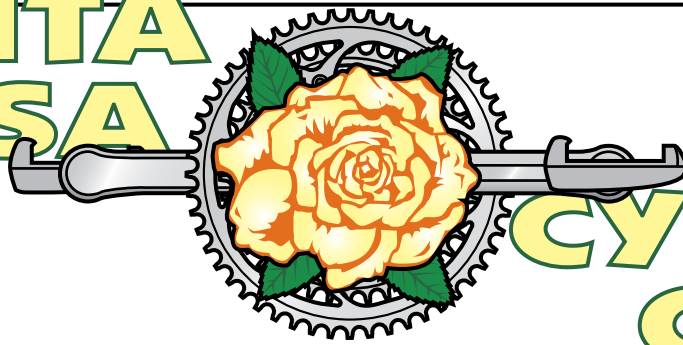


SANTA ROSA



CYCLING CLUB

JUNE 2013 NEWSLETTER

Wine Country Century Wrap-up

The Santa Rosa Cycling Club staged its annual Wine Country Century on Saturday, May 4. From a home base at the Wells Fargo Center for the Arts, approximately 2500 riders and 450 volunteers fanned out across the western and northern reaches of Sonoma County on loops of 100 miles, 100 K, 200 K, and 35 miles. Midweek predictions of afternoon temperatures flirting with 100° had the organizers laying on extra ice and water stops, but in the end, Mother Nature relented and gave us a beautiful day of clear skies, sunshine, light winds, and heat that was toasty—mid-80's—but not brutal.

We would be inclined to describe it as a nearly perfect day, for the club and for our visitors, except for one incident: a rider from New Mexico was stricken with a heart attack on West Dry Creek Road. In spite of extremely swift and efficient efforts from a wide array of emergency responders, he did not survive. We wish to express our condolences to the family and friends of the fallen rider, and also to express our gratitude to the medical professionals—including two riders and one of our course marshals—who did everything they possibly could to save him.

This sad occurrence cast a cloud over the day, at least for those who were aware of it (meaning, mostly, those running the event). The vast majority of riders remained unaware of the crisis and continued with their happy rides, enjoying the nice day, the great Sonoma County scenery, and the enthusiastic and competent support provided by all of those volunteers.

WCC Chair Doug Simon sent in a list of bullet point items, summarizing his observations about the event...

- Lots of new changes this year: bigger tents, the cargo trailers, new food options, a new set-up at Wells Fargo Center, bike numbers, and women's cut t-shirts.
- Thoughtful cooperation throughout the weekend from over 450 extraordinary volunteers.
- 24 wonderfully talented committee chairs directing the work of an average of 20 volunteers each.
- Joe Morgan, working hard all weekend even though still recovering from being sick, directed the spectacular finish area. He brought in Barley Forsman to assist and Barley was a godsend.
- Kimberly Hoffman managed the huge task of coordinating the 450+ volunteers. Without her, we would have been lost.

Continued on page 2

Now it's time for the Terrible Two

This is a very busy time in the life of the Santa Rosa Cycling Club. We have just wrapped up another successful Wine Country Century and—in early June—are staging the largest club tour ever. (Look for a report about that next month.) And when all the loose ends have been tidied up from those busy projects, we have to jump right back into the deep end of the pool for the Terrible Two double century, scheduled this year for Saturday, June 15.

As most of you know by now, there is a new wrinkle at the TT this year: a 200-K option. At press time, registration for both events was proceeding at a steady pace that will end up putting a good many riders on the course. It's too early to predict total numbers with any accuracy, but with both routes combined, we expect it to be a big field. The TT is back in the CTC Stage Race this year, and that always pumps the numbers up a bit.

While we always want the Terrible Two to be terrible, we really do not want it to be as hot as it was last year, when the official high was over 110° and only 35% of the field finished.

Still, we never know what we'll get until that day arrives, so we want to be prepared for anything. Great support around the course is often the only thing that keeps many riders moving forward toward the finish. This is another day—like the WCC—when the club shows its best side to the rest of the cycling community. We do everything we can to bring those riders home triumphant.

If you are a veteran of supporting TTs in past years, you know what's involved. You also know how rewarding and uplifting it can be to help the riders struggle through to their promised land. We will be needing all the usual sorts of support staff, all day and night and all over two counties. We're dialing in the details on that right now. If you want to be a part of the excitement, visit the TT volunteer sign-up page at the club website. The form should be self-explanatory, but if you have any questions about being involved with the TT, feel free to call or e-mail the event chairs....

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

Riding for Angels

Speaking of support, we are supporting one of our favorite club members in a special tribute this year. Bill Ellis has spent the last two years in what has been quite literally a life-and-death battle

Continued on page 7

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for May

1. Call to Order: President Susan Forsman called the general meeting to order at the Round Table on Occidental Road on Wednesday, May 8. 61 members and friends were present. Susan asked for a moment of silence at the beginning of the meeting to honor the rider who died on the recent Wine Country Century.

2. Treasurer's Report: Treasurer Greg Durbin reported on current bank balances, as of April 30.

3. Membership: Registrar Gordon Stewart reported membership of 1724 (combining individual and family memberships). Liz Sinna acted as host at the New Member Table, with one new member on hand.

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

5. TT: Terrible Two co-chairs Rick Sawyer and Bill Oetinger reported on registration numbers so far for the full double and the 200-K. They also discussed volunteer sign-ups for the event. (See article on page 1.)

7. 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.

8. Trail Study: Greg Durbin recapped his report from the April meeting on Sonoma County Regional Parks' efforts to secure Caltrans funding for a feasibility study of the Sebastopol-Petaluma Trail. (See article on page 7 of the May newsletter.) He asked for membership approval for the provisional pledge of \$5000 toward the local match, should Caltrans agree to fund the study. Members unanimously approved the measure.

9. 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.

10. Minutes: At the May 2 Board meeting, a motion was made to adopt the following policy for approval and publication of general meeting minutes: "When there is a meeting of the general membership, the Secretary will take notes. The Secretary will distribute draft minutes to board members within 48 hours of the meeting. Board members shall provide any comments, amendments and corrections of these minutes to the Secretary within one week following the general membership meeting. At the end of this period, the Secretary will publish the minutes in an archive page on the Club website." The motion was ratified.

11. Wine Country Century: Doug Simon, WCC Chair, conducted a post-WCC round-robin debriefing, encouraging committee chairs and other volunteers to recount their experiences from the previous weekend. (See article beginning on page 1.) President Susan Forsman presented Doug with a framed WCC poster and a gift certificate as small tokens of the club's appreciation for his work on the event.

WCC

—continued from page 1

• Gordon Stewart...what can I say? Gordon runs a bigger part of the show than anyone realizes. In addition to his registration duties (which are enormous), he keeps Doug on task and takes on stuff that Doug can't do. He really is the stalwart of the event.

• Greg Durbin: in addition to writing hundreds of checks and keeping track of the accounting, he jumped in and assisted with numerous last-minute errands that enabled us to stay on schedule in the days leading up to the ride. He also, along with Susan Noble, took over the difficult task of reaching out to the partner of the man who passed away during the ride.

• Rose Mello headed up the warehouse efforts, and with the help of warehouse work horses Gary Graver, Ramona Turner, Bill Stites, Jon Dick, Steve Drucker, René Goncalves, Sharron Bates, Martin Clinton, Billie Wolff, Debbie Wymer, Larry Wendt, and 50+ wonderful volunteers on ten different crews, completed an almost endless list of chores.

• Richard Anderson, Donna Norrell, and Sarah Schroer teamed up to run the Warm Springs lunch stop, overseeing the troops preparing custom-made sandwiches for over 2200 hungry cyclists. They did a great job, creating an oasis for the riders.

• Sherry Adams jumped in on short notice, responding to the last-minute request to run a special water/ice stop in Geyserville (because of the hotter-than-usual weather).

• Susan Forsman directed 50+ volunteers, providing us with the perfect end to the weekend, our Workers' Ride and Picnic. She worked with Matt Parks and his catering crew to offer delicious menu options, hitting the last, game-winning home run for the event.

Doug concludes: "We know there are over 400 other club members who helped to make this event a success, and there are hundreds of other stories about their contributions. Please forgive us for not mentioning everyone by name; know that your efforts were appreciated, and we hope it was a fun and rewarding experience for all of you. That's the spirit of our club: chip in, dig in, do it right, get it done, beginning to end.

"It is amazing what we as a club can accomplish. Our individual efforts combine to produce one of the best cycling experiences imaginable for our 2500 guests. The SRCC Board presented me with a #1 rider bib number to show their appreciation for my efforts, but really, that #1 belongs to all of you. I am proud to be a part of this adventure we call the Wine Country Century. Thank you!"

Other WCC notes:

• Over 200 volunteers took part in the WCC Workers' Ride and Picnic on Sunday, where the weather changed from hot and sunny to cool and cloudy and even occasionally drizzly. But the mildly damp weather didn't stop people from having a great time, on the road and at the big party at the finish.

• Almost all commemorative items sold well. A few jerseys and socks remain (now available at the SRCC online apparel site).

• Vegan and gluten-free menu options provided by the caterers were much appreciated, as were all the gluten-free options Carole Kolnes provided for all the rest-stops.

• The new recycling program, coordinated by Tom Helm, greatly reduced our waste.



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.

This month's chronicle of club rides begins with a day tailor-made for the long-haul truckers of the SRCC. First of all, at least 20 of our hardier riders had decamped to the East Bay to participate in the tough Devil Mountain Double. (More about that later.) Anyone not doing that monster of a ride had their choice between the traditional Clear Lake Double Metric (120+ hilly miles) and a loop around the second half of the Terrible Two course (106 very hilly miles).

Both of the club rides started from Healdsburg. Doug Schrock and I were the two leaders on the double metric. The other two rides siphoned off a lot of our potential customers, and in the end only eight people took part. There's not too much to say about the ride. It was a bit nippy and grey at the start, but about halfway up the long Ida Clayton ascent, we emerged from the clouds into glorious sunshine, and it stayed lovely for the rest of the day... bright and shiny but not too hot. We were treated to some nice displays of wildflowers, although these were not as spectacular as they can be in some years. The big hills soon split even such a small group up into smaller pods, although we kept overlapping in the rest stops and occasionally on the road. The two-mile, super-steep, gravel descent of Western Mine was in about the best shape anyone could remember, although it's still a tricky piece of work. After warning other riders not to miss the easy-to-miss turn on Argonaut, after Kelseyville, Rich Fuglewicz and I—who have done this course more times than anyone else—did exactly that: we missed the turn and logged extra miles. I still can't figure out how we did that! In the end, folks plugged away at it and finished off the ride any way they could.

Meanwhile, a few blocks away, Janice and Steve Thomas were gathering a slightly larger group for the TT trainer ride. Jancie reports: "As I led Jessie along Dry Creek Road instead of taking the left on Skaggs Springs, Firouzeh says, 'What is Janice doing?' 'That's our leader,'" announces Bob Puckett, shaking his head. 'Not a good sign,' remarks Firouzeh. Later in the ride, Steve thinks, 'Why do I let Janice talk me into these things?' Despite my many co-ride leader demerits, I think everyone had a good ride. It did not start too well with me chatting so much that I missed the first turn, but by the end, we could account for everyone. We had 15 riders who started at 8 AM, one who joined at Warm Springs Dam, and 3 who started at 7 AM. To the best of my knowledge, we had no flats and no mechanicals. The day started overcast and cool but the sun broke through as we climbed Skaggs. I had remembered that the old road was pretty, but I think at this time of year it is especially lovely, in that everything is green and lush. The vistas changed from volcanic to forested to oak woodlands. We were immersed in the redwoods and then we descended into an overcast Stewarts Point. The ocean was calm.

"On the coast, my geology gene clicked in and I informed the other riders with me that we were on the Pacific Plate (tectonically speaking) and that we would return to the North American Plate on Fort Ross Road. (There is a red line with two arrows on Fort Ross Road marking the San Andreas Fault. I made a big announcement to the other riders with me about our transition back to the home

plate as we passed over the line.) The Fort Ross climb was harder than I remembered. On Cazadero Hwy, I suddenly realized: 'I like this ride again!' I had announced at the start that if Steve and I were feeling social at the end of the ride, we would head to the Bear Republic, and invited everyone to join us. The front group was still eating when we got there. Although we never saw them, we learned through a message passed from the front group that the 7 AM folks had a good ride."

Now, about those folks who went down to do the Devil Mountain Double: for the most part, they did well, and some did very well. For exact times and placings, you can check out the results at the event web page, but I can tell you that the following SRCCers completed this very challenging ride: Robert Choi, Marc Moons, Miguel Sanchez, Greg Durbin, Tony Lee, Barley Forsman, Andreas Schultz, Don Graham, Scott Duncan, Karl Kuhn, Sarah Schroer, Robert Morris, John Johnson, Sherry Adams, Shane Barnes, Brian Chun, Michael Burke, Ron Estes, Megan Arnold, Matthew Nalywaiko, and Dan Sartin. That's 21 out of 180 total finishers... almost 12% of the entire field, including two in the top ten and four in the top 20. A very impressive showing. Miguel Sanchez deserves special mention. Early in the ride, his derailleur broke off the bike. A course worker eventually got it back on the bike with zip ties, to a point where it worked, sort of. But that took most of an hour. After that, fueled by boiling frustration, Miguel stormed back through the field to come home in 15th place. Without the mechanical, he would have been well up in the top ten.

If you wanted a little less of a bike ride—less in terms of quantity but not necessarily quality—on this day, you might have hooked up with Rochelle Bowman and her friends on their AB, 50-mile April in the Valley Ride, heading out of Larkfield for a jaunt up to Alexander Valley and Jimtown. Bridgette Deshields sent in this note about it: "We had about 35 riders show up at San Miguel School, including two women visiting from Santa Cruz. It was lovely weather and we kept a good pace over Chalk Hill, separating into a few groups. The groups all headed to Jimtown Store for some snacks and socializing and then continued on through Dry Creek and Russian River Valleys. Only one minor mechanical problem and a couple riders headed home from Healdsburg. It was a fun day for all."

The last ride of the month—on Sunday, April 28—was another Sunny and David production: a 34-mile A ride out of Esposti. I asked Sunny how it went and this is what she said: "Not too exciting, except for the couple on a tandem who had a flat *before* they got to the start, (in their garage) and then had another on the ride. We had about 25 riders, even a couple of slower A riders. We had two visitors from San Jose and they had a fabulous time. One of our members got up too late for the ride, but met us at the coffee stop to visit. A riders make friends!"

The next weekend was all Wine Country Century all the time. Most of that you can read about beginning on page 1.

One week later, it was back to work in a serious way with Marc Moons' Fearsome Five (both sides of the Geysers, Pine Mountain, Ida Clayton, and Pine Flat...129 miles and 15,000' of wickedly steep climbing). It wasn't brutally hot on this Saturday, but no doubt felt pretty toasty to the suffering riders climbing those five tough pitches. Marc says there were around 20 riders on hand, some choosing to do less than all five climbs. Those completing

— Continued on page 6

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](#).

RIDE SCHEDULE

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

JUNE 1-JUNE 9

Central Coast Tour

Pre-reg only; sold out

SATURDAY • JUNE 1

West County Meandering

3/B/42

9:00 AM • Ragle Ranch Park

Weave through the 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

Last Chance TT Trainer

5/C-D/130

9:00 AM • Piner High School

Second half TT. Go up Eastside through Healdsburg, West Dry Creek to the dam. Follow TT route to 116, turn right to get to Willow Creek Rd. Then up and over to Occidental to rejoin the TT route back to start.

Doug McKenzie—523-3493
douglasi@sonic.net

SUNDAY • JUNE 2

Twin Hills VFD Pancake Ride

2-3/AB/39

8:30 AM • Analy High School
North lot, by Eddie Lane

We leave promptly at 8:30 to beat the breakfast rush. Ride from Sebastopol to the Twin Hills Volunteer Fire Dept for a pancake breakfast (4.5 miles into the ride, so you can arrive hungry). This series of rides benefits the folks who come to our aid when we fall off our bikes. After breakfast we will take an easy meander out around Bloomfield and Valley Ford.

Sue Bennett—523-1322
sueb631@yahoo.com

SATURDAY • JUNE 8

Spring Hill and Chileno Valley

3/B/56

9:00 AM • Ragle Ranch Park

Outbound through Bloomfield and Spring Hill to Petaluma with a stop at Peet's, then return through beautiful Chileno Valley.

Jerry Meshulam—477-9262
jerrym@sonic.net

Three Climbs

5/C/69

8:30 AM • 135 Alderbrook Dr, SR

Classic Sonoma Valley climbs (Lawndale, Cavedale, Adobe Canyon, Los Alamos). Return to the house for after-ride snacks and beverages. We will try to coincide with return of Pam's A ride.

Bill Carroll—623-9783
carrollpb@comcast.net

Glen Ellen

2/A/36

10:00 AM • 135 Alderbrook Dr, SR

Classic route through Sonoma Valley to Glen Ellen. Break at the market. Snacks and beverages at the house after the ride. Timed to coincide with return of Bill's C ride.

Pam Carroll—623-9783
carrollpb@comcast.net

SUNDAY • JUNE 9

Sunday Afternoon In The Park

2/A/24

9:00 AM • Windsor Town Green

This no drop casual A pace ride will take you to Healdsburg's Veterans Memorial Beach Park and Riverfront Regional Park. It's a bit longer than our monthly Welcome Wagon rides, but just as enjoyable. Everyone is welcome to attend and encouraged to share your cycling knowledge.

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

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

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](#).

SUNDAY • JUNE 16

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Julliard Park, 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 • JUNE 22**Be Sharp, Stay Sharp**

2-4/BC/50

9:00 AM • Howarth Park

Hwy 12 to Calistoga Rd. Regroup at Sharp Rd. Not too difficult climb to the top with half-mile of dirt. Dramatic view of terraced vineyards and jagged peaks. Steep descent to Calistoga. Silverado Trail to St. Helena and the rest stop at the bakery. We return over Spring Mountain, Calistoga Road, and Hwy 12 to Howarth.

Nikola Farats—535-0399
nikola@sonc.net

SUNDAY • JUNE 23**Trinity-Pope Valley-Spring Mtn**

4/C/80

8:30 AM • Mtn Hawk & Hwy 12

South down Sonoma Valley, over Trinity and Oakville Grade, up Chiles Pope Valley, Ink Grade, back via Spring Mtn > St Helena > Calistoga Rd.

Doug Schrock—318-3089
dschrock@keypointcu.com

SATURDAY • JUNE 29**To the Pie Shop**

2/A/34

9:00 AM • Howarth Park

Mellow loop from Santa Rosa to Mom's Apple Pie via the SR Creek Trail & retrace on return.

Jack Hartnett—694-0922
jack71542@gmail.com

Maury's Metric Fixie**Somewhat-Century**

2/AB/70.5

9:00 AM • Analy High School

I hope to lead on a new fixie (as part of my comeback kid campaign). Tandem if the fixie doesn't arrive in time. A few miles more than a metric century; based on Vicki Duggan's "Not the Cinderella" ride.

Maury Cohen—823-2489
mrcelloboy@hotmail.com

SUNDAY • JUNE 30**June Jaunt to Freestone**

3/AB/45

8:30 AM • SR City Hall

Out to Sebastopol, up Graton Rd to Occidental and then on to Freestone for a stop at the Wildflower Bakery. Then up Barnett Valley and Burnside for some spectacular views and back into Sebastopol and Santa Rosa.

Rochelle Bowman—567-7762
rockbow59@gmail.com

Kathie Leader—495-5491
kleader@sonic.net

Bridgette DeShields—953-8192
bridgettedeshields@sbcglobal.net

REGULAR RIDES**Sunday Training Rides**

C/40-50 • 8:30 AM • Bad Ass Coffee

Training rides with hard efforts

Ray Rodriguez—322-6367

Wednesday Wanna-B's

B • 30-50 miles • 9:00 AM

*First Wednesday: 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: Jerry Meshulam—477-9262

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.



Letters from the WCC

A small sampling of notes sent to the club after the WCC. More available [here](#).

Just rode my first WCC and loved it. Can't wait for next year. Beautiful scenery, great organization, food and rest stops were outstanding, lots of bathrooms, and the pre-ride check-in the night before took the stress out of that part of it. Kudos to all involved! — T.R.

Our group had a terrific ride on the Wine Country Century. Thank you and your team for putting on a terrific ride. Your volunteers were awesome. — S.O'H.

Thank you so much! We had a great ride! Thanks for all your hard work to make it a success. — K.M.

Just wanted to send you guys a thank you! Second year in a row for me. You guys host/support a great ride.

That was my first WCC and I loved it. Lovely scenery and fabulous support. The custom-made lunch sandwiches were the best! — Paul

Thanks so much for a great ride this weekend! Your volunteers were amazing and the food was fantastic! I was really impressed with the vegan options - thank you! — J.L.

Wanted to send a quick note thanking the club and the volunteers who made the WCC so enjoyable. The SRCC always puts on a great ride. Although I've done the metric rides in the past, my friend and I completed our first century, and the volunteers at the rest stops, and the ice and water stop were the best and so supportive to those of us attempting our first 100 miles (especially the gal with the hose spraying riders down at the ice/water stop - an angel!). Thanks again for (another) great Wine Country Century. — G.H.

I did my first metric last year with the WCC, and this year I made it my first full century and it was great! Loved the support and the awesome volunteers along the way. The food and beverages were wonderful. All in all, another very successful event. Thanks again! — J.W.

Great ride

Thanks to all the volunteers, organizers, and sponsors. Year after year, this is the favorite organized ride for me and my friends. — D.O.

More BACKROADS & BREAKAWAYS

all five summits include Marc, Sarah Schroer, Scott Duncan, Miguel Sanchez, Troy Taylor, Don Graham, and first timers Hunt Moore, Sherry Adams, and John Sullivan. Congratulations to all who conquered this beast.

Also on this day was yet another listing from that dynamic duo, Sunny and David. This was a rather ambitious ride for the AB crowd, with a short option of 30 miles and a longer option of 62 miles, heading to the top of Rockpile. Needless to say, many who showed up ignored the AB designation and did the ride anyway, at their own (faster) pace, simply because they liked the route. Sunny reports: "We had over 30 people show up for a Follow You, Follow Me split ride. I took the five or so A riders who wanted to do the 30-mile route, and David took the rest up to Rockpile. A *lot* of very good riders showed up and seemed to have a great time without incident. The slower riders stayed with David pretty much (just a few). The rest just went. Bob Redmond (I *did* say they were better, faster, etc, right?) finished the 62 miles just as I was finishing the 30. (How long was I at the two coffee stops anyway?) Although I was leading from the back, three of my A riders had pulled off on a side road to play Good Samaritan to a rider with a chain problem, so I passed them, unseen. They caught me at Jimtown. I also had a chat with a couple riders at Jimtown who were there trying to recover from one of our climbing clinics. All Good."

That climbing clinic was organized by Bob Hasenick, with tutorials on climbing (and descending) skills. Bob reports: "I had 14 riders for the two clinics. We worked on Pine Flat to the pond. We covered a wide range of topics, including gearing, maintaining steady effort, hydration, nutrition, planning workouts. We worked on how not to go out too fast, maintaining steady effort with changing grade, doing short intervals in a different workout, changing gears before the grade changes, weighting outside pedal and inside hand on descents for higher stability. I'll do another clinic later in the year."

There were three rides on Sunday of this weekend as well. One of them was another Sue Bennett VFD pancake breakfast ride, supporting the folks who are often first on the scene when a cyclist is hurt out on the back roads. Sue reports: "Although cool and foggy early in the morning, it cleared quickly and turned out to be a beautiful day. Even though many folks have other obligations on Mothers Day, we had 10 for the Rincon Valley Fire Department Pancake Breakfast ride. Anxious for breakfast, we left promptly at 8:30 and beat the crowd. No wait at all. Inside, we were greeted by Mike and Janice, who had come a few minutes earlier. They stopped for breakfast on the way to Windsor, where they were leading a Welcome Wagon ride. After breakfast, we did another 30 miles. Everything went smoothly, so nothing else to report. Just good food, good company, and a good ride."

Mike and Janice Eunice did indeed proceed to their ride in Windsor, and Janice filed this note about it: "The Welcome Wagon Ride on Mothers Day was a success. We had eight riders including Mike and me. Dennis was invited by Ron Turner and plans to join the club, and Anne, who is starting back to riding her bike again. Dennis said that the ride was beautiful and flat until the hills of Starr Road. The coffee stop at Kaffe Moche was very social."

Finally, Joyce Chang listed a rigorous round of hill work: repeats

on the climb of the south face of the Geysers. The Fearsome Five the day before probably drew most of the *grimpeurs* who might otherwise have been attracted to such a gravity challenge, so she ended up with a small crowd. "I roll into the parking lot of Robert Young Winery machine shop; soon afterwards Brian Mohrlant and Bob Puckett show up. Bob flatly states 'I'm gonna do two repeats.' Okay then. I leave my car at the base of the Geysers with everyone's snacks and a Rubbermaid 5-gallon container filled with ice water. What a great ride! Each of us ended up riding a minimum of four repeats, riding each repeat in well under an hour. The weather couldn't have been better: reasonably cool throughout the morning. Brian, whose wife is due with their first child in late June, figures this may be his last hurrah before diaper duty claims his cycling time. And so he ends up riding five repeats (38 miles and 8000' of climbing). We all agreed that had we not been doing this ride together, we would likely have ridden only three repeats apiece. Final stats for the four repeats: 32 miles with 7100' of gain."

The last weekend we can cover this month is the weekend when the Amgen Tour came to Santa Rosa. But before the circus came to town, we had two rides on Saturday. Don Graham kicked things off with a very challenging CD ride up and over the ridge between Sonoma and Napa Valleys (twice). Don reports. "We had eight people starting out on a beautiful morning. It was warm but never got hot. Up Trinity to a regroup at the fire station and saw lots of riders going the other way. It turns out it was the Napa Gran Fondo. We had a hairy descent to Mt Veeder due to cyclists coming up all over the road, including in our lane as we were going down. The descent into Napa from Mt. Veeder is always great...in fact, it seems the route has a few short climbs but many long, gradual descents. Through Napa and on to Silverado Trail, where a tailwind out of the north really pushed us along. We crossed over to the Oakville Grade, which most of us had never climbed. (Yes, it was steep but was only one mile long.) We worked our way back and all agreed the route was different, fun, and still gave us a good workout. After Devil Mountain Double, then Fearsome Five, it was nice to have a quick, short, old-fashioned club ride, where we either stayed together on the flats or regrouped on the hills and arrived back as a group with energy to continue the day." I have to say: a 76-mile ride at CD pace, with climbs of Trinity, Mt Veeder, Oakville Grade, and Dry Creek would be a ferociously tough challenge for most riders, so hat's off to Don and his cohort for feeling this was a quick, short club ride with energy left over. Stout work, lads.

Also on this day, Jerry Meshulam had a slightly more moderate proposition: a B-tempo trek from Sebastopol out to Tomales to sample the AToC course from there back into town. There were 26 riders gathered at Ragle Park for the start on what turned out to be a lovely day of perfect spring weather, with the west county hills still sporting their green livery. A few of those riders quickly found themselves overmatched by the lumpy topography—Sanders, Blucher Valley, Bloomfield, Carmody—and elected to abandon the ride and do their own thing. Most folks regrouped at the bakery/deli in Tomales, which was, as usual, a hub of cycling activity. There was a Rotary-sponsored Backroads Challenge century on the road, as well as an AIDS Ride trainer, both passing the bakery. Cyclists were as thick on the roads as fleas on an old dog. Jerry's ride disintegrated a bit at the end, as more lumpy hills split the group—the Bodega-Jonive climb in particular—but it was not for a want of effort on the part of Jerry. This was his first weekend ride lead (after some Friendly Friday leads), and he was as busy as a

— *Continued on page 7*

More B & B...

border collie at a sheep convention, keeping tabs on all his riders. In the end though, it was more like herding cats than herding sheep, and folks were wandering around all over the place. No matter: as far as we know, everyone made it back okay and had a good time in the process.

Sunday was Tour of California day, and most people had some agenda that involved catching the race action somewhere, either out in the country or at the finish. But we also had one more club ride on this day. Ron Hodges listed a C-pace 60-miler out of Healdsburg, up around the wine country. He sent in this short note about it: "We had ten people on the ride. We had a fast pace line from Cloverdale to Geyserville: 27-30 mph. Some of the riders opted to head into Healdsburg rather than continue to Chalk Hill-Westside, so Michael Barnes, Mick (visiting from British Columbia) and I finished the ride back to Healdsburg after coffee at Cafe Noto in Windsor."

He doesn't say whether they got done in time to get back to Santa Rosa for the finish of Stage 8. I hope they did—if they were interested—because it was a great day to be a bike fan in our home town. As a perk for being a significant sponsor and supporter of the race, our club had a hospitality booth on the expo midway. It was a killer site for the booth this year, just a few yards from the finish line. The booth looked great, with club and WCC and TT jerseys on display and big graphics of happy riders on club tours on the walls. Several VIP passes came with the booth, so members were able to be in a great VIP tent right on finish line when the riders roared up Third Street. With the racers doing two loops around downtown, it meant they came across the line three times, and each time was crazy bedlam. Fun to be in the middle of it all. It was a celebration of all things bike, and our club was right in the thick of it...a very special day.

HOODIE PROJECT MOVES FORWARD

Dear SRCC Members,

We are excited to be producing a SRCC hoodie sweatshirt this year. If you are artistic and have a design idea for this project, we would love to have you submit your design. We would like all designs to be submitted by June 28, 2013.

The submission requirements set by the printer are as follows:

- Design must have little or no shading
- One to four colors
- Vector format; spot colors in Adobe Illustrator CS5 or earlier
- All text converted to outlines

Voting by the SRCC membership will occur online by the end of July. The winning design will be produced by Paragon Screenprinting in Cotati. paragonscreenprinting.com. The winner will receive a free sweatshirt.

The sweatshirts will be for sale and we will ask for a 50% deposit. To ensure that you get the correct size, we will have the sweatshirts in all sizes so that you can try them on before placing your order.

If you have any questions, please let us know.

Thank you

David Abramo & Liz Sinna

Terrible Two

— continued from page 1

with a rare form of cancer. It has been a tough fight. All of Bill's friends have been following his progress and recovery, and we are all thrilled to know he is winning this battle. So far back has he come from those dark days, that he is now ready to tackle his favorite ride again: the Terrible Two. And he is going to make it a special day with an added twist. Let Bill tell it...

"This June 15, while I ride the 200-mile Terrible Two double century, everyone who made a difference in my life during the past two 'terrible' years will be with me, and I will be riding to honor them. During this year's challenging event, both of my water bottles will be inscribed with the names of every person who did something to help me through cancer discovery, treatment, and ultimate recovery. Each person did something extraordinary to help me live through cancer and regain precious life. What they did for me has made this year's participation a reality. So, on that day, I'll be riding for them and carrying them with me. Each time I squeeze my water bottles, with their names inscribed on them, it will serve as a reminder to me of my eternal gratitude to them for making this life and ride possible.

"You too can ride for the angels in your own life, by simply writing their names on your water bottles, and by sharing your heartfelt gratitude with them."

We wish Bill all the best and we encourage all of you to think of the angels in your own lives: those who have helped you to get to the point where you might be able to ride a Terrible Two. In the most literal sense, every TT entrant has to do the ride on their own. No one else can pedal that bike. But ask any TT rider and they will tell you: they could not have done it without the support of their friends and family and without the support of the volunteers in the SRCC. Late in that long day, with all of one's energy reserves burned away, sometimes the only thing that keeps riders going is the thought of the love and kindness and *esprit* evident all around the course. It very much becomes a case of mind over matter, as that positive energy helps to keep the cranks going around.

Another angel

Speaking of angels and support (again), we have to tip the old *chapeau* to Craig Gaever, who has been the Chair or Co-chair of the Terrible Two for the past 13 years and who is now, finally, deciding to hand the Chair chores off to other club members.

Craig isn't riding off into the sunset entirely...not just yet. He's still involved in assorted roles with the event. He's just not the go-to guy anymore. Rick Sawyer is moving into the lead role going forward, with Bill Oetinger continuing in his perennial position as auxiliary, back-up chair and font of old lore. And behind everyone and everything, Mr. Logistics, Doug Simon, continues as the nut-&-bolts wizard who keeps the support machine running smoothly.

It's no accident that the Terrible Two is rated number one in rider satisfaction in the California Triple Crown double century series, year after year. Long-distance cyclists are connoisseurs when it comes to ride support: they know it when they see it, and they see it here, from the leadership of Craig and Rick and Doug, right on through the ranks of every volunteer who pitches in on that long day's journey into night. We hope to see you out there on June 15, either in the saddle or in a supporting role.

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, June 12 • 6:30 PM

Occidental Road Round Table Pizza

*Featured presentation: Mariko Fischer and Kevin Bucholtz,
Echelon Bicycle and Multi Sport, on helmets.*

Wednesday, July 10

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Monday, June 10 (special time)

Marlow Center Round Table Pizza (Marlow & Guerneville)

Monday, July 8 (special time)



See article on page 1