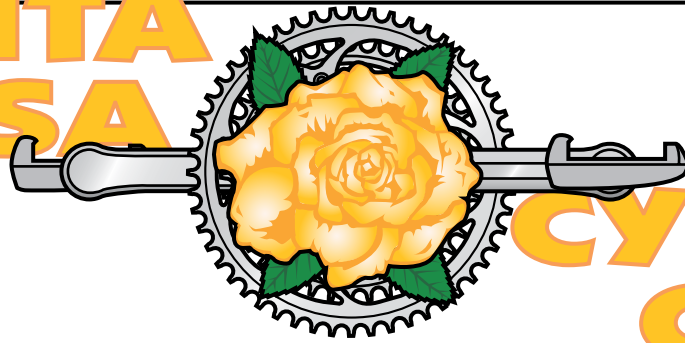


# SANTA ROSA



# CYCLING CLUB

## AUGUST 2013 NEWSLETTER

### END OF SUMMER PICNIC & RIDES

#### Saturday • August 24 • SRCC Warehouse

It's August, and that means it's time for one of our favorite club events of the year: the summer picnic (and the rides that precede the picnic and whet everyone's appetites).

This year's festivities will follow almost exactly the format of last year's. The picnic will be at the SRCC warehouse/clubhouse on Coffey Lane. The rides will be the same: variations on the west county portion of the Wine Country Century. Rides will start at Schaefer School on San Miguel and "end" at the warehouse. (After the picnic, you still have to ride a few blocks from the warehouse back to the school.) We use the school as the start site because there isn't enough space to park cars at the warehouse. In other words: please do not drive your car to the warehouse.

There are only two changes regarding the rides. We have added a D ride this year, with a few extra miles to keep those fast kids busy. And we are staggering the start times to ease up on the traffic jams in the early miles and also—we hope!—to return all riders to the picnic at approximately the same time. Check out the ride list for more information on routes and start times.

Picnic fare will be provided by a crew of SRCC members (no pot-luck). They're already busy with plans for menus. It takes a fair amount of work to set up, run, and take down the picnic. Our event chairs—Sharron Bates and René Goncalves—have a few helpers lined up so far, but they will need quite a few more. If you can help, before, during, or after the picnic, your efforts will be greatly appreciated. Help will be needed on the Friday before and Sunday after the event too, as well as on Saturday.

••• **RSVP!** •••

As always, our summer picnic is a members-only affair (members plus spouses), and you *must* RSVP if you plan to attend. (We need to know who's coming so we can plan our food buy and prep.) There is a [registration form](#) for the event at the club website. You can also indicate your intention to assist with the chores surrounding the event when you sign up.

If you have any other questions about the big day—anything not explained here, at the web site, or in the ride calendar—feel free to get in touch with either of the event chairs:

**Sharron Bates: 707-526-3512**

**René Goncalves: [leslierene@hotmail.com](mailto:leslierene@hotmail.com)**

### SRCC sweeps CTC Stage Race

Each year, SRCC members participate in the California Triple Crown double century series, many completing at least three 200-mile rides during the season. Contained within the season-long double century series is the CTC Stage Race, wherein times from three of the hardest doubles are added together, like stages in a stage race, with lowest aggregate elapsed time winning. It is always a great challenge, and doing well in the Stage Race is one of the highlights of the cycling year, at least for the folks who are into this sort of riding.

This year's Stage Race featured three Northern California doubles: Devil Mountain, the Terrible Two, and Alta Alpina...600-plus miles and 55,000' of elevation gain.

Alta Alpina was run on the last weekend in June—two weeks after the Terrible Two—and riders struggled with blazing heat (in addition to thin air over those High Sierra passes). We have a note in *Backroads & Breakaways* listing all the club members who finished this grueling event. Now that this tough ride is wrapped up, we can add up the totals for the three big events and check out the final Stage Race standings. For the full results, go to the CTC Stage Race [page](#).

Once again in 2013, SRCC members have done well in this competition. Robert Choi finished first in the series and Sarah Schroer was the first woman finisher. Carl Sanders was 3rd, Marc Moons 4th, Miguel Sanchez 7th, and Greg Durbin 13th. Sarah missed the top 20 overall by just four minutes. Brian Chun also completed the Stage Race.

This continues the club's rockin' record of hogging spots on the Stage Race podium. Over the past eight years, six different SRCC men have logged five firsts, five seconds, and three thirds. Over the past four years, four different SRCC women have logged three firsts and one second. Many other members have been in the top ten, and in the 18-year history of the Stage Race, nearly 40 club members have finished in the top 25 at least once. Many have done so multiple times. For whatever reasons, double centuries seem to be a good fit for the members of this club.

So the Stage Race is a done deal for 2013, but the regular Triple Crown series continues well into the fall, with more opportunities for riders to test their limits on the long, hard rides. Sometime near the end of the year, we'll follow up with a report on all the SRCCers who completed the Triple Crown. But for now, we salute the magnificent seven who drilled it in the 2013 Stage Race.

## MINUTE MIX

Highlights from the General Membership and Executive Board meetings for July

- 1. Call to Order:** President Susan Forsman was absent. Vice-President Doug Simon called the general meeting to order at the Round Table on Occidental Road on Wednesday, July 10. 53 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported on current bank balances, as of June 30.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1719 (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 August.
- 5. TT:** Terrible Two co-chair Rick Sawyer offered a brief review of the event and thanked all of the members who had worked on it. Co-chair Bill Oetinger brought all leftover TT t-shirts to the meeting (volunteer, 200-K, and I DID IT!). Many who had not yet secured a t-shirt were able to do so. All of the shirts have now been moved to the club warehouse and will next be made available at the club picnic on August 24.
- 7. Club History:** Mike McGuire read selections from a 1983 club newsletter, including an announcement of plans to have a competition to select a club jersey and t-shirt design.
- 8. Warehouse:** Doug Simon reported that the warehouse committee requests—in future—not having a club tour or other major event a week prior to either the WCC or TT. Equipment has recently been loaned to SCBC's I Bike Sonoma event, the Giro Bello and to the landlord for a barbecue. Upcoming events on the warehouse calendar include the WRT, Tour d'organics, Tour de Fuzz, a Bike Monkey MTB event, and Levi's GranFondo.
- 9. Meetings:** The August 8 Board meeting has been moved to August 12 to avoid a conflict with the Wild Rivers Tour.
- 10. SCBC:** Sonoma County Bicycle Coalition director Gary Helfrich provided an update on the progress of the Vulnerable Road User Ordinance: it was adopted by the City of Santa Rosa, with strong support from the SRPD. Gary also invited folks to the SCBC Bike Expo on Sunday, August 18. (See listing in Ride Calendar.)
- 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. (See first installment, page 7.)
- 12. Picnic:** The Board agreed to the date of Saturday, August 24 for the annual End-of-Summer picnic. (See pages 1 & 5.)
- 13. WCC:** Doug Simon announced that he has reserved the Wells Fargo Center on May 3, 2014 for the Wine Country Century. The Board is considering the pros and cons of having the WCC Workers' Ride and Party on the day after the WCC or on the following weekend.
- 14. Holiday Dinner:** The Santa Rosa Veterans Hall has been selected as the site of the 2013 Holiday Dinner, scheduled for Saturday,

## SRCC Ritchey Ranch Lunch Stop Levi's King Ridge GranFondo 2013

The Santa Rosa Cycling Club is once again organizing and staffing the lunch stop near Seaview and Fort Ross Roads for LGF13. There we be 4000 riders on the GranFondo route coming through that most important stop. Steve Drucker will be coordinating the stop for the club. (Thank you Steve! See also page 7.)

On the day of the event, we will need a total of 80 club members spread over three shifts: 8:00 AM—noon to set up and work, 11:30 AM—3:00 PM to continue and clean up, and 2:00 PM to 5:30 PM to clean up and load the truck. We will help arrange carpooling to the site to minimize the number of cars on the roads. We will also need volunteer help on days before and after the event at the club warehouse, preparing and cleaning equipment. Doug Simon will be coordinating those tasks.

Finally, we are looking for a volunteer or two with a motorhome or trailer to spend a couple nights at the rest stop to keep the site secure.

The event has been very exciting the last five years, with a vast variety of riders, including Levi, at the lunch stop. Of course, the great benefits of the event are to cycling in Sonoma County and to the various charitable organizations the GranFondo supports.

The GranFondo is Saturday, October, 5. Volunteers receive a commemorative tee shirt, a free meal at the FondoSonoma Festival at Finley Park and an invitation to an appreciation party with food, swag, and door prizes. Please mark your calendar, save the date, and sign-up to volunteer. The club will take care of signing you up with the GranFondo organization.

**Steve Drucker: [bdrucker@sonic.net](mailto:bdrucker@sonic.net), 707-538-5256**

### TO GRIZ OR NOT TO GRIZ?

For 13 years, SRCC has organized a camping weekend in conjunction with the Grizzly Century at Bass Lake (October 5 this year...same day as the GranFondo, unfortunately). It's a great century—maybe the best in the state—and a fun weekend. But we do not currently have a Chair to coordinate the adventure and so, as of now, it's not happening.

If you would like to see this fine club tradition continue (by taking on the coordinator job), talk to the Ride Director for more information about what's involved.

December 7. Dinner will be catered by An Affair to Remember (Matt Parks' team). Janice Eunice and Arlene Morgan have agreed to chair the event.

**15. GranFondo:** Steve Drucker outlined plans for the club's involvement with the Ritchey Ranch rest stop on the Levi's GranFondo on October 5. (See related item on page 7.)

**16. Hoodies.** Liz Sinna brought members up to date on the continuing project to select a design (and then take orders) for an SRCC-logo hooded sweatshirt. (See item on page 7.)

**17. Featured Presentation:** Nutritionist Jennifer Cataldo discussed the importance of hydration and nutrition for cyclists and provided specific information on rate of calorie and water intake during exercise as well as suggestions for good sources of energy and nutrients, both on and off the bike.

## BACKROADS & BREAKAWAYS

*B&B is a column for and about local club rides, news, gossip, anecdotes, odds and ends. If you have a story to share about a ride you led, your race results, a cycling vacation, whatever...call Bill Oetinger @ 823-9807 or send e-mail to: srccride@sonic.net.*

When last we checked in on club ride doings, we were just putting the Terrible Two to bed for another year. One week later, it was back to rides of more conventional dimensions.

The weekend after the TT kicked off with a 50-mile BC listing from Nikola Farats, beginning with the steep climb of Calistoga Road, then the obscure Sharpe-Kortum Canyon byway into Calistoga, a run down Napa Valley, and finally the dauntingly steep climb of Spring Mountain Road to claw back into Sonoma County. Nick reports that 15 people showed up for this ride. However he (Nick) bonked early, thanks to a too-hard ride the day before, so he wasn't around to see it through to the finish. He had reports from others in the group, saying they liked the route, and that's all we know about it.

On Sunday, Doug Schrock offered a C ride around the classic Trinity-Spring Mountain loop—yes, the very same Spring Mountain brutality that was on the card the day before—with a run up Pope Valley in the middle to pad the miles out to 80. Doug sent in this note about the day: “Eight riders rolled out onto the course under gray skies, but no one was complaining too much about the weather. The day before temperatures had been in the 90's and the day following the weatherman called for rain.

“We pace-lined together down Sonoma Valley, but by the top of Trinity we realized there were really two groups: most were riding a CD pace and a couple decided to ride a BC pace, so we had an amicable parting of the ways. Michael Barnes put in a strong showing a day after completing a time trial on the lower part of Mt Diablo (1,700+' of climbing in under 30 minutes). Scott Duncan looked remarkably fresh after posting a 13-hour TT a week before. The other CD riders didn't give Michael or Scott a break, as the pace up Silverado Trail and Sage Canyon was rather spirited. I struggled to stay in contact with the lead group and got dropped along Sage Canyon. Fortunately, everyone was OK, with regular regroupings (Pope Valley Store and at the top of Ink Grade), so at the end of the ride the lead group was intact except for two people who rode to the start and so took shortcuts home. We refueled at Model Bakery in St Helena prior to the climb of Spring Mountain. The cool breeze on the climb was very refreshing and made me reflect on how nasty the ride would have been in the heat the day before.

“There were no mishaps, and I got a phone call from the one of the second group when they finished an hour or so after the lead group, saying they enjoyed the ride. Several other riders commented that they enjoyed riding roads they had not been on before.”

(Note from the Editor/Ride Director: So here we had a weekend with only two rides, and both were pretty much on the high end of the club's spectrum for challenge. We recently had a mild complaint from an A rider that we don't have enough rides for her part of the club. All I can say is that we do our best. The ride listings all originate with the members. We get what we get and make the best of it. There is no overarching, institutional mandate that says we will have X number of A rides and B rides and so on. We make an effort to coordinate the list, with the goal of having a little of something for everyone. But we can only work with what

the volunteer-member ride leaders give us. There is one solution if you're not seeing the sorts of rides you want on the club calendar: list the rides you want yourself.)

The last weekend in June began with two rides. Jack Hartnett had a 34-mile A ride from Howarth Park out to Mom's Apple Pie. (An A ride! Just what we were looking for!) He reports: “A very warm morning start: in the mid-70's at 8:30. Twelve cyclists headed out to Forestville via the SR Creek Trail, Guerneville, and Vine Hill Roads. A few folks were suffering in the hot weather, so we got fairly spread out, but all made it to the pie shop for water and a few munchies. One rider flatted just as we were rolling out of the parking lot, but there were no other problems that I was made aware of, no accidents or spills. We returned via the West County and Joe Rodata Trails. The mercury was in the mid-90's by the time we got back to Howarth Park...an unusually hot June day. But all seemed to enjoy the scenery and the ride overall.”

Also on this day, Maury Cohen listed a metric century from Analy HS up through the vineyards. It included an appeal for fixed-gear bikes. “Nine riders started, including the ride leader and Michael Garner on fixies. We were joined by another rider along the way, and things progressed in an orderly fashion until the temperature reached the orange zone on Hwy 128 and we took an unscheduled hydration stop at Jimtown Store. It was decided that the majority of us would vary from the original route (Asti and Dutcher Creek), instead making a more direct beeline up Lytton Springs to the Dry Creek store, our original rest stop.

“By then the temperature was climbing into the red, and I for one, was interested in heading back as directly as possible before my brain was cooked. Hydrating well and keeping fueled with carbs and protein help on such a hot day, but 100+ degrees is still darn hot. We separated into two groups on the return trip: a faster group of five, and my slower and smaller group. Just before we left the store, a rider I'd forgotten about showed up. He'd apparently missed us back at Jimtown and had ridden solo up to Geyserville and over Canyon to Dry Creek. Four of us headed back down Dry Creek and at Kinley we realized that my wife Melanie was behind. By the time I doubled back she'd passed our turn, so I chased her down on Grove Street and we were now three groups. Mel had a minor heat meltdown near Windsor, so we took a short detour to the Town Green for R & L (Rest and Lemonade). After a half-hour or so we continued at survival pace back to Seb-Town.

“My overall takeaway: kudos to a club that fosters confident riders who can improvise, persevere, and even enjoy a ride, in temperatures that keep most mortals in air-conditioned comfort. Fixie-wise, Michael G. raised the bar today. I admit walking for a bit mid-Chalk Hill, while he biked every inch. He's got some legs on him! Even with the shortcuts I ended up with almost exactly 62 miles, and the others probably had 5-6 more.”

The last ride in June was an AB listing from Rochelle Bowman, Bridgette DeShields, and Kathy Leader. Their June Jaunt to Freestone started at SR City Hall. Bridgette reports: “About a dozen riders met in the morning, with others perhaps scared off by the predicted heat. But the heat turned out not to be that bad. We had a great ride all the way out to Freestone, and it was actually almost chilly on Bohemian Hwy. After a stop for the fabulous scones and sticky buns at Wildflour Bakery, we continued on Bodega Hwy. It got warmer but not bad up Barnett Valley and Burnside, where

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

## SATURDAY • AUGUST 3

### Petaluma & Middle Two Rock Too

3/B/46  
8:30 AM • Ragle Ranch Park

Down to Petaluma for a river front break at the Apple Box, then back north along rolling country roads through the chicken coop belt, out into the country along Middle Two Rock, Walker, Pet-Valley Ford, Bloomfiled, etc.

Tom Schwartz—823-5518  
[trschwartz2000@yahoo.com](mailto:trschwartz2000@yahoo.com)

### Rolling Over the Rollers

2-3/BC/62  
9:00 AM • Eposti Park

First a loop up through Windsor, then Eastside, Westside, Dry Creek. Canyon, stop in Geyserville, then Red Winery and Hwy 128 south to Chalk Hill.

Laura Stansfield—415-613-3302  
[SearchK9@pacbell.net](mailto:SearchK9@pacbell.net)

Harry Williamson—415-322-4151  
[hbwillia44@gmail.com](mailto:hbwillia44@gmail.com)

## SUNDAY • AUGUST 4

### North Coast Climbing

4/C/65  
9:00 AM • Guerneville Park-&-Ride

Warm up on flat terrain to Cazadero, then climb up and over Fort Ross Road. Enjoy smooth pavement and cool temperatures on a loop around Seaview, Timber Cove, Highway 1 and Meyers Grade. We will return via Fort Ross Road and Cazadero to Guerneville, where an excellent Mexican restaurant awaits our hearty appetites.

Sarah Schroer—364-7560  
[sarahschroer@gmail.com](mailto:sarahschroer@gmail.com)

## SAT-SUN • AUGUST 3-4

### High Sierra Weekend

Sat: 5/C/115 • 15,000'  
7:00 AM • Columbia, CA

Sun: 5/C/115 • 12,000'  
7:00 AM • Walker, CA

Two big days in the glorious High Sierra. On Saturday, up and over Big Hill and Sonora Pass to an overnight at a motel in Walker on Hwy 395. On Sunday, back via Monitor, Ebbetts, and Pacific Grade Passes. Sag will carry minimal luggage to and from Walker (everyone chips in to pay sag's travel expenses). Minor shortcuts reduce miles to 95 and 105 and eliminate some climbing. RSVP

required to arrange motel logistics.

Linda, Sid Fluhner—925-228-3056  
[sid\\_linda\\_fluhner@sbcglobal.net](mailto:sid_linda_fluhner@sbcglobal.net)

## SATURDAY • AUGUST 10

### Another Side of Napa

3/BC/83  
9:00 AM • Howarth Park

One big climb, then down into lower Napa Valley for a loop around and through the city of Napa and out into the Carneros on a cool route never done on a club ride before. Aside from the Trinity climb early on, the route is rolling and easy. Short regroupings at Trinity firehouse (mile 15) and Sonoma (61), with a full rest stop at Neighborhood Market in Napa (42). Because of some new and unfamiliar sections of this route, this will be a stay-together ride at the listed tempo, at least until we're back in Sonoma Valley.

Bill Oetinger—823-9807  
[srccride@sonic.net](mailto:srccride@sonic.net)

### Through the Valleys & Vineyards

1-2/A/B/32  
8:30 AM • Healdsburg City Hall

Healdsburg to Jintown, then onward to Geyserville Mud for a coffee stop. Return via Dry Creek Valley, with the Magnolia Loop at the end.

Jack Hartnett—694-0922  
[jack71542@gmail.com](mailto:jack71542@gmail.com)

## SUNDAY • AUGUST 11

### SRCC Welcome Wagon Ride

1/A/10-15  
10:00 AM • Ragle Ranch Park

An introductory ride for novice cyclists (but veteran riders are welcome too). Easy, social pace. Opportunities for learning bike skills with supportive, experienced mentors. Instruction in working on bikes on request.

Mike & Janice Eunice—575-9439  
[nicenice@sonic.net](mailto:nicenice@sonic.net)

## WEDNESDAY • AUGUST 14

### Willowside to Forestville

1/A/25  
9:30 AM • Willowside School

West toward Graton, then north along the West County Trail to Forestville. After a break, Hwy 116 to Martinelli, River Rd, Trenton, Oakwild and back to Willowside.

Kathryn Reeves—953-6744  
[catcook\\_2000@yahoo.com](mailto:catcook_2000@yahoo.com)

**SATURDAY • AUGUST 17****Steep Climbs and Terrific Scenery**  
4/B/65  
9:00 AM • Howarth Park

Up to the first summit on Calistoga and then climb up St. Helena Road and enjoy peace and quiet and beautiful scenery and then down Spring Mountain Road to St Helena. Head up Silverado Trail into Calistoga for snacks and then wind our way back home with two more climbs which will feel like nothing after St. Helena. Slower climbers are encouraged and welcome to come. Remember: you don't need to climb fast; you just need to keep pedaling.

Christine Logan—577-1422  
christinelogan@comcast.net

**Goats Rock**

5/D/92  
9:00 AM • Goat Rock Beach

Everyone knows that goats can navigate extreme terrain...can you? Challenge yourself on some of the steepest climbs in the county: Meyers Grade, Fort Ross, Timber Cove, Hauser Bridge, Tin Barn, Annapolis, Rancheria. Too much? Plenty of bail-out options to cut it short!

Marc Moons—762-6685  
mmoonsca@yahoo.com

**SUNDAY • AUGUST 18****Reverse Fondo Fun**

3/AB/30  
8:30 AM • Duncan Mills

We will meet in beautiful Duncans Mills and cruise along the Russian River to Bohemian Highway into Occidental. From there we will go up Coleman Valley Road, eventually overlooking the scenic ocean. Then back down to the coast, up Highway 1, and back to Duncans Mills. This ride will provide some good training on hills, including Coleman Valley in the reverse direction from the Fondo (the "easy" way). You might want to enjoy a post-ride meal at the Cape Fear Cafe. We are planning more Fondo training for A riders in September.

Rochelle Bowman—537-7762  
rockbow59@gmail.com

Bridgette DeShields—953-8192  
bridgettedeshields@sbcglobal.net

**Sonoma County Bicycle Expo**

10:00 AM—4:00 PM  
2nd & E Streets, Santa Rosa

Sonoma County Bicycle Coalition's annual festival of all things bike. Vendors, live music, art bikes, BMX tricks, Bike rodeo for

the kids, food, New Belgium beer! Custom frame builders build bikes on site for lucky raffle winner; KIDical Mass family bike ride, and a short Ride About Town. Sell your old bike stuff or donate it to SCBC. Not to be missed!

www.bikesonoma.org/expo.  
Events@BikeSonoma.org

**SATURDAY • AUGUST 24****End-of-Summer Picnic & Rides**

2/A/31 (9:00) • 3/B/42 (8:45)  
3/C/52 (8:30) • 4/D/65 (8:15)

Schaefer School, SR  
Picnic at warehouse (4023 Coffey)  
Picnic approx 11:30-2:30

West on San Miguel > Fulton > Wood > Woolsey to pick up the WCC course until Mill Station. Then... **A route:** from Mill Station, Dyer > thru Graton and up to Vine Hill > Laguna > Trenton-HB > Mark West Station > Slusser > Laughlin > River > Barnes > Dennis to Coffey and the warehouse. **B route:** from Mill Station, Green Valley and Hwy 116 to Odd Fellows summer crossing > River > Sunset > Westside > Wohler > Eastside > Trenton-H'burg > Mark West Station, rejoin A route, etc. **C route:** from Mill Station, continue on WCC course to Guerneville, then straight on River to rejoin B route, etc. **D route:** same as C route, but in Occidental, add a clockwise loop: Boho > Bodega > Joy > Bittner, then rejoin C route.

This is a members-only event and you *must* RSVP at the club [registration page](#). See item on page 1.

A: Barbara Drucker—538-5256  
bdrucker@sonic.net

B: Bill Finkelstein—478-7945  
bill@williamfinkelstein.com

C: David Smith—849-6123  
davesmith@merritt-smith.com

D: Marc Moons—762-6685  
mmoonsca@yahoo.com

**SATURDAY • AUGUST 31****Beat the Heat 100-K**

2/A-B/62 miles  
8:00 AM • Airport Cinema  
parking lot, Airport Blvd.

Out around the airport and onward to Wohler Bridge (following the WCC course). North on Westside, West Dry Creek, and Dry Creek to a rest stop at the Lake Sonoma Visitor Center. Back south on Dry Creek, up and over Canyon and south through Alexander Valley along Hwy 128 and Red Winery. Into Healdsburg and south along Old Red through Windsor.

Mike McGuire—542-6687  
mmcguire@pacbell.net

**SUNDAY • SEPTEMBER 1****Heaven's Trail**

2/A/27  
9:30 AM • Analy High School

An easy jaunt on the trail from Sebastopol into Forestville for coffee. Then a lovely loop down Martinelli Road and Old River Road to Westside Road, Wohler Bridge, Eastside, etc. Back up Laguna Road, Frei Road, and Hwy 116 to the trail and down the hill to Analy.

Bridgette DeShields—953-8192  
bridgettedeshields@sbcglobal.net

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

**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-geared bikes welcome too  
Doug McKenzie—523-3493

**Friendly Fridays**

A • 25-30 • 9:00 AM

Same schedule as other Friday rides  
Janice Eunice—575-9439

*Fifth Friday A group: 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

## More BACKROADS & BREAKAWAYS

there were awesome views, although a bit hazy due to the heat. The ride back on the Joe Rodota Trail was a bit more toasty. We had a couple of new members join us, although they ended up not finishing the ride due to two flats. But they vowed to return another day. We had one crash at the beginning of the ride at Occidental and High School with a minor injury, and that rider got picked up at Anally.”

This was also the weekend of the Alta Alpina double century up in the High Sierra. “High” in this context means not only altitude but temperature. It turned out to be a brutally hot day, especially for a double with over 20,000' of climbing. Folks were seeing readings of over 100° for all the midday hours. Alta Alpina is kind of a glorified, expanded Death Ride, with all those familiar out-&-backs, plus a few other embellishments to pad it out to double-century length... eight passes in all. The SRCC was as usual well represented at this monster mash. In order of finish, these folks were flying the club colors: Robert Choi, Carl Sanders, Marc Moons, Miguel Sanchez, Tony Lee, Paul McKenzie, Greg Durbin, Sarah Schroer, Robert Morris, Brian Chun, Sherry Adams, Omar Sison, and Hunt Moore. Karl Kuhn and Andreas Schultz were also in the mix, completing six and seven passes respectively. Hats off to a hardy bunch on an extremely hard day. Several interesting reports on this ride were filed at the club's chat list. This was the last installment in the California Triple Crown Stage Race. For more on the Stage Race, see our article on page one.

But wait, there's more: it was also the weekend of Climb to Kaiser, a traditional hill fest down in the Southern Sierra. The plucky couple of Joyce Chang and Bert Daniel headed down for this big ride, Bert choosing to do only the century ride, while Joyce went all in on the full C2K (155 miles and 13,500'). It was as hot here as it was on the Alta Alpina double. This is in the hills above Fresno, after all. Joyce sent a long and pretty funny account of her day to the chat list. She seems to think she made a pig's breakfast out of the deal, going much more slowly than she had hoped to. But the bottom line is she finished the damn thing on a very nasty day (and Bert finished his C-note as well).

It was right around this time that Bill Carroll, training for the Death Ride, caught a wheel in a crack while descending Los Alamos and hit the deck hard, breaking his pelvis in three places. Bill is currently holed up at home, watching TV and catching up on his reading...itching to get back on his feet and on his bike.

July launched with a Christine Logan ride out over Fort Ross Road and Meyers Grade, listed at B tempo. “About 18 mostly C riders showed up. It was a perfect day for a climb. Started off at 60°. By the start of Fort Ross Road the C's were gone. The climb went well and the majority of us regrouped at the top. Going down Meyers Grade, we rode through a thick fog bank, which was a surprise, as it was completely blue skies until this point. Thick fog where you couldn't see very far in front of you. By the time we got to the coast highway the fog was gone and it was just overcast. Zipped down the highway, which is so fun and never gets old. Weather in Duncans Mills, of course, was again sunny and perfect, where we rested and then headed home.”

This was also the day for Sue Bennett's last volunteer fire department pancake breakfast ride of the season. Sue reports: “On the Penngrove Pancake Breakfast ride, the ride leader saw in action

the importance of a good breakfast. 18 club members came to the firehouse for breakfast, which even included fresh fruit! Six had ridden to Penngrove from their homes and then headed back to deal with Saturday chores. The rest of us went on to do the 33-mile Chileno Valley loop. One additional rider joined us just for the ride, skipping the breakfast. Things went well for the first 10 miles. Then the ‘no breakfast’ rider began to have problems. About every 8-10 miles, she would be bonking again and stopping to nibble, with me standing by. It took a long time. I assume the rest of the riders had a good ride. Their cars were gone when I finally got back. Now I know why I have a big bowl of whole grain cereal with fresh fruit before every ride.” Or a pancake breakfast, VFD style.

One ride on Sunday of that first weekend in July: another Bowman-DeShields production, this time 45 miles at AB pace, beginning and ending in Tomales. Bridgette checks in: “On July 7, about a dozen riders met in Tomales and headed out north up the coast highway and then east along Fallon-Two Rock and into Chileno Valley. After a quick up-and-back to Helen Putnam Park, where we had a rest and snack break and refilled water, we headed back west on Chileno to climb Wilson Hill. From there onto the Marshall climb, where the view at the top of the ocean and Tomales Bay was breathtaking. We then headed down to the town of Marshall and back up Hwy 1 to Tomales. The town was having their *Party in the Park* day (a fund-raiser for their community park) and most of the group headed there for oysters, tamales, Lagunitas beer, great music and socializing.”

One week later and the troops were back in Tomales again. This would be on the 59-mile BC ride co-led by Laura Stansfield and Donna Norrell on July 13. Laura sent a note to the chat list about the ride, and this is extracted from that report: “Wow! What a day and what a group of riders. As 9:00 drew near, the parking lot continued to fill with riders, about 40 in total (another 4 or 5 joined later). Donna and I were both relieved to see familiar faces, but it was also refreshing to see many new faces and we're sorry that we didn't have time to get to talk to to all the new people on the ride. We had at least two visitors; one was here from South Africa and found us on Google. Another was a rider from Arcata.

“I want to say is thank you for all of those who were such team players. At the start, before we left the parking lot, we had a couple people who had to change out flats. Other riders were very helpful in getting their fellow riders ready to roll. During the first half to Tomales, Donna watched over the front of the group and I the back. Miguel Sanchez hung back with me and helped keep an eye on the group, which was much appreciated, since we had a number of people in the back who were not familiar with the route. When we reached Occidental, a few riders in the back let me know that they would not be continuing but instead doing an alternate route. The remainder of our group continued the journey to Tomales. It was pretty impressive to see so many cyclists (many in their SRCC kits) enjoying their coffee and pastries. With the ride so spread out, the faster riders had been hanging out in Tomales for a little bit and were ready to roll shortly after I got there. That would have been fine but I was leading the second half of the ride and Donna was going to bring up the back. Some were eager to go and before I could get my pastry and coffee down, so about 10 hit the road for the return trip, while others gave me a few minutes to finish up. Unfortunately, when Donna got her bike to head out, she noticed she had a flat rear tire. So another group waited for

— Continued on page 7

## More B & B...

her and helped with her flat.

“We couldn’t have asked for a better day. We started off with sunny skies and enjoyed sunshine all the way to Tomales, with only a little bit of headwind. The day warmed up but never got hot. The group was large, but with the exception of a few flats, I don’t think we had any other issues. From what I saw except for a couple minor incidences where the riders were reprimanded for not yielding to traffic when they should have, the riders I saw during the course of the ride were very respectful of traffic and other riders. There were a number of times on rural roads where a shout up the line of “car back!” was all it took for everyone to quickly move into single file.

“Donna and I would both like to thank all of you who came out and joined us, and add a special thank you to those who did a little extra to help us out and make our job overseeing such a large group a little less stressful. Not only did people help us directly but they helped other riders too. This sort of support is what makes SRCC such a great club. An incident that put a smile on my face happened at the end of the ride when the visitor from South Africa asked me to take his picture with another rider (sorry I don’t know your name) because the two finished the ride together.”

The last ride we can cover this month was Sherry Adams’ rather arcane meander in the hills near Calistoga (Ida Clayton, Western Mine, Hwy 29, Kortum Canyon, Petrified Forest, Franz Valley). She reports: “A really nice day on the bike, but not much of interest for the newsletter. Four of us, all riding the same pace and with similar sensibilities (e.g. we all wave to folks on town bikes in Calistoga). Teamwork on flats, encouragement on hills. I don’t know that anyone noticed the sugar pine, but the Sonoma sage was so aromatic as the sun hit it on Kortum Canyon. Probably the funniest *non sequitor* is that all three guys are the type where everything on bike and body matches with no exception, and all three of them happen to be red-white-and-black guys. I naturally have every possible color represented in my get up. Lots of funny helmets and carbon wheels with numbers on the arms passing in the morning...Vineman time of year.”



## HOODIE PROJECT GOES TO A VOTE

Dear SRCC Members,

Last month we invited members to submit designs to be used on a hoodie sweatshirt. We have received four designs.

We will now be having an on-line vote to select the design to be used. The deadline to cast a vote—one vote per member—for your favorite design is Thursday, August 15.

The four designs will be displayed at [a special page](#) at the club website, along with the ballot for casting your vote.

We are looking to order at least 70 units so that we can get the best pricing. An on-line order form will be activated in September. Delivery will be a few weeks after that.

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

**David Abramo—[djabramo@yahoo.com](mailto:djabramo@yahoo.com)**

**Liz Sinna—[lizsinna@gmail.com](mailto:lizsinna@gmail.com)**

## Key SRCC Volunteer Assignments

*This is a once-a-month series reviewing the many key volunteer jobs in the club. By highlighting these areas of responsibility, we hope to enlighten club members regarding the nature of each job, to salute those members currently doing the jobs in question, and finally to encourage others to consider taking these tasks on in some future year.*

### SRCC’s Levi’s GranFondo Rest Stop Chair

The SRCC supports Levi’s GranFondo by organizing the lunch stop at Ritchey Ranch. (The GranFondo is scheduled for October 5 this year.) This rest stop sees approximately 4000 cyclists throughout the day, and is easily the largest rest stop of the event. The current Chair of the lunch stop is Steve Drucker. Steve prepared the following list of tasks associated with this position.

- Recruit volunteers: contact last year’s volunteers; help set up club volunteer sign-up website; arrange blast e-mails and notes in SRCC newsletter
- Write FAQ for event; post at club website
- Coordinate details of tasks for lunch stop: sleepover, truck drivers, etc.
- Monitor e-mail and phone calls from volunteers, answer questions.
- Attend club and Board meetings to report on progress
- Use club website to keep volunteers informed after sign ups
- Keep lists of volunteers by shifts and overall
- Send volunteer information to Bike Monkey organization.
- Coordinate volunteer job assignments; do as much as possible in advance of the event.
- Determine number of volunteers needed per shift and in each area of activity
- Keep list of t-shirt sizes by shift
- Meet with logistics director (Doug Simon) to coordinate details of event
- Visit event site to help map out placement of equipment and activities on site
- Coordinate waiver collection
- Send out reminders to volunteers and thank you notes after the event
- Coordinate carpooling to remote rest stop site
- Supervise site set up/tear down
- Troubleshoot on-site during event: solve problems, keep volunteers on task
- After the event, write summary and suggest improvements

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**SATURDAY • AUGUST 18**  
**See Ride List for more information.**

# SANTA ROSA CYCLING CLUB

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- President: Susan Forsman ..... 415-225-9405
- Vice-President: Doug Simon .....577-0113
- Secretary: Sarah Schroer .....364-7560
- Treasurer: Greg Durbin .....217-1549
- Officers at Large
- Liz Sinna .....484-2459
- Rochelle Bowman .....544-7363
- David Abramo ..... 650-533-2330
- Sherry Adams.....294-7442
- Bob Redmond .....799-0764
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart .....823-0941
- 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, August 14 • 6:30 PM

Occidental Road Round Table Pizza

**Featured presentation: Barley Forsman's 22-minute video of the Central Coast Tour**

Wednesday, September 11 • 6:30 PM

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

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

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, September 5 • 6:00 PM

## Reach Medical Air services

*(Promotional piece from Reach Air)*

If you have a serious accident while riding your bike miles away from the nearest medical facility, there may be need for air transport in life-and limb-threatening emergencies. Even with medical insurance, air medical transport can leave you with unexpected out-of-pocket expenses, burdening your finances and family.

Give yourself peace of mind, enabling you and your family to focus on recovery after an emergency. By becoming an AirMedCare Network member, you will have no out-of-pocket flight expenses if you are flown by one of our participating providers. Participating in this program, you are automatically enrolled in coverage with three other providers in over 200 location across 27 states. Enrollment as follows:

Single Member household: \$50.00 a year

Two Member household: \$55.00 a year

Three or more member household: \$50.00 a year

If more than 150 SRCC members sign up for the Affinity Plan, there will be a 10% discount.

*Note: the Santa Rosa Cycling Club is neither endorsing nor promoting this program. Nor does the club have any financial stake in the matter. We are simply passing along information which may be of interest to our members.*