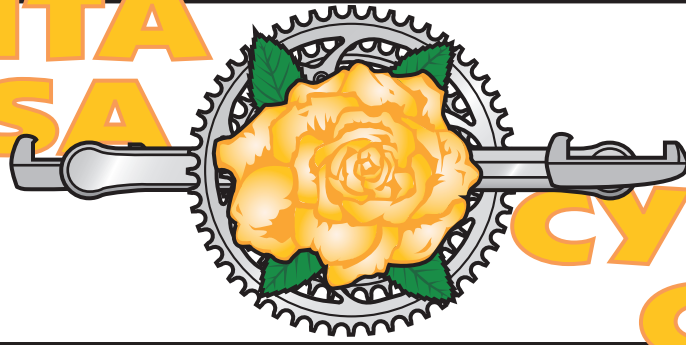


SANTA ROSA



Annual Club Picnic
August 30
Details: Page 8

CYCLING CLUB

AUGUST 2008 NEWSLETTER

High heat and Murphy's Law define 2008 Terrible Two

The relationship between the Terrible Two double century and the weather is like a game of Russian roulette: Mother Nature spins the big cylinder of heating and cooling and we wait to see if we end up pulling the trigger on a loaded chamber on Saturday morning. This year—2008—it was hot in the days preceding the June 21 ride, but the forecasts for the weekend were all over the map: it would cool off by Saturday; no it wouldn't...

In the end, we missed that hoped-for cooling trend by one, fateful day. On Sunday, the highs in Sonoma county varied between low 90's and mid-70's. But on the day when it mattered, the hammer came down on a 45-caliber, hollow-point scorcher: it was hot, hotter, and hottest. Official highs on Saturday around the course: Cloverdale: 103°; Cazadero: 104°; Healdsburg: 105°. Without a doubt, it was one of the hottest, cruelest Terrible Twos ever.

Riders and workers arriving at the start in Sebastopol were treated to a spooky, pre-dawn light show, as hot, dry lightning flickered across the northern horizon (sparking hundreds of wildfires in the tinderbox back country). A relatively small field of 230 entrants left Analy High School at exactly 5:30 am, riding into one of the most beautiful sunrises we've ever seen, with wispy pink, cotton candy clouds backlit by a blushing red sun peeking out from behind Mt St Helena. (An old saying came to mind: "Red sky at morning: sailor take warning!") By the time the riders were grappling with the first big climb of the day—Trinity Grade at mile 25—it was already warm and heading toward hot.

As was the case in our last toasty year of 2006, it seemed the hottest, nastiest conditions were on the big Geysers climbs before lunch, contrary to our normal pattern, where the worst of the worst comes on Skaggs Springs after lunch. It was at least 105° on the Geysers and felt much hotter to the poor, sweltering riders, with not a breath of wind to ease the torture. Many participants called it a day at the 109-mile lunch stop and either slumped into sag wagons or joined a 145-mile bail-out ride heading down Dry Creek Valley to the finish. For those who continued, it didn't exactly get easier, but most agreed that the killing fields of Skaggs were not quite as awful as everyone had been expecting them to be. Bike thermometers were reading at least 106° on the first climbs out of lunch, but a thermometer at the first water stop on the hottest, most exposed summit on Skaggs never reached 100° all afternoon. A thin scrim of cloud wafted in from the ocean on

a merciful little breeze, taking just a tiny edge off the challenge of those endless climbs. Yes, it was bad, but believe it or not, it could have been worse.

The story at the front of the pack was similar to that of recent years, but with a surprising twist. Santa Rosa's Brian Anderson did not manage to "do the Lance" and win his seventh TT in a row, finishing second, 12 minutes behind Bo Hebenstreit of Campbell. Bo finished second to Brian (by eight minutes) in 2004, so it's no surprise to see him do so well, but how he managed to pull it off is a little unusual. The time splits will record that he was in the lead at every checkpoint, all day long, but reading between the lines—or between the splits—tells a slightly more complicated story. He rolled into lunch alone at 11:24 and was in and out in under a minute. Brian arrived less than two minutes later with four others (Robert Choi, David Fischer, Giampaolo Pesce, AJ Shipley). Given Anderson's history of trailing early and pulling away late, it looked as if the predictable pattern was repeating itself.

Sure enough, Anderson dropped his companions on the steep walls of Skaggs and bridged up to Bo, both checking into Camp Gualala at 1:15. (Shipley was only four minutes back, but the other three had conceded 17 minutes to Anderson over that 28-mile section.) Then, on the infamous Rancheria Wall, Brian dropped Bo and looked to be on his way to win number seven. But somewhere after the rancheria, the fickle finger of fate came down on him like a hammer: he suffered the first of three flats that would delay him over the next 30 miles, each of which involved frustrating, time-gobbling complications. Bo went on by and never looked back. So "chapeau!" to Bo for a storming ride of 11:15 on one of the hardest days the Terrible Two has ever seen. But a tip of the same hat to Brian for hanging in there through a wicked run of bad luck, and for being cheerfully philosophical about it afterward.

The women's field was extremely small this year and only eight of them finished the ride, including one stoking on the only tandem to finish. Leading the ranks were three friends from Fresno—Lori Cherry, Jeanine Spence, and Lisa Williams—who came in together at 14:16. Other notables were that one tandem of Mike Chester and Karen Koppenhaver at 16:55, Zach Kaplan as the sole 'bent rider at 14:58, and Steve Smead on the only fixie at a very respectable 14:22. Respectable, hell...it's a fixed-gear record!

— Continued on page 2

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for July

1. Call to Order: President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, July 9. 36 members and guests were in attendance.

2. Treasurer's Report: Donna Emery announced that, as of June 30, the assorted bank balances were as follows: PayPal: \$96,086.86; money market: \$108.28; checking: \$7735.38.

3. Membership: Gordon Stewart reported 397 individual memberships and 218 family memberships for a total of 615.

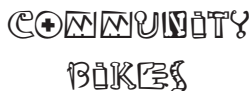
4. TT: Craig Gaevert presented a recap of the Terrible Two: mostly a positive review but with a few minor glitches that will require attention next year. (See article on page 1.)

5. Picnic: The annual end-of-summer picnic is scheduled for Saturday, August 30 at Ragle Park. (See item on page 8.) Sharron Bates and René Goncalves have agreed to act as coordinators for the picnic. RSVP essential: if you don't RSVP, don't come.

6. Equipment loans: René has requested a loan of equipment for her Spring Hill Classic road race; Joe Morgan reports ALA ride returned equipment in good shape; Diabetes ride lost one of our signs and will be charged for it. Doug Simon requested loan of equipment to SCBC for Bicycle Santa Rosa festival.

7. Speaker: Kate Titus spoke to the membership about fitness through yoga, stretching, and pilates.

Thanks to the fine businesses and agencies that help us put on both the Wine Country Century and the Terrible Two...



ANALY HIGH SCHOOL



2008 Terrible Two

— continued from page 1

Overall, the vicious conditions took their toll, and an above-average ration of crashes added to the lowest number of riders finishing since 1995, when the event was a much smaller affair than it is now. Out of 230 starters, 140 finished, with only 124 making it in by our traditional 10:00 pm "I did it!" cut-off. That's a rate of 54%, which represents the highest attrition rate since 1992, another one of the TT's legendary hot years.

As for those crashes, it seemed as if Murphy's mischief-making imps were working overtime this year. There were the usual too-fast stacks on the technical descents off the backside of Trinity, the backside of the Geysers, and the backside of Las Lomas, but the most bizarre crash was a freak incident on Yulupa Avenue in Santa Rosa at about mile 12 where a pit bull jumped out of a spectator's car and charged full tilt into the middle of the passing peloton, taking out several riders and destroying at least one bike. Fortunately, in that case, our sag driver right on the spot is a retired CHP officer who handled things correctly, and the dog's owner took full responsibility for the damages, including replacing the broken bike.

It was that kind of day, with bad luck and bad weather making life difficult for just about everyone. The Terrible Two is always challenging, with its many miles and steep climbs and dicey descents, but when the third joker is pulled out of the deck—bake-oven heat—that's when the Terrible Two becomes truly terrible. We salute everyone who attempted the 2008 TT. Even if you only made it halfway on this blistering day, you still pulled off an epic ride. And if you finished, you join the ranks of those who have conquered the beast when the beast was being as bad as it can be.

We also salute the hundreds of cheerful, enthusiastic volunteers who made this brutal day a little less brutal with the wonderful support provided, from dawn to deepest dark. Dozens of weary but grateful riders took the time to tell us what we already know: that this is the best supported event they ever do. On behalf of all those riders, thanks to each and every one of the extended SRCC family who made this ride possible.

• TERRIBLE TWO LETTERS •

Just a quick note to say thank you for a great ride. It was my first double century attempt and it turned out great. Not only that, but I feel great too. I still have this sense of euphoria about me a day later! Anyway, it was a fantastically supported ride and I want to thank all of the volunteers who were there to take care of our needs and be so supportive. I have never seen a ride where the aid stations fill your bottles for you and put cold towels on your back! Amazing!

I am really motivated by my results and the incredible support and am actually now considering going for a Triple Crown this year. My wife and I also plan to join the SRCC soon as well as a result of the TT experience! Thanks again!

— Jeremy Bardell

This event rocked, and as a fellow South Orange County rider stated, "Why can't we have more rides of this caliber?" The vol-

— Continued on page 7

BACKROADS & BREAKAWAYS

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

The first club ride in this reporting period gets a lot of ink elsewhere in this issue. That would be the Terrible Two, covered on page 1. We decided not to use up a whole page of the hard-copy newsletter on the complete, agate-type results (as we used to do), but you can see the full results—displayed in a much nicer graphic layout—at the club's website. If you do go there and cruise down the columns, you will find many SRCC members represented. Doug McKenzie and Barley Forsman did especially well, finishing tied for 7th in a time of 12:21. This was more than quick enough to lock up a podium for Doug in the 2008 California Triple Crown Stage Race (which logs the cumulative times for three of the hardest doubles in the state). Erstwhile Santa Rosa resident Robert Choi finished tied for 5th in a time of 12:01, and that was enough for him to secure first place in the CTC Stage Race. So with Robert in first and Doug in third, that marks the third year in a row that guys from the north bay have taken two out of three of the podium steps in this prestigious competition: Robert Choi and Marc Moons in 2006, Marc and Tony Lee in 2007, and Robert and Doug this year.

But wait: there's more! SRCC member Tony Lee ended up 5th in the stage race, Scott McEldowney took 7th, and Matt Wilson was 9th. That means the north bay posse took five out of the top nine positions in the competition that draws participants from all over California and the west. No other club or region had more than two finishers in the top ten. That is an amazing performance for our homeboys.

I was especially pleased to see young Matt—just 20—doing so well. He finished in 13:31 with another SRCCer, Leland Gee, a former TT winner and still going strong at age 54. Leland now holds the record for most TT finishes at 15, and coming in with Matt tied for 26th overall puts a real exclamation point on that record.

There were so many club members turning in good performances that we can't mention them all here. But check out the results and you'll find the names of your club mates all down the list. Considering how hot it was and how hard that made the challenge, all are to be congratulated on a heroic accomplishment.

There are a few local-interest stories from the TT that we might share here. Many of you know that Bill Ellis had set out to do the Horrible Four, that is, two Terrible Twos, back to back. His plan was to do the first lap—in reverse direction—on Friday afternoon and evening, then begin the second lap just ahead of the regular TT. As (bad) luck would have it, Bill picked a rotten year to try for this hardest of all challenges (which has only been done twice before). The heat that was so bad on Saturday was even worse on Friday, and he was thoroughly basted on Skaggs in the late afternoon. Here's a note he sent us about his attempt: "My ride turned out to be more epic than I expected. It didn't end in being a double TT, but rather the ride where I met my match. As I mentioned to Susan Noble, I suppose in some ways that is what we're looking for when we continue to attempt to raise the bar in the rides we do, or attempt to do. How far can I go? How fast can I go? How extreme can I go? Well, for everyone who attempted the TT this weekend, we got a taste of extreme! I got to see what Friday dished out and the rest of you got Saturday's helping. Man it was hot!

"For those curious about what the TT in reverse is like: it is not easier! I think the big surprise for me was Oakville Grade! I'd never ridden up it before. I came up with the 11:00 AM start time for several reasons, one of which was to clear the Geysers in daylight. Unfortunately, that start time also put me on Skaggs between 2:00 PM and 5:30 PM.

"My crew was absolutely fantastic. Gordon Stewart, Donn King, and Evelyn Ellis. They were fantastic and I'm deeply indebted. It is probably not something that you can relate to until you either are crewed for or crew for someone else. In the end, at about the same time the actual TT was starting, I was slowly rounding one of the corners on Trinity and I could see the three of them standing together, and waiting for me to reach them..."

And that's where Bill's Horrible Four ground to a halt. As per past procedure, he gets credit for a TT finish, and his time from his first full lap is slotted into the results list accordingly.

Bill's vivid impression of climbing Oakville Grade brings another TT anecdote to mind. Sky George of Petaluma, a regular on SRCC rides, was descending through the tricky S-bends on the backside of Trinity when an out-of-control rider ploughed into him from behind and took him down. Sky badly bruised some ribs but tried to continue. He rode down to Napa Valley and all the way to the Calistoga rest stop at mile 55 before deciding it hurt too much to continue. So what did he do at that point? He turned around and rode back! Yes, I do mean he rode back down Napa Valley and UP Oakville and Dry Creek and Bennett Valley, etc. If it hurt too much to continue, this makes for a rather brutal bail-out! The guy is plucky. Two weeks later, he set off to ride to Georgia, on his own.

The final weekend of the month followed a week when lightning-sparked forest fires were burning out of control all across the state, and especially—at that point—north of us. Satellite images showed a vast grey pall of smoke blanketing almost the entire state. But you didn't need a satellite image to know the air quality was bad. You could see it looking out your window and feel it in your lungs. Fortunately, the worst of it had cleared off by this final weekend, so the rides could be done under something resembling normal conditions. Mike and Janice Eunice had the only ride on Saturday and Janice sent in this report about it: "Today, June 28, 2008, we led my Bike Paths & Byways ride, and we had 20 riders. We had nine SRCC members, including Mike and me, and the rest of the riders were people wanting to learn more about riding in Sonoma County. One of them was from Australia with a beautiful carbon fiber Colnago bike, and another was a teacher who uses his bike for commuting and wants to try recreational riding. One of the riders had a flat just as we passed the West County Revolution, and she and her roommate stopped there to have them fix it. After we reached the end of the bike trail in Forestville, we turned around and stopped at Mom's Apple Pie for a social hour. Mike and I had a great time and really enjoyed meeting new people and riding with our friends. I thank the club for giving us this opportunity."

The last ride of June was Doug McKenzie's Coast Ride, and it was appropriate that he should see the month out after his fine podium finish in the Stage Race. He sent in this report: "The fog looked pretty thick in the morning, but that was a good sign: the smoke would be blown out of the way. I was greeted by 15 riders at the start. Two TT finishers, Bob and Scott. As we were telling our stories (one of the best parts of the TT), we made at least one rider nervous... As we headed out of town I was talking to a new

—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 climbs (Coleman Valley Road, Franz Valley Road)
 - 5: Very hilly; lots of long climbs (Trinity Grade, 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 30-45 minutes; waits for all riders. 23-26 minutes*

C: brisk pace; pacelines likely; regroupings every 30-60 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 (at your normal riding tempo) and compare your time to the list above.

DISTANCE

The last figure in the formula, stated in approximate miles. (If in doubt, leader should overestimate mileage slightly.)

• RSVP WITH RIDE LEADER •

Ride leaders should provide maps and/or route instructions. Riders should carry I.D., cash, tube(s), flat repair kit, water bottle(s), and have their own map in case they get lost.

HELMETS ARE MANDATORY ON ALL CLUB RIDES!

Non-members are welcome on club rides! (Non-members must sign a liability waiver provided by the ride leader.) If the course seems too long or difficult, the ride leader can generally suggest an alternate starting place or bail-out route.

RAIN CANCELS ALL RIDES, UNLESS OTHERWISE NOTED.

RIDES LEAVE PROMPTLY AT TEN MINUTES AFTER THE LISTED TIME.

RIDE SCHEDULE

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

SATURDAY • AUGUST 2

Heart's Desire Century

3/BC/100 • 6500'
8:30 AM • Willowside School

R on Hall > L on Sanford > R on Occi > L on HS > R on bike path > Mill Station > L on Ragle > R on Bodega > L on Watertrough > R on Sanders > L on Kennedy > R on Blucher Valley > R on Bloomfield > R on Petaluma-Valley Ford > L on Ghericke > R on Fallon-Two Rock > L on Hwy 1 (*regroup in Tomales*) > South on Hwy 1 > R on Cypress > R on Mesa > Thru Pt Reyes Station (*regroup at Bovine Bakery*) > R on Hwy 1 > R on Sir Francis Drake > R on Pierce Ranch > R to Heart's Desire Beach, Tomales Bay State Park (*regroup at beach*) > Retrace to L on Pierce Ranch > L on SFD > R on Bear Valley > L on Hwy 1 > L on Mesa > L on Cypress > L on Hwy 1 (*regroup in Tomales*) > R on Petaluma-Valley Ford > L on Bloomfield > L on Pleasant Hill > R on Covert > L on Hwy 116 > R on Hurlbut > R on E. Hurlbut > L on HS > R on Occi > L on Sanford > R on Hall.

Bill Oetinger—823-9807

Chat 'n Ride

9:00 AM • Willowside School

Practicing social skills while riding in a group on the wide, smooth shoulders of Hall Road. A variation on the paceline practice rides. More social; less speed. Lasts about 1 1/2 hours.

Tom Helm—542-0356

SUNDAY • AUGUST 3

SRCC Welcome Wagon Ride

1/A/10-15

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

Mid-County Meandering

2/A-B/35
9:00 AM • Esposti Park

R on Shiloh > L on Skylane > Laughlin > R on W Laughlin > R on slusser > L on Mark West Station > R on Trenton-Healdsburg > L on Eastside > R on Wohler > R on Westside > Mill > L on Center (*Coffee at Oakville Grocery*) > R on Matheson St East > R on

1st > L on Front > L on Healdsburg > L on Old Red > L on Limerick > R on Los Amigos > L on Arata > Hembree > L on Old Red > L on Pleasant > Faught > R on Shiloh.

Ken Russeff—953-1804

SATURDAY • AUGUST 9

Sweetwater—Bullfrog Pond

4/C/45
8:00 AM • Healdsburg City Hall

South on Grove > Vine > R on Mill > Westside > R on Sweetwater Springs > R on Armstrong Woods to overlook > Retrace to Armstrong Woods (*Rest stop at Coffee Bazaar*) > N on AW > R on Sweetwater Springs > L on Westside > Mill > L on Vine > Grove.

Randall Ray—529-1278

SUNDAY • AUGUST 10

Howarth Park to Kozlowski Farm

A/2/33
9:00 AM • HP tennis courts

R on Sonoma > R on D St > L on 1st > R on bike path end > R on Fulton (south) (*Regroup*) > R on Hall > L on Sanford > R on Occidental > R on bike path > R on Grey > L on Bowen > L on Graton > R on bike path (*Regroup*) > L on Green Valley > R on pike path > R on Ross Station > L into Kozlowski Farms for coffee > Retrace on Ross Station > L on Ross > L on Green Valley > R on Hwy 116 > L on bike path @ Mill Station to end > L on High School > R on Eddie Lane > L on Morris > X Hwy 12 to bike path (*Regroup*) > L bike path > L on Wright > R on bike path > L on Santa Rosa Creek path > L on Santa Rosa Ave > R on D St > L on Sonoma > L on Summerfield to Park.

Mike & Janice Eunice—575-9439

SATURDAY • AUGUST 16

King Ridge-Coleman Valley

4+/C/75
9:00 AM • Occidental

North on Boho > L on River > R on Austin Crk > R on Caz Hwy > King Ridge > L on Hauser Bridge > Seaview > Fort Ross > Meyers Grade > L on Hwy 1 > L on Coleman Valley.

Bill Ellis—415-898-2998

SUNDAY • AUGUST 17

Wildflour Wandering

3/B/35
9:00 AM - Ragle Park

L on Ragle > L on Mill Station > L on Sullivan > L on Graton > L on Bohemian > (*Rest @ Wildflower Bakery*) > R on Boho > R on Bodega > L on Valley Ford-Freestone > L on Hwy 1 > R on Franklin School > L on Whitacker Bluff > L on Fallon - Two Rock > L on Gericke > R on Petaluma - Valley Ford > L on Bloomfield > L on Pleasant Hill > L on Covert

Wayne Kellam—523-1878

SATURDAY • AUGUST 23

Mt Tam Century

4/CD/106

8:30 AM • Cotati Dog Park

R on Myrtle > Valparaiso > L on Old Red > R on W RR > L on Stony Point > R on Jewett > Center > R on Liberty > R on Skillman > Eucalyptus > L on Middle-Two Rock > R on Eastman > R on Chapman > R on Western > L on Chileno Valley > Wilson Hill > L on Hicks Valley > R on Pet-PRS (*regroup at Cheese Factory*) > L on Nicasio Valley > L on San Geronimo Valley > R on Sir Francis Drake > R on Olema > Thru Fairfax > R on Fairfax-Bolinas > L on W. Ridgecrest > L on E. Ridgecrest to Tam summit (*regroup*) > Retrace to L on Fairfax-Bolinas > L on Olema > R on Horseshoe Hill > L on Hwy 1 (*regroup at Bovine bakery in PRS*) > R on Pet-PRS (over Red Hill) > D St > L on Pet Blvd > R on Corona > L on Industrial > R on PBN > Old Red > L on Goodwin > L on Goodwin > L on penngrove > R on Minnesota > L on Old Red > R on Myrtle to park.

Michael Leach—849-1949

SUNDAY • AUGUST 24

Lynch Creek-SanAntonio

2/A/30

9:00 AM • Cotati Dog Park

R on Myrtle > Valparaiso > L on Lund Hill > L on Cypress > R on Poplar > R on Railroad > L on Stony Point > R on Jewett > Center > R on Liberty > R on Skillman > Eucalyptus > L on Middle Two Rock (*Regroup*) > R on Eastman > R on Chapman > R on Western (*Regroup*) > L on Windsor > R on D St > L on San Antonio (*Regroup*) > L on I St > L on 4th > R on B St (*Coffee Stop @ The Apple Box*) > Return to B St > R on 4th > Kentucky > X Washington > R @ Parking Lot leading > X North Petaluma > Bcms Lakeville > L on Madison (careful of railroad tracks) > L on Edith (1st left) > R on bike path to end (Lynch Creek) > At the end, use the sidewalk to the intersection to cross > L on McDowell > R on Professional > L on Maria (at the end take path to Ely) > L on Ely > Goodwin > L on

Elysian > L on Goodwin > L on Penngrove > R on Minnesota > L on Old Redwood Hwy > R on Myrtle to Park.

Mike & Janice Eunice—575-9439

SATURDAY • AUGUST 30

ANNUAL CLUB PICNIC RIDES

4/C/50 • 3/B/40 • 2/A/32

Ragle Park Sebastopol

(For more info, see page 8.)

C route (8:30 AM): L on Ragle > L on Mill Station > L on Sullivan > L on Green Valley > L on Harrison Grade > R on Graton > L on Boho > R on Bodega > L on Valley Ford-Freestone > L on Hwy 1 > R on Middle > R on Marsh > L on Franklin School > L on Whitacker Bluff > R on Middle > L on Dillon Beach (*Rest stop in Tomales*) > South on Hwy 1 > L on Tomales-Petaluma > L on Twin Bridge > R on Fallon-Two Rock > L on Carmody > L on Petaluma-VF > R on Bloomfield > L on Blucher Valley > L on Kennedy > R on Sanders > L on Watertrough > R on Bodega > L on Ragle

Bill Oetinger — 823-9807

B route (9:00 AM) : Same as C route to Valley Ford, then > R on Estero > Franklin School > L on Marsh > L on Middle > R on Hwy 1 > Petaluma-VF > rejoin C route at L on Bloomfield

Janice Oakley—568-7062

A route (9:30 AM): L on Ragle > L on Mill Station > R on Barlow > L on Occidental > R on W. County Reg. Trail to Forestville > L on Hwy 116 > R on Martinelli > R on River > R on Laguna > L on Guerneville > R on Willowside > R on Hall > L on Sanford > R on Occidental > L on High School > R on E. Hurlbut > R on Bike path to Mill Station > R on Ragle to park.

Tom Helm—542-0356

REGULAR RIDES

Wednesday Wanna-B's

B or C • 30-50 miles • 9:00 AM

First Wednesday: Howarth Park, Santa Rosa

B: Beth Anderson—874-3685

Vin Hoagland—584-8707

Second Wednesday: Healdsburg City Hall

C: Eric Peterson—433-7737

Third Wednesday: Ragle Park, Sebastopol

C: Jeff Burton—217-2756

Fourth Wednesday: Ragle Park, Sebastopol

B: Alfred Mascy—546-0898

C: Johann Heinzl—539-7991

Fifth Wednesday: Howarth Park, SR

B: Bob Briner—799-7146

Friendly Fridays

B or C • 30-50 • 9:00 AM

First Friday: Julliard Park (July only)

B: Greg Stone—527-6116

Second Friday: Howarth Park, Santa Rosa

B: Martin Clinton—569-0126

Third Friday: Ragle Park, Sebastopol

B: Doug Newberg—579-0925

Fourth Friday: City Hall lot, H'burg

B: Buck Hall—537-1946

C: Warren Watkins—433-4403

Fifth Friday (B group only): Esposti Park

B: Gary Grayson—538-9262

2-3/A/25-30 • 9:00 AM

Same schedule as other Friday rides

Janice Eunice—575-9439

Fourth Friday: George Gallegos—544-3178

& Carole Kolnes—838-3988

Tuesday Twilight Crits

April 17 to August 28

Corporate Center

Races for Cats 4-5, 3-4, 1-2-3-Pro.

Lars Norlund—527-8646

Friday Night Time Trial

2/11/ABC

6:00 PM • Kinley & Dry Creek

Healdsburg

Randall Ray—433-2555

Flat Fixing Clinic

*First Thursday of each month
6:30 pm. No cost • Call to sign up:*

NorCal Bike Sport—573-0112

• FOR SALE •

Shimano Components

Brand new Ultegra Crankset (53-39)

Never used...still in box • \$150

Long-cage Deore XT derailleur • \$65

Ultegra derailleur • \$50

Kipp—570-1242

"Old School" Cycling Shoes

For toe-cage type pedals (not clipless)

Sidi • Black • Men's 47 • \$25

Debra—415-641-9147

DT Swiss Rims, new & used

1450's (1450 grams a set) • 28 spokes, bladed, front, rear • Radial front, 2x rear

Used • Retail: \$750 a set; asking \$275

340's (1685 grams a set)

28 front, 32 rear

New • Retail: \$600; asking \$400

Wes—545-3240

More BACKROADS & BREAKAWAYS

So Co resident, Tom, just transplanted from Australia. (He got a job at SSU, professor.) Things were looking good; a strong group with only a couple off the back. As we crossed 116, Tom's chain popped off. I looked back and could see it was fairly serious. He was stuck in the middle of the road. It turns out he lost a chain ring bolt, probably in transit across the big pond, and the chain ring was demolished. I tried to help get him back on the road, but he needed to remove the chain ring. He had the tools and said he could handle it, so on I went to catch the group. We regrouped in Occidental and there is where I realized I had at least one rider who was way off the back. I had a discussion with him. He said he'd be fine. Another rider said the same: "don't worry about me." But we picked up a couple riders along the way and still had about 14 riders total to the coast. The coast was beautiful; the surf was up. Surfers out on the waves. It was cool and we even got a bit of drizzle. As we rolled into Valley Ford, the sun was coming out, with blue sky! The first I'd seen in about a week. We regrouped at the top of Burnside, only about a 5-minute wait. A good strong group. Coming into Santa Rosa, we were in a pace line. As I swung to the back I realized there were only four of us: the three TT finishers and Tim, who came up from Palo Alto to join us. Even though we TT finishers were not fresh, we didn't fade much. I waited at the parking lot to make sure everyone got in safe, which they did (except for the B riders who I guess liked the route, but not the pace). It was a good day with relatively clean air to enjoy the climbs to the coast and back."

Next up was the Fourth of July weekend. The Fourth fell on a Friday, and so our Friendly Friday ride morphed into the Bicycle Santa Rosa ride, which starts at Julliard Park and returns there in the early afternoon to plug into the SCBC bike festival, spread out all over the park. We can speculate that it was \$4.50-a-gallon gas driving the regime change, but there seemed to be lots more people at the festival and lots fewer cars on the holiday weekend roads, and lots more people on our ride. Or perhaps I should say, rides, plural. In addition to the ride I led that went out Glen Ellen way, there was also the so-called Mayor's Ride, led by Martin Clinton, which encourages local pols and policy makers to get on a bike for a slow cruise around Santa Rosa, taking note of what works for cycling and what doesn't. All I know about this ride is what I read in the PD the next day, which was a very positive article. It said there was a big crowd for the ride, including all sorts of movers and shakers.

As for the ride that went further afield, we had a very good crowd. There were over 50 at the start, and I'm sure we picked up another ten riding through town. It was a varied group, with some hot shots just coming off Terrible Two finishes mixed in with Barely-B's. But a couple of regroups served to keep the group tight, at least until the big climb over Sonoma Mtn. Even then, most folks found company for the long, false-flat run up Petaluma Hill and back to the park. Things were jumpin' at the park, with more folks in attendance than I've ever seen at this festival in past years. People I've talked to who were managing things at the festival confirmed that impression: much bigger crowds and a vibrant atmosphere. Could it be that the gas crunch really is having an effect on our society? After scoping out the sights at the festival, a large SRCC contingent sloped off to the Russian River brew pub to punish pitchers of IPA, putting a pleasant period to a nearly perfect day.

The next day, we had a challenging ride on the calendar. That was Linda-&-Sid's Napa Out-&-Backs. Four little dead-end uphill on the east side of the city of Napa: Green Valley; Wild Horse Valley; Atlas Peak; Soda Canyon. Only 61 miles, total. Seems simple enough. We have done this ride in the past, maybe two or three years ago. But since we last did it, there must have been a huge seismic upheaval over there. Pitches that used to be 8% are now 12%; formerly 12%...now 17%. It was either a big tectonic tilt job or the Friday ride fried my legs or the last three years have taken their toll. Whatever the reason, that ride was a major-league ass-kicker. All of the climbs have double-digit pitches, and some of them have them for much, much longer than seems fair. It really was a leg breaker, especially as it topped out in the high 90's on the hardest, most exposed climbs. Wild Horse and Soda Canyon are both borderline brutal, and while Atlas Peak is less steep, it's ten miles long. On the other hand, all of it is very scenic, with loads of that rocky, southwestern-looking landscape they do so well in the Napa hills. If you think you've conquered all the butch climbs in Sonoma County and you're looking for the next big challenge, dig this route out of the ride list archives, drive over to Napa, and see what you can do with these little beasts.

A somewhat easier ride on the same day was Ken Russeff's A ride out of Santa Rosa: "The Fireworks Recovery Ride went to Cafe Mocha on Airport Boulevard via Sebastopol and the Joe Rodota trail system. We had 30 A and B riders, including six non-club members. Unfortunately, the day included three flats and a couple of minor mechanical problems. However, the weather was perfect and we beat the heat."

Sunday offered a ride for the B brigade. Wayne Kellam had a Chalk Hill-Alexander Valley loop on the list. "My July 6 ride was great except for the dirty air. At the beginning, Janice Oakley asked if anyone wanted to join her and Larry on a Pine Flat extension of my ride. I don't know how many of our 22 riders joined them. It was really warming up when we passed Pine Flat Road. At our rest stop at the Jimtown Store, former club president Tina Highnote arrived with friends Sue Powell and Nancy Rappolt. You never know who you are going to see at the Jimtown Store." How nice to run into Tina, and Sue and Nancy too. Tina was one of the stalwart leaders of the club back in the early '90's. Much of what you see of the club today is due to the efforts of her and people like her 15 years ago.

On another note... You know how I'm always urging you to toot your own horn if you've done something special on the bike? Well, sometimes it helps if you have a brother to toot your horn for you. John Russell sent in this item: "Just a short note to say that my brother, Tom (also a SRCC member), completed the Lone Star 1000-K at the end of May and is a winner of the R 5000 award from RUSA. He did all on a recumbent this year." That note is almost too short..short on details. We know that RUSA is the randonneur's governing body in the US, and we can make a guess that if this is about 1000-K brevets—that is, a ride of over 600 miles—then something called R 5000 must mean five of them. 600 miles is more than we do in a week of touring. To do it in one, non-stop ride is pretty impressive. Do do it five times is borderline crazy. It should be noted that John Russell is the current holder of our Gearhead Award (commemorating over-the-top bike craziness). It looks like it runs in the family.

That's all for this month. The July club tour is cutting this short. Look for a longer report in next month's newsletter.

• MORE TT LETTERS •

unteers/rest stops were over the top, the riders were so cordial and the course was to die for (we nearly did!). I know it takes an enormous amount of time and energy to plan and coordinate. From all of my heart, thanks!

— Ron Williams

Hi Bill:

I just wanted to thank you again for putting on another great TT, and personally encouraging me at the start and at lunch. As you well know, the TT is very special. It's not a "fun" ride but a true test of a rider's conditioning, fitness, stamina, perseverance, and personal pride. While it's great to turn in a fabulous time (or for those who are much better than I ever was, to win or come close to winning), just finishing is more than enough to cause a rider to feel proud . . . and almost forget the pain.

— Michael Ogul

Thank you for another fantastic Terrible Two. This was my fourth and you'd think that since my first was in 2003, I wouldn't make that mistake three more times! I hope to keep making the same error for many years to come.

FYI, I got 105° on the lower part of the Geysers and 112° for a while on Skaggs but it cooled a bit towards the top due to the light dusting of clouds and the breeze. Both those temperatures are on my bars from my Polar 720i. The support was off the charts....as usual. Especially the Clif Blocks...only thing I could keep down all day.

— Jack Holmgren

Another wonderful Terrible Two this year. Despite the conditions, I had a great ride and a lot of fun. My thanks as always to you and all the TERRIFIC volunteers. Superb support. Thanks....

— Mark Abrahams, Berkeley

THANK YOU CRAIG !!! Without your willingness to take the helm and lead this wonderfully energetic, enthusiastic SRCC membership, this event would not happen. Your TT task is huge. Preparation months ahead of time, corralling the troops, a 22-hour TT day, and the follow-up of paperwork and mending fences goes on as we speak.

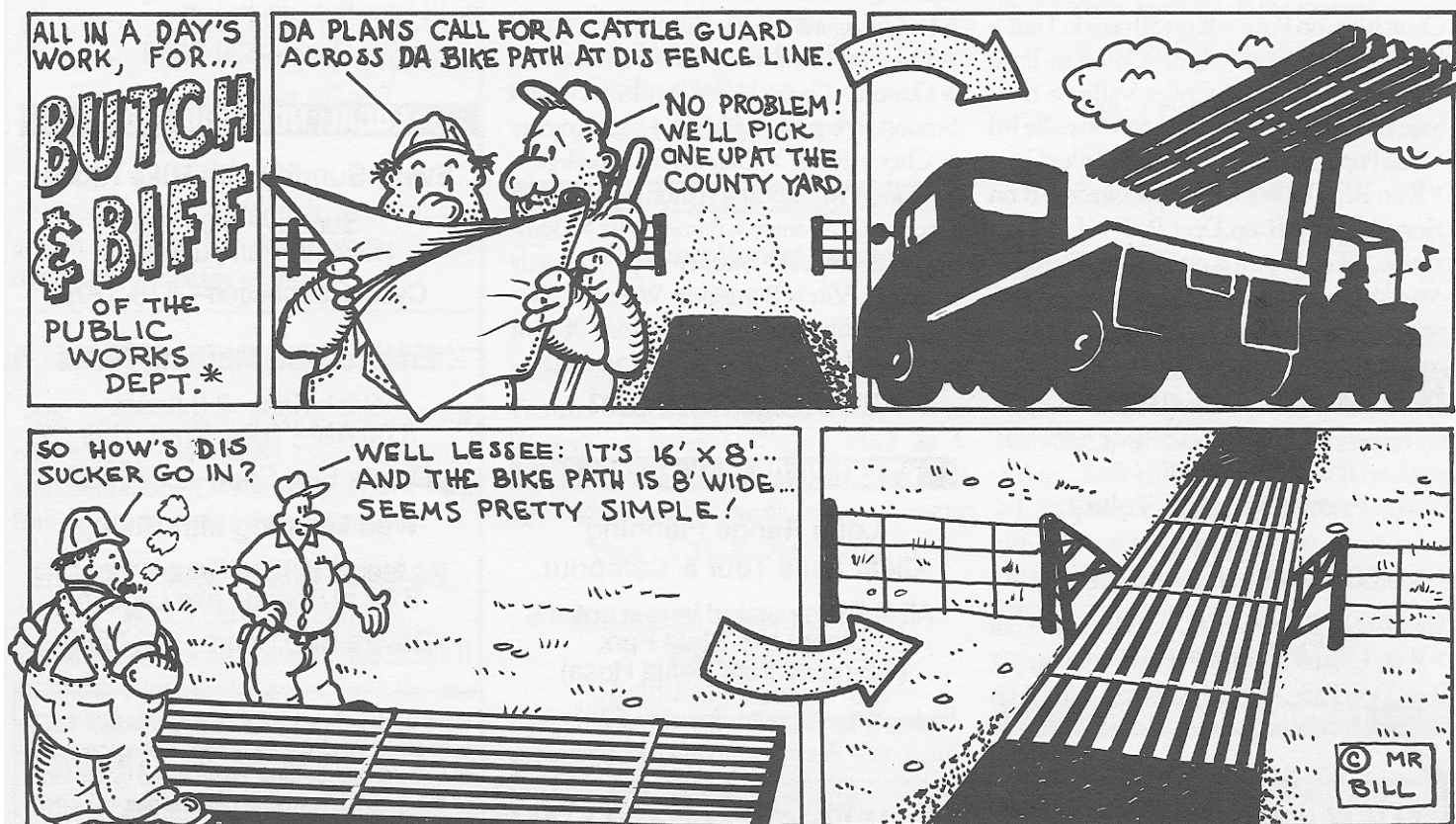
I sometimes ask myself: Why does SRCC expend the huge effort involved for only 230 riders for a one-day ride?. Why, year after year, do 230+ volunteers come forward to service 230 riders? (One volunteer per rider.) Then I experience the day again. Wow, there is so much positive energy surrounding this event it is amazing. And then I realize this is not just a one-day event. It is a year-round event, people are already taking about "next year."

The TT is truly an epic classic. SRCC members' efforts make it the talk of the cycling town. The TT motivates people to dream, to train, to get training buddies; it gives people a goal which spreads positive energy far beyond the actual TT day. It is a much larger group than the actual riders that benefit from SRCC efforts, probably 1000x the actual ridership.

Most of you reading this probably already knew as this, but I felt the need to write it down. Thanks, Craig for all your efforts in this epic endeavor. It would not happen without your leadership, and you did an awesome job!

— Doug Simon

Reprinted from the March, 1993 edition of the SRCC newsletter...



*MY APOLOGIES TO THE HARD WORKING MEN & WOMEN OF PUBLIC WORKS, WHO DON'T RESEMBLE BUTCH OR BIFF IN THE LEAST.

SANTA ROSA CYCLING CLUB
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To join the club or renew membership please go to
www.srcc.com



The Santa Rosa Cycling Club is a social/recreational organization comprised of cycling enthusiasts with a wide range of abilities and interests. Our purpose is to promote the safe and efficient use of bicycles through club rides and events, and by maintaining an active presence in the local community. We encourage a large and vital membership and try to provide rides for all abilities. We publish a membership roster and a monthly newsletter and ride calendar. We hold a general membership meeting and an Executive Board meeting once each month.

GENERAL MEMBERSHIP MEETINGS

Wednesday, July 9 • 6:30 PM

Round Table Pizza
(Occidental Road, west of Stony Point)

Guest Speaker:

Wednesday, August 13

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Special time: Tuesday, July 1 • 6:00 PM

TLCD Architecture • 111 Santa Rosa Ave. (SW corner at 1st St)
Door open between 5:45 and 6:00pm • After that, call 478-9387

Thursday, August 7

End-of-Summer Club Picnic

Saturday • August 30 • Ragle Ranch Park

Mark your calendars and start thinking about which of your killer potluck recipes you want to put into play for our annual end-of-summer picnic. This is one of the biggest gatherings of the year for the SRCC tribe, with usually around 100 members taking part in the rides and the picnic that follows.

The picnic will be preceded by a slate of multi-tempo rides out around the west county hills. (See Ride Schedule for details.) Then we'll all converge on our traditional picnic ground under the oaks at Ragle Park in Sebastopol around noon for an afternoon of gourmandizing and socializing.

The picnic is a family affair. If you have smaller children, consider bringing them to Ragle for short rides in the park or for a hike on the trails in the wild, western half of the park. Or bring a kite to fly over one of the open fields.

We will need a few volunteers to assist with set-up and clean-up and barbecue tending. We hope you will be there in some capacity, either pitching in with the chores or contributing a tasty potluck treat to the smorgasbörd. *RSVP a must for this event.* (We can't plan the food for you if we don't know you're coming.) To volunteer or to RSVP...

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