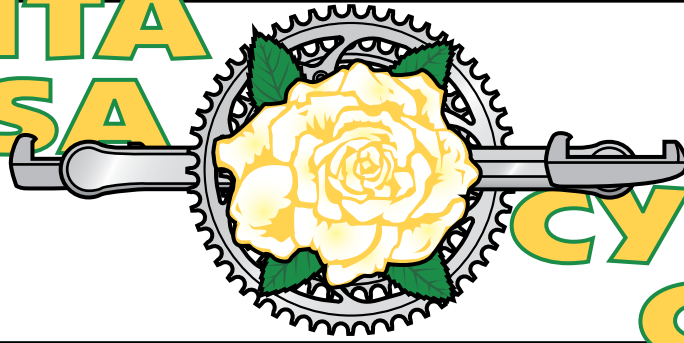


SANTA ROSA



CYCLING CLUB

NOVEMBER 2013 NEWSLETTER

A Holiday Celebration

Can it really be time to be thinking about the Holiday Dinner again? Yes it can, and event chairs Arlene Morgan and Janice Eunice have been thinking long and hard about it already (with the help of the Board). Plans are well underway to offer members a delightful evening of good company, gourmet dining, and our gala end-of-the-year awards program.

A new venue this year: the Santa Rosa Vets Hall, with the food service handled by the always top-notch Matt Parks and his Affair to Remember catering crew. While there is a small fee, the club is picking up the larger portion of the costs for the evening as a gift to our loyal and valued members.

Put away your lycra for the day; dig your best sport coat out of mothballs or shimmy into that slinky little black dress and see if your friends recognize you with real clothes on. Sign up on-line and show up in style!

Saturday, December 7th, 2013

**Santa Rosa Veterans Hall
1351 Maple Avenue**

**5:30–6:30 PM: beer and wine bar
(no cost to members)***

6:30–7:30: dinner service

7:00–8:30: program

8:00–8:15: break for dessert, coffee, socializing

**Vets Hall regulations do not allow individuals to bring their own wine or other alcoholic drinks.*

Attendance is restricted to members and their partners.

Cost: \$15 per person.

Registration is at the club [website](#).

Payment by credit card or PayPal.

Registration closes November 29.

In the spirit of the season, the club will be collecting toys (unwrapped) to be donated to needy children.

Menu

• **Cocktail hors d'oeuvres** •

Artisan cheese and seasonal fruit display, featuring the season's freshest berries and grapes

with local Marin and Sonoma cheeses and salami

• **Garden vegetable crudités display** •

Cucumbers, cauliflower, broccoli, bell peppers, green onions, zucchini, carrots and mushrooms, served with a roasted red bell pepper rouillé sauce, hummus, and ranch dressing

• **San Francisco Fisherman's Wharf crab gratin** •

Dungeness crab and artichoke hearts in a creamy, cheese gratin, baked golden and offered with sour dough baguette rounds and herb foccacia

• **Sonoma Buffet** •

House signature tender organic Sonoma baby greens salad with glazed pecans, feta, sundried cranberries, and baby heirloom tomatoes, finished with our raspberry-walnut vinaigrette dressing

Creamy, rich baby red potatoes blended with parmesan, roasted garlic, and sour cream

Farm fresh, best of the season, blanched vegetables, bathed in garlic and herb-infused olive oil, grilled until lightly caramelized, with roasted red pepper rouillé sauce

Select entrée when registering:

• **Grilled coriander-cumin chicken** •

Tender, all natural chicken breasts marinated overnight in Eastern Mediterranean spices and Greek yogurt, then seared on a hot grill to lock in the flavor, then finished in the oven

• **Roast sirloin of beef, carved exhibition style** •

Top sirloin rubbed in hearty red wine, studded with garlic cloves and sprigs of fresh rosemary, coated with a special peppercorn blend, slow roasted to perfect doneness—from medium-rare to well done—offered with creamy horseradish sauce and merlot-mushroom demi-glacé

• **Brown rice and quinoa stir fry** •

Fresh vegetables sautéed with ginger, garlic and gluten-free soy sauce, served on a bed of brown rice and quinoa

Fresh Artisan Breads and Butter

• **After dinner** •

Luscious lemon bars • Ghiradelli chocolate brownies
Warm apple and fresh berry crisp with vanilla ice cream
Organic French roast coffee • International tea selection

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for October

- 1. Call to Order:** Secretary Sarah Schroer called the general meeting to order at the Round Table on Occidental Road on Wednesday, October 9. 56 members and friends were present.
- 2. Treasurer's Report:** Treasurer Greg Durbin reported (at the Board meeting) on current bank balances, as of September 30. 2014 budget meetings will be held on November 10 and 24.
- 3. Membership:** Registrar Gordon Stewart reported membership of 1775 (combining individual and family memberships). Liz Sinna acted as host at the New Member Table, with five new members on hand.
- 4. Rides:** Ride Director Bill Oetinger circulated a ride calendar sign-up sheet for November. Gordon Stewart reviewed the new "casual ride" submission process which he has developed for members to list rides on short notice that are not on the regular calendar.
- 5. Hoodie:** David Abramo reported to the Board that the sweatshirt order was finalized, and that 17 extra shirts have been ordered to hit a better volume price point. These will be available at the club website apparel sales page.
- 7. Litter:** Mike McGuire reminded members that we have our semi-annual Adopt-a-Backroad litter pick-up day coming up on November 10. The road to be cleaned this time around will be Chalk Hill. (See item on page 8.)
- 8. New Year:** René Goncalves announced that she and Sharron Bates will coordinate the New Year's Day party.
- 9. Holiday Dinner:** The Santa Rosa Veterans Hall has been selected as the site of the 2013 Holiday Dinner, scheduled for Saturday, December 7. (See article on page 1.)
- 10. GranFondo:** Steve Drucker, Craig Gaevart, and Ramona Turner reported on the day at the GranFondo. (See item, this page.)
- 11. Jerseys:** Apparel sales coordinator Bill Oetinger reported to the Board on the custom club order cycle. Merchandise is scheduled to be shipped to the club in the last week of October. Board authorized him to buy 50 extra units to be held in inventory and sold at the club's on-line apparel sales page.
- 12. Brevet:** Bob Redmond reported on the upcoming 300-K brevet and noted that Paul and Mary Jane Stimson were going to be working at the start/finish. Bob offered an explanation of what brevets and randonneuring are all about.
- 13. Special Board Meeting:** A special Board management meeting is scheduled for 3-6 pm, Nov 17 with the single topic: supporting and promoting club rides and ride leaders.
- 14. Featured Presentation.1:** Mike McGuire presented two short art videos...montages of his photos of antique bike components.
- 15. Featured Presentation.2:** Bridgette DeShields, assisted by Gordon Stewart and Bill Oetinger, presented a tutorial on the use of Ride With GPS, the mapping app we use to prepare the routes for our club ride.

NOTE: David Abramo is collecting photos and videos of SRCC rides and other club activities for a looping slide show to run at the beginning of the Holiday Dinner. If you have photos or videos that would work for such a presentation, send the files to djabramo@yahoo.com.

SRCC GRANFONDO RITCHEY RANCH LUNCH STOP

This was our third year at this location. Our experience got us well prepared for the 2013 event. Everything fell into place this time, with a beautiful day, and all the hard work of our volunteers paid off with our most successful version of the lunch stop. A big thank you goes to all the volunteers who helped us run the lunch stop. We had many SRCC veteran volunteers and some newcomers who all worked together as a team. A special thank you to Gary Graver and Sean Butler, who worked tirelessly with the Bike Monkey crew to set up the site the day before, to Leslie Blankenship and Rob Sticklely, who slept over at Richey Ranch for two nights to keep an eye on things, and who were also very helpful running the event, to Debbie Wymer, who got our sandwich tent off to a good start and to Donna Norrell, who organized the Snack/Munchie tent. Thank you one and all. It was a great event!

— *Steve Drucker, Richey Ranch Rest Stop Chair*

Huge thanks to Steve Drucker for leading the troops in representing SRCC at the Richey Ranch Lunch Stop. It's a much more enjoyable day for the volunteers when the ground work is done well, and Steve has shown year after year that he is great at laying the foundation for a very successful day, not only for the riders, but also for the volunteers. Thank you, Steve!

Likewise, Ramona Turner fielded a group of SRCC veterans to staff the club booth at the finish festival. They put our best foot forward in presenting the club to the masses. Thank you, Ramona!

A lot of other SRCC members found other ways to contribute to this huge event, whether chairing a rest stop, as Janice and Michael Eunice, Pilar Rand, and René Goncalves did so wonderfully, or taking command of the SAG's as Craig Garvert did, or being a course marshal, driving SAG, working a rest stop, over-night security, registration, festival, bike parking, and cleaning at the warehouse. All should be very proud of what they helped accomplish: an epic cycling day in Sonoma County, over 7,000 ecstatic riders, an economic boon for the community, and support for Velo Street in raising over \$200,000 for local charities and local cycling activities.

My personal perception is that this was the best GranFondo yet. It ran very very smoothly. It's as if it matured this year, showing it's full colors. But please know, it would not have been so without you...thank you!

Lastly, Forget Me Not Farms, the primary benefactor of the GranFondo, will be open for a tour on the day of the Volunteer Appreciation Party. Last year I took the opportunity to check out their facilities and program. It is a worthwhile experience to see what a large part of your hard work supports. If you get a chance, check it out. Details to follow.

Thank you, one and all, for a task well done!! Be Proud!

— *Doug Simon, SRCC Vice-President*



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 bike-go-round gets rolling—or not—with what I think was our first rain-out of the coming winter season. On September 21, Janice Thomas pulled the plug on her C ride out of Santa Rosa, as the rain came belting down.

But it was a short-lived storm, and one might have been able to ride that afternoon without getting wet. On the next day, John Smithers led his first club ride: a short AB cruise from Santa Rosa out to Coffee Catz in Sebastopol. John tells me there was a nice turnout for the ride, although not exactly how many. He posted a photo to our Facebook page showing six riders at Coffee Catz, but I think there were more.

On the next weekend, there was a multi-tempo ride. I'll let Bridgette DeShields and her co-leaders describe the day. "On September 28, A/B/C riders met at Windsor Town Green for a multi-level ride. The C group ride leader, Sherry Adams, reported that, 'The C contingent was small, but a supportive group of strong riders. The calm and the view from the top of Armstrong Woods is its own reward and a good reminder of what is excellent about bike riding. Likewise Sweetwater Springs, which had more cyclists than cars.' The B ride, lead by Rochelle Bowman and me, consisted of about 20 riders who went down to Wohler and then up West Dry Creek to Mill Creek. At the foot of Mill Creek, many stopped to 'admire' the steep initial climb. After we assured them it was short, we ascended and enjoyed the loveliness that is Mill Creek Road. Several folks had not ridden it before and all mentioned how beautiful it is. We stopped at 'the ladder' and a half-dozen or so brave souls ventured up. After they returned, we made our way back to Windsor, with some stopping first at Wild Goat in Healdsburg for coffee. David Abramo reports that, 'About 25 A riders were the final group to depart from the Windsor Town Green. It's one of my favorite routes out to Forestville, hitting Martinelli along the way. John Mills was the star of the day, assisting with three flats prior to the start. He also led from the front while I rode sweep. We had one non-member join us. I heard from her after the ride. She said she had such a great time and felt so comfortable with us that she planned to join the club.' After we all returned from the various routes, we had drinks, snacks and socializing on the Town Green, with everyone commenting on how great it was to have a post-ride social gathering. Sherry added: 'Thanks to Ramona, Rochelle, and Bridgette for the festive atmosphere at the finish. I felt like we arrived at a block party, and it was nice to meet and talk to folks I don't normally ride with.'"

I offered a longer, harder, and much more obscure ride on Sunday: a century out of Calistoga exploring the remote Berryessa-Knoxville Road and an assortment of other far-off places seldom visited on club rides. Only seven adventurous riders showed up, and one had to turn back early with a bum derailleur. That left four riders going at C or CD pace and two at B or BC pace. We hung together through the early miles, but once out onto the long climbs on Knoxville, we split up. I often say that speed doesn't matter; that whatever speed you're going is just fine. That may usually be true, but on this day, speed was an asset. A rainy front was approaching, and the fastest riders finished ahead of it, but the final two of us

were too slow and got drilled pretty hard for the last hour of the ride...from Middletown up and over Mt St Helena and down the long, and now wet descent to Calistoga. We didn't help our cause by stopping for burgers and fries in Lower Lake, but we needed the fuel, and Fosters was the only show in town on a Sunday afternoon. Up until the final hour, we had an excellent, if challenging, day. The faster guys who got home dry all thought the whole ride was fantastic. It was only borderline miserable, and only for an hour, for the two slowpokes at the back.

October launched with the GranFondo on Saturday, October 5. Many members worked the ride in one capacity or another, and more rode one course or another. We have an article about the club's involvement on page 2. Also on this day, Doug McKenzie had listed his annual Two County Coastal Century, but due to a scheduling conflict, he had to dial it back to about a 100-K loop.

On the next day, the dynamic duo of Bill Finkelstein and Mary Mack listed a ride from Cotati down to Chileno Valley and the butter-and-egg belt north of Petaluma. This was billed as a Post-Fondo Fun ride. Having worked our club booth at the Fondo the previous day, I was one who chose to do this ride, and I can tell you that it was delightful. It was listed at B tempo, but almost all of the 15 or so riders who showed up were more in the C group. Whatever...we all mostly honored the B pace and stayed approximately together on a pleasant cruise through some lovely countryside. Nothing extraordinary happened. It was just a nice club ride...the way it's supposed to work.

The following Saturday offered two club rides...one sparsely attended and one a giant party. We had our last official brevet of the season: a 300-K trek from Healdsburg down to Point Reyes and back. Thanks to the idiot government shutdown, our brevet coordinator Bob Redmond thought it best to avoid the National Seashore, so came up with some extra loops elsewhere to make up the miles. Paul and Mary Jane Stimson supported the riders at the finish. Paul sent in this report: "Very strange to be serving riders instead of being served as a rider, but we had a wonderful time. MJ and I prepared dinner and set up shop with Bob Redmond in Scott Duncan's office space to await the arrival of the first couple of riders. About 5:30, the first riders rolled in and about midnight we wrapped up the show behind the last rider. Everyone commented on the cold and the later arrivals spoke of strong headwinds. Sometimes it pays to ride fast. Everyone stayed extra late, enjoying the camaraderie and good cheer. It was great to meet some new people. We had a good spread of hot food and did the SRCC proud with the provisions!"

That was the relatively sparsely attended ride. In contrast, a multi-tempo ride on the same day, with A, B, C, and D routes and leaders, all organized by Liz Sinna, had around 80 people show up. The routes all headed south out of Santa Rosa and eventually down to Sonoma, with assorted loops thrown in on the different routes to give the various groups their appropriate levels of challenge. There were reports on the chat list from four different ride leaders, reviewing what happened with their respective groups. Too long to reproduce them all here, but they follow the usual trajectory for club rides, with the hills breaking up the groups, and with a few folks getting off-course but finding their ways home sooner or later. All of them ended up back at Liz' house for an enormous pot-luck picnic. Liz checks in: "It was great day of riding, food, and fun had by all. Special thanks to Doug Simon, Greg Durbin,

— Continued on page 6

RIDE SCHEDULE

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

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](#).

SATURDAY • NOVEMBER 2

Vision on the Mount

4/C/68

9:00 AM • Walnut Park, Petaluma

Western > Chileno Valley > Wilson Hill > Marshall-Petaluma to Hwy 1 down to Pt. Reyes Station > Sir Francis Drake to Mt. Vision to the top. Then back through Pt. Reyes Station > Petaluma-Pt. Reyes Rd. back to Walnut Park.

Hunt Moore—364-3258
hunt@voodoolab.com

Bon Temps Rouler

“Let The Good Times Roll”

1/A/15

9:00 AM • Healdsburg City Hall

An easy ride with a stop at Parish Cafe for Beignets at the end.

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

Mary Barsony—596-0118
fun@alumni.caltech.edu

SUNDAY • NOVEMBER 3

Paceline Practice

1/BC/15

9:00 AM • Kingfisher Way (off Northpoint Parkway, off Stony Point Rd north of Hearn)

1) Practice being comfortable on your bike. Parking lot drills, slow speed. Fun and challenging, even for D riders. 2) Practice being comfortable being close in a group. Single, double, rotating, echelon pacelines.

Tom Helm—332-8792
tomhelm@sonic.net

SATURDAY • NOVEMBER 9

Rockpile 80

4/C/80

9:00 AM • Esposti Park, Windsor

Esposti Park, Russian River Valley, Warm Springs Dam, Rockpile to end of road, Geyersville, Alexander Valley, Chalk Hill

Luke Scrivanich—479-8599
Lscrivanich@aol.com

The Big Loop

3/B/57

9:00 AM • Howarth Park

Over Sonoma Mtn and Petaluma Hill to Railroad, cross over to Stony Point and then out

Roblar, Canfield, Barnett Valley and Sexton to Bodega Hwy and stop at Pony Espresso. Then back down Bodega to Green Hill, Graton, Guerneville and Olivet, looping back up River and Mark West over Riebli and Wallace, then finishing down Mission and Summerfield back to Howarth Park.

Mike Cooper—494-9869
mike@elaborative.com

Calistoga to Yountville

2/A/45

10:00 AM • Calistoga Spa Hot Springs

Ride along Silverado Trail to Yountville, where we will have lunch at Bouchon Bakery. Back along same route.

Susan Hester—573-1532
susanmhester@yahoo.com

SUNDAY • NOVEMBER 10

Adopt-a-Backroad

Litter Pick-up Day

9:00 AM • San Miguel School

Semi-annual litter pick-up program, this time along Chalk Hill Road. Lunch afterward at Johnny Garlic's. Commute to the event by bike and get a pretty good ride out of the day too. See item on page 8.

Mike McGuire—542-6687
mmcguire@pacbell.net

Ramona Turner—479-7539
rturner@sonic.net

SATURDAY • NOVEMBER 16

Fallin' from Cotati to Freestone

3/AB/44

9:00 AM • Cotati Dog Park

A Fall ramble from Cotati to Valley Ford and on to Freestone for a stop at the Wildflour Bakery. Then back on Barnett Valley and Burnside Road for some great views.

Bridgette DeShields—953-8192
bridgettedeshields@sbcglobal.net

Kathie Leader—495-5499
kleader@sonic.net

Little, Big, Biggest

4/C/52

9:00 AM • Howarth Park

This ride starts with a little hill of only 500', then moves on to a big hill of 1000' before reaching the biggest hill of 2000'. Those who have not had enough by this time can

add in Adobe Canyon and Los Alamos on the way home.

Sarah Schroer—364-7560
sarahschroer@gmail.com

SUNDAY • NOVEMBER 17

SRCC Welcome Wagon Ride 1/A/10-15

10:00 AM • Healdsburg City Hall

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 • NOVEMBER 23

Healdsburg to Geysers Resort Road out-&-back 3/B/67

9:00 AM • Healdsburg City Hall

Up the easy (north) side of Geysers. Rest-stop and turn-around at mile 35, at Geysers Resort Road. Coffee stops at Plank Coffee in Cloverdale and Geyserville Mud.

David Fitch—228-9705
davidcfitch@gmail.com

Around the Geysers 4-5/C/56

9:00 AM • Healdsburg City Hall

Run in conjunction with the B ride listed above, but instead of turning back at Geysers Resort Road, the route continues up and over the big climb and down the south face into Alexander Valley before returning to Healdsburg.

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

SUNDAY • NOVEMBER 24

Esposti Facto... 2/B/51

9:00 AM • Esposti Park

Join us for a jaunt up to Geyserville Mud for coffee and nibbles, and then back over Canyon to West Dry Creek, Westside, and Wohler Bridge before returning to the park. Opportunities abound for shortcuts if you're not up for 51 miles. After The Fact, you'll feel great! And we'll probably head out for a few beers.

Bill Finkelstein—478-7945
bill@bennettvalley.org
Mary Mack—695-8228
mary@marymackdesigns.com

SATURDAY • NOVEMBER 30

The Nearly Level Century

2-3/BC/103

8:00 AM • Santa Rosa City Hall

A century that is as close to level—unhilly—as a century can be in this neck of the woods. Visits Rohnert Park, Valley Ford, Freestone, Occidental, Monte Rio, Duncans Mills, Guerneville, Geyserville, Healdsburg, Windsor, and Larkfield.

Janice Thomas—495-0353
jmt.bike@gmail.com

Liz Sinna—484-2459
liz.sinna@gmail.com

SATURDAY • NOVEMBER 30

Twin Hills Holiday

2/AB/30

9:00 AM • SW Community Park

Escape the holiday madness with a ride and a cup of hot apple cider. Ride from SW Santa Rosa to Sebastopol and up into the hills southwest of town for a visit to the Twin Hills Apple Ranch, always a nice place to take a break, especially in the holiday season. Back to the Joe Rodota Trail by more little Sebastopol back roads..

Sue Bennett—523-1322
sueb631@yahoo.cojm

REGULAR RIDES

Wednesday Wanna-B's

B • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa
Bill Finkelstein—536-1026
Mary Mack—695-8228

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
Ron Hodges—481-4500

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: Esposti Park
(NOTE: No leader...a decide-and-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: Ron Hodges—481-4500

Fifth Friday (B only): Esposti Park

Bill Finkelstein—536-1026

Mary Mack—695-8228

...2013 Year-End Donations

Continued from page 7

donations should meet some or all of the following general criteria:

- Should provide support for activities related to cycling.
- Should be local or have a significant local presence.
- Should demonstrate a philosophy that respects people and the environment and a healthy society.
- Should reflect values similar to those of the SRCC.
- Should not have goals or agendas that are discriminatory or otherwise divisive.

We believe the above guidelines are in keeping with our stated purpose as a club.

The Board will review the proposed nominees, weed out any that don't meet the above-stated criteria, and make up the final list of candidates in time for the November voting period. We'll stick with the rule that any organization not getting at least 5% of the final vote tally will not receive a donation. Organizations awarded grants will be announced at the December General Meeting and in other club communications.

Who the donees will be for this year, and the amounts given, are for the most part up to you. Please send us the potential nominees you feel most passionate about. We need the nominations during the month of October. Watch for the alert on the voting window and vote for the causes you most support.

Bill Stites, Miguel, Jack and Deb Hartnett, Brian Gully and Don Graham for helping me get everything set up pre-potluck. Thank you Bill O and Gordon S for helping me get this ride all set up on the website with the automatic registration response. That helped a lot! Today when I cut my ride short and came back to the house, there was Bob Redmond having come back from the brevet! Bob was so helpful getting the barbecue ready for the crowd. He is now getting a reputation as BBQ Bob with all the cooking he does for the SRCC events and now today! Thank you to those who helped clean up: Denise, Jack, Deb, Brian, Inez, Will, and Frank. Marissa cheerfully cleaned all those dishes! Fernando, who joined us today and is my neighbor, stopped by and helped me out even more. Thank you Jim McElroy for taking all the photos. Last but not least, thank you to all the ride leaders: Jack, Len, David, Michael, Janice, Brian, Miguel, and Tony. Everyone arrived safe and sound.” And a special thank you to Liz, who worked her fanny off to make this complicated day happen.

There would have been more of us at this big love-in, but a fair number of SRCCers were attending Donn King’s wedding down on Yerba Buena Island in San Francisco Bay. (Best wishes to Donn and Judith!) Some of us rode the next day on Bill and Pam Carroll’s Back in the Saddle ride. The name commemorates Bill’s return to riding after his broken hip back in June. There were at least two dozen riders on this little (36-mile) jaunt up toward Windsor. Most were solidly in the AB range of club riders, and the few ringers who were more C were happy to stick to the listed tempo on an easy-going social cruise, with a mid-ride break at Cafe Noto on the Village Green and, even better, a nice after-ride get-together on the patio at the Carroll’s home in Santa Rosa, with chips and dips, and plenty of beer on ice.

The final day we can cover this month is October 19. I listed a BC-pace, 66-mile ride from Ragle down to the Cheese Factory (by way of Chileno Valley and Wilson Hill and assorted west county hills). After a break at the Cheese Factory, the climb and descent over Red Hill, and nice miles along San Antonio Road and I Street, and a brief visit to Petaluma, we came home via Spring Hill and Petaluma-Valley Ford Roads, enjoying new, black satin paving the whole length of PVF. There were 30 riders at the start, and we picked up a few more along the way. It was a nearly perfect Indian Summer day, with the bright, stained-glass colors in the vineyards, brisk temps in the morning, and then mid-70’s by mid-ride. I hardly need to describe the ride: it was so predictably familiar. We managed to stay approximately together for the first few miles, but then the faster riders stretched out the group and broke us all up into smaller clusters. But that was okay. Most people found friends with whom to ride, and as far as I know, everyone made it to the finish in good form, with only one flat to interrupt our smooth progress.

Also on this day was an A ride from John Smithers, similar to the one at the beginning of this reporting period, but going further along the trail to Forestville (24 miles). He reports: “The ride went very well. At least a dozen people participated. No major hassles. One flat. One person’s chain was dislodged and put back on. I posted a group photo on the SRCC FB page.”

We don’t have room for a report on the 10/20 Welcome Wagon Ride, but we can assume it was as nice as they usually are.

ALONG THE LEWIS & CLARK BIKE ROUTE

Portland, OR to Missoula, MT; June 2012—640 miles

Missoula, MT to Bismark, ND; July 2013—810 miles

— *Trudy Nye and Frank Pedrick* —

trudyandfrank@blogspot.com

In 2012, Frank and I, for our first-year anniversary together, decided to take our relationship one step further. Most couples would buy a couch, move in together, or get engaged. No, not us! Instead, we decided to do a self-supported bike trip along the Lewis & Clark bike route. Frank had never done this and I had done one along the Oregon coast, so we were pretty new to the experience. We bought Adventure Cycling Assoc. maps for our route, which was already set up. For “homework” Frank read “Undaunted Courage” and we both watched two DVD’s about the Corps of Discovery. We used other blogs to put together mileage and camping or motels. In 2012, our average daily mileage was around 61 miles per day; in 2013, it was around 68 miles. We had a few long days, over 90 miles, and a few short days, 30-40 miles.

We did not want to “wild camp” so we planned on a combination of camping and motels. We carried backpacking-type sleeping bags, pads and tent. We used a small lightweight Esbit solid fuel stove which worked out fantastically. In the first trip, we did about half motel and half camp, but for the second part we were braver and discovered that towns will let you camp out in their city parks (and use their pools and showers for a small fee!); we camped about three-quarters of the time, using backpacking meals for dinner and buying lunch along the way. We carried (or Frank carried) flat bread, almond butter, jelly, and fruit, and we made sun tea in a bottle as we rode.

On the first trip, we kept a manual log of our trip. But for the second section, we started a blog that we kept daily, including pictures. It also shows how we set up our bikes and in the end, what we would do differently. The blog address, if you would like to read our daily progress, is listed in the heading.

I must mention a couple of unique encounters along the way. In 2012 on Day 1: Portland to Hood River, OR, 65 mi. Rode along the Columbia River, Historical Hwy 30, stopped at historical spots, and saw Craig Gaevert and Michele on a tandem with their WCC jerseys on, and I had my SRCC jersey on! We all stopped and chatted for a while as traffic passed us by. Later on in the 2012 trip at Three Rivers, Idaho, we ran into another SRCC member, Christian Wagner, riding from White Horse, Canada to Santa Rosa—what a small bicycling world!

We have run into the nicest and most helpful people, kindest drivers (including when we had to ride on freeways), unique towns and businesses, and beautiful scenery, as we rode and learned about the Corps of Discovery and followed their return route in 1805-06. We’ve had all kinds of weather, from 105° to hail, wind, thunderstorms and rain. We occasionally had to take detours away from the original route because of traffic or road issues, especially as we got to eastern Montana and into North Dakota because of the Baaken oil boom. For the most part, the ACA maps/routes were very good.

Would we do it a third time? You bet! We plan on covering parts of the L&C around Missoula/Great Falls that we missed...on our honeymoon in July/August 2014!

LOOKING FOR LEADERS...

As we approach the end of the year, we have to begin thinking about who will serve on the Executive Board in 2014. Some of the incumbent Board members hope to be returned to office in the new year, but there will be at least a few vacancies. And although the incumbents may wish to be returned to office, they must stand for election along with any new candidates.

For one very important particular, we know that Treasurer Greg Durbin is stepping down from the Board. Greg has been Treasurer for several years and has done a wonderful job of keeping our fiscal house in order. (See this month's installment of key club job descriptions on page 7. Treasurer is featured this month.) In anticipation of leaving the Board, Greg has worked with the rest of the Board to organize this job along lines that will make it easier for the next person taking over. If you have accounting or bookkeeping skills and a little spare time each month, consider contributing to the club by taking on this very important position.

Election of officers takes place at the January club meeting. According to our bylaws, anyone seeking to run must have their name put in nomination no later than the prior month's meeting. Candidates will be introduced at that meeting.

The club is always looking for new people to become involved in leadership roles, either assisting at our many events and activities or serving on the Board. Being on the Board requires attendance at one Board meeting and one club meeting each month, although an occasional absence is acceptable.

Most Board members derive a great deal of satisfaction from being able to take part in the planning and policy-making that guide the club from year to year. This is a big organization with a big budget, and the decisions we make can be significant. We want and need good people to be engaged in that decision-making and planning process. If you think you have what it takes to help lead the club in the months ahead, seek out any current Board member for more information on what is involved. (Board contact info [here](#).)

SRCC 2013 Year-End Donations

In each calendar year, the Santa Rosa Cycling Club makes donations to various cycling-related organizations and other causes deemed appropriate, as approved by the club membership. In order to have the donation process completed soon enough to have the checks out to the recipients by mid-December, we need to get started now with the nomination process. Members were asked to submit nominations during the month of October. (If you are reading this in the last week of October, you still have time to submit a nomination.) Once the nominations have been recorded and reviewed, the final voting will take place on-line at the club web site in November. A blast e-mail will alert all members when the voting window is up and running.

The criteria remain nearly the same as in the recent past. We'll start with a clean slate, with no donees suggested by the Board. Board members and other appointed club officers will not be allowed to make nominations. General club members will make all of the nominations, and anyone who does place an organization in nomination should be no more than a general member of the group they wish to nominate. In other words, no Board members or officers of a particular group will be allowed to nominate their

Key SRCC Volunteer Assignments

This is a series reviewing key volunteer jobs in the club. By highlighting these areas of responsibility, we hope to enlighten 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.

President

The role of club president is a big one and involves a significant time commitment. As the chairperson of the Board of Directors, the President has a great deal of influence on the tone or direction of club activities throughout the year. The President works closely with the rest of the Board and with Committee Chairs in the management of club activities and events. The President must be familiar with club bylaws, and ensures that new ideas or programs submitted by members are evaluated with consideration of the club's basic values and purpose. The President also often fields questions, comments and sometimes complaints from club members and the general public. (Although Board members, including the President, are elected to one-year terms by the membership at the annual meeting in January, continuity of club management would be best served by Board members willing to consider a minimum two year commitment to the job.)

Some of the President's regular duties:

- Prepare the agenda and preside at monthly Board and general membership meetings
- Support other Board members in their duties
- Recruit or appoint committee chairs and ensure that committees receive the support they need from the club
- Receive and respond to member input regarding club activities and management issues
- Prepare an annual report of club activities for the annual membership meeting in January
- Serve as the primary point of contact between the club and the general public

Some of the President's long term duties:

- Play a leading role in developing and implementing annual plans which are consistent with the club's founding purposes
- Review key club programs and events and facilitate consistency and/or improvement from year to year
- Plan Board retreats to continue long-range planning or focus on specific issues

own organization. Any nomination should include a web address for the nominee's own website, so we can link to that in our final presentation to the members. Grant recipients for 2012 were listed in the January, 2013 [newsletter](#), and for 2011 in the February, 2012 [newsletter](#).

All nominees should be non-profit organizations, and it should be remembered that there is no need to nominate one of the groups we already donate to on a regular basis, such as the SCBC, the local Tour of California organizing entity, the Radio Amateurs, or any of our state or national cycling organizations.

As general guidelines, organizations proposed as candidates for

— Continued on page 5

SANTA ROSA CYCLING CLUB

PO Box 6008

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- President: Susan Forsman 415-225-9405
- Vice-President: Doug Simon577-0113
- Secretary: Sarah Schroer.....364-7560
- Treasurer: Greg Durbin217-1549
- Officers at Large
- Liz Sinna.....484-2459
- Rochelle Bowman.....544-7363
- David Abramo 650-533-2330
- Sherry Adams.....294-7442
- Bob Redmond799-0764
- Newsletter editor, ride director: Bill Oetinger.....823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates.....526-3512
- Membership registration: Gordon Stewart.....823-0941
- Meeting program coordinators: Sharron Bates....526-3512
- René Goncalves.....570-6653

E-mail contact list at club website [here](#).

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, November 13 • 6:30 PM

Occidental Road Round Table Pizza

Featured presentation: no special plans...just social time after the regular meeting.

Wednesday, December 11 • 6:30 PM

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, November 7 • 6:30 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, December 5 • 6:30 PM

Chalk Hill Litter Pick-up Day

Sunday, November 10, 9:00 AM
San Miguel School (Faught Road)

It's time once again for our semi-annual Adopt-a-Backroad litter pick-up program. This time we'll be cleaning up the length of Chalk Hill Road (approximately 10 miles). We need 20 crews of two workers each to divide the road up into easy, half-mile sections.

We take this project on not only because it's simply a good thing to do, but also as a form of community outreach: from our cycling club to our neighbors along the roads where we ride.

The club does more than just throw out the call for volunteers on these clean-up days. It puts its money where all our mouths are: the club picks up the rather hefty tab for lunch for all participants after the work is done. It's our way of saying thank you to those club members who offer up this Sunday morning for the betterment of our backroads and our community. This time around, the lunch venue will be Johnny Garlic's in Windsor.

Mark your calendars now for this important date. Believe it or not, it's actually fun: a nice walk along a country road, doing a good deed, then lunch, on the club's tab. It's even more fun if you ride to the start and out to your patch of road on your bike (bring walkable shoes).

To sign up or to learn more about the project...

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

Ramona Turner: 479-7539, rturner@sonic.net