



## DECEMBER 2013 NEWSLETTER

### New Year's Day Rides and Party

Weather permitting, we will be kicking off the new year with a slate of rides around the wine country on the morning of New Year's Day. ("Weather permitting" means not raining.) There will be routes for all levels of riding ambition and tempo (at least ambitions appropriate to the midwinter date). The rides will begin at Schaefer School, near the corner of Coffey and San Miguel, and will follow approximately the same routes as our Wine Country Century 100-K Workers' Ride, with shortcuts inserted here and there for the folks who wish to travel at more leisurely speeds. Check the ride list in the newsletter or at the website for more details on routes and start times.

After the rides, we will pedal to the club's warehouse/clubhouse (4023 Coffey Lane) for a party to get the new year off on the right foot. Our dedicated, creative volunteers are already planning the party: what to cook, how to organize it, and what to do if it rains. Parking is limited at the warehouse. If at all possible, travel to the warehouse on your bike. If the rides are rained out, we will still have the party. In that case, we'll do the best we can with the cars, including parking out on Coffey Lane.

With New Year's Day falling on a Wednesday, we don't have the option of rescheduling the ride to the next day, as we have done in some years, when the date was on a weekend. We simply have to take whatever the day gives us. If it is raining, we will adjust accordingly: a little rain and we might do a little ride; a lot of rain and we will skip the rides entirely and proceed directly to the party, which happens, rain or shine, ride or no ride.

This is a members-only event and registration is required (so we can accurately estimate food purchases). Registration will be set up at the club's [website](#) of rides and events.

We have our volunteer leadership in place for the party—as always, the dynamic duo of Sharron Bates and René Goncalves—and they are being supported (*all of us* are being supported) by a volunteer crew from the Sonoma County Bicycle Coalition, looking to give a little back to the club that often supports them. However, we will still need a few SRCC vols to help the SCBC vols. If you can assist, please talk to...

**Sharron Bates: 526-3512**

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



Usually, if we're ready in time, we launch the coming year's Wine Country Century with the debut of its new logo in December. This year we are ready, and here it is. (A larger version of the graphic is available at the club website, on the [WCC page](#).)

The motif for the new art draws its inspiration from very old art: the ancient, heraldic tradition of the coat of arms, which dates back to at least the Middle Ages. In classical coats of arms, each element in the design has some symbolic importance. In this case, the references are obvious: cycling and wine (or wine country), and roses, the club's standard icon.

The sage-green background is not technically part of the graphic. It is supposed to represent the background color provided by a t-shirt of approximately that color. But it does work as part of the art in the sense that the green tone blends with the green grape leaves and vines to tie them together and tone down their busyness. Because it does help the art, we will probably include the background color in any poster we produce.

Let this debut of the 2014 event logo be the opening clarion fanfare from the castle ramparts: the WCC is coming! It is scheduled for Saturday, May 3. As has been our practice in recent years, registration opens on February 1. Check upcoming newsletters and the club website for more information on how you can be a part of the WCC, the biggest event in the SRCC year.

# MINUTE MIX

Highlights from the General Membership and Executive Board meetings for November

**1. Call to Order:** Vice-President Doug Simon called the general meeting to order at the Round Table on Occidental Road on Wednesday, November 13. 67 members and friends were present.

**2. Treasurer's Report:** Treasurer Greg Durbin reported on current bank balances, as of October 31. 2014 budget meetings were to be held on November 10 and 24.

**3. Membership:** Registrar Gordon Stewart reported membership of 1756 (combining individual and family memberships). John Mills acted as host at the New Member Table, with several new members on hand.

**4. Rides:** Ride Director Bill Oetinger circulated the ride calendar sign-up sheet for December.

**5. Hoodies:** David Abramo and Liz Sinna had boxes of hoodies available for pick-up or purchase.

**7. Litter:** Mike McGuire reported on recent Adopt-a-Backroad litter pick-up day. (See item on page 7.)

**8. Holiday Dinner:** Event Co-chair Arlene Morgan reported on preparation for the dinner party. Doug Simon noted that if attendance at the Holiday Dinner exceeds 200, it will exceed our allotted budget for the evening. (While members pay a small fee to attend, the bulk of the cost is paid for out of the club budget, and the cost rises on a per capita basis. The original event budget was based on 200 attendees.) He asked the members for approval to spend up to \$2000 in the event of attendance exceeding the original estimates. (It's not known if attendance will exceed 200; this was only a precautionary measure.) Measure passed.

**9. GranFondo:** Sarah Schroer presented bottles of wine to Steve Drucker and Ramona Turner for their leadership roles in support of the GranFondo. Steve coordinated our big rest stop at Ritchey Ranch and Ramona organized our booth at the finish line Expo.

**10. Jerseys:** Apparel sales coordinator Bill Oetinger reported on the status of delivery of the custom club apparel. Because of a production delay, delivery moved to the third week of November. Gordon Stewart announced that he has reorganized the inventory of older WCC and SRCC jerseys, vests, etc., and has everything for sale at the club website. Current (blue) WCC jerseys are available at regular pricing, but everything else is substantially discounted, including stock in red and yellow rose club jerseys. (See item on page 8.)

**11. Donations:** Doug Simon outlined the current status of the Year-end Charitable Donations project. (See item on page 7.)

**12. Special Leadership Meeting:** A special meeting was held from 3-6 pm, Nov 17, with the single topic: supporting and promoting club rides and ride leaders. 14 recent ride leaders attended.

**13. WCC:** Doug Simon announced that he is willing to be the Chair for the 2014 Wine Country Century, but he would prefer it if someone else would either take over the leadership entirely or at least partner with him in an apprentice role, learning the ropes before taking over in 2015. Doug noted the new logo and thanked Bill Oetinger for his design work. He announced that the jersey design will remain the same for another year (as is our normal practice), but that a new design will be introduced for 2015. He

stated that an early planning meeting for committee chairs will probably not be scheduled for at least a month.

**14. TT:** Rick Sawyer sent a status report to the Board on early planning for the Terrible Two. At the general meeting, Bill Oetinger noted that he, Rick, and Craig Gaeverd will be "Tri-Chairs" for the TT in 2014, each taking on some of the responsibilities. As of now, planning and prep are in business-as-usual mode.

**15. Board:** Five members—so far—have expressed interest in standing for election to the Executive Board for 2014. (This is in addition to whichever incumbent Board members are hoping to be reelected.) Per club bylaws, their names will be put in nomination at the December meeting. Elections will be held at the January meeting.

**16. Warehouse:** Doug Simon reported to the Board on the state of affairs at the warehouse. He outlined some of the items that will be covered in the warehouse budget: purchase of new canopies and another trailer and various small improvements to the building. Doug had new bike racks constructed at his own expense and is asking for reimbursement. He noted that recent loans of equipment to the GranFondo and Team Swift went smoothly.

**17. History:** Mike McGuire read excerpts from the October, 1977 newsletter. They sounded quite similar to current club issues.

**18. Conflict of Interest:** Board member Sherry Adams prepared a document for the Board's consideration regarding potential conflicts of interest for any officers or committee chairs, etc. The Board is reviewing the language before approval.

**19. Meeting presentations:** Sherry Adams presented guidelines to the Board on possible criteria for selecting featured presentations for club meetings. Board has approved the proposal.



## *Year-long century and commute logs: wrap 'em up!*

If you have an account at either (or both) of our year-long on-line logs—the [Century Challenge](#) and the [Commuter Miles Log](#)—it's time to bring your data up to date. Sure, there's a full month left in the year, and we fully expect you to have more rides and miles to log in this last month—never mind the rain—but if you have been neglecting your site, let this be a reminder to get in there and fill in the blanks.

If you have not yet opened an account for 2013, it's not too late to do so. On one of these rainy days, when you can't be out riding, you can pull out your personal log book and transfer a year's worth of figures to the on-line log in one big data dump. Amaze your clubmates: drop a whole mass of awe-inspiring numbers on them like a load of bricks!

The Century Challenge records and honors all rides of approximately 100-miles (doubles count as two centuries). They don't have to be "official" centuries. Training rides, club rides, brevets...anything close to 100 miles counts.

The Commuter Miles Log records and celebrates all bike miles that replace car miles, including errands, commuting to work and to club rides. With both logs, the goal is to have fun and, by the way, to inspire others to do the same: to leave the car at home and ride the bike more, whether it's for commuting, grocery-getting, or rolling out a century.

## 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.*

Before tackling the usual run of weekend rides, as we do in this space each month, I want to take a few lines to mention the regular, weekdays rides that are such a staple of club life. I don't attend all that many of the Wednesday or Friday rides, but whenever I do, I am amazed at how many riders are there. Seems like there are anywhere from a dozen to 20 riders in each of the three groups (A, B, and C). In many weeks, these turn-outs exceed those of the supposedly bigger, more important rides we schedule on the weekends, in spite of the fact that we almost never mention them in the newsletter or on the chat list.

It never ceases to amaze me how many of our members can go for rides on what are theoretically weekdays...work days. Yes, many are retired. I get that. But others are younger than that and still manage it. Whatever their schedules or their agendas, they do show up, on a regular basis and in droves. These rides are essentially self-administered and low-maintenance, and yet in their low-key, under-the-radar way, they are among the best things the club has to offer, and I just like to point that out every so often. Most of all, I want to salute the leaders of the Wednesday and Friday club rides. They are the unsung heroes of the club. Thanks to all of you!

One of the longest-serving weekday ride leaders, and most deserving of praise, is Janice Eunice. She also leads her weekend Welcome Wagon rides each month, bringing in new members and getting them up to speed on cycling, SRCC style. We kick off this round of reporting with her account of the WW ride for October 20: "We had 16 riders on the Welcome Wagon ride. They were all club members and accomplished riders, so the 10-15 mile ride turned into a cafe ride of 20 miles. One of the riders had two flats on the same tire, which meant we did not check out the tire carefully. It was a great day on the bike trail, with a brief time on West Olivet and Woolsey and back to the bike path. Since many of the riders rode to the start, they peeled off as we got closer to the start. It was great meeting the new riders and talking to them."

On Sunday, October 27, John Russell and Janice Thomas offered another version of a bike-plus-yoga day. John reports: "This Sunday morning was the first really cold fall morning. We headed out with 11 riders to explore roads through Santa Rosa and south of the fairgrounds. We managed to get in 25 miles in a big loop that included the Hunter Creek Trail, Moorland Avenue and South Wright Road to the bike path. It was too cold for backyard yoga, so we moved furniture and squeezed into a front room. Our yoga leader was a GranFondo vet who knew what stretches help cyclists. She led a fun, low-key session. Of course it turned sunny and warm outside as soon as we headed indoors."

First ride up in November was Hunt Moore's trek out to Mount Vision in the midst of the glorious Point Reyes National Seashore. Hunt sent in this note about the day: "Last Saturday's Vision on the Mount was an amalgamation of SRCC members and Petaluma Wheelmen, class C cyclists. We had 20 riders, 12 of whom were PWCC or who claimed dual citizenship. We had slight fog rolling along Petaluma-Marshall Road and up and down the hill to Hwy 1. Then we were dosed with sunshine and marine breezes as we headed to Pt. Reyes. The day was just about perfect. Holy

Mount Vision is an easy climb, and the views live up to its name. A very special place. Then back to and through Inverness to Pt. Reyes Station and a break for nice treats at the Bovine Bakery. On to the old familiar Petaluma-Pt. Reyes Road, and back to home base. Just another beautiful day of two-wheeled therapy. Thanks to everyone who joined in." I was on this one, and can confirm Hunt's observations: Mount Vision was gorgeous, and the whole ride was very nearly perfect.

Also on this day, Sunny Mawson and Mary Barsony listed an A-tempo ride: "About ten riders showed up at the Healdsburg City Hall parking lot on an absolutely beautiful, crisp, sunny fall morning for our ride out along Westside Road, West Dry Creek (part of which is now nicely re-surfaced), across Lambert Bridge, and back along Dry Creek, by way of the Magnolia loop, before our final stop at Parish cafe. About half of us shared beignets, coffee, breakfast, and conversation after a beautiful ride admiring the fall colors and scenery. Sunny led from the back and Mary led from the front (for the first time)."

On Sunday, Tom Helm held one of his paceline skills drills. "There were 12 for the first hour and a half in the parking lot. One crashed doing tight turns when his cleat left the pedal. People learned how to be flexible on the bike. We worked up to picking up water bottles. Didn't get to leaning on each other. Six of us went for the paceline ride. We had talked about riding single line, double line, rotating and echelon. Some were tense to start, but relaxed more as we went along." Twelve is probably about as many people as you'd want for one of these clinics, but it's a shame more people can't be there to learn from Tom. He knows his stuff and is an excellent, patient teacher. Next time he offers one of these little clinics, don't pass it up.

There were three rides on November 9. Luke Scrivanich had an 80-mile jaunt out to Rockpile Road (aka Skaggs Lite): "Our Rockpile band of merry cyclists enjoyed a Chamber of Commerce perfect day, as the clear and cool autumn morning quickly gave way to temperate conditions. Eleven riders rolled out of Windsor and quickly spilled into the Russian River valley as we warmed our legs in preparation for the ascent. The group ebbed and flowed as we picked up club members along the route and lost a few to early afternoon commitments. The paceline enjoyed fresh and silky asphalt on Eastside Road and parts of Westside Road and West Dry Creek Road. The vineyards in Dry Creek Valley and Alexander Valley were peaking in their full autumn glory. After regrouping at the (closed) Ranger Station at Warm Springs Dam, we entered the land of the false summits and slowly powered up the Rockpile grade. I managed a B pace up Rockpile and met the group as they began their descent. We stopped for a snack in Geyserville and picked up two fresh riders who charged through Alexander Valley as our paceline thrashed to keep up. Several of us dropped off this blistering pace, sporting glycogen and/or electrolyte deficits, and limped home to Esposti Park for the post-ride recapitulation and camaraderie."

Also on this day, Mike Cooper took the plunge into ride leading with a nice B ride. He reports: "An energetic group of 18 club members joined me on an absolutely beautiful morning for our 57-mile trek along some scenic rural roads of Sonoma County. We started from Howarth Park and made our way up and over Sonoma Mountain Road. A regroup at the park over the summit gave everyone a chance to remove some layers of clothing as the

— 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

## SUNDAY • DECEMBER 1

### Wine Country + Pine Flat

3-5/BC/71

9:30 AM • San Miguel School

A standard and relatively mellow wine country loop—Alexander, Dry Creek, and Russian River Valleys—plus an out-&-back on Pine Flat (past the guard rail, through the flat, but turning back before the steep finish). Later start time allows for riding to start and—maybe—padding on enough miles for a century. Lots of places to bail if the weather gets funky. Could use a CD leader for any of those folks who show up.

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

## SATURDAY • DECEMBER 7

### Holiday Party Primer

4/C/46

9:00 AM • Oliver's Market  
(Montecito Blvd, Santa Rosa)

Over St Helena-Spring Mountain to St Helena, then Silverado Trail to Calistoga and a stop at the Roastery. Return via Franz Valley School, Mark West, and Riebli. A short cap-and-trade to offset those party calories! CD and BC riders welcome, but will need to be self-directed.

Rick Sawyer—415-519-0760  
[sawyer.rts@att.net](mailto:sawyer.rts@att.net)

## SUNDAY • DECEMBER 8

### Santa Rosa to Forestville

2/A/24

10:00 AM • Joe Rodota Trailhead  
at end of Sebastopol Road, west  
of South Wright Road

Nice ride mostly on Joe Rodota Trail and West County Trail, with some surface streets, to Roasters Espresso Bar in Forestville, where we'll take a break, and back to Santa Rosa.

John Smithers—494-5928  
[john.m.smithers.ca@gmail.com](mailto:john.m.smithers.ca@gmail.com)

## SATURDAY • DECEMBER 14

### Festus for the Rest of Us

2/A or B/41 • 3/C or D/50

A: 9:00 AM • B: 9:15 AM

C & D: 9:30 AM

Third Street Aleworks, Santa Rosa

A & B rides head west and north toward Sebastopol and Windsor, with a mid-ride break on the town green in Windsor. C & D rides head

east out Bennett Valley and Warm Springs to Glen Ellen. Big climbs on Cavedale and Sonoma Mtn will challenge riders. Mid-ride break in Glen Ellen. Meet back at Aleworks for socializing after the ride.

A: David Abramo—650-533-2330  
[djabramo@yahoo.com](mailto:djabramo@yahoo.com)

A: Susan Hester—573-1532  
[susanmhester@yahoo.com](mailto:susanmhester@yahoo.com)

B: Bridgette DeShields—953-8192  
[bridgettedeshields@sbcglobal.net](mailto:bridgettedeshields@sbcglobal.net)

C: Del Bogart—338-3422  
[d.bogart@comcast.net](mailto:d.bogart@comcast.net)

C: Christine Logan—694-4703  
[christinelogan@comcast.net](mailto:christinelogan@comcast.net)

C: Liz Sinna—484-2459  
[lizsinna@gmail.com](mailto:lizsinna@gmail.com)

D: Doug Schrock—833-1029  
[dschrock@keypointcu.com](mailto:dschrock@keypointcu.com)

D: Miguel Sanchez—799-1733  
[miguelojos\\_reyes@hotmail.com](mailto:miguelojos_reyes@hotmail.com)

## SUNDAY • DECEMBER 15

### To Duncans Mills and Back

1-2/A-B/50

8:30 AM • Airport Cinema  
parking lot, north end

West around the airport and onward to the River, then further west along River Road to a regroup in Duncans Mills. Return via Moscow and River and the roads south of the airport.

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

## SATURDAY • DECEMBER 21

### Hazy Shade Of Winter

1/A/21

9:00 AM • Youth Community Park  
Santa Rosa

West along the SR Creek Trail, then north to Olivet and Woolsey, Wood, etc. South on Fulton to the trail again, this time into SR for a coffee stop at Spinster Sisters in the South A neighborhood. Back along the trail to the finish.

Sunny Mawson—953-2881  
[sunny.mawson@yahoo.com](mailto:sunny.mawson@yahoo.com)

Mary Barsony—596-0118  
[fun@alumni.caltech.edu](mailto:fun@alumni.caltech.edu)

### Le Tour de Cember

3/BC/99

8:00 AM • Howarth Park

A long, late-in-the-year ride through varied,

scenic areas (Franz Valley, Napa Valley, Carneros, Sonoma Valley). The mostly rolling and flat terrain will enable us to ride in organized pace lines, helping each other through a winter day with a short span of daylight.

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

### Chalk Hill Tandem Ride

2/C/48  
9:30 AM • Piner High

Tandem ride, but all welcome. We will ride up to Spoke Folk in Healdsburg and pick up one or two more tandems at about 10:30.

Doug McKenzie—523-3493  
douglasi@sonic.net

## SUNDAY • DECEMBER 22

### The No Map Ride

3/C/50  
9:00 AM • Youth Community Park

Hey, there's no map for this ride! That means we'll have to stick together. No need for breakfast before the ride: around 10 am we'll stop at one of Sonoma County's famous bakeries for coffee and pastries. Then, after another two hours of working up an appetite, we'll finish the ride at the best taco shop in the county. Mileage will be 50-55, with less than 3,000' of elevation gain...no big hills on this route.

Sarah Schroer—364-7560  
sarahschroer@gmail.com

### Saturnalia Sunday

2/B/40  
9:30 AM • Healdsburg City Hall

Down Eastside, across Wohler Bridge, up Westside and West Dry Creek, cutting over Lambert Bridge for some warming coffee and nibbles at the Dry Creek store. Continue up Dry Creek, over Yoachim Bridge, and back down West Dry Creek, returning to Healdsburg. If you get too cold or tired, you can bail at 20 or 30 miles instead of continuing on for the full 40. Join us after the ride for libations celebrating Bacchus (or Ceres) at the Bear Republic Brewery. Winter biking gear is recommended...no togas, please. Io Saturnalia!

Bill Finkelstein—478-7945  
bill@williamfinkelstein.com

Mary Mack—695-8228  
mary@marymackdesigns.com

## WEDNESDAY • DECEMBER 25

### Merry Christmas!

### Christmas Cookie Ride

1/Social/24  
10:00 AM • SW Community Park

Sue's Christmas Cookie Ride is an almost-annual club tradition. Start in SW Santa Rosa, head west to Sebastopol, then north along High School, Sanford, Hall, and Willowside. Turn east toward SR along Piner and then work south through SR to the finish. Bring some cookies to share at Sue's house after the ride.

Sue Bennett—523-1322  
sueb631@yahoo.com

## SATURDAY • DECEMBER 28

### To Mom's for the Holidays

2/A-B/32  
9:00 AM • Howarth Park

A mellow ride out to Mom's Apple Pie. West along the Prince Greenway, Joe Rodota Trail and West County Regional Trail; return along the Santa Rosa Creek Trail.

Jack Hartnett—694-0922  
jack71542@gmail.com

## SUNDAY • DECEMBER 29

### Wild West:

### King Ridge & Coleman Valley

4-5/C/73  
9:00 AM • Union Hotel, Occidental

Occidental, Bohemian Hwy, Austin Creek, King Ridge, Seaview, Meyers Grade, Hwy 1, Coleman Valley. Regroups in Cazadero, end of King Ridge, short one on top of Hauser Bridge climb, Hwy1-Coleman Valley turn off.

Georg Ockenfuss—228-9180  
ocken\_geo@yahoo.com

## WEDNESDAY • JANUARY 1

### HAPPY NEW YEAR!

### NEW YEAR'S DAY RIDES

2/A/22 • 3/B/52 • 3/C/59  
10:00 AM • Schaefer School  
(San Miguel Rd, east of Coffey)

Our traditional kick-off for the new year. If the weather is good, expect to see at least 100 riders at the start. Routes mostly follow the course of the WCC 100-K workers' ride. All rides stop by the SRCC warehouse/club house (4023 Coffey Lane) for lunch and socializing. Either ride to the start or park cars at nearby Schaefer School. Party happens rain or shine (whether we ride or not). This ride is members-only and requires an [RSVP](#). See article on page 1 for more information.

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

B: Bill Finkelstein—478-7945  
bill@bennettvalley.org

C: Looking for a leader

## 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

Michael Eunice—575-9439

*Fifth Friday A group: Esposti Park*

B & C • 30-50 • 9:00 AM

*First Friday: Cotati Dog Park*

B: 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

As always, we are looking for ride leaders for many vacant slots on the weekday rides, in particular leaders for C routes. If you are interested, talk to any of the listed weekday leaders or to Ride Director Bill Oetinger.



temperature began to rise, and as the steady climb got everyone warmed up. From there we made our way west via East and West Railroad and out to the back roads of Sebastopol. The climb up and over Canfield set everyone up for our one really steep (but fairly short) pull up Barnett Valley Road before we turned onto Burnside. Shortly after that, the stop at Pony Espresso gave us all a chance to commiserate about that climb that had tested everyone's mettle.

"After some great coffee and enthusiastic conversation, we headed out on the back half of the ride, cruising over Furlong Road...with its towering redwoods and forest-like atmosphere. We continued east along Graton Road and then cut over to Woolsey and Mark West for the final climb up and over Riebli and back into Rincon Valley. It was a glorious day with a great group of B and a few C riders. Thanks to all of you for a memorable ride and great company!"

Sunday of this weekend was given over to our semi-annual Adopt-a-Backroad litter pick-up project. You can read a report on that venture elsewhere in the newsletter. But let me add: special thanks to Mike McGuire for masterminding this program in recent years. When the litter pick-up program was introduced by Ed Ellington in 2000, I had my doubts as to whether the club could sustain the volunteer effort needed to stage these clean-up days twice a year, or even once a year. Now, 14 years later, those doubts have been pretty much laid to rest, with big crews of energetic folks turning out every six months to get the job done. Mike's stewardship of the project is a good example of a club member finding a volunteer task that is a good fit for his schedule and interests. Because it works for him, it works for us.

The last weekend we can cover this month featured two good rides on Saturday (November 16): Sarah Schroer got things rolling with her Little, Big, Biggest ride, a steep hill work-out of 50 miles at C pace. "There was a good turnout for this ride on a chilly November morning. We started at Howarth Park with a dozen riders and were joined by a contingent of four from Petaluma as we turned onto Roberts Road. The main group warmed up on the gradual Grange Road climb, then regrouped for a nice paceline south on Petaluma Hill Road. The stair steps of Roberts Road and the larger hump of Sonoma Mountain separated the group, but the front end waited in Glen Ellen. A few riders headed home, and one lost sheep reduced the group to eleven at the foot of Cavedale. A courteous regroup at the firehouse at the top of Trinity before the descent, then back through Glen Ellen to Warm Springs Road, where the Petaluma crew headed west over Sonoma Mountain again, while the main group continued northwest. Down to only seven riders at this point, we turned onto Lawndale (the last hill, I promise!) then coasted back to Howarth Park exactly four hours after departure. Only two riders drove to the start, so many bonus miles were earned today."

Also on this day, Bridgette DeShields and Kathie Leader had a 44-mile AB ride out of Cotati. Bridgette checks in: "We had about 40 A and B riders join us on November 16 for Fallin' from Cotati to Freestone. It was a gloriously sunny and almost balmy day for mid-November. We headed west from Cotati on Blank, Peterson, and Roblar Roads, and then encountered the beautifully smooth new pavement on Petaluma-Valley Ford Road. We had a wonderful stop for scones and sticky buns at the Wildflour Bakery in Free-

stone, where we met another group of club riders. From there we hit the only real hills of the ride, on Bodega, Barnett Valley, and Burnside Roads. At the top of Burnside, a cow that was loose provided a bit of an obstacle for riders ascending the hill. As one rider said, it was 'udderly' ridiculous that we had to 'steer' around it. After that distraction, we enjoyed the view of the Santa Rosa valley from above. The day was only marred by a rash of flats, I believe five in all."

We began this riff on recent rides with a report from Janice Eunice on her October Welcome Wagon ride, and we're wrapping it up with the report on her November WW ride from the 17th: "Today was another wonderful Sunday in Sonoma County, sunny and beautiful, displaying the brilliant colors of fall. We had 13 riders, including one visitor from Davis. We started the ride with the Magnolia Loop, then headed up West Dry Creek to the Dry Creek store for social time.

"On the route back, some of the more ambitious riders wanted more of a challenge and decided to take the Lytton Springs-Chiquita route back, and they took some of the new riders with them. The rest of us stayed on Dry Creek Road back to the start. Most of the riders were out for an easy and fun time. When we met back at the start/finish, a new rider pointed out that 14.8 miles was the most miles she has ever ridden, and she was pleasantly surprised that she did it. We had a great time and ride together."

## THANK YOU!

...to the ride leaders of 2013. You dreamed up and listed all of the rides on our monthly ride calendar. You are responsible for all of the great routes; all the miles and all the smiles; all the hills and valleys, vineyards and forests, meadows and beaches; all the coffee stops and sticky buns. Were it not for your initiative and imagination, our club wouldn't be a *bike* club. Our ride leaders are *THE* most important people in the club.

Keep it up in 2014. And if your name is not on this list, consider leading a ride or three in the coming year, so we can be thanking you next year.

Michael Bagwell • Tony Lee • Rick Sawyer • Sue Bennett • Janice & Steve Thomas • Doug & Deanna McKenzie • David Abramo • Steve & Barbara Drucker • Bill Oetinger • Bill Carroll • Miguel Sanchez • Donna Norrell • Dave & Irene Batt • Sarah Schroer • Christine Logan • Susan Hester • Steve & Jessie Kroeck • Jack Hartnett • Robert Redmond • Don Graham • Bob Stiles • Bill Finkelstein & Mary Mack • Donn King • Sean Butler • Tom Helm • Brian Gully • Mike Pucci • Joyce Chang • Luke Scrivanich • Laura Stansfield • Scott Duncan • Don Cropper • Ken Cabeen • Susan Noble • Karen Cooper • Harry Williamson • Denver Booker • Clay Popko • Rochelle Bowman • Kathie Leader • Gary Erickson • Greg Durbin • Laurie Buettner • Bridgette DeShields • Matt Hoffman • Eric Peterson • Jerry Meshulam • Buck Hall • John Russell • Gary Grayson • David Fitch • Maury Cohen • Mike & Janice Eunice • Bill Dunn • Marc Moons • Sunny Mawson • John Mills • Chris Jones • Thomas Schwartz • Paul Musson • Linda & Sid Fluhrer • Kathryn Reeves • David Smith • Mike McGuire • Nikola Farats • Liz Sinna • Bob Owen • Georg Ockenfuss • Doug Schrock • Johann Heinzl • Susan Forsman • Sherry Adams • Paul McKenzie • Len Hirschi • Ron Hodges • Paul Stimson • Chuck Pope • Richard Anderson • Bob Hasenick • Ray Rodriguez • John Smithers • Michael Cooper • Hunt Moore • Mike Miller



## SRCC 2013 Year-End Donations

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. Members were asked to submit nominations during the month of October. We now have our final list of nominees, presented here in alphabetical order...

Challenged Athletes Foundation

Climate Protection Campaign

Community Bikes

Landpaths

Ross Dillon Hope Fund

Santa Rosa Southeast Greenway Campaign

Sonoma County Parks Foundation

Sonoma County Trails Council

Team Swift

Women's Recovery Services

SRCC members will be able to vote for the organizations of their choice at the club website during the last two weeks of November through December 1. All voting instructions will be at the web page. There will be links at the site to each of these organization's own websites, so you can visit their sites and learn what it is they do (and whether you would want to support them with your vote). If you are reading this before Dec 1, it's not too late to vote.

We are not voting at this time for any of the groups we already donate to on a regular basis, such as the SCBC, the Sonoma County Radio Amateurs, or any of our state or national cycling coalitions. You can vote [here](#) at the club website.

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## *Apopt-a-Backroad Litter Pick-up Day*

— Mike McGuire, SRCC Litter Pick-up Tsar —

On Sunday, November 10, a stalwart group of 31 club members set out from San Miguel School to rid our roads of the scourge of litter. Our self-appointed task was to clean Chalk Hill Road, Faught Road, Pleasant Avenue, and Shiloh Road of debris left by people less thoughtful than us.

Chalk Hill Road, with its popularity as a cycling route, has been the site of roadside clean-ups for years. and has greeted us, in the past, with a bounty of trash: tires, television sets, mattresses, bottles, and cans. This year, after a couple of years doing other roads, we were almost disappointed to have a relatively clean byway. By the end of our tour, we had cleaned almost 28 miles of roadside, accounting for almost 500 pounds of litter, with no 'big stuff' or items better left where they fell.

As has been a very generous tradition, the club thanked the participants by paying for their lunch after the work was done. We reconvened at Johnny Garlic's in Windsor for a club-sponsored meal and chat. No great litter prizes were claimed to have been found, just the usual stuff that is almost invisible from a car,

## SRCC results in California Triple Crown Double Century Series

With the cycling year drawing to a close, we feel fairly certain that our club member participation in big rides is also winding down (for this year). So we can browse the season's results and see who did what. In this case, we're talking about double centuries—200 miles in one day—which seems to be a subset of cycling endeavor in which this club excels.

We reported some months ago on the results of the [California Triple Crown Stage Race](#), where Robert Choi and Sarah Schroer took first place in the men's and women's division of the ultra-tough challenge, and where three other members were in the top ten (Carl Sanders, Marc Moons, and Miguel Sanchez). Now we can look at the full, standard Triple Crown season and report that at least 27 members earned their laurels for completing three or more doubles this year. (I say "at least" because it's possible I missed a member or two in the CTC lists.) There were several more members who did one or two doubles.

Unless and until you do it, riding 200 miles in one day seems like an improbable, if not impossible, feat. Even after you've done it, it still seems crazy (at least some of the time). But cyclists do it, over and over. And quite a few of them are members of this club. I doubt there's another club in the state with this many members on the CTC list this year.

Hat's off to all of them, the long-haul truckers of the SRCC!

Robert Choi (5) (First overall, Triple Crown Stage Race)

Sarah Schroer (3) (First woman, Triple Crown Stage Race)

Carl Sanders (10)

Robert Morris III (8)

Karl Kuhn (7)

Craig Robertson (7)

Miguel Sanchez (5)

Brian Gully (5)

Michael Burke (5)

Brad Biancalana (5)

Brian Chun (5)

Matthew Nalywaiko (5)

Andreas Schultz (5)

Ted Watrous (4)

Megan Arnold (3)

Steve Backman (3)

Greg Durbin (3)

Scott Duncan (3)

Barley Forsman (3)

Joe Gorin (3)

Samir Moalla (3)

Marc Moons (3)

Garth Powell (3)

Dan Sartin (3)

Eric Smart (3)

Omar Sison (3)

Robert Thompson (3)

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noticeable from a bike and obvious on foot. Conversation veered here and there, with cycling adventures and misadventures leading the way.

We started about 9:00 in the morning and finished lunch by 1:00 PM. How many spent the afternoon hours enjoying a ride along our newly cleaned road or cursing the first piece of litter waiting for our next effort?

Many thanks to all the club members who participated, especially to John Russell and Doug Simon for the use of their trucks to haul our orange bags, and to Doug for taking our treasures to the transfer station in Healdsburg.

# SANTA ROSA CYCLING CLUB

PO Box 6008

Santa Rosa, CA 95406

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Member: LAB • CBC • CABO • REBAC • SCTC • SCBC

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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

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, December 11 • 6:30 PM

Occidental Road Round Table Pizza

*Featured presentation: home made Christmas cookies and slides or videos from member bike vacations. (Talk to Sharron Bates or Bill Oetinger for details on slide show.)*

Wednesday, January 8 • 6:30 PM

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, December 5 • 6:30 PM

Marlow Center Round Table Pizza (Marlow & Guerneville)

Thursday, January 2 • 6:30 PM

## Club apparel, old and new

Our shipment of custom club apparel has arrived. If you placed an order, you will have been sent an e-mail alert that your merchandise is available for pick-up.

**If you have any questions about your order:**

**Bill Oetinger, [srccride@sonic.net](mailto:srccride@sonic.net)**

Meanwhile, things are hopping at the club's [apparel web page](#). A recent reorganization of our inventory reveals that we still have quite a bit of stock, in a wide range of sizes, in both red and yellow rose club jerseys...the traditional design. We also have stock in both older and current Wine Country Century apparel...jerseys, vests, arm warmers, socks.

The big news is that we want to move this inventory out, and so we've discounted the prices to a ridiculous degree. Traditional rose jerseys are priced at a very low \$30, for instance. You can't buy a jersey of any quality for that price, out in the bike stores...and these are best quality, and in our club colors to boot. Such a deal!

Also, we have a limited supply of the new club jerseys available at the site as well (at full price). When members placed their personal, custom orders for club kit a couple of months ago, the Board authorized the purchase of a nice size range of men's and women's jerseys. If you missed the opportunity to buy club kit when the order window was open, all is not lost. You can pick up a new jersey now.