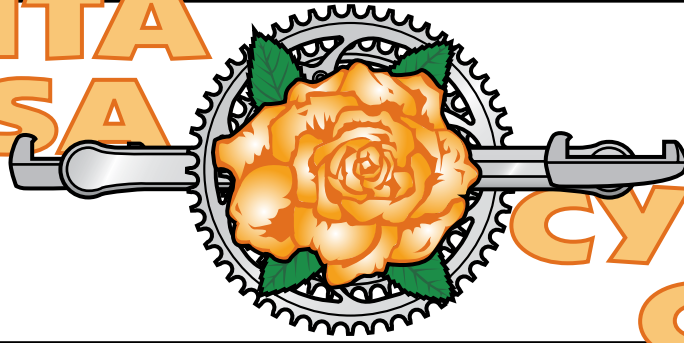


SANTA ROSA

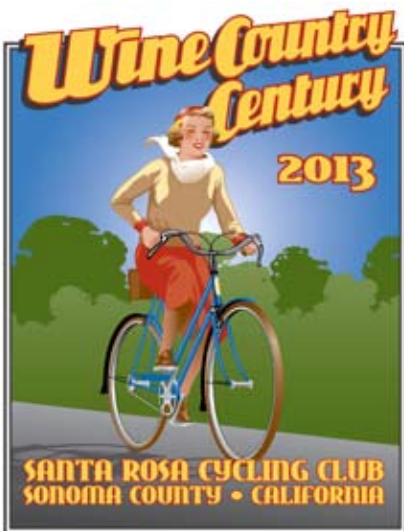


CYCLING CLUB

APRIL 2013 NEWSLETTER

WINE COUNTRY CENTURY UPDATES

It's full speed ahead on prep for the Wine Country Century (scheduled this year for Saturday, May 4) and for the Wine Country Century Workers' Ride and Party (the following day). Event Chair Doug Simon tells us that most logistics for the big day are well in hand. The event is on budget and volunteer recruitment is hitting most of its targets. No further Committee Chair meetings are planned. However, that does not mean there is nothing to report and nothing to do between now and the big day.



We can report that the food service is being expanded to include pre-packaged gluten-free items at the rest stops and that, in addition to the regular menu items, vegan and gluten-free options will be available at the after-ride dinner.

Bike numbers are being added, in addition to bib numbers.

Medical care will be available in the rest stops.

The lunch at Warm Springs Dam has become such a big production that the folks in

charge have decided to set it up on Friday night, with volunteers staying overnight to mind the site.

While most volunteer slots have been filled, there are still some jobs looking for people. We need a few more people to work three-hour shifts at the start-finish area (Wells Fargo Center) anytime between 10 AM and 7 PM. There are always openings for more SAG drivers. (Craig Gaever is the contact person on that.) And we still have a few openings for people to work the Workers' Ride on Sunday and thereby gain access to an entry in the actual WCC on Saturday. (Susan Forsman is in charge of the Workers' event.)

For all volunteer tasks, please visit the official on-line sign-up [page](#) at the club website. See also the list of committees on page 8.

And speaking of signing up, if you are a WCC worker and you plan to attend the best party of the year (the WCC Workers' Ride and Party on Sunday, May 5), you must register for it at this [page](#).

CLUB PLANS SUPPORTED KING RIDGE RIDE IN APRIL

For more advanced riders, including thousands who flock to Sonoma County for the GranFondo each year, King Ridge is within their grasp. It's a tough challenge, but it can be done.

But for A and AB riders, that lofty, rugged piece of real estate may seem like a ridge too far: too steep, too hilly, too remote. It and its consort roads—Hauser Bridge, Seaview, Meyers Grade—sit out there in the west county hills, just out of reach, their legendary allure remaining inaccessible.

This month, a few club members are hoping to do something about that. They are proposing a fully-supported King Ridge ride tailored to the A and AB end of the club's population. C riders are welcome too, but only on one condition: that they ride as mentors and moral-support for the A and AB riders. The whole idea, from start to finish, is to make this famous loop available to many riders who might otherwise feel intimidated about trying it. You will still have to ride your own bikes up all those steep ascents (and down the gnarly descents), but the club will give you all the help it can, and it will—we hope—create an atmosphere that is supportive... where being first and fastest is not important, but where getting the job done and having fun doing it is the goal.

The 50-mile ride will stage out of Duncans Mills on April 13. There will be three staffed rest stops at miles 15, 24, and 35.

This is a members-only ride and you must register ahead of time to participate. (We need the numbers to calculate the food for the rest stops.) Register [here](#) and specify your normal ride speed (A, B or C). Or go to the April ride calendar and link through to the event page to register. See the ride list for more information.

So far, we have the following people signed up to assist at the stops: Doug Simon, Sharron Bates, Eric Ewing, Sean Butler, Ramona Turner, Jim Royce. We could use a few more. Talk to Doug if you want to help.

Doug Simon, 577-0113, desimon@sbcglobal.net

It has been noted in prior newsletters that this ride is taking the place of our traditional Free Lunch Ride for 2013. That is true, but only kind of. It is true that the FLR is not happening this year, for various reasons, and that this ride occupies approximately the same slot on the calendar...a spring treat for members. But it is not an exact switcheroo, nor is anything carved in stone. The FLR may return in a future year. This ride may return too, or it may not. We're taking it one year at a time.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for March

1. Call to Order: President Susan Forsman was absent. Secretary Sarah Schroer called the general meeting to order at the Round Table on Occidental Road on Wednesday, March 13. 61 members and friends were present.

2. Treasurer's Report: Treasurer Greg Durbin reported on current bank balances, as of February 28.

3. Membership: Registrar Gordon Stewart reported membership of 1741 (combining individual and family memberships). David Abramo acted as host at the New Member Table, with several new members on hand.

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

5. WCC: Event Chair Doug Simon reviewed preparation for the century. (See item on page 1.)

6. TT: Terrible Two co-chair Bill Oetinger reported on registration numbers so far for the full double and the 200-K.

7. Brevets: Bob Redmond reported on the club's third brevet (see item in *Backroads & Breakaways*).

8. History: Mike McGuire spoke about historical (sometimes hysterical) mentions of cycling in Sonoma County he had found in the newspaper archives from the 19th and early 20th century.

9. Announcements: Al Statz made an announcement and handed out fliers promoting the Petaluma Sunrise Rotary Club Sonoma County Challenge ride on May 18 (30, 70, 100-mile options). Ron Hodges announced the Council on Aging's Senior Road Race to be held June 2; minimum age is 50, no license requirements, 17 and 34-mile options from Warm Springs Dam.

10. Thank You: Greg Durbin read a thank you letter from Bloomfield Volunteer Fire Department for Sue Bennett's ride attending their pancake breakfast fundraiser on March 3. (See B&B.)

11. Trailers: Doug Simon proposed that the club purchase two 6 x 14 cargo trailers to be used in place of rental trucks for some WCC and TT rest stop transport. Some of the cost would be attributed to the warehouse budget and some to the WCC budget. An overall expenditure of \$10,000 (\$5000 for each trailer) was proposed by Gordon Stewart and unanimously approved by the members.

12. Holiday Dinner: A Board subcommittee headed by David Abramo has been looking into various venues for this year's Holiday Dinner. David reported on his findings to the Board. The matter is still under discussion.

13. Forum: After a month-long trial of an on-line forum for Board discussions, the Board has decided to continue using the e-mail-based Board chat list for group discussions.

14. Featured Speaker: Michael Troy, representing SOS Roads (Save our Sonoma Roads). This volunteer organization works to keep Sonoma County roads near the top of the list of priorities as General Fund monies are allocated by the Board of Supervisors. Michael discussed the extensive need for road repair and maintenance in Sonoma County as the funding gap grows wider. He suggests that concerned citizens join SOSRoads, take the SOSRoads on-line survey, post a SOSRoads sign on a roadway, and report potholes to the Board of Supervisors.



Ride to help make Sonoma County the best place for everyone to ride!

The first-ever I Bike Sonoma County Century, presented by Whole Foods Market, is set for June 22, 2013, and it's the ride event you won't want to miss this year.

Benefiting Sonoma County Bicycle Coalition, the I Bike

Sonoma County Century offers something for everyone, so gather your friends and family, choose from four beautiful routes, and prepare to experience awesome riding and fabulous food in gorgeous Sonoma County!

By riding the I Bike Sonoma County Century, you help Sonoma County Bicycle Coalition (SCBC) make Sonoma County the best place to ride a bike. Since 2001, SCBC has promoted bicycling for transportation and recreation; its work helps make Sonoma County a safer, more accessible place for everyone, of any age or experience level, to enjoy the health benefits and fun of riding a bike.

Eastside Road Adopt-a-Backroad Litter Pick-up Day Sunday, May 26

It's time again to heft our Hefty Bags and head out into the countryside in search of litter. Most of you know the drill, but for the ever-increasing numbers of new members, a brief summary of how, where, and why we do this...

The club has committed to clearing popular cycling roads of litter each year, one road each at six-month intervals. We do this, first of all, because it's simply a good thing to do. (We would all rather look at litter-free roads, right?) But we also do it as a gesture of goodwill to the residents along those roads, to show them that cyclists—at least those in the SRCC—are a positive force in the community. It's especially good to do this project immediately after the WCC and WCC Workers' Ride, when we have put so many bikes on these roads and have perhaps caused the locals some inconvenience. To get that message across, we set up road signs while we're working that announce who we are and what we're doing out there. We're doing a new road this time around: Eastside Road, from Old Red to Trenton-Healdsburg.

Many hands make light work of this task...around 40 sets of hands would be just about right. We'll divide the ten-mile long road up into short sections to be walked by crews of two or three. The collected bags of litter are hauled off to the dump.

After we have cleaned the roads, we will clean our plates over lunch at a nearby eatery, paid for by the club.

It's possible (and fun) to turn this project into a bike ride. Ride to the start, then out to your assigned stretch of road for the litter lifting (stashing your bike in a secure spot). Then ride back to the start site or to the lunch, and then back home afterward. Look for more details on the start site and time, and for the lunch site in the May newsletter. For more information...

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

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.

Everyone says we need more rain or we'll be dealing with drought and wildfires later in the year. But so far, with a few weekday exceptions, the rain has remained persistently in Spain, or at any rate not here. The result for cyclists has been an almost uninterrupted run of beautiful days for biking. They say it's going to rain for most of the coming week, but so far, it's being about as nice as it can be...for cycling, with one day hitting a high in the mid-80's. (I'm writing this on the morning of March 17 while watching Milano-San Remo on streaming video. Over there, the racers are suffering through a very long, cold day of riding in snow and sleet. Over here...nothing but bright spring sunshine.)

Jack Hartnett gets things rolling for this edition of the rides report with his account of his Windsor Coffee Ride on February 23. "It was a nice 36-mile loop from Howarth Park to Windsor for coffee for the AB gang. Beautiful morning with spring like weather...mustard and wildflowers are starting to show up. Great turnout of about 45 riders, including a cute puppy in one rider's front basket. Puppy turned back about the 10-mile mark. Good coffee and munchies at Cafe Noto, enjoyed by all...then the return via Fulton and Santa Rosa Creek Trail. No accidents or mechanicals or flats that I was aware of, but the group did get separated a bit. All I spoke to had a great time and are looking forward to more club rides and activities."

Also on this day was the third 200-K of our club brevet series, this one a rather ambitious jaunt from Healdsburg up to Boonville, then over the mountain to Ukiah and back down the Russian River valley to Healdsburg. Weather was as nice for this long ride as it was for Jack's short one. There were almost 100 people registered for the event and 84 eventually finished it. For the third time in three brevets, SRCC homeboy Jady Palko was first finisher, clocking in at a spanking 7:00 even. Another 20 very fast riders finished within the next hour, including quite a few SRCC stalwarts. Other randos trickled in for hours after that, keeping the folks at the Bear Republic hopping with trays of burgers and suds. RUSA coordinator Bob Redmond says the day was a big success throughout. Now our brevet series goes into sleep mode until autumn, when we have our infamous Point Reyes 300-K on the card. In the meantime, the serious randonneurs will continue to home in on the Davis 1200-K coming up this summer.

On Sunday of this nice weekend, Janice Thomas and Harry Williamson paired up on the lead of a Journey to Jimtown ride at BC tempo. Harry, making his first start as a ride leader, also makes a good beginning as a ride reporter: "Bright sunshine awaited us at the San Miguel School, as Janice Thomas served up a fantastic route that took us on Chalk Hill and then a classic tour of the three valleys (Alexander, Dry Creek, and Russian). 43 hearty souls assembled for this 51-mile, mainly rolling adventure. Included were a number of new members embarking on their first club ride. Billed as a BC ride, there was something for everyone, as David Abramo stepped up to lead an unadvertised A ride, well attended by about 10 riders; Janice oversaw the orderly B riders; while Harry 'Lead-from-the-Back' Williamson attempted to ride

herd on the unruly folks on the front. Good luck with that! The climbs on Chalk Hill quickly sorted things out with the usual suspects taking off to form a solid C contingent and that left about 15 normal riders that preferred to 'smell the mustard.' Janice threw in a blissful side trip that looped around Alexander Valley to witness the beautiful display of mustard blossoms at their peak. The entire group almost came together as we staggered in for the obligatory break at Jimtown, then we took off again up Alexander Valley and Litton Springs for the trip over to Dry Creek Valley. Orderly pace lines prevailed as we cruised down West Dry Creek, Westside, across the Wohler Bridge, and then headed back to the school. Lots of smiling faces at the end...everyone seems to have had a great time. And our new members all vowed that they'll be back."

That wraps up February. March (Mag!c) began with Steve Drucker's traditional Cotati Circulator. He sent in this report: "I rode to the start, had a flat, and arrived as the 8 a.m. group of nine was just leaving. The C riders took off, never to be seen again, leaving the three B tempo riders to go at their own pace. We had a nice day, overcast at first with little wind. The roads were dry and the fields were green with yellow mustard interspersed. We got through the rough chip-seal sections okay. The 10 a.m. start had again nine riders. They were all new riders (except me) with some AB riders now joining, including Alan and Sue, Sean Butler, Vince Morabito, John Russell and Michael Hurley. John and I eventually joined up after the groups fell into place again. For the noon third start, John, Michael and I rode together on a now warm and sunny day. Sean e-mailed me later to let me know that Vince had flatted twice (riding on sew-ups) and managed to limp home. Sean finished his second loop also to make four two-loopers and just me the only three-looper for 2013."

The next day offered two very different rides. Greg Durbin had a Devil Mountain Double trainer on the card: 112 miles around the Mines Road-San Antone Valley-Mt Hamilton-Sierra-Calaveras half of the course. He sent a long report to the chat list—too long to reproduce here—in which he related that there were 14 intrepid riders who took on this big challenge. Weather was cool and overcast at the start but pleasant and sunny later on. They arrived at The Junction cafe in San Antone Valley before it opened, so had to subsist on pocket food all the way around to the suburbs before the dreaded Sierra Road climb. Greg reports new pavement on both Mines Road and on the downhill side of Mount Hamilton, making for some dream-like descending. He also sang the praises of the spring scenery. San Antone Valley and Mount Hamilton are some of the prettiest landscapes around, and Sierra Road and Calaveras are no slouches in that department either, especially in the spring. Greg figures there was a bit more than an hour spanning the file of riders from front to back later in the day...not surprising on such a daunting loop. One interesting note: on the fast descent from Mount Hamilton, our riders, hammering down the hill as fast as they could go, reported being passed by a group of skateboarders!

Closer to home, Sue Bennett led another of her volunteer fire department pancake breakfast rides, with the idea being to use a ride as a chance to support the first responders who are always there for us when we have a bad crash. Sue reports: The Bloomfield VFD Breakfast Ride went very well. The fire department folks were blown away when 24 of us walked in. I guess I should have

— 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 • APRIL 6

Hubba Century

4/C/101

9:00 AM • Geyserville School

The 100-mile core of the SRCC Hubba Double Metric. From Geyserville to Boonville on 128, then up and over 253 to Ukiah. Home via River Road, Mountain House and Dutcher Creek. This will be a stay-together ride with multiple regroupings on these remote roads.

Bill Carroll—623-9783
carrollpb@comcast.net

SUNDAY • APRIL 7

To Sebastopol for Coffee

1/A/22

9:00 AM • 135 Alderbrook Drive,
Santa Rosa

To Sebastopol on the SR Creek Trail for stop at Coffee Catz, then back on Joe Rodota Trail.

Pam & Bill Carroll—623-9783
carrollpb@comcast.net

The 12th Annual Nifty Ten Fifty

HC/D/55 • 10,000'

9:00 AM (D)

The Nifty Lite

5/B/C/45 • 8,000'

8:30 AM (BC)

Cerrito Vista Park, Moeser Lane
and Pomona Ave, El Cerrito

Ridiculously steep climbing in the Berkeley hills. Earlier starts OK, but not guided. Visit: www.niftytenfifty.com for more info, gps files, updates. Light snacks and drinks at a stop at the half way point. \$5 optional donation. 5:00 pm dinner at Lanesplitter in Berkeley.

BC: Bill Dunn—415-269-0591
cfcycle@yahoo.com

Janet DeHaven—510-734-3713
D: Paul McKenzie—510-409-8873

Three Peaks Tour

5/CD/72

8:00 AM • Alexander Valley School,
Hwy 128

This challenging ride serves as a preview of next month's Fearsome Five. Three out-and-back hill climbs give riders the option to turn around when they've had enough, or to continue for an impressive 10,000 feet of gain in just under 75 miles. We will start with the Geysers, turning around at the TT rest stop; then on to Pine Flat Road to the bitter end; and finally a trip up Ida Clayton to the water tank and back. The Jimtown store will be our

pit stop after the second climb.

Sarah Schroer—364-7560
sarahschroer@gmail.com

SATURDAY • APRIL 13

Adventure on King Ridge

4-5/ABC/50

A: 8:00 AM

B: 9:00 AM

C: 9:30 AM

Duncans Mills

A ride around the legendary King Ridge loop designed especially for club A and AB riders. Three staffed rest stops at 15, 24, and 35 miles, plus limited sag support. C riders are welcome, but are urged to ride at the pace of the A's and AB's to offer moral support and mentoring. Members only and you must register at the ride site (so we can calculate food for the stops). See article on page 1.

Organizer: Doug Simon
577-0113, desimon@scbglobal.net

Pope Valley Wildflowers

3/BC/55

9:00 AM • Monhoff Rec Center,
1505 Grant, Calistoga

Up out of Napa Valley via Crystal Springs, Deer Park and White Cottage. Down into Pope Valley to commune with the wildflowers. South down Pope Valley and Sage Canyon back to Napa Valley. North along Silverado Trail, Bale, 29, etc.

Janice Thomas—495-0353
jmt.bike@gmail.com
Laurie Buettner—874-2811
meanlaureen@gmail.com

SUNDAY • APRIL 14

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Joe Rodota Trail,
west end of Sebastopol Road, SR

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 • APRIL 20

Pine Flat Challenge

3-5/BCD/62

9:30 AM • Piner HS

The latest edition of the semi-annual run up

Pine Flat Road, with the clock ticking. Start in SR and ride up in a bunch, then regroup at the bottom of the hill for a mass start run to the summit. If you want, your time to the summit will be recorded. Times vary from approx. :50 to 1:30+. For more info, visit the Pine Flat Challenge [website](#).

Doug McKenzie—523-3493
douglas@sonic.net

MedioFondo Trainer #2

3/B/58

9:00 AM • Piner High School

The standard MedioFondo route: out to the west county, along the river and down the coast, then back inland along Coleman Valley, etc.

David Fitch—228-9705
DavidCFitch@gmail.com

SUNDAY • APRIL 21

Marin Meander

4/BC/66

9:00 AM • Village at Corte Madera (northeast parking lot)

An exploration of Marin County, including Corte Madera, Mill Valley, Muir Woods, Hwy 1, Bolinas, Fairfax-Bolinas, West Ridgecrest, Panoramic, Seminary, Tiburon, Paradise. A very complicated route on unfamiliar ground, so we'll try to keep the group together at an easy, social tempo.

Bill Oetinger—823-9807
srccride@sonic.net

SATURDAY • APRIL 27

Clear Lake Double Metric

4/CD/121 • 10,000'

8:30 AM • Foss Creek El. School
BC start at 8:00 AM

The by-now classic loop through Alexander and Knights Valleys, up and over Ida Clayton and down into Lake County (on two miles of steeply downhill gravel road). Big Canyon (gravel) and Siegler Canyon, then along the west short of Clear Lake to Kelseyville. Hopland Grade and Mountain House back into Sonoma County and finally a run down Dry

Creek Valley to the finish. Lowland (BC) option from Hopland: south on Hwy 101 > Geysers Road into Cloverdale > rejoin course. Only a mile or two shorter but bypasses climbs on Mountain House. *Please do NOT show up for the BC start if you are not a BC rider.*

CD: Doug Schrock—833-1029
dschrock@keypointcu.com
BC: Bill Oetinger—823-9807
srccride@sonic.net

Second Half of Terrible Two

5/C/106

8:00 AM • Healdsburg City Hall

The header tells the story: around the second half of the TT course, but beginning and ending in Healdsburg and using River and Westside to close the loop from Monte Rio. A preview of the TT 200-K?

Janice Thomas—495-0353
jmt.bike@gmail.com
Steve Thomas—206-5617
steve.thomas5617@gmail.com

April in the Valley

2-3/AB/50

8:30 AM • San Miguel School

Beautiful cruise through Alexander Valley, winding roads with scenic views of Spring flowers, and a stop at the Jimtown Store for munchies and chat with friends.

Rochelle Bowman—567-7762
rockbow59@gmail.com

SUNDAY • APRIL 28

Going in the Right Direction

A/1/34

9:00 AM • Esposti Park

A pretty flat, pretty easy, and just plain pretty ride.

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

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

Lead a ride...it's fun!

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 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

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-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): 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



called ahead, as they were unprepared for that many at once. As we left, the fire captain, an EMT, and others from the VFD could not thank us enough. After breakfast, the cyclists split into two or three groups. We know of only one flat. It turned out to be a delightful day, and everyone seemed to have a great time. Several were asking when the next breakfast ride would be." A week later, a letter of thanks from the Bloomfield VFD showed up in our PO Box, and it was passed around at the next club meeting.

The second weekend in March began with a bang: beginning in Windsor, a combined six ride leaders led out around 60 riders, divided up fairly equally between AB, BC, and CD groups. "Mixing it up," indeed! Liz Sinna, one of the BC leaders, painstakingly put together a long ride report for the chatty list, with contributions from leaders of each group. For the BC and CD gangs, it was a hilly day: Sweetwater, Mays Canyon, Green Valley, Harrison Grade, Vine Hill, with the CD group running as far afield as Valley Ford. All those ups and downs broke the groups up into smaller pods, and a few mechanical glitches further separated folks. One rider falling ill on the AB ride and one rider falling down on the CD ride added to the travail. But neither of those mishaps proved to be too terrible. And in fact, Liz pointed out how nice it is to be a part of a club where others are almost always there to assist in times of need, supplying tools or expertise to tinker with a balky bike or to otherwise lend a hand as needed. That group *esprit* was in evidence after the ride as well, with over 20 riders sticking around for lunch at Patterson's Pub in Windsor.

Also on this day, Susan Hester listed the No Free Lunch Ride, replicating the route and the lunch of the traditional FLR that is not happening this year. (See item on page 1 for more about that.) Susan sent in this note about it: "10 1/2 people made the ride. Many were newcomers to the club. 6 1/2 made it to lunch at El Sombrero Taqueria. After making it safely down Canyon, John & Jill's 4-year old son Liam was asked which he liked better...going uphill or downhill. He replied, 'I like going down hill and I like going up hill!'"

The next day, Sarah Schroer listed the third annual running of the Saving Daylight Century. This is extracted from her chat list posting: "A group of 14 riders changed their clocks and showed up at the appointed hour at Howarth Park. We were met by a photographer from the *Press Democrat* taking pictures for a story on the Vulnerable User Ordinance. Although it was chilly at the start, we quickly warmed up climbing St Helena Road. Howell Mountain was sunny and warm, and more layers came off at Pope Valley. We headed east to the shore of Lake Berryessa and then south in a well-ordered paceline. Smooth pavement and a long downhill on 128 brought us back to Silverado Trail and on our way to Yountville, where we stopped for lunch. After lunch, we continued south until we could double back on Dry Creek Road and sneak up on Trinity, avoiding Oakville Grade. Finally, after 85 miles of riding, we faced the wall of Trinity. Some suffered more than others on this climb, but everyone made it over the top and down the other side. Legs were tired and conversation sparse for the remaining 15 miles home, but we perked up quickly over beer and pasta at Mary's.

"Of the 14 who started this ride, six told me they planned to ride

at C pace, rather than the advertised CD. They were all experienced riders with route slips in hand, and I was not worried about leaving them behind. The group did split apart on the first two climbs, then reunited at Pope Valley. After that, the faster group began to pull away, but at the end of the day, the C group arrived at the finish less than 30 minutes after the CD riders. I was happy that these C riders were not deterred by the listed pace and enjoyed the same great weather and less-traveled roads that the main group did."

(That photographer from the *PD* got some great photos, one of which was especially nice, showing a smiling Sarah leading the troops up the butch climb on Calistoga Road, with Marc Moons nipping at her heels. It appeared with the on-line version of the article. Without permission, I can reproduce it here, but it's a good photo. I saved a copy of it and if you want one, let me know and I'll send it along.)

Also on this Sunday, Steve and Barbara Drucker led an AB ride out of Sonoma, through the Carneros to Napa and back. Steve reports: "23 riders attended, most above the club median age. We made it through the rough roads in rural Sonoma County and enjoyed the better roads and then the views in Napa County. A great time was had by all in areas new to many club members, as the Sonoma-through-Carneros route had not been used on a club ride in a long time." (The Editor would like to point out that there have been several recent rides through the Carneros, including Janice Thomas' Le Tour de Cember on December 30.)

That brings us to the last weekend we can cover this month, which featured two nice rides on Saturday. I had the Apple Cider Century on the calendar for the 20th year in a row. Back in the early years of this ride, I used to place ads in the local bike publications to promote it, and we had as many as 100 riders show up once or twice. More recently, with no promotion, the fields have been smaller. This year, we had over 60 at the start at Ragle. I didn't get an exact count, but I'm going to say it was 66. We had leaders for D, C, and B paces, plus a leader for the 100-K route, so we had it covered. The ACC has not always enjoyed good weather on its mid-March date. At least twice we have run for cover without finishing it, chased home by rain and hail. Once it was rained out on Saturday, but we got it done on Sunday. And there were a few other years with gloom and drizzle. But when the March weather cooperates, it can be spectacular, and this year was one of the good years. It was chilly at the start, but not painfully so. It never became tropically warm, but it eventually got to the point where people were stowing their arms and vests.

Typical for ACC's, the west county hills strung the big group out right away. There was a general regroup in Monte Rio, where the 100-K's departed. The century riders set out for Cazadero and Fort Ross in little bunches, arriving in Caz in good order. The mighty ridges of Fort Ross broke things up more thoroughly, but another nice regroup in Duncans Mills allowed folks to form new alliances for the run up Boho to Occidental and out into the open (windy) dairylands around Valley Ford and Tomales. Barley Forsman posted a Flickr [page](#) of photos the next day, and looking at the photos in order gives a reasonable pictorial chronicle of how the day unfolded.

It all adds up to a delightful day. The ACC course is one of the most beautiful 100-mile loops you can find anywhere, and when you add in good weather, it's hard to beat. As far as I was able to observe,

— Continued on page 7



The Terrible Two is out there... waiting for you

In the midst of the run-up to the Wine Country Century, don't lose track of the fact that the Terrible Two comes along just six weeks later, on Saturday, June 15. This year, the TT is back in the California Triple Crown Stage Race, so it will be sure to attract a big crowd of hardcore crazies, ready to tackle its wicked hills and—possibly—its bake oven heat.

And then there is the new 200-K option, which will bring in another group of riders looking to test themselves on the infamous second half of the course... the hills known as "the Killing Fields." The addition of this new event, running alongside the traditional TT, will make it a very busy day for all of our workers: longer service windows in the later rest stops, more time for the festivities at Analy High School at the finish, more sags for more hours on the back roads...it will all add up.

Once the dust has settled from the WCC and we've all caught our breath, turn your attention to this other event, looming on the not-too-distant horizon. We will have volunteer sign-up information in next month's newsletter and at the website. If you're not planning to ride it, plan on supporting it.

More B & B...

everyone was having a great time, enjoying a ride through Mother Nature's garden on one of those nearly perfect spring days we do so well. A humble thank you to all who elected to make this their ride of the weekend.

Bill Finkelstein, Mary Mack, and Jack Hartnett organized a ride out to Mom's for the A and AB gang on this day. Bill filed this report: "A 10 a.m. start in nice warm weather brought out many club members who had not ridden in a while (some since September) to swell our ranks. We counted 29 riders departing the Third Street Aleworks headed out to Mom's Apple Pie. We were joined for part of the route by additional riders. Another group who had commitments for later in the day decided to start the route at 9. So adding the folks in the auxiliary groups, we likely had another dozen joining. We did have a minor, non-injury crash, and another rider had a problem with her bike, which was not repairable, but made it to Mom's, where we arranged a pick-up.

"After shedding what few warmer layers we started with, we headed out from Mom's to return to the Aleworks for lunch. Some riders went straight back on one of our shortcuts, but most completed the route heading up Vine Hill Road. The main group finished between 1:30 and 2:00, with a dozen assembling upstairs at the Aleworks for nibbles and brews. Special thanks to the Aleworks for a lovely lunch and for letting riders who didn't have locks or cars nearby bring their bikes upstairs and stash them in a safe corner. Thanks to all for joining us on a lovely ride."

The only ride on Sunday was another Welcome Wagon Ride. I asked Janice Eunice if she was back on the bike yet (since her encounter with the squirrel last month). She replies: "No, I am not back on the bike, but I expect to be this week. I went with Mike to Ragle Park to meet with the WW riders. There were nine riders, including Mike. We had one new rider. It was nice to see and talk with them, and after my walk around Ragle, I drove to Kozlowski's Farm to socialize with the riders. It was glorious day for a ride, and I enjoyed being part of the group."

APRIL ALPINA: HEAD FOR THE HILLS!

In April, the club offers members a way to step up their conditioning by focusing on climbing. As with March Magic, there is an on-line log that is easy to use, and great for use as a motivational tool. You could spend a few thousand dollars going to a climbing camp offered by a famous coach, or you can stay in the fold and get in better shape with your fellow club members for free.

It may seem like singing to the choir to speak of focusing on climbing to the riders of Santa Rosa Cycling Club, as it seems like every month there is some ride with lots of stiff climbing, but the fact remains that if you up your workload you will get stronger, improve your strength endurance, and will be able to climb on typical club rides over King Ridge, the Geysers, or even Canyon Road with less grinding and at least a tad more *elan*.

Back in 2007 (April Alpina is even older than our records show), a mere 27 clubsters were able to amass over 1 million feet of elevation gain. Can we do it this year? I don't know, but we can sure have fun trying!

Go to the April Alpina [link](#) under the Calendar menu and set yourself a challenge.

Let's climb!



SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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Member: LAB • CBC • CABO • REBAC • SCTC • SCBC
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Susan Forsman..... 415-225-9405
Vice-President: Doug Simon577-0113
Secretary: Sarah Schroer.....364-7560
Treasurer: Greg Durbin217-1549
Officers at Large
Liz Sinna.....484-2459
Rochelle Bowman.....544-7363
David Abramo 650-533-2330
Sherry Adams.....294-7442
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, April 10 • 6:30 PM

Occidental Road Round Table Pizza

Featured presentation: Dave Townsend,

Physical Therapist, on back health and strength

Wednesday, May 8

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, April 4 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, May 2

• Directory of WCC Committee Chairs •

Chair..... Doug Simon, 577-0113, desimon@sbcglobal.net
Vol. coordinator ..Kimberly Hoffman, 579-3754, kdhoffman10@yahoo.com
Registration..... Gordon Stewart, 823-0941, gordon@gsathome.com
Site reservationsJohn Miklaucic, 318-8231, jmiklaucic@comcast.net
Sags & CommunicationCraig Gaevert, 478-9387, cgarch@sonic.net
CHP/Medics/Permits Bruce Hopfengardner, 494-1155, k6bdh@me.com
Food Rene Goncalves, 527-1248, leslierene@hotmail.com
Equipment..... Rose Mello, 543-5889, rmello57@comcast.net
Course marking Bob Redmond, 799-0764, redmond.bob@gmail.com
Course hosts..... Tom Bahning, 525-1960, duncansmills@sbcglobal.net
Course signsVicki Duggan, 525-1960, duncansmills@sbcglobal.net
Course marshals..... Ron Bates, 526-3512, sharron@randaloptimal.com
Customer service.....Jack Hartnett, 694-0922, cyclingjack@yahoo.com
Clothing sales..... Sharron Bates, 526-3512, sharron@randaloptimal.com
Graton Janice Eunice, 575-9439, nicenice@sonic.net
Ocean Song..... Wayne Kellam, 523-1878, wkellam@sonic.net
Monte Rio Mike McGuire, 542-6687, mmcguire@pacbell.net
Wohler Bridge Tony Buffa, 824-4466, tbuffa@sonic.net
Evelyn Ellis, 415-898-2998, evbuch@yahoo.com
Warm Springs Dam.....Richard Anderson, r.c.ander@comcast.net
Donna Norrell, donna.n@comcast.net
Sarah Schroer, saraschroer@gmail.com
Alexander Valley.....Steve Drucker, 538-5256, bdrucker@sonic.net
Food Service, WFC Michelle Kane, 292-5707, kearykane@yahoo.com
Overall, WFC Joe Morgan, 778-8209, TheMorganFamily@comcast.net
Workers' Ride, Picnic ..Susan Forsman, 415-225-9405, susan@volagi.com