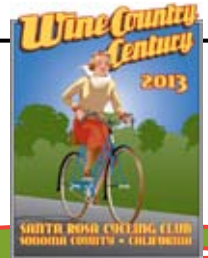
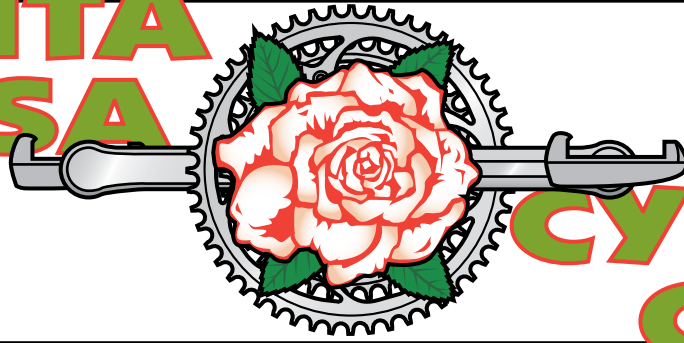


SANTA ROSA



CYCLING CLUB

MAY 2013 NEWSLETTER

Wine Country Century: May 4 And now for something completely different:

It's May, and that means the Santa Rosa Cycling Club's marquee event has arrived: on Saturday, May 4, 2500 entrants and over 450 volunteers will come together to participate in the 2013 Wine Country Century. If the weather gods and Murphy's Law give us an even break, it should be another wonderful weekend for cycling (and supporting cycling) in the North Bay.

The volunteer crews are almost all full, but we could still use a few more volunteers. Please contact Kimberly Hoffman—kdhoffman10@yahoo.com—if you are available to help us with the WCC.

One new detail we want to pass along: this year, all riders and workers will have to pass through checkpoints to be admitted the WCC "campus" at Wells Fargo Center. If you are not an entrant or an authorized worker, please don't drop by the finish with the idea of just hanging out. You won't be able to get in. We have 2500 riders, plus over 200 volunteers at the finish area throughout the day. It is big gathering, a lot to deal with, and space and parking are limited. Please help us: skip the after-ride scene on Saturday and instead join us at the party on Sunday.

WCC Workers' Ride and Party • Sunday, May 5

The time for WCC workers to hang out and party is on Sunday, the day after the WCC. With all our guests on their happy way home, it's our turn to play: to ride the WCC routes and then to kick back at the best party of the SRCC year, in the big tent at the finish.

Please note these details about the workers' event:

1. It is only for official WCC volunteers.
2. Attendees *must* register at the [on-line site](#).
3. Check out the timetable on page 8 of this newsletter or at the website for suggested start times for the various courses and various paces (so you can hook up with other riders traveling at your speed).
4. Beer is only available 12:30-4:30 (WFC rules, not ours.) Plan your ride accordingly.

Workers' ride Chair Susan Forsman says she could still use a few more helpers at the event. Susan.Forsman@volagi.com

The Terrible Two double century • June 15



Fellow SRCC members (and others who are willing): it's time to put out the call to the generous and dedicated volunteers we need annually to staff our prestigious double century, the Terrible Two. As many of you know, your club needs loads of volunteers in order to effectively stage this event. Many people have enjoyed volunteering on the TT in past years and return over and over, so we're not starting from scratch. But we always need to add staff here and there. This is particularly true this year, as we are adding a 200-K option to the event and will be expecting nearly

double the usual number of riders (possibly 500 in total).

Most of our rest stop chairs and other key volunteers are returning, so we are asking for folks to augment their returning staffs. Most volunteer duties take place on the day of the event itself (Saturday, June 15), but there are also many things needing to be done in the days leading up to the ride, on Friday before the ride, and on Sunday immediately after. The Terrible Two is not anything on the scale of the Wine Country Century, in terms of the number of participants, but the course is twice the length, way, way out in the boonies, and much harder, so there is lots of ground to cover and many interesting chores to do. It's a more intimate event, and the much smaller number of riders is generally so appreciative of the support we offer them. We think most past volunteers would say it's a rewarding and fun experience to be a part of this very challenging ride on our home turf. This is a California Triple Crown Stage Race event for 2013, so we expect a good field of seriously committed long-distance riders.

Tasks include typical rest stop duties, course marking, sag drivers, lunch stop help, truck loading, clean-up on Sunday at the warehouse, and many other slots too numerous to mention. If you have the time and can help, please go to the TT volunteer [sign-up page](#) at the website and fill in the blanks. We'll add you to the volunteer pool and get in touch in the coming weeks to set you up with a job. There is a place at the registration page to note your preferences in terms of times available, special skills, or to request a specific task. Or, you can get in touch directly with Rick Sawyer or Bill Oetinger, TT Co-Chairs, or Donn King, TT volunteer coordinator.

Rick Sawyer, 707-933-0760, sawyer.rts@att.net
Bill Oetinger, 707-823-9807, srcride@sonic.net
Donn King, donnk@pacbell.net

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for April

- 1. Call to Order:** President Susan Forsman called the general meeting to order at the Round Table on Occidental Road on Wednesday, April 10. 66 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on current bank balances, as of March 31. (Club financial information is always available in the Members' section of the club website.)
- 3. Membership:** Registrar Gordon Stewart reported membership of 1734 (combining individual and family memberships). Liz Sinna and Sherry Adams 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 May.
- 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. (See article on page 1.)
- 7. Hoodies:** Logo Gear committee member David Abramo announced that they are seeking graphic designs for a silk-screen on SRCC hoodie sweatshirts. (See item on page 7.)
- 8. History:** Mike McGuire read passages from newspapers about cycling in Sonoma County in the late 19th and early 20th centuries, including an account of local bike club members riding from Santa Rosa to Yosemite National Park. He read articles about the Rose City Wheelmen's official clubhouse on Cherry Street, where many members took their meals and at least a few lived.
- 9. Amgen ToC:** Don Graham appealed to the members for a few folks to help staff our SRCC hospitality booth at the finish area of the final stage of the Amgen Tour of California on Sunday, May 19. It's easy and fun and right in the middle of all the big race excitement. For more information, talk to Don: 538-3664, ccmtg@sbcglobal.net.
- 10. Trail Study:** Greg Durbin reported on Sonoma County Regional Parks' efforts to secure Caltrans funding for a feasibility study of the Sebastopol-Petaluma Trail. (See article on page 7.)
- 11. Trailers:** Doug Simon updated members on the purchase of two cargo trailers for hauling supplies at SRCC events. One trailer has been purchased and another is on order and will arrive soon. In addition, VeloStreet, the folks who run the GranFondo, have purchased a trailer too, and all trailers will be shared between the two groups at their respective events.
- 12. Meetings:** The June Board meeting has been moved from its normal date (June 6) to June 10 to avoid a conflict with the Central Coast Tour. The Board meeting that would have fallen on July 4 has been moved to July 8. The August 8 Board meeting has been moved to August 12 to avoid a conflict with the Wild Rivers Tour.
- 13. Litter:** Mike McGuire announced the details of the upcoming Litter Pick-up Day. (See article on this page.)
- 14. Bike Trails:** Board member Bob Redmond raised the issue (before the Board) of whether large club rides should use bike trails, citing potential conflicts with other trail users and also insurance concerns. The matter has been held over for future discussion.

Eastside Road Adopt-a-Backroad Litter Pick-up Day 9:00 AM • 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.

Event boss Mike McGuire sent us this note about the day: "Meet by 9:00 A.M. at the corner of Old Redwood Highway and Eastside Road, near J Winery. There is sufficient parking on the sides of Eastside for the few minutes volunteers will be picking up their gear before heading out. Depending on the number of volunteers, we will do Eastside Road to Wohler Road and on to Westside Road, and Wohler Road to River Road. If enough show up, we'll add Windsor River Road to Starr. About 12 miles total. We will reconvene at the Bear Republic for hand washing, lunch and conversation."

To RSVP or to learn more...

[Mike McGuire—542-6687, mmcguire@pacbell.net](mailto:mmcguire@pacbell.net)

15. Welcome back: Doug Simon took a moment at the meeting to welcome back Rich Steiner after his long recovery from injuries sustained when hit by a car.

16. Workshop: Sherry Adams proposed to the Board that they schedule a training workshop with Diane Brown of the Non-Profit Assistance Group on managing organizations such as the SRCC. The Board approved the proposal for a workshop in June or July.

17. Featured Speakers: Dave Townsend, Claire Long and Jay Hall of Santa Rosa Physical Therapy. Their presentation focused on back health and was tailored to cyclists and situations likely to be encountered by those volunteering for the upcoming WCC. The discussion covered proper posture while standing, sitting, and on the bike, body mechanics and tips for lifting items safely.

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: srcride@sonic.net.

Is there another month as bike-friendly as May? The fields are still green, but you can—knock wood—pretty much count on the rains to have let up. The wildflowers are busting out all over. The weather has warmed up nicely...and most of us have ramped our fitness up to wherever it's going to get to this year. Prime time!

But we have to look backward in this space to catch up on old rides, clear back to the cusp of winter. Not all of our rides back in those dark ages were quite as sunny and balmy as what we might expect on a typical May day.

The first ride we cover this time around was on March 23: Steve Drucker's Double County-Double Metric...a big, 124-mile loop through Sonoma and Napa Counties. Steve reports 13 riders at the start, with over ten of them being well on the high side of the listed B pace. (That's pretty typical. If you list a ride of 124 miles, the same people are going to show up, whether it's listed at B or BC or D. Well, maybe not at D. A listing like that will deter the B and BC riders, but a B listing will never deter the CD riders.)

To no one's surprise, the faster riders beavered off over the horizon quite promptly, leaving a small contingent of B riders to cruise along at the appointed tempo. Our spies tell us that front group ultimately split into two groups as well—C and D?—but that everyone, at whatever pace, was having a good time. Steve thinks that a dozen riders eventually knocked off the full double metric on a lovely spring day.

Also on this day, the trio of Rochelle Bowman, Bridgette DeShields and Kathie Leader had a 45-mile A ride from Howarth Park, down the Valley of the Moon to Sonoma. I believe this was a first time listing and leading a ride for them, and they did it well and had fun along the way. Rochelle reports: "The day started out with great weather. I thanked everyone who came out, and I think we counted about 30 people. We had one new person join us, but her name escapes me now. It was a nice jaunt out to Sonoma, nothing eventful...had a great stop on the square for refreshments, and off we went and headed home. I had one flat tire and that was about it."

The next day, David Abramo and Sunny Mawson had an A ride of 31 miles on tap, out of Esposti Park. It consisted of two 15-mile loops. Do one or both. Sunny reports that 15 people showed up and all of them did all of the miles. After one loop, a lot of layers were removed at the park before commencing the second loop. Sunny says she hears, second-hand, about many people "who say they really want to ride but are afraid they might be slower, newer, recovering or whatever keeps them at the back of the pack." But when it comes right down to it, she doesn't see those people on the rides. Everyone is rarin' to go. She leads from the back, and everyone else is somewhere up ahead. The point is: if you are one of those people afraid to take the next step up on the cycling ladder, be assured that Sunny's got your back, and that there is room for you and support for you on these rides.

The last weekend in March was Easter weekend, but the weather didn't look all that great for either Easter egg hunts or bike rides... kind of gloomy and threatening. The only official ride on the entire

holiday weekend was Sherry Adams' Best Out-&-Back Ever, which offered up two trips over Sweetwater Springs, with the infamous run up to Bullfrog Pond in between. (Don't know Bullfrog? This narrow, winding, lumpy lane out of Armstrong Woods is right up there alongside Pine Flat and Sonoma Mountain #1 in the Nasty Department, about as steep as they come around here.) And then Sweetwater is no cake walk either, especially when taken twice. Sherry sent in this report: "We had more flats than I can count on one hand, but strangely, this added to the enjoyment of the ride. They ended up being kind of like breaks at the water cooler: interesting conversations you might not have had otherwise. There were a few rain drops, but we never got soaked through, and still had nice views in the park. And those of you who think you'd be a winter bike commuter if only the weather wasn't so dreary might take inspiration from one of the Canadians who joined us for the ride. In winter she does her 20-mile, round-trip commute in Calgary on a 'cross bike with studded tires. I think there were 11 of us, a range of paces, but very good group dynamics and the out-&-back format made the range of speeds not too stressful for me as ride leader. A fun day with a good bunch of folks."

No one had offered to list a ride on Easter, so I had thrown in a leaderless B ride in case anyone wanted it. I heard a couple of folks say they were going to do it, but I think the dodgy weather discouraged everyone in the end. I had skipped Sherry's ride on Saturday, hoping for better weather on Sunday. I tried my luck mid-morning with a run up to Lambert Bridge. The first 25 miles were fine, but about the time I turned south, with another 25 to go, the bottom fell out of the clouds, and it poured as hard as it ever does around here, with lightning and thunder making it all the more exciting. Ah well...I needed an excuse to clean the bike.

The first ride up on the April calendar was Bill Carroll's century that was supposed to follow the route of our Boonville-Ukiah 200-K brevet, only pared down to 100 miles. However, we found out in the days before the ride that a couple of the roads—in particular Hwy 253—would be closed for filming crazy car chases for the next *Fast and Furious* sequel. (I guess if you pay enough money, you can simply "own" a public road for a day, no matter whose taxes paid for that road or who else might be inconvenienced... sheesh!) Bill quickly went to work, coming up with an alternate century route that went over the Geysers and down to Calistoga and back (from the same start site in Geyserville). Bill picks up the tale: "Twelve riders took off from Geyserville School for the Figure 8 Century, but I was not one of them. I arrived at the start, in gear, but steady rain all the way up 101 had me discouraged. Plus, I had been sick the last two days. Sitting in the lot, I didn't think anyone would show, but I had already decided I was not going. Then Bob Puckett and Liz Sinna drove in, followed by Marc Moons, Paul from Marin, Barley, Sky and his friend, Sara Lyons (our newest club member) and finally, Del. Michael Garner, Luke Scrivanich, Karl Kuhn and Joyce Chang rode to the start. Luke took the lead, but that's a very self sufficient group and I doubt they needed much leading. To learn how the actual ride went, we'll have to hear from someone else."

And for that, we turn to Luke Scrivanich: "A group of a dozen riders embarked a few minutes after the rain showers ceased, headed north to Cloverdale and onto Geysers Road. Road conditions were surprisingly good after the week's storms, though gravel sections on Geysers were extra soggy. The sun peaked through and quickly

— Continued on page 6

RIDE SCHEDULE

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

SATURDAY • MAY 4

WINE COUNTRY CENTURY Often imitated, never duplicated

See article on page 1 or WCC [home page](#).

SUNDAY • MAY 5

WCC Workers' Ride & Party See start times and rest stop schedule on page 8 [RSVP at club website](#)

Check club website ride calendar for specifics about routes. See article on page 1. Ride and party for WCC volunteers only.

SATURDAY • MAY 11

Fearsome Five 5/CD/129 • 15,000'

8:00 AM • Alexander Valley School

An extremely hilly and challenging ride (for fit, fast riders only). Twice over the Geysers, plus out-&-backs on Pine Mountain, Ida Clayton, and Pine Flat.

Marc Moons—762-6685
m moonsca@yahoo.com

Climbing and Descending Clinics

3-4/B/45

Two clinics for 8 riders each
Pre-reg at website
Start times and sites provided to
registered participants

Want to improve your ability to comfortably and confidently climb sustained single and multiple grades? Here's the clinic for you, in a small group and safe venue. We'll cover choosing what effort to maintain, mastering changing grades, enhancing nutrition, improving the sustainable effort over time, and smoothly descending what you've just ascended. This is a clinic, so we'll ride as a group at a steady B pace; not appropriate for A's. C's who will stick to a B pace are welcome. For a safe, individualized and educational experience, clinics are limited to registered riders only.

Bob Hasenick—573-1426
bobhasenick@att.net

Follow You, Follow Me 3-4/AB/40 or 62

8:30 AM • Healdsburg City Hall

Note: Early start at 8:30 AM. A potentially challenging ride with options. 1. Ride 40 miles and cross Canyon Road To Geyserville Mudd

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](#).

for coffee. The standard HBG loop including 128 and Red Winery Road to Jimtown then back home. 2. Ride 62 miles (5450 ft. total climb) including an out and back on Rockpile Road. Back to Canyon and finish the route.

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

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

SUNDAY • MAY 12

SRCC Welcome Wagon Ride 1/A/10-15

10:00 AM • Keiser Park, Windsor

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

Rincon Valley VFD

Pancake Breakfast Ride 2/AB/33

8:30 AM • Schaefer School

Arrive early: we will leave promptly at 8:30 to try and avoid the rush. A pleasant, not-too-challenging loop built around a stop at San Miguel School for the Rincon Valley Fire Dept. Pancake Breakfast (4 miles into the ride, so you can arrive hungry). We do these rides to support those emergency responders who are most likely to be first on the scene for a bike accident. After breakfast, a pleasant ride out toward the river.

Sue Bennett—523-1322
sueb631@yahoo.com

Geysers Hill Repeats

4-5/BC/32

9:00 AM • Robert Young Winery,
machine shop area (west side of
Red Winery Road)

Ride up the Geysers to the Ranch four times. Try to do each repeat (up and back) in under an hour. (Basically you need to average 5 mph up the Geysers.) I will have a 5-gallon container filled with cold water for cyclists to replenish fluids as needed. Leave your "nutrition" for each repeat at the bottom of the climb, and I will have a car there to stash your goodies. Remember that on hill repeats, no one truly gets left behind! Park on the *west* side of Red Winery Road opposite the Robert Young Winery Tasting Room. I have approval from

the owners for this. Please register so that I can give a reasonably accurate car count to the owners.

Joyce Chang—431-8666
joycechang@juno.com

SATURDAY • MAY 18

Richard's Retirement Ride

5/C&D/76

8:30 AM • 5789 Futura Way, SR

Start and end at Don Graham's house, where he will provide burgers and beverages to celebrate Richard Anderson's retirement. A challenging ride down Sonoma Valley to Glen Ellen, over Trinity and down to Mt Veeder, then out across Napa Valley to Silverado Trail, and home via the double whammy of Oakville Grade and Dry Creek.

Don Graham—217-9076
ccmtg@sbcglobal.net

Tour of California:

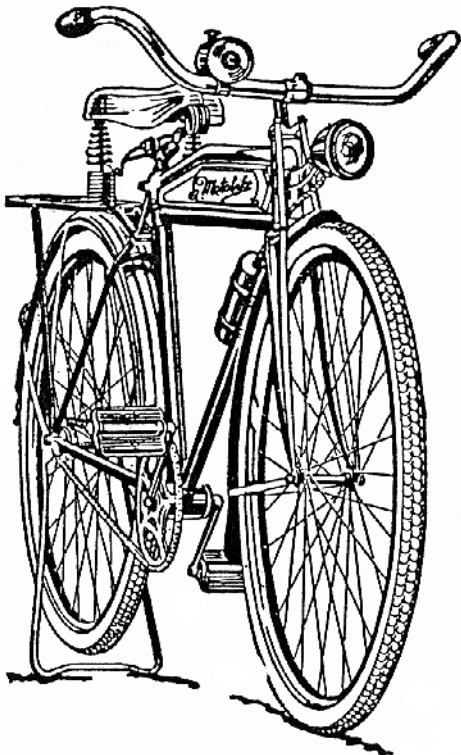
Stage 8 Preview

3/B/38

9:00 AM • Ragle Ranch Park

Ride the heart of the Sonoma County route for the next day's finishing stage of the Tour of California. We'll start with a lumpy, backroad route to Tomales and a coffee stop. Then, once refueled, we'll ride like the pros up Hwy 1 > Freestone-V F Rd > Bodega Hwy > Jonive > Occidental > Mill Station > Ragle.

Jerry Meshulam—477-9262
jerrym@sonic.net



SUNDAY • MAY 19

Healdsburg-Dutcher-Chalk Hill

3/C/60+

8:30 AM • Healdsburg City Hall

North to Dutcher Creek, back via Asti, Chalk Hill and Westside. Coffee in Windsor at Cafe Noto. Early start time to allow folks to be back in SR in time for the ATOC finish.

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

SATURDAY • MAY 25

18th Annual Bad Little Brother

5/CD/133 • 14,500'

8:00 AM • Lk Sonoma Visitor Cntr

Another extremely hilly and challenging ride. A good final tune-up for those training for the Terrible Two. Major climbs (and descents) on Hwy 128, Mountainview, Annapolis, and Skaggs Springs. Sag support provided.

Greg Durbin—528-4450
gdurb@sbcglobal.net

May Wee Ride

Esposti to Geyserville Mud

2-3/B/51

9:00 AM • Esposti Park, Windsor

Mais oui? Join us for a fun run over Chalk Hill to Geyserville Mud and then back over Canyon, down Westside to Wohler Bridge and back to the park.

Bill Finkelstein—478-7945
bill@williamfinkelstein.com

Mary Mack—695-8228
mary@marymackdesigns.com

SATURDAY • JUNE 1

West County Meandering

3/B/42

9:00 AM • Ragle Ranch Park

Weave through West County with a break at Wildflour Bakery. A lot of twists and turns through some great scenery.

Christine Logan—577-1422
christinelogan@comcast.net

JUNE 1-JUNE 9

Central Coast Tour

Pre-reg only; sold out

SATURDAY • JUNE 15

THE TERRIBLE TWO

5/CD/200 • 16,500'

5:30 AM • Analy HS

5/CD/200-K • 10,000'

7:30-8:00 AM • Analy HS

Pre-reg only

See article on page 1 or visit TT web [page](#).



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

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-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: Walnut Park, Petaluma

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.

burned off the low lying cloud cover. The group split up during the climb, regrouped at the summit, and enjoyed spectacular views and fast riding on the long descent into Alexander Valley. After a refueling stop at Jimtown, we headed to Calistoga via 128, maintaining pacelines through much of this stretch. We lunched in Calistoga, then passed thru Franz Valley onto hairy Mark West Springs. I experienced my second flat of the day and elected to bail as we passed through Santa Rosa. The bulk of the group returned to Geyserville, with a few riders vectoring straight back to other starting locations. It was fine day of pleasurable touring with a 'stay-together' group enjoying a moderate pace and one another's company."

There were three rides the next day, and for one of them, Bill Carroll was back in the saddle, leading another ride, but this time riding shotgun for his wife Pam on her first ride-leading adventure: an easy run out to Coffee Catz in Sebastopol. Bill checks in again: "Pam and I led our first ride together last Sunday. We had four hardy A riders join us on a cool, gray, damp Sunday morning to make the trip to Sebastopol for coffee. It was a very social ride... nice to meet some new riders and some old ones again (Alan Bloom and Sue Bennett). I'm really enjoying watching Pam get into cycling."

Sarah Schroer listed a slightly more ambitious ride—72 hilly miles at CD tempo—and sent in this note about it: "There were eight riders at the start of the ride. Some complained about the early start, and some complained about the weather. I guess I didn't make it clear that this was a "NO WHINING" ride. One rider didn't make it out of the parking lot, having forgotten his shoes. The remaining seven endured a steady drizzle for the out-and-back on Geysers Road, with the precipitation finally ceasing as we began our assault on Pine Flat. Only six made it to the top of the hill. One hapless rider suffered his third flat of the day and headed back to his car for more tubes.

"There is, of course, a penalty for having multiple flats during one ride. As punishment for exceeding the allowable number of flats on one ride, Marc Moons challenged this rider to another trip up Pine Flat at the end of the ride. We regrouped at the Jimtown Store over coffee and baked goods. One rider had had enough and headed home for lunch...good to see you out there, Richard.

"Six strong now, we sped south on 128 to Ida Clayton in a nice paceline. Then it was every man (or woman) for himself as we climbed toward the clouds for the third and final time. Well, this was the third and final climb for most of us. He of the many flats still had one more climb ahead of him: as the rest of the group dismounted at the finish, he carried on for a second attempt at Pine Flat, with the indefatigable King of the Mountains at his heels."

Also on this day and also fairly ambitious was the legendary Nifty Ten Fifty, over in the East Bay hills. We got a first-timer's report from Paul Stimson: "Another Bucket List item done! The Nifty Ten Fifty is in the bag! Fifty feet out of the parking lot is your first of nine climbs, brutally steep. I hit this from a cold start and thought, halfway up, I can't do this... At the top of that climb, I turned to my teammate Vern Piccinotti and said, 'I don't know if I can do this.' (He says, 'Of course you can.') After an agonizing series of climbs and descents, my Garmin was reading 47 miles

to go...out of the 54 total....OMG!

"Legs began to warm up and I looked down at the Garmin and couldn't believe it, rode up next to Vern: "Vern we have a problem... my Garmin says we only have 12 miles to go.' It was true, I lost 40 miles in a Zen state of climbing nirvana. We throttled back a bit on the last climb and summited in good time. The weather was perfect: jacket off for the climbs and on for the longer descents, fog on the mountain tops. It was a fairly educated group of cyclists, who knew how to corner and stay out of each others way on descents.

"The grades were advertised as 27, 28, and 29%...cyclometers were reading upwards of 32%...amazing we could get a bike up this. The last half-mile was the steepest and wet in spots...back wheel slipping even when sitting. If you are contemplating this ride: Vern and I put on 32 tooth cogs with our compact chain rings. Unless you are 25 years old, I wouldn't recommend riding this with anything less."

The next weekend, we ran into another problem like the *Fast and Furious* filming up by Boonville...a sharing-the-road conflict. Doug Simon, with help from several volunteers, had organized a fully supported loop around King Ridge, specially promoted in last month's newsletter, and especially for the A and AB end of the club. Unfortunately, at the last minute we discovered that a big Grasshopper race would be running on King Ridge the same morning, going in the opposite direction. Having two groups on both sides of that narrow road, perhaps 100 in one group and 200 in the other, with one of the groups actually racing...it was not a good prospect. The Board kicked around some alternate routes to keep the event alive, but the whole point of the exercise had been to give the A gang a shot at King Ridge (with support). So in the end, we decided to cancel the ride and reschedule it for later in the year, perhaps around August.

There was another ride on this day, and it went off without any problems. This was a ride from Calistoga out to Pope Valley to see if the spring wildflowers were doing their thing, led by Janice Thomas and Laurie Buettner. Laurie filed this report: "On Saturday, 30 handsome people, as well as two or three regular looking ones, met in Calistoga for a ride to Pope Valley. Johann, thinking it was Friday, was there. Dave and Firouzeh had returned from cycling in France, and Donna made a strong comeback after a long time recuperating from a crash. Jim, who is trying to climb every hill in the area before moving to Chicago, joined the crowd.

"A few people mentioned that this was their first ride to Pope Valley. The green hills were lined with wildflowers, the smell of roses lining the vineyards was heavenly, and the views of the valley breathtaking. We stopped by a meadow in Pope Canyon covered in snowy white flowers, lupine and poppies.

"On the return, down the length of Pope and Chiles Valleys, a heavy-set stranger, wearing what looked like swim trunks, took the lead and pulled the pace line like a locomotive for a few miles. Who was that guy?

"Thanks to everybody for regrouping and being so well-behaved, stopping at the few stop signs we encountered, and for looking after each other. Janice, the real ride leader, had ridden to the ride start from Santa Rosa, and after leading the 52 mile loop, declined an offer of a car ride home, riding back with husband Steve. She is understandably tired, so I offered to write the report."

— Continued on page 7

More B & B...

Only one ride on Sunday: another Welcome Wagon ride along the Joe Rodota Trail, through Sebastopol and up the hill to Hwy 116. Janice Eunice reports: "A beautiful day in Sonoma County for a bicycle ride. Today we had 15 riders, including Mike and me, between the ages of 7 and 75. SRCC member George Gallegos brought his daughter, son-in-law, and two granddaughters. Another rider was from New Jersey and new to the area and the club. We stopped at Andy's for coffee."

The last weekend we can cover this month—April 20-21—kicked off with Doug McKenzie's semi-annual Pine Flat Challenge, this time with the mass start for the timed climb of PF. Doug reports: "The group was around 30 strong when we left Piner HS. Reasonably good pace up to Pine Flat. It broke up a bit on Chalk Hill, but that's a good thing to allow traffic to flow. There was more than usual this AM. A few more met us at the start so we had about 35 there. The front group was lead by Vic (all the way from Sacramento), and of course Marc was there with Jerry Roach, me, John, Vic's friend, Patrick Zahn, and a couple others."

"Last year in July, no one broke an hour, today 10 of us did. Good conditions, I guess. Here's the top 10: Marc Moons and Vic Vicari 52:27 (yep, an actual tie); Jerry Roach 54:44; Patrick Zahn 55:34; John Moreno 56:06; Tim Nordvedt 56:22; Doug McKenzie 57:44; Miguel Sanchez 58:20; John Johnson 58:54; Mark Friedman 59:03."

Also on that day, David Fitch listed a loop around the Medio Fondo course and sent us this note about it: "About 18 people rolled out from Piner High...a pretty good B group (as faster people were doing Doug's Pine Flat ride). With multiple regroupings, the ride stayed pretty much together until after the Duncans Mills coffee stop. From there the faster riders took off, not to be seen again (by the slower riders, at least). Incredibly beautiful riding weather on the coast and up Coleman Valley, with the spectacular ocean vistas. A great illustration for us local types of why so many come from all over to do this Fondo ride."

The last ride, on Sunday, was my Marin Meandering, a 66-mile, 6000' route through southern Marin, doodling through Corte Madera and Mill Valley before climbing up to the ridge, dropping into Muir Woods, and then heading north along Hwy 1 (on new, black satin pavement). Through Stinson and on to a rest stop in Bolinas, then a scenic loop around the town and Horseshoe Hill. This *divertimento* brought us to the big challenge of the day: up Fairfax-Bolinas and West Ridgecrest...a ton of climbing, but with the panoramic views from the ridgeline making it all worthwhile. A wild downhill run on Pan Toll and Panoramic brought us back to Mill Valley (more new, satin pavement on the descent), and finally the loops around Strawberry, Seminary, Tiburon, and Paradise Drive. We had 12 riders, some of whom had never seen most of those roads. With many a regroup, we managed to keep everyone in the fold for most of the ride. (It was billed as a "stay-together" ride because of the convoluted route and unfamiliar roads.) I've done some variation on this loop many dozens of times over 40 years, and I think I can safely say I have never seen it looking better than it looked on this delightful April 21, with the meadows and hillsides green and wildflowers popping out everywhere. It was over 80° and almost no wind on Ridgecrest...can you imagine? From start to finish, it was pretty nearly a perfect ride. Perfect weather, perfect scenery, and a nice group.

• Sebastopol–Petaluma Trail study •

If you get that funny deja vu feeling reading this article, it's because it is approximately a repeat from last year. The attempt to secure a Caltrans grant for a feasibility study was unsuccessful last year, but the County has not given up. They are jumping through all the same hoops this year. Read on...

County of Sonoma Regional Parks is taking the next step toward making the "Sebastopol-Petaluma Trail" a reality. Regional Parks is seeking help from local groups, including the Santa Rosa Cycling Club.

The trail is a planned 11-mile multi-use pathway that will provide a safe, dedicated route between the cities for cyclists, pedestrians, equestrians, and other non-motorized users. Eventually, the pathway will link to planned facilities within city limits.

Regional Parks is submitting a request to Caltrans for a \$190,000 grant to study the project's feasibility. The study will examine potential trail alignment, right-of-way issues, and environmental impact. The study is required in order for the trail to be eligible for federal or state funding.

Caltrans may or may not elect to take on this project. They have many requests for such grants and must choose among them. If they do elect to move forward with it, their grant requires Regional Parks to provide a 10% local match. Recognizing the long-term value of the trail as part of a regional bicycle network, Sonoma County Bicycle Coalition (SCBC) has, with other community partners, launched a campaign to raise the matching funds.

There was a preliminary announcement at the March SRCC meeting regarding this project. The SRCC Board is recommending that the club pledge \$5000 to the matching fund. If the project is eventually approved, the club will write the check. If the project is not approved, the pledge will be rescinded (as it was in 2012). Approval of that pledge will be taken up at a future club meeting.

Club seeks graphics for hoodies

The club Logo Gear committee is proposing a run of hooded sweat-shirts with a club-related logo on the front, for sale to members by next fall. Members who might wish to take a flier at a new piece of artwork for this project should bear a few things in mind...

The graphic should have some relationship to current club "looks." That is, it should have some graphic continuity with past and current club designs, or it should be reflective of standard Santa Rosa and Sonoma County iconography: the rose, for instance. And of course it should embody some aspect of cycling: bikes, riders, wheels, gears, etc.

It can be multi-colored or one-color. Given the style of a hoodie, it should probably be kept quite simple and bold.

Designs will be accepted through the month of June and a selection process will follow. (More on that in the months ahead.)

It does not necessarily follow that this graphic should be brand new. It's possible that one of the current club graphics may be used. Some of those designs will be submitted for consideration alongside any new offerings.

For more information on the project, seek out any member of the Board.

SANTA ROSA CYCLING CLUB

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- 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, May 8 • 6:30 PM

Occidental Road Round Table Pizza

Featured presentation: A post-WCC wrap-up and debriefing from all volunteers.

Wednesday, June 12

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, May 2 • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, June 10 (special time)

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WINE COUNTRY CENTURY WORKERS' RIDES

SUNDAY, MAY 5

All rides, regardless of distance or tempo, start at Wells Fargo Center, at the big tent (same as the regular WCC). The after-ride party is at the same site. Start times below are to assist you in finding riding companions who will be doing the same routes and at the same tempo as you plan to do. [Be sure to RSVP.](#)

WCC Workers' Ride Start Times

Route	A	B	C	D
35-mile	10:00	10:30		
100-K	8:30	8:30	9:00	9:00
100-mile		7:00	7:30	7:30
200-K			6:30	6:30

WCC Workers' Ride Rest Stop Times

Rest Stop	Open	Close
Graton (35-mile route only)	11:00	12:30
Monte Rio (100-mile & 200-K only)	8:00	10:00
Wohler Bridge	9:00	11:30
Warm Springs	10:00	1:15
Alexander Valley	11:30	3:15
WFC (after-ride picnic)	12:30	5:00