the club's first two brevets (see B&B) and about the next 200-K brevet coming up in late February and the 300-K brevet, which has been moved to a date in October.

11. History: Mike McGuire spoke about his efforts to gather information about the history of the club, with the goal of eventually presenting it in an historical archive at the club website.

12. Swag: Liz Sinna reminded members that she still has SRCC commemorative license plate frames available as tokens of the club's appreciation to all members who volunteer on club projects.

17. Featured Speaker: Gary Helfrich, Director of the Sonoma County Bicycle Coalition, spoke about their efforts to promote the Vulnerable Road User Ordinance. This civil ordinance protects pedestrians and persons on bicycles from harassment which involves a real threat to safety. It defines harassment and sets penalties for violations. The ordinance is supported by the Tourism Bureau. It has been passed in Sebastopol, and is currently being discussed in Rohnert Park, Healdsburg, and Petaluma. The goal is to include all nine cities and unincorporated areas of Sonoma County.



MARCH MAGIC

It's that magical month of March again. For some in the club, this means miles, miles, and more miles. As a way to motivate riders to jump start their springtime riding, to ramp up for the sunny months ahead, the club offers this crazy little challenge, complete with an on-line log for documentation. Make a goal for yourself: how many miles can you ride in this one month? Make it official:

post your goal at the [on-line log](#) and then try to live up to that goal, rolling out the miles, day after day, week after week. As the long shadows in the logo attest, this may mean riding early in the morning or late into the twilight...whatever it takes to rack up those numbers.

We borrowed the idea for this cheerful challenge from our friends in the Davis Bike Club, always a bunch of hardcore mileage junkies. They call their contest March Madness.

Your reward for participating in the MM log will be two-fold. First of all, you will have ridden the big miles, not only enjoying them for their own sake, but also building fitness for the season ahead. Think of it as spring training. Second, you have the fun of interacting with your fellow members, sharing in the community of like-minded bike loonies...checking out each other's numbers. It isn't necessarily a race to see who logs the most miles (although someone has to be first, so why not you?). It's more a matter of setting your own goal, at whatever level, and then making the effort to meet or exceed that goal.

While you're at the club site, opening your March Magic account, you might also check out the [Commuter Miles](#) and [Century Challenge](#) on-line logs. Unlike the one-month-only March log, those run all year. In all cases, the logs are dead easy to use. Five minutes to open an account and even less to log on and enter your data every so often. The logs are just one small set of activities that help make individual members part of the larger SRCC community, interactive and interconnected.

License plate holders looking for good homes

If you have volunteered on a club event in recent years, the club would like to thank you in one more small way: we have custom SRCC license plate frames for volunteers, while supplies last.

When you mount the frame on your car, you are not only pledging allegiance to your club. You are also sending a little message to the public. That person idling behind you at the signal will know that this cycling club member is not just "a cyclist," easily dismissed as some kind of lycra-skinned weirdo. They will get the message that cyclists are regular folks, who drive cars, just like the rest of the people out there. That may seem like a "well, duh" notion to you, but it's not...not for all the non-cyclists with whom we share the road.

Supplies are limited. If you want one...

Liz Sinna: 484-2459, lizsinna@gmail.com

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 Oetinger @ 823-9807 or send e-mail to: srccride@sonic.net.

We're turning the corner on Winter and heading toward Spring. That typically fires up everyone's cycling ambitions, so the number of rides on our club list goes up, and so does participation on those rides. As a consequence, this column grows in length, with more rides to cover. In some months, with other news stories to pursue, I have to put a cork in it: shorten the reports and not hog up too much space. This month, the busy Spring schedule and not much other news has allowed the column to expand to fill the available space. I don't know if that's a good thing or not. Some people tell me they never read this blurb; others say it's the first thing they check out when the newsletter becomes available. I have no idea which view predominates, but until someone comes up with a better idea, we'll keep reporting on club rides and occasional club gossip in this space...however much space there might be in any given month.

The first ride in this reporting cycle was the first club-sponsored brevet of the season: the 200-K (126-mile) run from Healdsburg to Napa and back. It has by now become something of a club tradition, and part of its attraction is that it is relatively easy and therefore potentially very fast. It always attracts a strong showing of uber-bikers who throw down fast times, but that same moderate course also appeals to the rest of the spectrum of long-haul riders, for whom speed is not always that important. There were 99 riders at the start. (Huge thanks to Scott and Marni Duncan for opening their warm office as a check-in site on a morning when the mercury was hovering around freezing.) It was intensely nippy at the start, heading up shady West Dry Creek. But both the riders' engines and the overall weather warmed up rapidly, with the day topping out at a balmy 65°. (This is January 19 we're talking about here.)

Fastest of the fast was SRCC member Jady Palko, who completed the ride in 6:02 (21 mph). He was chased home by a healthy group of riders still averaging over 20 mph for the long day. After that, a steady stream of randos rolled in over the next few hours, many of whom kept the waiters at the Bear Republic running for more pitchers of Racer 5 and baskets of fries. (The party went on almost as long as the ride.) Thanks should also go to Bob Redmond, who put the whole package together, to Sarah Schroer, who was on point at the event, to Bill and Evelyn Ellis, who handled check-in, to Donn King, John Russell, Tom Russell, Bobbi Foliart, and Dave Dietz, who ran the lunch stop in Napa, to Joyce Chang, who did check-in at the finish, and to Kimberly Hoffman, who kept the Bear Republic party hopping. It was a seriously fun day.

If 126 miles was more than you wanted on this day, David Fitch offered an alternative: a 60-mile BC ride from Esposti Park, heading north through the wine country to Cloverdale. David says there were 17 riders at the start and more joined in along the way. We already know it was a beautiful day, and the only mishap he reports is his own flat tire near the finish, complicated by a broken pump, and saved by a helpful fellow rider.

On Sunday, David Abramo and Sunny Mawson had an A ride out of Keiser Park in Windsor, heading out to Andy's Market. Karen Cooper filled in for an under-the-weather Sunny and, for the

most part, it was a pleasant day. The only off-note was struck by a Windsor police officer, who decided to ticket four of the A riders for not making a full stop at the corner of Windsor River and Starr. He had seen them gathering in the park and had gone up to the corner to lay in wait for them. They made 99% of a full stop, slowing to some tiny fraction of 1 mph and looking both ways, but that wasn't enough for this guy. It's ironic that the slow and careful A riders are the ones who get popped, while scofflaw boy racers blow through stops at 20 mph all the time. Yes, we want riders to stop at stop signs, but slowing to a near track stand and looking both ways ought to be enough, don't you think?

On the next weekend, Bill Carroll listed a Wine Country Loop that went from Santa Rosa out to the WCC 100-K course. There were about 30 riders at the start, with more joining along the route. The group stayed together for the first 20 miles or so, chugging along at a C or BC tempo. The little hill on Westside after Wohler Bridge started to put some gaps in the group, and the rollers along Westside and West Dry Creek further strung things out. But a good-sized group reformed after a break at the Dry Creek Deli. They managed to stay together over Canyon and ended up with at least 15 and maybe 20 people heading south on 128 out of Geyserville. But the pace got a little hot after that, and a few folks popped off the back.

Another regroup at Jintown saw lots of people back together, but some left early and some left later, so there weren't any more big groups for the final 128-Chalk Hill run, back into town. Bill had the route going up Cross Creek and Fountaingrove at the end, a 3+ mile climb late in the day. A screaming descent on Fountaingrove, a nice run along the newly repaved Brush Creek Trail, then a break for beer and munchies at Bill's house before the rides home... wherever home might be. Weather was just about perfect. Not too chilly. Wind straight out of the Gulf of Alaska, so a headwind going north on Westside and West Dry Creek, but a steamin' tailwind heading south on 128, Red Winery, etc. A very nice day.

Two rides on Sunday. Susan Hester had an A ride of 30 miles, Howarth Park out to Mom's Apple Pie for a slice of their legendary baked yummys. Susan says there were nearly 30 riders on board for this ride, that it was very sociable, that it was chilly but sunny, and that there were no mishaps...no flats, no bumps, no breakdowns. The life of pie.

The other ride was Paul and Mary Jane Stimson's Anniversary Ride. Mary Jane checks in: "A hardy bunch of 16 met at City Hall on a sunny but brisk morning to help us celebrate our 23rd anniversary. We picked up another couple of riders along Prince Greenway and pretty much stayed together out of town. The group started to split up once we got to Occidental Road, but the speed demons waited at Occidental and Hwy 116 for the rest of the group. We broke up again on the Cherry Ridge climb, but once again the speedsters waited at the top. From there, it was pretty at each person's pace until the regroup for goodies at Wild Flour Bakery in Freestone. There was the usual wonderful ride up Boho to Occidental, but everyone could smell the barn by then so went right over Graton Road and back to Santa Rosa. Paul and I waited for the last few stragglers on Graton and shepherded them into town. A few riders were still waiting at the parking lot to wish us a Happy Anniversary. In general, a wonderful way to spend our morning."

The first Saturday in February offered no less than three club rides. Among them was a first foray into ride leading by Bill Finkelstein

— *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 pitches (Coleman Valley Road, Franz Valley Road)
 - 5: Very hilly; lots of long climbs (Cavedale, 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 and compare your time to the list above. Ride it once as fast as you can manage (if you want)—an uphill time trial—and then, on another day, ride it at an easy sustainable pace. Your true, natural tempo will be somewhere in between those times.

DISTANCE

The last figure in the formula is miles.

HELMETS ARE MANDATORY ON ALL CLUB RIDES

Ride leaders should provide maps and/or route instructions. Riders should carry ID, emergency info, cash, tube(s), flat repair kit, water bottle(s), and have their own map in case they lose the group.

Non-members are welcome on club rides but must sign a liability waiver provided by the ride leader or available at the club [website](#).

If the course seems too long or difficult, the ride leader may be able to suggest an alternate starting place or bail-out route.

Rain cancels all rides unless otherwise noted.

Rides depart at 10 minutes past listed time.

More info on club rides [here](#).

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

SATURDAY • MARCH 2

Cotati Circulator

2/B/24/48/72

8:00 AM • Cotati Vets

Three starts at 8 AM, 10 AM, and 12 PM for repeats of a 24-mile loop around the Two Rock area, going out on Railroad, Pepper, Bodega and returning on Roblar, Stony Point and W. Sierra. Get some good miles in to start March Magic.

Steve Drucker—538-5256
bdrucker@sonic.net

SUNDAY • MARCH 3

The Bad Little Devil

A DMD Training Ride

5/CD/112

7:45 AM • 6654 Koll Center Parkway, Pleasanton, CA 94566

Essentially the second half of the Devil Mountain Double, including Mines Road and San Antonio Valley, the big climb up and over Mt Hamilton, the dreaded Sierra Road, and the road along Calaveras Reservoir.

Greg Durbin—217-1549
gdurb@sbcglobal.net

Bloomfield Pancake Breakfast Ride

2-3/AB/34

8:30 AM • Dunham Elementary School, 3988 Roblar Rd

Bloomfield kicks off the Volunteer Fire Department Pancake Breakfast fundraisers. After a short 6 miles, enjoy a pancake breakfast and show your support for our first responders. After breakfast, we will take a spin to Valley Ford, Franklin School Rd, Whitaker Bluff Rd, and then back to the start via Fallon-Two Rock and Pepper. Watch for more VFD breakfast events in the coming months.

Sue Bennett—523-1322
sueb631@yahoo.com

SATURDAY • MARCH 9

Mixing it up in March

4-5/CD/72 (8:30 AM)

3-4/BC/53 (9:00 AM)

2-3/AB/49 (9:30 AM)

Windsor Town Greene

Three rides of increasing speed, distance, and climbing challenge. For the two longer rides, the big climbs are Sweetwater, Mays Canyon, Green Valley, Harrison Grade, and

Vine Hill. All are invited to gather after the ride at Patterson's Pub in Windsor. Carpooling or riding to the start is strongly encouraged because of limited parking.

CD: Luke Scrivanich—479-8599
lscrivanich@aol.com
Don Graham—217-9076
ccmtg@sbcglobal.net

BC: Liz Sinna—484-3459
lizsinna@gmail.com
Denver Booker—494-4420
denverb@uber-bike.com

AB: Jack Hatrnett—694-0922
jack71542@gmail.com
Sean Butler—664-8289
smbutler@sonic.net

No Free Lunch Ride

2/A/22

9:30 AM • Healdsburg City Hall

No free lunch this year but still the same classic wine country loop. Join your fellow riders for a no free lunch at El Sombrero Taqueria after the ride. Need more March Magic miles? Join your friends in riding up from Santa Rosa or other start points.

Susan Hester—573-1532
susanmhester@yahoo.com

(NOTE: Susan is correct: There is no Free Lunch Ride this year, for a variety of reasons. But the budget that was allocated for the Free Lunch Ride is being redirected to a fully supported King Ridge ride in April. Look for more information next month.)

SUNDAY • MARCH 10

Daylight savings time begins.

Sonoma to Browns Valley

2-3/AB/42

9:30 AM • Depot Park, Sonoma

Gentle hills through Carneros, a stop at Browns Valley for snacks and a few little harder hills before returning through Carneros.

Steve & Barbara Drucker
538-5256
bdrucker@sonic.net

Saving Daylight Century

3-5/CD/106

9:00 AM • Howarth Park

Our journey begins with St Helena Road and the biggest hill of the day. Howell Mountain runs a close second and delivers us to Pope Valley (Pit Stop #1 at Mile 30). We then head east to the shores of Lake Berryessa for beautiful views and a few rollers. We'll coast along

smoothly paved Hwy 128 back to Silverado Trail and Yountville (Pit Stop #2 at Mile 70). A gradual climb along Dry Creek Road before the final assault on Trinity, then back to Santa Rosa for an after-ride regroup at Mary's Pizza, across from Howarth Park.

Sarah Schroer—364-7560
sarahschroer@gmail.com

SATURDAY • MARCH 16

20th Annual Apple Cider Century

3-5/BC/100 • 3/BC/100 K
8:30 AM • Ragle Park

Both routes together through the west county hills—Green Valley, Pocket Canyon, River—to the first regroup in Monte Rio. At MR, the 100-K heads south on Boho, through Occi and down to Valley Ford, Whitaker Bluff, and Tomales. Meanwhile, the full century heads out to Caz and then climbs Fort Ross Road to Meyers Grade before returning to Monte Rio and picking up the 100-K course. A fairly challenging century, but not brutal, with some of the best scenery on any ride, anywhere. If rained out, redo on Sunday.

100 M, C: Clay Popko—526-5477
CPopko@agloan.com

100 M, B: Bill Oetinger—823-9807
srccride@sonic.net

100-K: Looking for a leader

Pi + 0.02 = Ride for Pie

2-3/AB/37
10:00 AM • Third St Aleworks

Join us for a mellow, social ride with a few (optional) challenges through the West County, from Third Street Aleworks to Mom's Apple Pie. B's can join us for all 37 miles; A's can cut off the hill on Cherry Ridge and take a more direct route back. Meet for lunch at the Aleworks between 1:30 and 2:00 PM. Looking for an A leader to help lead the ride.

Bill Finkelstein—478-7945
bill@williamfinkelstein.com

Mary Mack—695-8228
mary@marymackdesigns.com

SUNDAY • MARCH 17

SRCC Welcome Wagon Ride

1/A/10-15
10:00 AM • Ragle Park

An introductory ride for novice cyclists (but veteran riders are welcome too). Easy, social pace. 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 • MARCH 23

Double County • Double Metric

2/B/124
7:30 AM • Howarth Park

Traditional wrap-up to our March Magic month of miles: a long run over into Napa Valley and all the way south down that valley, and back. Quality miles without monster hills. Minimal stops at Calistoga, Browns Valley, and Sonoma. Reschedule for 3/24 if rained out.

Steve Drucker—538-5256
bdrucker@sonic.net

Ramblin' in the Sonoma Valley

2-3/A/45
9:30 AM • Howarth Park

Through the parks and Oakmont, Lawndale, Warm Springs, then down the valley to Sonoma. Back via a slightly different route.

Rochelle Bowman—567-7762
rockbow59@gmail.com

Kathie Leader—495-5491
kleader@sonic.net

Bridgette DeShields—953-8192
bridgettedeshields@sbcglobal.net

SUNDAY • MARCH 24

Ticket to Ride

1-2/A/31
9:00 AM • Esposti Park

Two 15-mile loops though Windsor where you can do one or both.

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

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

SATURDAY • MARCH 30

The Best Out-&-Back Ever

5/C/61
9:00 AM • Healdsburg City Hall

For hill lovers! To fully appreciate Sweetwater Springs, you need to see it from both sides. The trip up to Bullfrog Pond in Armstrong woods is steep and potholey and lovely. Mill Creek out-&-back is an optional finale. Folks who skip it will still get in about 41 miles and 5 K of climbing.

Sherry Adams—294-7442
sherry_n_adams@yahoo.com

SUNDAY • MARCH 31

EASTER

Easter Bunny Hop

2-3/B/30
9:00 AM • Willowside School

A short, relatively easy loop out into the near

West County hills and up along the river: West County Regional Trail, Martinelli, Westside, Wohler. Home via Eastside, Mark West Station, Slusser, Oakwild, etc.

Suggested ride...no leader

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: Howarth 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 Mussen—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

Harry Williamson—423-322-4151

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): Armstrong Woods
(Park on road outside park entrance.)

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

C: Harry Williamson—423-322-4151

Fifth Friday (B only): Esposti Park
Gary Grayson—538-9262

As always, we are looking for ride leaders for many vacant slots on the weekday rides, in particular leaders for C routes. If you are interested, talk to any of the listed weekday leaders or to Ride Director Bill Oetinger.

and Mary Mack. Looks like they made a nice debut. Here's Bill's report: "Over 50 club members participated in the fun on the Ground Hog Day Ride. It was a bit foggy at the start and for the first ten miles, as we rode down Eastside Road from Healdsburg, but by Wohler Bridge the fog cleared and we had almost sunny conditions for the rest of the ride. A few riders peeled off at 20 miles before the West Dry Creek turn, but most riders made it at least to the Dry Creek Store for our coffee break. Some turned down Dry Creek to return to Healdsburg for a 30-mile ride, but many continued up Dry Creek to Yoakim Bridge for a West Dry Creek return to Healdsburg to complete the 40-mile route. A special thanks to Dan Smith and David Abramo for riding sweep. Extra thanks to Dan for helping with the only known ride problems: two flat tires. After the ride, about half of the riders assembled at Wurst Restaurant for a lovely lunch. Yes, some of us even had 'Ground Hog' (pork sausage). Great local beer too!"

Ken Cabeen listed a C-tempo, 42-mile ride out of Ragle called Short 'n Not-So-Sweet because it packed a bunch of punchy climbs into that short distance. Due to a minor medical issue, Ken wasn't able to ride, but he showed up at the start to hand out maps and count heads, of which there were about 20, including many of the club's more hardcore D riders. Michael Barnes reported on the ride in Ken's absence and allows that they could have used a real ride leader: they got off-course promptly and wandered around like lost sheep (very fast sheep). But they did eventually knock off most of the hills on the route, if not exactly in the right order.

This was also the date for the club's second brevet of the season. John Russell filed this report on the event: "68 riders came out of their burrows for the first running of this new addition to the randonneuring calendar. No one saw their shadow with the cool, foggy morning, but by the afternoon it was clear and balmy. 125 miles and 7000' of climbing later, they came back smiling, under the spell of our gorgeous West County environment. Some said this was the best 200-K brevet they had ever ridden. The route weaved westward to Tomales, then up to Cazadero via Bohemian Highway and Monte Rio, then back in reverse. The finish control was at Moylan's Brewery (home of the "Kilt Lifter"), another great idea from RBA Bob Redmond, the route designer. Bob had been away in China on business but called in from LAX Saturday evening, right after he landed. Is that devotion or what? It was a fun day. Thanks to Bill and Evelyn, who did the rider list and brevet cards, Nancy Russell (no relation), who helped at the finish and Eileen, the manager at Moylan's, who made us all very welcome."

The next day—February 3—I had listed an Easy Winter Century. It wasn't until the 49ers finished off the NFC Championship in Atlanta that I realized—holy crap!—I had scheduled a century on Super Bowl Sunday. I sent out an e-mail on Friday, advising people of all the ways one could short the route to be home by kick-off. I was one of those who figured to do this. The route carved a big loop north from Sebastopol to the river, out to the coast and south to Valley Ford and Tomales, then inland via Chileno Valley and back north through the chicken coop belt. There were about 15 riders at the 8:30 start and a few more joined in along the way. I guess folks took the bail-out premise seriously, because we started losing riders at every junction that led back to Sebastopol, from Monte Rio on. Halfway through the century though, somewhere

north of Valley Ford, I did the math and figured those of us left on the course could do the full ride and still make it home before game time. It meant riding at a good, steady clip, with no long breaks, but in the end, we did it: home in time to pile a plate high with munchies and pull the top off a long-neck. It would make a better story if the Niners had won the game, but at least we won our race against the clock. We'll take our little victories where we find them.

There were three rides on February 9, beginning with Sarah Schroer's tough CD ride over to Napa County and back. Sarah started the ride at 10:00 AM to encourage people to pad their miles by riding to the start. She reports: "There were 18 riders at the start of this event. Some had taken advantage of the late start time to ride from home, while others just slept in that morning. Several riders told me they did not plan to ride at the listed CD pace, and the group quickly split in two as we headed up Calistoga and St Helena Roads, the first two climbs of the day. A tailwind in Napa Valley pushed us south from St Helena to Napa, where we turned back north on Dry Creek Road and began our approach to the last hill of the day. Dry Creek (the backside of Trinity) is a tough climb, but a little conversation eased the pain and the top was finally reached. With just a few brief regroupings and water stops, and no flats or mechanicals, the lead group stuck together well and made good time.

"The second half of the ride group presumably finished soon after the lead group...all competent riders who knew the course. This ride leader applauds their decision to ride at a more moderate pace after letting me know that they would take care of themselves. That sure made my job easier! A challenging route at any pace. I was glad to see more people out enjoying the day."

Also on this day, David Fitch and Liz Sinna paired up to lead a Medio Fondo loop out of Santa Rosa. Presumably, that name should tell you all you need to know about the route. There were 28 riders at the start and a few more grafted onto the group en route. There was only one untoward incident, but it was a big one. On the fast descent through Camp Meeker on Boho, Denny Davis hit a small bump and his stem snapped, leaving him suddenly with no steering or brakes. (Remember George Hincapie at Paris-Roubaix a few years ago?) Out of control, the bike and its helpless rider slewed into the oncoming lane and hit the pavement in a long slide, right into the path of an uphill truck. Fortunately, the truck driver was paying attention and had quick reflexes. He managed to avoid running over Denny by inches. Amazingly, Denny was only moderately banged up, although badly shaken. The alert driver loaded him and his bike in the truck and took them to a place where help could be summoned...not just a good driver but also a good samaritan. The thought we take away from something like this is: always inspect and maintain your bike. But Denny insists he had cleaned and inspected his bike just the day before the ride. Did he miss something? How good would any of us be at spotting hairline cracks or metal fatigue? We expect the folks at Specialized are going to be looking at that stem very carefully.

The third ride on this busy day was an AB, 38-miler led by Sue Bennett. It went from Santa Rosa up to the Windsor Town Green and back. Sue sent this note: "Even with two other rides on the same day, 31 riders were on my ride. It was a cool start, but the sun was out in full force. No known flats, but lots of stops to peel off layers as the day warmed up nicely. Café Noto was the official

— Continued on page 7

More B&B...

stop and folks hung around on the sunny patio for awhile, catching up on the latest stories. On the ride back, a number of folks who had ridden to the ride peeled off to head back home, while back at the parking lot, the socializing continued. In other words, everyone had FUN.”

On Sunday, Mike and Janice Eunice had another Welcome Wagon ride. But it was Mike in charge instead of Janice. This was the case last month too, and I finally learned why. A few weeks ago, Janice attempted to process a squirrel through her front spokes. The squirrel got the worst of it, but Janice didn't fare too well either. She did some pavement surfing, inflicting assorted blunt trauma on herself. Now she has her left hand in a cast and is *hors de combat* for a few weeks. Get well soon, Janice, and always remember: if you're planning to dice squirrels, you need to sharpen your bladed spokes.

The weekend after Valentine's Day brought us an old club tradition: Steve and Jessie Kroeck's Sweetheart Ride. This was its 21st installment. Aside from the WCC and TT, that's the longest running ride in the club (one year older than my Apple Cider Century, coming up this month). This ride has always served as a Rite of Spring in the club, at least among those who like to go fast. A snappy tempo on the flats, lively, out-of-saddle dancing on the climbs, and crazy attacks on the descents all mark this ride as a wake-up call: Winter is ending; time to start rockin'! It's listed—accurately—at CD, but in deference to some of us who can no longer kick it at quite that pace, at least not all day, Susan Noble had added a second tier to the ride, listed at BC.

No one took an accurate count, but we'll guess there were around 40 people at the start at Analy High School on a crisp, almost-spring day. Included in that number were several grizzled old veterans who have done most of the 20 past editions of this ride... still out there, still bringing it. Several miles of flats kept the group together for a while, allowing the BCs and CDs to entertain the polite fiction that all were on the same page. But the stairstep climbs on Lone Pine, Bloomfield, and Burnside soon sorted that out. The fastest riders, all apparently with pressing business later in the day, didn't even stop for the designated regroup at the top of Burnside and in Occidental. Finally, a regroup in Monte Rio allowed about 25 of the original group to paceline up River Road at a comfortable 20-plus. The lumpy rollers on Westside finished that off, at least for a few. Like an asteroid blazing across the sky, there was a small, solid core at the front, with many stragglers back along the way making up the comet's tail. Those stragglers did eventually coalesce into what I suppose was the BC group, and everyone made it back to Analy in good form. The slightly nippy temps at the start had given way to almost balmy conditions for most of the ride. Folks agreed it was about as good as we have any right to expect...a nice day.

The second ride on this day was a David Abramo/Sunny Mawson production, an A ride heading out of Cotati to Chileno Valley. David sent in two reports on this ride. Second one first: “22 riders on this particular ride. It went on after the crash. It was really great to see a dozen or so people rally around Patty after she fell. It was a thrill to see the Grasshopper racers out on Chileno Valley. It was another gorgeous day.” It sounds like an almost perfect day, except for the bit about Patty falling down. That's what the first report was about. Patrecia Graham got a flat from some broken

glass out around Pepper and Bodega. That alone would not have been such a big deal, but as she slowed after the flat, she couldn't get unclipped from her pedal and fell over on her side at slow speed. That too doesn't seem all that bad. Who hasn't done that? Embarrassing, but not a disaster. Except, in this case, Patty managed to fracture her pelvis when she hit the ground. Okay...now it's serious. As David notes, the troops rallied round and helped her out, and her husband, John Mills, drove her to ER. Six to eight weeks off the bike...in springtime. Now *that* hurts! Best wishes for a speedy recovery, Patty.

Two more rides on Sunday. David Abramo was back again, helping Karen Cooper on her first ride lead: an A ride out of Cotati, heading out to Whitaker Bluff. David reports: “25 people showed up for what turned out to be a cold start to the morning. We sang happy birthday to Karen. She passed out Sees lollipops and thin mints to all the riders. Two riders managed to go off-course. We waited for 30 minutes at Whitaker Bluff before receiving word that they had made it to Tomales. It was a beautiful day for 45 challenging miles. No reports of mechanical issues or any other incidents.”

The other ride was listed by our new club President Susan Forsman. Susan plans to lead a ride each month from the Ten Great Rides [list](#) we have at the website. This was a 38-mile ride going out to Valley Ford from Sebastopol. Susan sent in this note about it: “We had a glorious ride with an extremely well-behaved group of 21 riders. Most of the group stayed together for the first ten miles. As we were climbing Graton Road, whenever someone yelled ‘car back,’ the double pace line would quickly move over into a single line. Wild Flour Bakery was busier than ever, so we just ate our own food and continued riding, except for two riders we missed, since we didn't know they were inside eating sticky buns. Most riders showed up to the ride because they liked the idea of riding the Ten Great Rides series. It was a gorgeous ride. We saw hundreds of other riders. We briefly rode with the A group ride. On our way back, we saw some of the riders doing the San Francisco Brevet, including at least six SRCC members.”

Terrible Two —continued from page 1

This is a compromise. On the negative side, it puts the 200-Ks on the road a little later, where there is more of a chance they'll get tangled up with the doubles riders (with whatever confusion that might produce). But on the positive side, it greatly reduces the time windows during which the rest stops around the second half of the course will need to be open, which will be a mercy for the people working those stops.

We never have intended that the existing rest stop crews or the crew at the finish would have to extend their own work shifts to cover the expanded times when the stops will be open. It is our hope that we will be able to recruit more volunteers to form split shifts for those longer stops (as we do now for the lunch stop on the WCC). Putting all those extra riders on the course, ahead of the doubles riders, also means we will need more sags.

Donn King has offered to lead the charge on bringing in more people to work the event this year. We don't like to start beating the drum for TT volunteers this early, while the ramping up for the WCC is in full swing. But hold that thought: we are going to need more help than ever at the TT this year. When the WCC is pretty well buttoned up, get in touch with Donn about the TT. We will have more info about this in the months ahead.

SANTA ROSA CYCLING CLUB

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



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

GENERAL MEMBERSHIP MEETINGS

Wednesday, March 13 • 6:30 PM

Occidental Road Round Table Pizza

**Featured presentation: Micahel Troy, SOS Roads
(Save Our Sonoma Roads)**

Wednesday, April 10

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, March 7 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, April 4

• Directory of WCC Committee Chairs •

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