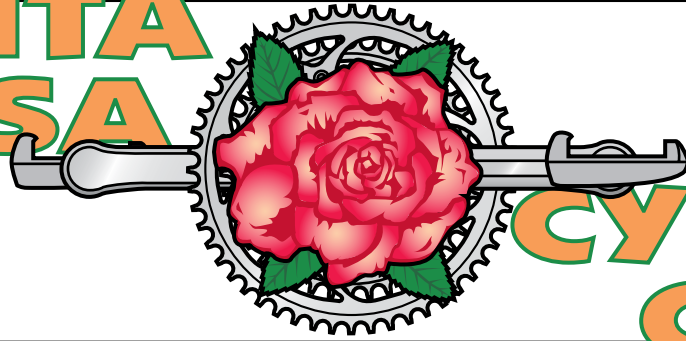


# SANTA ROSA



# CYCLING CLUB

## JULY 2013 NEWSLETTER

### Pleasant weather for a not-so-terrible Terrible Two

Last year, the weather gods took the Terrible Two riders to the woodshed-from-hell, punishing them with record-breaking, lung-baking heat. This year, on June 15, as if to make up for that brutality, riders were given a nearly perfect day, with an official high of 92° but usually cooler than that, and with user-friendly tailwinds where the riders could make the most of them.

The results tell the story. 200 riders started and 154 finished. 138 of them did so by the traditional, "I did it!" cut-off of 10:00 PM, which works out to a rate of 69% (compared to 35% last year). Even in a mellow year like this, the TT is still a very hard ride, and it was too hard for nearly a quarter of the field. But most folks were thrilled with the conditions and threw down lively, even enjoyable rides, as evidenced by all the smiles at the finish.

The sharp end of the peloton had a familiar look to it. Marc Moons and Brian Anderson rolled into the lunch stop together and left within a few seconds of each other. By the Fort Ross stop, Moons had a five-minute lead, but Anderson was pulling him back on the descent into Cazadero, perhaps two minutes behind, when a front tire sidewall blew out and left him stranded on the side of the road. He was given a front wheel by a friend a few minutes later (a rider in the 200-K), but those minutes added up to the distance between the two at the finish: 11:28 vs 11:38. We're left to wonder what sort of ding-dong, head-to-head battle might have ensued over those last 25 miles without the fickle finger of fate tapping on Anderson's sidewall.

This is the second time in recent years that Anderson has been victimized by flats on that same patch of road, while duking it out for the lead. But he was philosophical about it at the finish and gracious in praise of Moons' excellent ride. Two true champions, doing themselves and the event proud.

Speaking of champions, Robert Choi and Carl Sanders were part of a group of four who came in four minutes behind Anderson, and so maintained their 1-2 placing in the California Triple Crown Stage Race with only Alta Alpina left to do in a couple of weeks.

Sarah Schroer was the first woman to finish and takes over the lead in the women's Stage Race. Becky Berka was second. She could be forgiven for wondering where all these SRCC women keep coming from. Each year, a new SRCC *femme fatale* takes top honors in the Stage Race. Megan Arnold in 2011, Susan Forsman in 2012, and now Sarah (although let's not count our chicks until after Alta Alpina).

With Marc and Sarah taking the top spots at the TT, and with Robert ahead in the Stage Race (as reigning champion), it looks like another dominant year for the club on the double century circuit. (There were dozens of clubsters salted down through the TT list this year. Check the results to find out where all your friends finished.)

On the downside...there was no downside. As far as we have been able to determine, there were only a couple of minor crashes, resulting in nothing more serious than a few scrapes. Two or three minor tumbles in over 50,000 miles of hard riding on some very dodgy roads: that's good news.

Perhaps the biggest news at the Terrible Two this year was the introduction of our TT 200-K...TT Lite. We dreamed up this new ride within a ride to give folks an opportunity to be a part of the grand TT experience without having to grind out the full 200 miles...to experience the beauty and cruelty of the second half of the course on game day, with full SRCC support, and to roll in at the finish into the middle of that happy-family celebration (which doubles vets will tell you exists at no other event, at least not at the level of camaraderie you see here).

Our post-event analysis is that the 200-K was a positive addition to the TT culture. It added little to the logistical challenge—a little more food and slightly longer service windows for the later rest stops—and it allowed all those riders to get in on the TT "fun." Some of the 200-K riders were TT vets, while others were newbies, who may be back for the full double in a future year. Significantly, the 200-K fees help with our bottom line, bringing in revenue that will allow us to continue staging the TT with all the support for which it is so well known.

Speaking of support...wow! There were as many volunteers on the course as there were doubles riders, and their efforts were on display all day. The riders appreciate the support and organization that they see as they pedal out the miles, one stop to the next. But they don't begin to see what goes on behind the scenes: the crews laboring in anonymity at the warehouse in the days and weeks before (and after) the event. The thought that goes into every tiny detail of planning and logistics. And only the last few riders into the finish see the weary workers knocking down that little village of food and clothing and timing stalls at the high school, pushing on into the wee hours of the morning. It's all part of what makes the Terrible Two the best double around.

## MINUTE MIX

Highlights from the General Membership and Executive Board meetings for June

- 1. Call to Order:** President Susan Forsman called the general meeting to order at the Round Table on Occidental Road on Wednesday, June 12. 55 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported (at the Board meeting) on current bank balances, as of May 31.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1720 (combining individual and family memberships). Sherry Adams 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 July.
- 5. TT:** Terrible Two co-chairs Rick Sawyer and Bill Oetinger, along with Craig Gaevert and Doug Simon, reported on final prep work for the Terrible Two. (See articles on page 1 and 2.)
- 7. Club History:** Mike McGuire read selections about the Terrible Two from the July, 1981 club newsletter.
- 8. Litter:** Mike McGuire reported on the semi-annual Adopt-a-Backroad litter pick-up day, held on May 26. (See item in Backroads and Breakaways, page 2.)
- 9. Meetings:** The August 8 Board meeting has been moved to August 12 to avoid a conflict with the Wild Rivers Tour.
- 10. Advocacy:** Sonoma County Bicycle Coalition director Gary Helfrich provided an update on the progress of the Vulnerable Road User Ordinance, as it works its way through various city council deliberations around the county.
- 11. Board news:** A Board Member Workshop is planned for Sunday, August 25, 1-4 PM, to address various long-term planning issues for the club. President Susan Forsman is working on a project to identify all club volunteer tasks and job descriptions of same, to eventually be published at the club website, where members can learn more about what goes on behind the scenes in the club.
- 12. Picnic:** The Board agreed to the date of Saturday, August 24 for the annual End-of-Summer picnic. Details—picnic location and routes, etc—will be announced in the August newsletter.
- 13. Featured Presentation:** Mariko Fischer and Kevin Bucholtz of Echelon Bicycle and Multi Sport made a presentation on helmet use and fit.



Top TT finishers:  
Marc Moons and  
Sarah Schroer.

## The Terrible Two and Terrible 200K: Thank you to all volunteers!

As we close the book on this year's Terrible Two, every last person who made up our volunteer staff should be standing tall. We got lucky with nearly ideal weather, but more importantly, according to all accounts, the support we provided was roundly praised by the event participants as second to none and a huge factor in the riders' success. I'm not sure just how many volunteers we've had involved over the past few weeks, because so many of you have taken on two, three, five, or more volunteer assignments. But the number is almost certainly over 200. Take a bow, everyone!

The rides do indeed make for an epic adventure worthy of Homeric coverage, although I will for the most part leave that retelling to others. One fact, however, that just has to be mentioned is that not only did our own Marc Moons and Sarah Schroer top the 200-mile field with the fastest times for men and women, respectively, but they were also both out at the warehouse the next morning, helping us with the equipment cleaning. Now *that's* heroic.

But really, none of the riders would have their place to shine if you volunteer heroes weren't out there providing the playground for them. There are so many of you to thank for that, where would one start? Perhaps it's best not to name anyone, for risk of leaving someone out of the lengthy All-Star to Honorable Mention list...from those who helped in the weeks prior to TT day, to the event day stop staffs, sags, ham operators, timers, dinner staff, and to the countless behind-the-scenes mover/shakers, helpers and cleanup crews...you know who you are.

There couldn't possibly be a better bike club than ours!

— Rick Sawyer

PS: if any of you volunteers didn't get your TT t-shirt this year, please let us know and we'll find a way to get one to you.

(Note from Bill Oetinger: we have quite a few leftover vol shirts. I have them at my house. If you are short a shirt, get in touch with me.)

## SRCC rocks at the Senior Games

During the first week in June, the Council on Aging held its first round of sporting events in the Sonoma Wine Country Senior Games. Cycling was one of many sports in which older athletes got a chance to compete, and to rejoice in their fitness and wellness.

Beginning and ending at the Warm Springs Dam Visitor Center, the 31-mile circuit race went twice around a Dutcher Creek-Asti-Canyon loop (similar to a pro race circuit used several years ago). As any older athlete knows, small increments in age can have a large impact on fitness and strength, so while the riders all rode together, results were broken out in smallish age groupings.

Several SRCC members were entered, and some at least did quite well. Paul Stimson took third in the 60-64 group. Ron Hodges won the 70-74 group. Nikola Farats won the 80-84 group. And Sunny Mawson won the women's 70-74 group.

When we were in high school and college, most of us probably thought ages such as these meant over the hill...long gone. Well, the only "over the hill" for these folks is on the far side of the summits on Dutcher Creek and Canyon. Congratulations to you all!

## 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.*

With all the things that have happened in the recent weeks—the club tour (page 7) and the Terrible Two (page 1), it's difficult to hark all the way back to the point where we pick up this never-ending chronicle of club rides.

But we have a worthy ride to kick off the saga, one with almost as much gravitas as either the tour or the TT. That would be the 18th edition of the Bad Little Brother, staged on May 25. Greg Durbin has in recent years become the keeper of the flame on this iconic ride. He filed a long and well-written report about the day on the chatty list. No doubt if you subscribe to the list, you read it long ago. He noted that 43 riders were in attendance and that most finished, although a couple had to abandon because of mechanicals. Greg thinks it was the best weather he's ever seen for a BLB. The usual headwinds going north on Hwy 128 to Boonville, but booming tailwinds for the coast run later in the day. Temps varied from cool on the coast to balmy inland, but never too hot or cold. He had high praise for the sag drivers, who gave up a day of their busy lives to support the riders: Craig and Michelle, Kimberly, Scot Castle, Craig Johnson, and Jay Abraham. (How many free club rides can you think of that have six sags?) Stats for this super tough ride: 134 miles and over 14,500' of gain, or over 16,000' if you elected to tackle the highland bypass on the coast. And lemme tell ya: that climbing is *steeeep!*

Also on this day in May, Mary Mack and Bill Finkelstein listed a 51-mile B ride out of Esposti Park in Windsor. Bill worked up this report on the day: "The May Weee ride went off without a hitch on Saturday May 25th. Just under 50 of us rolled out from Esposti Park, up and over Chalk Hill to Alexander Valley. The temperature was in the low 60s at the start and those who wore windbreakers soon shed them. All were off and tucked away by the first regroup just before the intersection of 128. The group set a pretty fast pace through Alexander Valley to our coffee and nibble stop at Geyserville Mud. We had let them know the day before that we'd be coming with a big group and they were ready for us. After the break, about a third of the riders headed directly back to Esposti, as they had other plans for the rest of the day. The jaunt over Canyon and down West Dry Creek was gorgeous, as always. At Healdsburg, another third of the riders decided to take the shortcut and skip some miles by heading back via Eastside (it was getting pretty warm). The rest of us pressed on down Westside, over Wohler Bridge, up Eastside, and back to the park via Mark West Station. Big smiles were on everyone's faces upon our return to Esposti. Some of us even went *Weeee Weeee* down the last hills.

"There were no incidents on the ride, only one chain adjustment, and no known flats. We had three guests along for this ride and one joined the club later that day. One guest from Marin who did the ride in a merino wool jersey and was slowed down by the heat. Note to visitors from Marin: it's a bit warmer here this time of year than Sausalito!"

Sunday of this weekend was devoted to our semi-annual Adopt-a-Backroad litter pick-up day, coordinated by Mike McGuire. This time around, the roads getting our TLC centered on Eastside Road, but the 28 volunteers who showed up had enough time and

energy to eventually clean up roads as far afield as Windsor River and Wohler and parts of Westside. In all, 480 pounds of trash were removed from 19 miles of road. After the litter was collected, the gang repaired to the Bear Republic in Healdsburg for a restorative lunch on the patio, courtesy of the club. Thanks to Mike for organizing the project, to the 28 clubsters for pitching in and picking up, and to the club for underwriting the whole deal.

That wraps up the merry month of May for another year. June kicked off with three rides on the first weekend. The whopper on this weekend was Doug McKenzie's TT Trainer, doing the second half of the course, with the gratuitous punishment of Willow Creek thrown in near the end, in case you wanted to really beat yourself up. Eight riders started from Piner HS and stayed more or less together up to the dam. The long, hard climbs shredded the group, but several regroups kept folks in contact. Weather forecast was for triple digits on Skaggs but it topped out at "only" 95° and was considered tolerable. Don Graham laid it down on Skaggs somewhere and was a little banged up, but he toughed it out and finished the ride. In the end, only Omar Sison joined Doug for the Willow Creek embellishment. Doug reports 134 miles and 13,300' of gain on this bad boy.

Christine Logan had a somewhat more moderate offering on the calendar on this day: a 42-mile, B ride out into the hills west of Sebastopol. Christine checks in: "A beautiful day...67° at 8 AM. 24 people showed up for the ride, all in good spirits, with three visitors from out of town. We went up Montgomery Road, and that separated the group into three chunks. All went well, and by the time we finished the ride it was a delightful 90°. We still had smiles on our faces and sweat all over our bodies."

Only one ride on Sunday. That was another Sue Bennett volunteer fire department, pancake breakfast ride. Sue reports: "After a *hot* day on Saturday, the Twin Hills VFD Breakfast ride was blessed with near perfect weather. Warm enough at the start to not require extra layers, but cooler temps than Saturday, with a slight breeze to help keep one comfortable. After a short jaunt from Analy to the fire station, we had breakfast, community style, chatting with each other and the locals. Then we headed out for the real ride, taking Bloomfield to Valley Ford, doing the gorgeous Estero loop and returning to Sebastopol via Roblar, Peterson, Blank, Canfield, Pleasant Hill, and finishing with the bike trail. Alan and I were leading from the back, and the group we were riding with had a great time. I assume everyone else did also. Hard not to with the great weather."

This weekend saw the launch of the club's Central Coast Tour as well, about which you can read more on page 7. A few other observations about it... We first did this tour—approximately the same route—in 1997. It involves a fair bit of special planning. Some of the routes and campsites are kind of customized especially for this tour...not just off-the-shelf group reservations. So it takes extra work and worry to get it set up and to make it happen when you get there. Because of all those extra complications, I had been dithering and procrastinating about running it again for quite a few years. But it's such a nice tour, I finally decided the tricky planning and prep work were justified. I'm pretty confident that the 50-plus participants felt in the end that it was worth any amount of extra effort, as it really was a great adventure. The heat at the end was a bit of a challenge: three days in a row over 107°. But the stages weren't too hard, so we finished most of them before

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

## SATURDAY • JULY 6

**Penngrove Fireman's  
Pancake Breakfast Ride**  
2-3/AB/36  
8:30 AM • Cotati Vets  
8505 Park Ave, Cotati

ARRIVE EARLY: We will leave promptly at 8:30 to avoid the rush. Last ride for the year in this series. Down to Penngrove (2.8 miles, so you can arrive hungry) for the Rancho Adobe VFD pancake breakfast to help support our emergency first responders. Then, stoked up on eggs and flapjacks, ride through the chicken coop belt north of Petaluma and out to beautiful Chileno Valley before returning to Cotati.

Sue Bennett—523-1322  
sueb631@yahoo.com

**Fort Ross-Meyers Grade**  
4/B/38

9:00 AM • Monte Rio Park-&-Ride

This is a short ride but with a tough climb. You don't have to be fast: you just have to roll off the couch and join me. Ride to the start from *wherever* to pad the miles.

Christine Logan—577-1422 christinelogan@comcast.net

## SUNDAY • JULY 7

**Coast and Valley**  
3/A-B/45  
8:30 AM • Tomales Bakery

Ride begins in Tomales and heads east and south through Chileno Valley. A short up-and-back to Helen Putnam Park for a restroom and refueling break and then back over to Wilson Hill and up the Marshall Wall. From there, head back up the coast to Tomales. Optional post-ride socializing at Tomales Bakery or Tomales Deli and Cafe. Carpooling is recommended due to limited parking in Tomales.

Bridgette DeShields—953-8192  
bridgettedeshields@sbcglobal.net

Rochelle Bowman—567-7762  
rockbow59@gmail.com

## SATURDAY • JULY 13

**West Sonoma County Ride**  
3/BC/59  
9:00 AM • Youth Community Park

Join us for a ride through the valleys and over the rollers of West Sonoma County. We'll start

off in Santa Rosa and work our way through Freestone, Tomales, Ragle Park and back to Santa Rosa.

Laura Stansfield—415-613-3302  
SearchK9@pacbell.net

Donna Norrell—292-0565  
donna.nw@comcast.net

## SUNDAY • JULY 14

**Mt. St. Helena, Clockwise**  
4/C/57

9:00 AM • Alexander Valley School

Four climbs, each smaller than the previous one. Ida Clayton-Western Mine has close-up views of Mt St Helena, surprising plant life, and two miles of dirt road descent (steep). Hwy 29 over the mountain may be busy. The short climb now has decent shoulders (most of the time). The long descent has perfect new pavement where bold descenders can go as fast as the cars. Water stop in Calistoga. Kortum Canyon is a very steep climb with a little dirt section at the top. The Petrified Forest descent is very fast, but again with the potential for traffic. Optional, leaderless start from San Miguel School at 8:10: ride to Alexander Valley School and pad the 57-mile route out to 80 miles.

Sherry Adams—294-7442  
sherry\_n\_adams@yahoo.com

**SRCC Welcome Wagon Ride**  
1/A/10-15  
10:00 AM • Finley 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 • JULY 20

**Pine Flat Challenge**  
5/CD/62

9:00 AM • Piner High School

Timed ride to the top of Pine Flat. We ride out as a group to Pine Flat Road and mass start at the bridge at the bottom. You can do the ride without having your time recorded, if you prefer. After the climb, a rockin' descent back to the valley and a cruise back to Piner.

Doug McKenzie—523-3493  
dougiasi@sonic.net

**The Grand Fondue  
Cotati to the Cheese Factory**

3/B/48  
9:00 AM • Cotati Dog Park

Now for something completely different. Gran Fromages Bill Finkelstein & Mary Mack will be leading this fun ride to Marin French Cheese via Chileno Valley. At the Cheese Factory, we can stop for nibbles and coffee and feed the ducks. There are a few hills on this route, so it should be a good workout to help burn off the cheese!

Bill Finkelstein—478-7945  
bill@williamfinkelstein.com

Mary Mack—695-8228  
mary@marmackdesigns.com

**SUNDAY • JULY 21**

**Healdsburg to Occidental  
via Chalk Hill**

3/C/71  
9:00 AM • Healdsburg City Hall

Ride out North from Healdsburg to Chalk Hill over to Vine Hill Graton Road to Occidental & back via River Road & West Side Road 71+ miles at a C pace. Not too much climbing, but plenty of places to ride a fast pace line.

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

**SATURDAY • JULY 27**

**Hearts Desire Century**

3/BC/100  
8:00 AM • Ragle Park

Out to Tomales via Burnside, Barnett Valley, Bodega, Whitacker Bluff, Middle, etc. Down the bay to Point Reyes Station. Out through Inverness and onward to an out-&-back to Hearts Desire Beach. Bear Valley, Olema, SFD, past Nicasio Reservoir...Hicks Valley, Wilson Hill, Chileno Valley...Carmody, Roblar, Pleasant Hill. Rest stops: Marshall (mile 29), Hearts Desire Beach (47), Cheese Factory (68). Faster riders welcome, but a little ride-leader help from a faster rider would be appreciated (to separate the two groups).

Bill Oetinger—823-9807  
srccride@sonic.net

**SUNDAY • JULY 28**

**Willow Creek**

3/C/64  
8:30 AM • Howarth Park

Sonoma Avenue to Santa Rosa Creek Trail. Occidental Road, Mill Station, Graton Road. Boho to Moscow. Coffee at Duncans Mills. Hwy 1 to Willow Creek. Coleman Valley to Occidental. Occi Road, Sanford, Hall, etc to Santa Rosa Creek Trail, etc.

Nikola Farats—535-0399  
nikola@sonic.net

**SATURDAY • AUGUST 24**

**End-of-Summer  
Rides and Picnic**

Rides at A, B, and C tempo, with routes tailored accordingly, all designed to arrive at the finish—the picnic—more-or-less together. More details on picnic and routes in the August newsletter. We will be looking for ride leaders for the three routes and for a good handful of volunteers to help out with chores around the picnic. (Food service will be catered, but there will still be many chores needing helping hands.)

**REGULAR RIDES**

**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: Geyserville Park-&-Ride*

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

# Letters from the Terrible Two

Thanks to all the volunteers for the efforts putting on the event and taking such good care of the riders. It's a pretty special touch when a volunteer asks to take your bottles, fill them with the liquid of your choice, and return them to your bike. Major kudos to SRCC for another great event.

— Paul McKenzie

I want to add my thanks to all who contributed to making this year's Terrible Two such a great success. Like all SRCC events, it was superbly organized. At every rest stop I found the volunteers friendly, encouraging, and supportive. As usual, there was a great selection of nourishment, but the frequent offers to help in multiple ways, from the offer of cold towels, to custom refilling of water bottles, to inquiring if I'd like to take some food in a baggie on the way to the next stop, were really impressive.

To see and actually benefit from the work and enthusiasm of so many dedicated volunteers, and knowing that they were doing this solely for their love of the sport and desire to help other riders, was inspirational in itself and not the least of what I will always remember about this event. I'm sure from chatting with some other participants along the way, both local and from out of town, that these sentiments were widely shared. We are all most appreciative,

— Bob Dahlstet

Fabulous experience yesterday; just wanted to thank you for putting on such a great event. Incredibly professional, and I was blown away by the level of support from everyone, from people actually filling my water bottles for me at water stops to the fresh strawberries on offer! First class event. See you next year – once I've forgotten how painful this year was!!

— James Brooman

I honestly can't say enough good things about the good people of this club - absolutely amazing! All the SAG drivers, the rest-stop workers, organizers, time-keepers, bell ringers, food servers - you all make it *waaay* too easy!! All I have to do is keep pushing those pesky pedals down. And kudos to whoever ordered the mild temps! The warm welcome at the finish is just frosting!

Thank you so much,

— Barley Forsman

the heat became unbearable. And then we recuperated with lazy afternoons, sitting around in the shade at the various camps, putting away an almost endless supply of beer and wine, along with more munchies than were good for us (except in the context of riding bikes every day...then you can eat whatever you want). Our high spirits were dampened a bit on the final day when we learned that Bob Puckett had crashed within a few miles of the finish and had broken his pelvis in a complicated way. He was alone at the time, but a good samaritan picked him up and took him to a hospital in Monterey. He was then transferred by ambulance to a Kaiser clinic near Sacramento specializing in hip injuries. After surgery, he came home to Santa Rosa and is recuperating. We wish him all the best.

Special thanks to all the folks who helped with the prep before the tour and who worked all afternoon on the Sunday of our return from Monterey, cleaning all the club equipment so it would be ready for the Terrible Two at the end of the week. Folks were tired at the end of the tour but they did what needed to be done.

Barley Forsman has put together a nice 22-minute video of the tour, and it will be shown at the August club meeting.

On June 8, as the CCT gang were hiking through the Pinnacles, Bill and Pam Carroll were rounding up the folks still home in Santa Rosa for a nice combo ride. Bill can explain it: "Pam and I had the idea of doing a combined A and C ride from our house, with staggered starts designed to get everyone back to the house about the same time for beverages and snacks. The weather did not cooperate. With temperatures predicted to be close to 100, Pam changed her start from 10 AM to 8 AM. Most people got the change on the chat list, but a few showed up later. She had about eight for the start, with a few B riders who promised to ride the posted pace. In fact, Mary Jane Stimson effectively served as a co-leader with Pam. Pam reported it was a great ride to Glen Ellen, though it indeed heated up early. After a break at the market, the crew made the turn for home. A couple of B riders were released to go their own pace, but the majority of the group stayed together. Several came in for a recovery beverage.

"We had 12 C riders for our 8:30 start. The group caught the A riders on Lawndale near Warm Springs, then paelined into Glen Ellen. We picked up Marc Moons, Tony Lee, Hunt Moore, and Mike Pucci near Sonoma Mountain Road. With the heat, we made a quick water stop at the market before heading to Cavedale. It was hot. My bike thermometer hit 105, surely overstating the true ambient temperature. But it must have been close to 100. Riders quickly strung out on the climb. One very strong rider overheated half way up, and we stopped for quite a while until he cooled down. I sent my nephew Austin—visiting from SF and here doing Death Ride training—ahead to release the group waiting at the fire station. When we arrived there, Austin was still waiting. Del rolled in after repairing a flat. Another flat led to a second long stop at the bottom of Trinity. But we still managed to see the fast group rolling down Adobe Canyon after their climb to Sugarloaf. It was a laborious, pathetic crawl for me as I wobbled up to the gate.

"The rest of the ride was just hot. At the house, some of the A riders were still relaxing. We joined them for cold beers that never tasted so good."

Also on this day, Jerry Meshulam listed a 56-mile B ride from Ragle

south to Petaluma and then out Chileno Valley way. "Despite early predictions of scorching weather, a baker's dozen riders gathered in the shade at Ragle Park, ready to brave the day. I made an impromptu change in the route to stop at the Petaluma Creamery and avoid riding into downtown Petaluma. By the time we regrouped in Bloomfield, a few riders had embarked on their own plans for the day. It was pleasantly warm, with a light breeze heading southeast toward Petaluma. Spring Hill Road even had some new patches, but it was not smooth enough to keep me from flattening. Fortunately, it occurred in a shady spot at the top of the hill and everyone was kind enough to take a rest while I made the repair.

"The shaded picnic tables at the Creamery were perfect for a leisurely break and camaraderie. Some folks even opted to get their caffeine fix by way of coffee ice cream. Heading back on Chileno Valley Road, I noticed that my newly repaired front tire had a slow leak. A couple of stops to top it up got me back, but there's nothing like riding 30 miles and looking down at the tire constantly, hoping it will hold.

"Aeolus didn't fail to deliver his usual dose of head and cross winds on the northwest route back to Sebastopol. Fortunately, they were coming off a fog bank near the coast and provided us with a cool end to a great ride."

After A, B, and C listings on a hot Saturday, we had another A ride on a cooler Sunday: a Sunny Mawson production. Sunny reports: "I had about 27 people show up at the Windsor Town Green for a very nice 22-mile A Ride. We had a guest (one of two) who has now survived three of the four things that *always* happen to the 'new guy'... he fell while in his clips, he took a wrong turn and had to be retrieved (by Jeff), and he had a gear problem that required him to finish the ride without shifting much and then go straight to the bike shop. (He'll still need a flat tire to get all the 'new guy' stuff out of the way. ) In David's absence, I had help: Ramona led from the front, and Kathy, Bridgette, and Rochelle jumped into the middle. I was at the back and was not alone. It was a good ride for A riders, as I actually heard a few people say they had to work a little and got a chance to practice using all their gears on some of the hills. Thanks to everyone who showed up on a rather chilly (for summer) Sunday morning."

The following Saturday was the date of the Terrible Two, which of course preempts any club rides on that day and ties up the energy and attention of at least 250 club members, either as riders or volunteers. Read more about the event on pages 1, 2, and 5.

On Sunday, while many members were recovering from their exertions the day before, Mike and Janice Eunice listed their monthly entry-level Welcome Wagon Ride. Janice sent in this note about it: "A new rider notified me that she was participating, but she was too late, and we left without her. We had a new member show up with his new bike and he was able to practice the shifting. In all, we had six riders including Mike and me. We felt the ride was successful. The new rider who missed us will join us next month."

The Terrible Two and the Welcome Wagon: that pretty much sums up the wide swath of cycling terrain covered by this club. Everything from rides for beginners (or those who just want a slow, short, social meander) all the way up to ultramarathon grinders that are not only wickedly hard but widely acclaimed as the best and most prestigious rides of their sort around. As this chronicle of club rides demonstrates, any given month will offer up a sampler pack of everything to be found between those two poles. Cool!



On Saturday, June 1, 54 SRCC members converged on Monterey for seven days of touring through Big Sur and the hills and valleys just inland from the coast. This was the largest group the club has ever assembled for a tour. Aside from a couple of glitches over camp reservations—not our fault and for the most part sorted out satisfactorily—the bigger group did not prove to be cumbersome. Everyone worked well together and, as far as we could tell, had a great time. All but one day had longer and shorter options, affording participants various ways to tailor the stages to their respective ambitions. It was a challenging tour, but not brutal.

**Saturday, June 1.** After a busy day of prep work on Friday—buying tons of food and outfitting two trucks and two vans—most participants gathered at the club warehouse for the relatively short drive to Monterey. Others traveled to Monterey on their own. After we set up camp in the highlands of Del Monte Forest, we loosened up our touring legs with a 12-mile prologue ride around the picturesque Monterey and Pacific Grove bay shore.

**Stage 1. Monterey to Lime Kiln State Park: 70 miles, 4500'.** After a cruise around the famed 17-Mile Drive in Monterey and a meandering exploration of too-cute Carmel, we headed south along the Big Sur coastline. Morning fog burned off before noon, leaving us reveling in the panoramic views down the rocky cliffs to the blue coves below. Camp was a hodge-podge of odd sites, some near the beach and some up in the redwood-shaded canyon. An added treat was a hike to beautiful Lime Kiln Falls, deep in the forest above camp.

**Stage 2. Lime Kiln to San Simeon State Park: 45 miles, 2500'.** A run south along the balance of the Big Sur coastline on a day kept intentionally short to allow time for a visit to Hearst Castle in the afternoon. A stop at a beach to view hundreds of elephant seals was a treat for most riders, while others added bonus miles with an out-&-back on hilly Nacimiento Road, high up into the Santa Lucia Mountains. The evening included a big bonfire and an advanced class in marshmallow roasting and smore construction.

**Stage 3. San Simeon to Santa Margarita Lake: 57-67 miles, 3000'-5000'.** After both routes rolled through Cambria, the short route made a bee line down Hwy 1 through Cayucos to Morro Bay. The long route took a detour through the coastal mountains along Santa Rosa Creek and Old Creek Roads, two very hilly lanes (up and down, with pitches over 18%). Reunited, both routes climbed over the mountains to Atascadero and then headed south to a pretty county park, where we stayed in a lovely, shady, quiet group site on the shore of the lake.

**Stage 4. Santa Margarita Lake to Paso Robles: 65-75 miles, 4000'-5000'.** One of the best days of the tour, with wonderful little roads in the foothills: Pozo and Park Hill, Las Pilitas and Peachy Canyon (left) and more...perfect for back road cycling. Challenging but not killer climbs and wiggly-worm descents through the woods. Spent the night in a motel in Paso Robles and foraged for dinner around the town, including one large group visiting Firestone Brewery for a massive infusion of craft brews.

**Stage 5. Paso Robles to Mission San Antonio: 51-68 miles, 3100'-5000'.** More picture-postcard-perfect back roads for the first half of the ride in the wooded hills northwest of Paso Robles, similar to the great roads on Stage 4. Then some slightly less exciting miles at the end (flat and straight and into a headwind). And it was hot. This was the first of three days where the mercury topped 100°. We spent the afternoon and evening at the Mission San Antonio de Padua, locked up like an 18th-century time capsule deep within the sprawling Fort Hunter-Liggett army base.

**Stage 6. Mission San Antonio to East Pinnacles: 57-67 miles, 3500'.** A relatively easy day, heading north and east to and through King City, amidst the produce fields and vineyards of the Salinas River Valley, then up into the hills on the east side of the valley. Elevation gain was essentially the same on either route, and the shorter route had the steeper climbing. The run north through the empty hills along Hwy 25 at the end of the stage was especially nice. We camped in Pinnacles National Park and dealt with the triple-digit heat by spending most of the afternoon in the tree-shaded swimming pool at camp.

**Stage 7. East Pinnacles to either Carmel Valley Village or Monterey by various routes: 61-102 miles, up to 6000'.** The final stage presented us with the most challenging planning of the tour. The proposal was to begin the day with a three-mile hike through the magnificent national park, from east to west. Meanwhile, all the bikes would be transported around the perimeter of the park to the west trailhead to await the arrival of the hikers. (There are no roads through the park.) Swap out hiking shoes for biking shoes and head out on the ride back to Carmel Valley or even all the way back to the tour's starting point in Monterey (where we would spend our final night). In the end, 14 hearty souls elected to ride all the way around the park and on to Monterey, a century-size day. A few people dodged the hike by riding in the sag vans to the west trailhead. Meanwhile, the majority of the group did the hike, including clambering through a big cave.

Once we were on the bikes, we were confronted with some brutally steep climbs in the park and then a long, rockin' descent back into the Salinas River Valley. After crossing the valley at Greenfield, we tackled the long, hot climb from the Arroyo Seco River to the high point of the tour: 2394' Cahoon summit. How hot was it? Bike thermometers were reading between 115° and 127° on the climb. That was intense! However, over the summit, now on the ocean side of the ridge, it began to cool, and by the time riders reached Carmel, it was down around 65°...a drop of well over 50°. Some riders climbed into sags in Carmel Valley Village, while others rode on into Monterey.

That we pulled off this very complicated stage and all the rest of the week's challenges was a testament to the cooperative ethos of our club tours: everyone doing a little so that together we accomplish a lot. That spirit was evident throughout the tour and made the entire adventure a delight. Thanks to all who took part, especially to our sag drivers and food wranglers.

# 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, July 10 • 6:30 PM

Occidental Road Round Table Pizza

*Featured presentation: Jennifer Cataldo,  
on nutrition for cycling*

Wednesday, August 14 • 6:30 PM

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Monday, July 8 (special time) • 6:00 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Monday, August 12 (special time) • 6:00 PM

## HOODIE PROJECT MOVES FORWARD

Dear SRCC Members,

You may recall that the club is planning on producing an SRCC hoodie sweatshirt this year. This is your final call for artwork. If you are artistic and have a design idea for this project, we would love to have you submit it. 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
- \* 1-4 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 Inc. in Cotati. [paragonscreenprinting.com](http://paragonscreenprinting.com). The winner will receive a free sweatshirt. The sweatshirts will be for sale and we will ask for a 50% deposit when you order. We will have sample sweatshirts in all sizes so that you can try them on before placing your order.

If you have any questions, please email either of us:

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