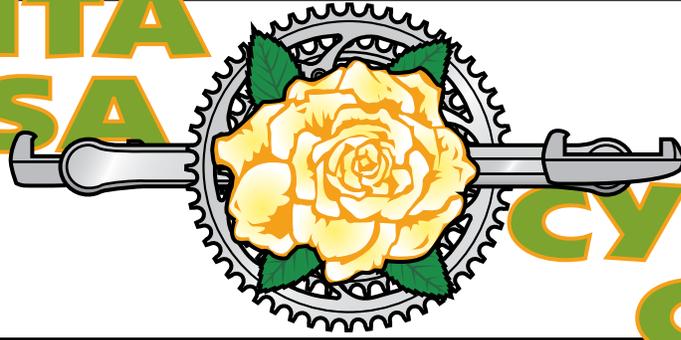


SANTA ROSA



CYCLING CLUB

MARCH 2009 NEWSLETTER

WCC: WOW!!!

Not too many years ago, the Wine Country Century did not have a field limit. Entries were allowed to “seek their own level,” and the fields ended up being in the range of 1200 to 1500 riders. But then, as the popularity of the event grew, it became clear that some cap needed to be placed on registration. We were outstripping our parking capacity at the start-finish venue, and we felt that we were putting too much of a burden on the back roads upon which we run the event, and too much stress on the volunteer workers who support the event.

After some experimentation, a 2500-rider field limit was implemented. For a few years, that seemed about right: registration hit that limit in late April, just two weeks before the event on the first weekend in May. There were always a few people who didn't sign up in time and missed the cutoff, but generally, most of the people who wanted to do the ride were able to do so.

Last year, we were astonished to see the 2500 field limit reached by the end of February. (Registration traditionally opens on February 1.) Hundreds of people were caught by surprise, on the wrong side of the dividing line. To assist those left out, the club set up a clearing house for transferring entries, and this allowed many people to do the ride, even if they missed out on the first rush to register.

This year, that rush to register was like nothing we've ever seen before. Registrar Gordon Stewart activated the PayPal account at midnight on February 1. By 15 minutes after midnight, at least 15 people had signed up. That pace did not slacken in the days that followed, and at 9:00 PM on February 5—four days and 21 hours after registration opened—we hit the 2500 figure and shut down registration. Five minutes later, the first of the e-mails arrived from those on the wrong side of the limit: “Help! What can I do! O woe is me!” Those howls of frustration have not let up since then, and all we can do is direct the unhappy people to the site for transferring entries.

Clearly, the Wine Country Century has become a victim of its own success. Or at least, many would-be riders have become victims of the event's success. We have always known that it's a good event. It benefits from an excellent course, which in addition to being very scenic, is not so hard as to be brutal but not so easy as to be boring. It also benefits from being on that perfect date on the first weekend in May, when springtime fitness and ambition collide with

perfect weather...wildflowers in bloom, enough warmth to make it comfortable but usually not enough high heat to fry anyone's circuits. But the real telling factor for the WCC is the level of support the club provides. We hear it every year from our participants: they cannot believe what a good job we do; how organized we are; how cheerful and competent we are.

A cynic might suggest that with the overwhelming popularity of the Wine Country Century—with such a seller's market—we could afford to relax our standards for how we support the ride; that if we did a little bit less of a crackerjack job, we might see that field limit hit in late April again, with pretty much everyone who wants to do the event getting in. But that's not going to happen.

The fact is, we simply don't know how to put on the event any other way than the way we do it now. Our infrastructure and organization and, above all, our wonderful crew of volunteers have this thing wired. Doing the job right is second nature to us now. So too is finding little ways to refine our package and make it better, from one year to the next.

However—the big However—it does always come down to those wonderful volunteers. And by this, we mean all of you, the club members. Regardless of all the clever planning, in spite of all our dozens of ice chests and canopies and road signs and other materiel, this event wouldn't amount to much without the people who put all that planning and packaging together...on the road, in the rest stops, at the start and finish. It may look like such a slick machine that it almost runs itself, but it would soon grind to a halt without the help of all of you.

And that is your cue to flip to the back page of this newsletter and scan down the list of committee chairs, looking for the crew that works best for you. If you've done this tour of duty in past years, you've probably already done this. You're probably already locked in with all your old cohorts at your favorite rest stop. But there is always attrition from year to year, and there is always a need for new folks to step in and fill the gaps. If you are one of those new people and you don't know which job might work for you, or where you might be needed, talk to the volunteer coordinator. We can figure out where best to put your energies into play.

So, as it says at the top: **WOW!!!** What an amazing event. We hope you are a part of this very successful, very popular century. If you are, you can be proud of the part you play in making it such a box office sensation. If you haven't jumped on the bandwagon yet, do so soon, before we hit our field limit on volunteers! (*See note from WCC Chair Joe Morgan on page 2.*)

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for February

1. Call to Order: President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, February 11.

2. Treasurer's Report: Donna Emery announced the club's bank account balances, as of January 31.

3. Membership: Gordon Stewart reported membership of 897 (combining individual and family memberships).

4. Rides: Ride Director Bill Oetinger passed around the calendar for March ride submissions. He noted that, as often happens in the spring, the list was filling with big rides all the way into June already.

5. Donations: Craig Gaevert introduced a proposal for a grant of \$1500 to the Sonoma County Trails Council. The matter had been discussed extensively at the Board meeting and was reviewed at the general meeting before being passed by voice vote. This grant is in addition to the other annual grants awarded two months ago, but it falls within the guidelines of our club budget.

6. Equipment: Doug Simon thanked the Board for their financial assistance and for the use of club supplies for the Team Swift fundraiser. He asked permission to use the same equipment for the Sonoma County Bicycle Coalition hospitality suite at the Tour of California Stage 1 finish in Santa Rosa. (See B&B.)

7. WCC: Event Chair Joe Morgan and registrar Gordon Stewart both spoke about the WCC, noting that registration had closed after less than five days. There was some discussion about moving the workers' ride picnic to the club warehouse instead of Shiloh Park. No final decision. Joe reported on arrangements for CHP presence at the Yoakim Bridge-Dry Creek intersection and along Hwy 128 by the casino. Bill Oetinger reported on the ordering of 500 units of WCC jerseys from Voler Team Apparel.

8. Shoulders: Janice Eunice circulated a petition in favor of improving the shoulders on Arnold Drive, to be paid for out of County Measure M funds.

9. Warehouse: Doug Simon introduced a discussion to the Board about constructing a secure area in the warehouse to store apparel and club records. No decision at this time.

10. Commute miles: Alan Bloom conducted a drawing of prizes for all members who participated in the 2008 commute miles log.

11. Brevets: SRCC-RUSA coordinator Bob Redmond spoke about the club's upcoming brevets (including the 300-K on March 14). He asked for a few volunteers to support the rides.

12. Club tours: Bill Oetinger announced that the Blue Wallowa Tour, scheduled for mid-July, is sold out...in fact overbooked. Any future entries will be put on a waiting list. The other club tour, Santa Cruzin', scheduled for October, still has a handful of spaces left.

13. Guest speaker: Steve Urbanek, Sonoma County's Pavement Preservation director, spoke to the members about plans for future repaving projects in the area. Steve made the case that continued budget constraints are forcing the county to resort to more forms of cost-expensive pavement maintenance, in particular chip seal with a Cape Seal topdressing. Considerable discussion followed his presentation.

Free Lunch Ride in March

If you were at the January club meeting, you have a free lunch in your future. To reward all you good citizens who showed up to vote in our annual election (of Board officers), we are buying you all lunch at El Sombrero Taqueria in Healdsburg following the Free Lunch Ride on Saturday, March 14. When you show up for the ride, you will be given a little wad of cold, hard cash. You can simply pocket the cash and go your own way, but we hope you will join the rest of us for a pleasant after-ride burrito. In past years, we have pretty well packed the place. (At one Free Lunch Ride several years ago, I was outside the front door when a couple looked in. The wife said, in a worried tone: "Oh, I don't know, Harold; the place is full of bikers!")

The Free Lunch Rides have been around for a long time. They were our original multi-tempo, multi-route rides. That's where the concept was born. The theory was to offer something fun and social for the club members about half a year away from the annual end-of-summer picnic. We still follow approximately the same routes as ever: three loops—A, B, & C—up into Dry Creek and Alexander Valleys, all designed to return their riders to the taqueria around noon. None of the routes is especially tough or long, so many people ride up to Healdsburg from further south.

Look for more info on the rides in the Ride Schedule on page 4.

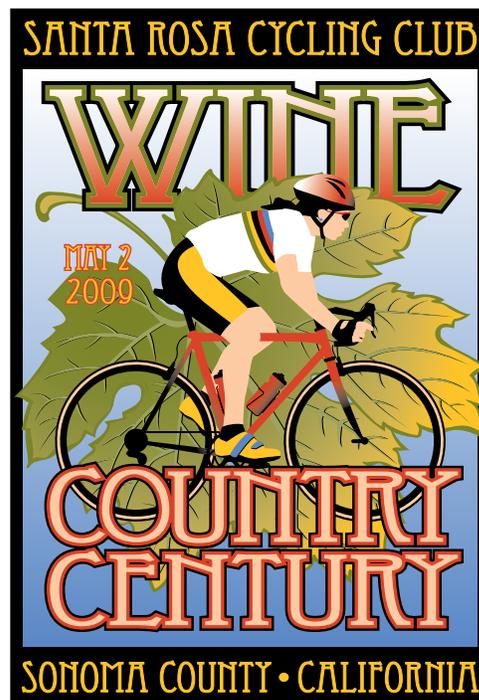
• News from the 2009 WCC •

Here are some items for volunteers for this year's Wine Country Century. Wohler Bridge rest stop has a change: former WB Chair Cynthia Spigarelli is continuing to help recruit workers for Wohler Bridge, but the new WB Chair is Bob Puckett.

We need volunteers for four work parties at the warehouse. We need workers on Saturday, April 11th and Sunday, April 19th, from noon until 4:00 pm. Lunch will be provided. Bring a friend and have twice the fun. We also need clean-up helpers on May 2—the day of the WCC—from 10:00 am until 2:00 pm and from 2:00 pm until 6:00 pm. On May 3, we need help on final warehouse clean-up from 9:00 am until 1:00 pm. Call Kimberly Hoffman to get your name on the list before these jobs fill up.

Remember: we need the help of all of you to make this a great event. If you are a people-person, volunteer for Course Host. You could make 2000 new friends!

Thank you,
—Joe Morgan



BACKROADS & BREAKAWAYS

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

Here we are, ramping up for the Rites of Spring. But to recap where we have been recently, and how we got to this point, we have to hark back to the latter half of January, supposedly the dead of winter, that season of who-knows-what, when any sort of weather can welcome you when you set out to do a ride.

We begin with Rick Sawyer's Bohemian Fifty on Saturday, January 24: "A convivial group of 20 convened at the West County Revolution in Sebastopol, betting against the 50-50 chance of rain. We were rewarded with a pleasantly atmospheric spin out to Guerneville and Monte Rio and back. The sky was rather broody with the dark and shifting clouds, the redwoods standing close guard on either side as we glided along, all whirring wheels and spitting a little mud now and then. Although threatening, the rain clouds never produced a drop, eventually betraying themselves with small patches of blue sky here and there, and even 30 seconds or so of sunshine near the end of the ride. To my knowledge, there were no mishaps other than the usual flat or two. Thanks to Mother Nature, our beautiful Sonoma County, and to everyone for coming along." And thanks to Rick for coming up with a fresh route, putting old roads together in new combinations, and for coming up with the new start site at the new bike store in Sebastopol. At least one rider took advantage of that to swap out a bad tire with a new one from the store in the minutes before departure.

On Sunday, the BC riders stepped aside and let the AB crowd have the day, with Robin Abramson listing another 50-miler, this one heading out of Esposti Park and up Jimtown way. "We started out with about 40 people and had a few tandems join us. Linda and Gary Grayson thought it was my birthday and gave me a card and a bumper sticker that said "put something fun between your legs." It wasn't my birthday, but the card was funny and I loved the bumper sticker. I told everyone to start the ride, then I went to clear my computer and when I looked up they were all gone. Where was the fire? Kelli forgot her gloves so she drove home and her husband brought her back about nine miles into the ride. We went over Chalk Hill and then Red Winery, etc. Our first break was at Jimtown. The wind was so bad that if my hair had been wet, it would have been blown dry! Our bikes were being pushed around. As I was riding on Red Winery, to my surprise, Rose came up behind me and gave me a gentle push. I could not figure out how she got behind me. She then confessed she took a wrong turn and went directly to Jimtown. When I got to Jimtown (mile 19), the tandems declared a mutiny and decided to go directly to Healdsburg for lunch, I don't know what happened to them after that. The rest of us went over Canyon and made our way to the Dry Creek Store for more food and drink. From there on, the wind was at our back, and some of us felt like speed racers: spinning in the big ring is a real treat. Near the end, Uta got a flat and John Kolnes and Ken Russeff changed her tire for her."

On the last day in January, we had two rides listed. Ken Russeff had an A ride. Ken reports: "22 riders started the January Jaunt out of Santa Rosa City Hall. The short 26-miler toured west Sebastopol with a pleasant coffee stop at Andy's Produce. Great weather and an incident-free ride."

"Incident-free" is probably not a term that would be used to describe the other ride on this day. Tony Lee and Dave Batt combined to lead a two-tier—C and B—ride out of Cotati. Both went up and over Sonoma Mtn and Cavedale, and the longer ride added out-&-backs on Moon Mountain and Wall (the latter including going down the backside of Trinity and then back up after doing Wall...sort of Wall and "wall"). I counted heads in the parking lot at the start and lost track around 40. I'm not sure how many were in each group, but maybe a bit more in the C group. Weather was decent for the date: chilly for the many people who rode to the start from elsewhere, but overall quite pleasant. Sonoma Mtn is still closed for the big landslide repair, so we all had to ride down to Bennett Valley to bypass the closure. After a regroup in Glen Ellen, everyone got to the bottom of Moon Mtn at about the same time, and there the B's headed straight for Cavedale while the C's set off up Moon, which is a pretty big climb. A quick regroup at the top had folks more-or-less together for the descent and the short jog up Hwy 12 to Cavedale. This big climb did its usual, efficient job of stringing the riders out in a long, straggling, struggling file. The climb was made more interesting by repeated sightings of Levi Leipheimer zipping down the hill, then zipping back up, doing intervals on the steepest sections, along with a few guys from his posse (Scott Nydam of BMC among them). While our gang was regrouping at the summit, Levi stopped briefly to say hi.

The run down to Wall Road was fun, and we saw more pros getting in their training licks out there. This is an obscure road that most of you may not know, but it's worth exploring, with beautiful views down into Napa Valley. The road ends in front of the elaborate gates that lead to Robin Williams' crib. (We've never seen him coming or going—by bike or car—but one of our members recalls having seen Whoopi Goldberg driving out of the gate once.) It was on the descent of Trinity that we had our incident. John Witkowitz's front wheel collapsed—a carbon rim—and he crashed hard, doing an intense face plant that knocked him for a loop and broke bones in his cheek and also chipped some teeth, etc. An ambulance was called and a hospital stay ensued. Fortunately, several very competent club members were on the scene and took matters in hand, and a good samaritan in a truck took John's bike and stood by to offer assistance. We're just glad it wasn't worse. A front wheel caving in on the steepest part of a grade like Trinity is kind of a worst-case nightmare. But John is a tough cookie and was eager to get back on a trainer just days later, not wanting his spring-training regimen to be derailed.

The next day—February 1—Randall Ray listed a BC ride out of Healdsburg. "We were 26 singles and two tandems rolling out of Healdsburg, and we picked up at least four more along the route. Normally, listing a BC ride draws out both B's and C's, but in spite of the ride's theme—Sunday Slackin'—the majority of riders found themselves doing a healthy C tempo down Westside Road. The slackers must have slept in. The county was buzzing with bikes on yet another spring-like January day. Pro teams Bissell and BMC, three-wide and five-deep, in full kits, with support vehicles in tow, passed by our group as they headed up the valley. Later in the day we spotted Levi in a trio, who graciously smiled and waved. The West County Trail system was new to a few riders, who were excited about their newly-discovered way to get across the county. After the coffee stop, the group again took off like a shot, so I decided to ride sweep and check on any stragglers. A few of us hooked up to share the work along Eastside and Old Red. And of course, we

— *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

SUNDAY • MARCH 1

A Tandem Ride for Robert

2-3/B/45

9:00 AM • San Miguel School

L on Faight > R on Airport > L on N. Laughlin > R on Laughlin > R on Slusser > L on Mark West > R on Trenton-H'burg > L on Eastside > R on Wohler Bridge > R on Westside > L on West Dry Creek > R on Lambert Bridge (regroup at Dry Creek Store) > L on Dry Creek > L on Lytton Springs > L on Lytton Station > L on Alexander Valley > Hwy 128 (regroup at Jimtown Store) > L on 128 > R on Chalk Hill > L on Pleasant > R on Faight. *Robert Rand led these dedicated tandem rides for many years, so with Robert in mind, bring out your tandems. Let's get the jump on March Magic. Singles welcome.*

Craig Gaevert—545-4133

SATURDAY • MARCH 7

Cotati Circulator

2/AB/BC/24/48/72

8:30/10:15/Noon • Cotati Vets

R on Myrtle > L on Old Red > R on RR > L on Stony Pt > R on Jewett > > R on Pepper > R on Bodega > R on Pet-Valley Ford > R on Roblar > L on Stony Pt > R on W Sierra > R on Henry > (Opt. Redwood Café) > L on Charles > R on E Cotati > R on Lancaster > R on Myrtle to Park. *Repeat as necessary....*

AB: Martin Clinton—569-0126
BC: Steve Drucker—538-5256

Korbel Sparkling Ride

2/A/ 33

9:00 AM • Ragle Park

L on Ragle > L on Mill Stn > R on Barlow > L on Occidental > R on bike path > R on Gray > L on Ross > L on Ross Station > R on Ross Branch > R on bike path > L on Hwy 116 > R on Martinelli > L on Old River > R on Grays > L on River (Rest stop at Korbel) > L on River > R on Sunset > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > Trenton > R on Luguna > L on Guerneville > R on Frei > L on Hwy 116 > R on Mill Station > L on Ragle to park

Rose Mello—543-5889

SUNDAY • MARCH 8

Sonoma Mtn. Rd.#1

5/B/35

9:00 AM • Cotati Vets

L on Myrtle > Thru Cotati > L on E RR > R on Petaluma Hill > L on Dutch > R on Davis > R on Woodward > L on Main > L on Old Red > L on Ely > L on Son. Mtn Parkway > L on E Washington > L on Adobe > R on Son. Mtn # 1 to top > Retrace to R on Adobe > R on Lynch > Hardin > Corona > R on Ely > > Elysian > Goodwin > L on Penngrove > R on Minnesota > L on Old Red > R on Myrtle.

Dave Batt—546-5301

SATURDAY • MARCH 14

FREE LUNCH RIDE(S)

2/A/25 • 2/B/30 • 2-3/C/40

9:30 AM • Healdsburg City Hall

Broute: Mill > Westside > R on W. Dry Creek > R on Yoakim Bridge > R on Dry Creek > L on Canyon > R on Geyserville > L on Hwy 128 > L on Geysers > R on Red Winery > R on Pine Flat > R on Hwy 128 > R on Lytton Station > R on Lytton Springs > L on Chiquita > R on Grove to finish. *C route:* Add Magnolia loop at start and Fitch Mtn loop at finish. *A route:* in Geyserville, straight south on Geyserville Ave to R on Lytton Springs, etc. *See article on page 2 for more information.*

A: Jack Hartnett—694-0922

B: Rick Sawyer—933-0760

C: Bill Oetinger—823-9807

SRCC-RUSA 300K Brevet

7:00 AM • Healdsburg City Hall

To Pt Reyes Light Station back via Westside, River, Hwy 1, SFD. Pre-reg at srcc.com.

RBA Bob Redmond—799-0764

SATURDAY • MARCH 21

16th Annual Apple Cider Century

3-5/C/100 • 6000' • 3/BC/100K

9:00 AM • Ragle Park

L on Ragle > L on Mill Station > L on Sullivan > L on Green Valley > R on Thomas > Maddocks > R on GV > L on Hwy 116 > L on River > R on Old Monte Rio > R on River (regroup in Monte Rio) > 100-K goes L in MR; 100-mile stays on River > R on Austin Creek > R on Caz Hwy > L on Ft Ross > L on Meyers Grd > L on Hwy 1 > L on River > R on Moscow (regroup in Duncans Mills) > R on Boho (rejoin 100K route) > R on Bodega > L on VF-Freestone > L on Hwy 1 > R on Middle > R on Marsh > L on Franklin School > L on Whitaker Bluff > R on Middle > L on DB (regroup in Tomales) > So on Hwy 1 > L on Tom-Pet > L on Twin Bridge > R on

Fallon- Two Rock > L on Carmody > L on Pet-VF > R on Bloomfield > L on Pleasant Hill > L on Covert to park. *Ride leader follows 100-mile course.*

Bill Oetinger—823-9807

Calories out Calories in Ride

2-3/AB/ 35

9:00 AM • Ragle Park

L on Ragle > L on Mill Station > L on Cherry Ridge > L on Grandview > R on Bodega > L on Sexton > R on Burnside > R on Barnett Valley > L on Bodega > R on Bohemian to Bakery > R on Boho > R on Bodega > L on Valley Ford-Freestone > L on Hwy 1 > R on Estero > Franklin School > L on Marsh > L on Middle > R on Hwy 1 > L on Bloomfield > L on Pleasant Hill > L on Watertrough > R on Bodega > L on Ragle to park

Rose Mello—543-5889

SUNDAY • MARCH 22

Howarth to Mom's Apple Pie

2/AB/30

9:30 AM • Howarth Park

R on Sonoma Ave > R on D > L on 1st > L on Santa Rosa Ave > R on Prince Greenway > SR Creek path > R (south) on Fulton > S. Wright > R on Sebastopol Rd > Joe Rodata Trail > R on side trail to Morris > R on Eddie Ln path > L on High School > R on WCR Trail > R on Hwy 116 > R on Vine Hill > L on Guerneville > R on Hwy 116 (*break at Mom's Apple Pie*) > Retrace Hwy 116 > L on Guerneville > R on Willowside > L on Hall > L on Fulton > R on SR Creek path > R on Santa Rosa Ave > L on Sonoma > L on Summerfield to Park

Greg & Jan Conklin—539-4099

SATURDAY • MARCH 28

Cavedale, Spring Mtn, & More

5/C/100

9:00 AM • Howarth Park

Thru parks > Channel > Thru Oakmont > Pythian > R on Hwy 12 > R on Warm Springs > R on Arnold > L on Madrone > R on Hwy 12 > L on Cavedale > R on Trinity > Dry Creek > L on Orchard > L on Solano > R on Oak Knoll > L on Sil Trail > R on Sage Canyon (Hwy 128) > L on Chiles & Pope Valley > Pope Valley > L on Ink Grade > R on White Cottage > R on Deer Park > L on Sil Trail > R on Pratt > L on Hwy 29 > R on Elmhurst > R on Spring Mtn > St Helena > L on Calistoga > R on Montecito > L on Mission > R on Montgomery > L on Summerfield to park.

Ken Cabeen—823-2329

Double County • Double Metric 2/BC/126

7:30 AM • Howarth Park

Thru SR to Third > Hall > R on Willowside > L on Piner > R on Olivet > L on River > R on Slusser > R on Windsor > L on Reiman > R on Starr > L on Old Red > H'burg Ave > Thru town to H'burg Ave north > L on Lytton Springs > R on Geyserville > R on Hwy 128 > L on Bale > R on Silverado Trail > L on Oak Knoll > L on Solano > R on Orchard > L on Dry Creek > R on Redwood > L on Westview > L on Browns Valley > R on Thompson > L on Congress Valley > R on Old Sonoma > R on Hwy 121 > L on Duhig > Ramal > L on Acacia > R on Burndale > L on Napa > R on Denmark > Bike path to E. Second > L on bike path > R on W. Fifth (unsigned) > L on Verano > R on Railroad > L on Boyes > R on Arnold > L on Warm Springs > L on Hwy 12 > L on Pythian > Thru Oakmont to Channel > L thru park > R on Newanga > R on Hoen > R on Summerfield to finish. *Quality miles without monster hills. Minimal stops at Jimtown, Calistoga, Browns Valley, and Glen Ellen. Carry food!*

B: Martin Clinton—569-0126

C: Steve Drucker—538-5256

Wildflour Wandering

3/A/36

9:00 AM • Ragle Park

L on Ragle > L on Mill Stn > L on Sullivan > L on Graton > L on Bohemian Hwy (*rest stop at Wildflour Bakery*) > R on Bodega > L on VF-Freestone > L on Hwy-1 > R on Estero > Franklin School > L on Whitacker Bluff > Fallon-Two Rock > L on Gericke > R on Pet-Valley Ford > L on Bloomfield > L on Pleasant Hill > L on Covert to park.

Ken Russeff—953-1804

SUNDAY • MARCH 29

SRCC Welcome Wagon Ride

1/A/10-15

10:00 AM • Julliard Park

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

SATURDAY • APRIL 4

Muskowite Six-bit Ride

4+/BC/75 • 7200'

9:00 AM • Dunbar School, Glen Ellen

So. on Dunbar > L on Trinity > Dry Creek > Oakville Grade > L on Hwy 29 > R on Ruther-

ford Cross (Hwy 128) > R on Sil. Tr. > L on Sage Canyon > L on Chiles-Pope Valley > R on Lower Chiles Valley > L on Hwy 128 (rest stop at Turtle Rock Store) > R on Hwy 121 > R on Atlas Peak > L on Hardman > R on Sil. Trail (lunch stop at Soda Canyon Deli) > L on Oak Knoll > Cross Hwy 29 > L on Solano > R on Orchard > R on Dry Creek > R on Trinity > R on Dunbar to school.

Rick Sawyer—933-0760

SUNDAY • APRIL 5

Cotati-Tomales

2-3/AB/ 35

9:00 AM • Cotati Dog Park

R on Myrtle > Valparaiso > L on W. Sierra > L on Stony Pt > R on Roblar > R on Canfield > L on Bloomfield > R on Pet-Valley Ford > L on Middle > R on Marsh > L on Franklin School > L on Whitacker Bluff > R on Middle > L on Dillon Beach (rest stop at Tomales Bakery) > R on Hwy 1 > R on Fallon-Two Rock > L on Carmody > L on Pet-VF > R on Roblar > L on Stony Pt > R on W. Sierra > R on Valparaiso > Myrtle back to park.

Rose Mello 543-5889

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—584-8607

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 Masey—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: Cotati Dog Park

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

More BACKROADS & BREAKAWAYS

had to end this perfect day enjoying a post-ride beverage on the patio of the local watering hole.”

By the time you read this, the Tour of California will be all wrapped up, and we’ll know who won and how much they got rained on. But in the weeks leading up to the big event, our local roads were home to any number of teams out doing their pre-Tour training. Clubsters have kept up a constant log of team sightings on our chat list, with most of those sightings including fun stories. It has been an exciting time to be a cyclist in Sonoma County.

On February 7, Charles Beck listed a King Ridge ride with a few slightly different twists. It was his birthday ride: 65 and still keeping up with the fast boyz on those big climbs. Charles sent a long write up on this ride to the chat list. It’s too long to reproduce here, but if you subscribe to the chat list, you will have seen it. It had rained for two days prior to the ride, and we were very nervous about heading out to Cazadero and King Ridge (the rain capitol of the North Bay) with sketchy conditions possible. But we hit it just right. We got a mild day of weak sun and spotty clouds, but not a drop of wet. And then it rained again on Sunday, so our little weather window was most fortuitous. There were about two dozen at the 10:00 AM start in Occidental, and the late start had allowed many hearty riders to commute to the start on two wheels, turning an already challenging ride into a century with nearly 10,000’ of steep, hard gain. The lead group set a brisk tempo to the first rest stop in Cazadero, but the majority of riders were still in contact at that point and stayed connected until things went vertical on the big walls on King Ridge. The next regroup at Hauser brought many back together, but a lengthy repair session for some (fixing a snapped derailleur cable) broke the group in two so completely that the back group never did get back to the front group. But as far as I know, everyone soldiered on and got the ride done. One of Charles’ special twists on the route was to descend Timber Cove—what a flier!—and then head south on Hwy 1 all the way to Coleman Valley...a lovely run along the ocean cliffs. Some chose to short the ride by going inland at River Road, but many stuck with the listed route, coming back inland over the steep climbs on Coleman. A hard-assed ride!

On that same day, a little closer to home, Tom Helm hosted another of his pace line clinics. He reports: “Nine people, some returnees. I got to take a decent pace ride with five of them at the end. My reward is drafting them. Watch for them on future rides. They will be social instigators.”

Saturday, February 14 was the date for Steve & Jessie Kroeck’s traditional Valentine Sweetheart Ride, which has been a fixture on the calendar for many years. Every so often this ride is run on a sunny spring day, but more frequently it has suffered from nasty, rainy weather. This year, the forecast was grim, but nevertheless, around seven optimistic (or just delusional) people showed up at the start at Analy High School. Not present among them however: either of the Kroecks. This seemed a bit odd, as they have always been there in the past, even when the rain was pelting down. Not this time though. So I led the little crew up the bike path to the Kroeck’s home. I rang the doorbell and waited, and just when I was about to give up and leave, the door opened and there was Steve...in his pajamas! Steve said we were all crazy...couldn’t we see it was raining? We insisted it was not, which at the moment

was more or less true. We left the sweethearts snuggling in bed and set out on our journey. Not too far into the ride I discovered I had an unfixable, slowly deflating tire, so I bailed and headed for home. I swapped out the bad tire and got back on the road, but never hooked up with the group again. We had reports from them later. They stayed dry until the mid-point of the ride, but then got hit hard by rain out along the river. So Steve was sort of right about the rain, but also sort of wrong: we did manage to get in quite a few dry and occasionally even sunny miles and only ran into sprinkles and rain for short spells here and there.

The story was the same for another club ride on the day: Sue Bennett’s AB ride from Santa Rosa out to Sebastopol. I fired off a note to her asking if the ride happened or had been rained out. She replied: “The ride happened. We had six people and did not have any rain until we made the turn onto Pleasant Hill. Instead of Coffee Katz, we stopped at the bike shop so Alan could buy a tube and fix a flat. We also were able to warm up a bit, and another rider ordered parts for his bike. For the remainder of the ride, there was only light, on-and-off drizzle. We were happy to sneak a ride in before the storm.”

The club had no rides scheduled for Sunday of this weekend because it was the day the Tour of California’s Stage 1 would finish in downtown Santa Rosa. We figured club members would be among the thousands who thronged into town to plug into the excitement of the big show. The weather that had made Saturday’s rides such crap shoots was worse on Sunday. It didn’t seem quite as bad as some of the forecasters had been predicting it would be—three inches of torrential rain and high winds—but it was bad enough. We won’t attempt to recap the race itself. That has been exhaustively covered in the local press and the cycling press. If you’re interested, you already know a great deal about how it all came out. What we can say is that SRCC members were here, there, and everywhere around town, bumping into one another, hanging out, trying to stay warm and dry amidst the persistent drizzle and biting wind. I was fortunate to spend some of the afternoon in the “clubhouse” set up by the Sonoma County Bicycle Coalition in an old bank lobby across from the state house, where there was good food available (cooked up on the SRCC’s barbie), and where Belgian Brewing was pulling Fat Tire Amber Ale and Limerick Lane was pouring a very nice Syrah. We watched the riders approaching town on a big screen, and when they got close enough, we wandered outside to see them streaming by in person. I think everyone would have preferred a warmer, sunnier day, but the terrible weather did impart a certain epic extremity to the racing and it caused a lot of entertaining confusion and strategic mahem for team tactics. So we’ll take that as the portion we were served on this sloppy day...a day when Sonoma County was the center of the cycling universe.

FOR SALE

'87 Cannondale 600 Road Bike

58 cm • Hot pink graphics • Ultegra 9-speed triple • Profile carbon forks • Blade spoke aero rims • \$250 OBO

Greg—539-4099

CycleOps 300PT Trainer

Measures power, time, speed, heart rate. Data uploadable to Mac/PC. \$1700 at NorCal. \$1200.

Mike—542-6687

Check out the club web site

If you haven't visited the club web site lately, you might want to do so. There have been some interesting changes, mostly thanks to the work of Gordon Stewart.

It has been a goal of the club for some years to have an archive of old club rides available at the site as a resource for members and visitors alike. Now we have it. Gordon has compiled a list of club rides dating back over several years and has organized them in an interactive format that allows viewers to choose rides based on different criteria: region, topography, miles, etc.

Now, if you are hunting for a bright idea for a ride to do by yourself or to list in the club newsletter, you can go to the archive and sort through a substantial inventory of routes, from the shortest beginner rides to epic grinders of over a century in length.

But that's not all. Gordon and Bill Oetinger have reorganized and revamped our Ten Great Rides feature, which has been a fixture on the club site almost since we set up a web presence, many years ago. It had not been updated since then either, and so it was looking a bit worn. But check it out now: each of ten recommended rides has its own page, complete with a narrative description of the routes (written by Bill) and a handful of very nice photos from along that route. (Thanks to several club members for supplying the photos.) Accompanying the copy and photos are detailed route slips (created by Gordon) and attractive, detailed maps (created by Bill) which can be opened as pdf's and printed.

It might seem that the Ten Great Rides list is redundant, in light of the marvelous archive of hundreds of rides elsewhere on the site, but we feel it serves a slightly different purpose. This is more for the true visitor to the region, who knows next to nothing about the roads or the towns. It is more in the nature of an in-depth tutorial to get these strangers in a strange land up and rolling. If you visit the site and look at both features—the archive and the Ten Great Rides—you'll see how they're different but both valuable in their own ways. And although the feature is directed at out-of-town visitors, long-time local riders might enjoy browsing through it too: look at the photos and read the descriptions of the routes... and remember what a nice cycling paradise we live in here.

March meeting guest speakers

There's more to cycling in Italy than just Tuscany. That will be the theme of a presentation being made by Liza Dolza and Michael Khaw at the March club meeting.

Liza Dolza has lived in the Veneto for 20 years, so she knows the places where Cycling-Made in Italy takes its guests as her own backyard. Michael Khaw has lived in the Bay Area for 35 years. After having taken annual biking holidays in Italy and France since the '90s, he has chosen two off-the-beaten-path locations with superb cycling—Piedmont in Italy and the Rhone-Alpes in France—for tours by Agile Compass.

Liza and Michael continue to offer joint tours in places such as the Dolomites, and for events such as the Giro d'Italia and the Tour de France.

Bill Oetinger has recommended them to the club as guest speakers. All involved agree that this is not to be an "infomercial" promoting their touring companies, but rather an open-ended look at the regions in question.

IT'S MARCH MAGIC TIME!

— Greg Durbin —

The annual rite of mileage mania is here once again. Yes folks, it's time for March Magic. For new members unfamiliar with this program, our "MM" is modeled after the Davis Bike Club's March Madness, and it's very simple: set a mileage goal for the month of March and track it online to be seen and shared with your fellow club members. Why? Because it's fun, it's a challenge, it's motivating, and there's nothing like sharing your goal with your friends to help you achieve it. Past MM participants have gone on to achieve great things. For example...

In 2008, we had 74 riders log an average of over 500 miles each for over 38,000 miles. That's equivalent to about 6.5 round trips from Santa Rosa to New York City! This year we'd like to set our own club goal of 80 riders and 44,000 miles (about 7.5 round trips to NYC).

To get started, find the 2009 March Magic Program on the SRCC website. Register your name and password and choose one of eight mileage goals ranging from 150 up to 1500 miles (even a special goal for the fixie folks). Use all that motivation gained from watching Levi, Lance, Cozza, Nydam and other pros pouring it on in the Tour of California to give yourself an aggressive, "stretch" goal. To quote Pamela Vaull Starr: "Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal."

While we can't guarantee mostly clear skies like we had in January, the days are longer and our spring weather conditions have traditionally been favorable. We can, however, guarantee it will jump-start your training, or your money back. So stock up on tires, tubes, and gel from your favorite local bike shop, don your favorite kit, ride the miles, and shed that remaining winter coat. As Wayne Dyer says: "Go for it now. The future is promised to no one."

But wait...there's more!

While you're at the club website, check out some of the new features to be found there—see article at left—and as long as you're opening your account for March Magic, take a minute to sign on for our other two on-line logs.

There is the Commute Miles Log, which helps us document and celebrate the activity of bike commuting. Cycle commuting means any trip you do on the bike that might otherwise have been done in a car. Cycling to work is obvious, but so too is running errands by bike, from returning your library books to picking up the groceries in your BOB Yak trailer. Most relevant for a bike club: riding to and from our club rides. There have always been members who do this as often as they can, but lately we have been seeing a real movement toward this practice, using the commute miles to turn 100-K club rides into green centuries.

Speaking of centuries, that brings up our final on-line log: The Century Challenge. Centuries are the longest, hardest rides most of us do each year, and yet they are attainable goals for most fit, motivated riders. We encourage and salute these big rides by giving you an opportunity to log all your century rides where your fellow club members can see them. Any century counts: a paid event, a private training ride, a brevet. Doubles count as two. It doesn't matter if you do one or 50. All are noteworthy. Get in on the fun and toot your horn a little. By doing the rides and logging them, you encourage and inspire others to do the same.

SANTA ROSA CYCLING CLUB
PO Box 6008
Santa Rosa, CA 95406

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

- President: Craig Gaevert545-4133
- Vice-President: Greg Durbin528-4450
- Secretary: Donn King823-5461
- Treasurer: Donna Emery546-6359
- Officers at Large
- Martha Barton538-9315
- Randall Ray433-2555
- Rick Sawyer933-0760
- Gordon Stewart823-0941
- Martin Clinton569-0126
- Newsletter editor, ride director: Bill Oetinger823-9807
- Webmaster: Gordon Stewart823-0941
- Club apparel sales: Sharron Bates526-3512
- Membership registration: Gordon Stewart823-0941
- Meeting program coordinator: JoAnne Cohn566-9169

SRCC website: <http://www.srcc.com>

srccride@sonic.net (Bill Oetinger, e-wrangler)

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, Wednesday, March 11 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Guest speakers: Michael Khaw & Lisa Dolza
(See short bio on page 7.)

Wednesday, April 8

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, Thursday, March 5 • 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, April 2

• Directory of WCC Committee Chairs •

- WCC Chair Joe Morgan, 778-8209, themorganfamily@comcast.net
- Vol. coordinator Kimberly Hoffman, 579-3754, kdhoffman10@yahoo.com
- Registration Gordon Stewart, 823-0941, gordon@gsathome.com
- Sags & Communication Craig Gaevert, 545-4133, cgarch@sonic.net
- Food & Materials Doug Simon, 577-0113, desimon@sbcglobal.net
- Equipment cleaning Dave Batt, 546-5301, irenebatt@hotmail.com
- Course marking Tony Lee, 776-9803, dr_tony_lee@yahoo.com
- Course hosts Tom Bahning, 525-1960, duncansmills@sbcglobal.net
- Course signs Vicki Duggan, 525-1960, duncansmills@sbcglobal.net
- Course marshals Ron Bates, 526-3512, technical@randallnutrition.com
- Customer service Dave Trumbo, 765-9022, jumpin@sonic.net
- Day-of sales Sharron Bates, 526-3512, technical@randallnutrition.com
- Graton Janice Eunice, 575-9439, nicenice@sonic.net
- Ocean Song Wayne Kellam, 523-1878, wkellam@sonic.net
- Monte Rio Bunni Zimberoff, 544-3999, bunnizim@gmail.com
- Wohler Bridge Cynthia Spigarelli, 824-4466, cstar3@sonic.net
- co-chairs Bob Puckett, 579-4545, robert.puckett@att.net
- Warm Springs Dam Jim Williams, 538-3793, jjwilliams@earthlink.net
- Alexander Valley Steve Drucker, 538-5256, sdrucker@santarosa.edu
- LBC Michelle Kane, 292-5707, kearykane@yahoo.com
- Volunteer Ride Joe Conway, 875-9056, bodegajoe@comcast.net