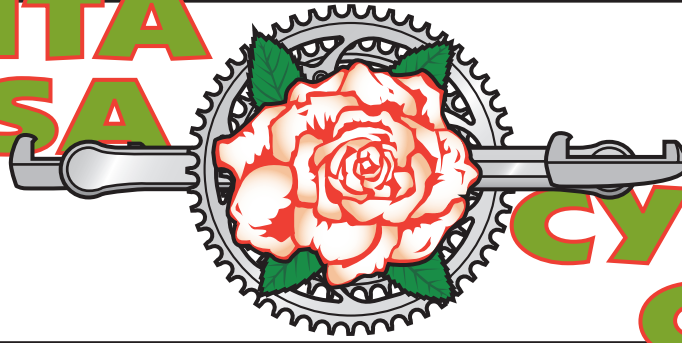


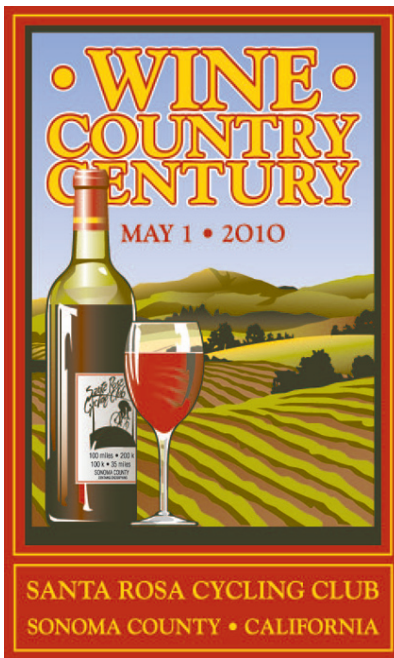
# SANTA ROSA



**WCC WORKERS' RIDE  
INFO: PAGE 8**

# CYCLING CLUB

## MAY 2010 NEWSLETTER



**Showtime!** We have arrived at our big day: Saturday, May 1, the date of the 2010 Wine Country Century, when we play host to 2500 cyclists from all over (from 22 states and at least three foreign countries). If the weather gods smile on us this year, those many visitors will be in for a wonderful adventure, riding through the varied landscapes of Sonoma County. (Yes, it is the “wine country,” but it is more than just a roll through the vineyards.)

As you see below, we are celebrating the 35th anniversary this year of our other big event, the Terrible Two. We wish we could announce a similar anniversary for the WCC. In 2000, we proclaimed it the 20th anniversary of the ride, which would make this the 30th. But after we did so, oldtimers insisted there had been some number of club-sponsored centuries prior to 1980... no one knows how many. And we likely will never know how many, as club documents prior to 1980 are hard to find. All we can say for sure is: more than 30 years and less than 40.

That is quite a few years. We’ve learned a lot during that span about how to put on a good event. At this point, our century is recognized as one of the very best events of its kind in California. Just ask the 2500 participants who fill the field to its limit within four days of registration opening in February. They know a good bike ride when they see it. And as we never tire of telling you, one of the key ingredients in our successful formula is the support of our many member volunteers. We hope you will be one of them, out there somewhere on the course, or helping out at the warehouse. Then—one week later—we hope you will be a part of our big payback: the WCC Worker’s Ride and Party (May 8), where we ride the course and enjoy our own catered party to wrap things up. We’ll see you out there on May 1 and again on May 8.



Don’t take your volunteer hat off yet! Just because the Wine Country Century is a wrap (as of May 1), that doesn’t mean we can relax. We can take a short breather after the century, but almost immediately we have to begin ramping it back up for the second half of our double whammy of big events. Number two in the sequence is the Terrible Two, and if ever an event deserved the description “double whammy,” this is the one.

The Terrible Two double century will be staged this year on Saturday, June 19, as always, on the nearest Saturday to Summer Solstice. This year, the TT will be the anchor stage in the California Triple Crown Stage Race, assuring us of a full field of fiercely motivated riders. We will want to support those riders as well as we can. And we can and do support them very well: the TT has been ranked #1 in rider satisfaction for as long as the Triple Crown series has been polling its participants.

Although the TT field will only be a tenth the size of the WCC field, our support staff will be almost the same for both events. The TT may only be twice as long as the century, but it’s much more than twice as hard, and with that in mind, we want to be there to help the riders through every mile and every minute of their long, long journey.

This is of course where you come in: we need support staff in all the usual places, doing all the usual tasks, from driving sags to working rest stops to assisting with the after-ride festivities at Analy High School. We need folks on days before and after the event as well, cleaning equipment, organizing supplies, etc.

If you’ve worked the TT before, you know it’s a fun day. If you have not been involved with this prestigious event, get on board this year. Find out why it earns that #1 ranking, year after year. Call or e-mail TT Chair Craig Gaevert (545-4133, cgarch@sonic.net) and he will hook you up with an assignment that will be entertaining for you and helpful for the riders.

## 👉 MINUTE MIX 👈

Highlights from the General Membership and Executive Board meetings for April

**1. Call to Order:** Vice-President Craig Gaevert called the general meeting to order at the Round Table on Occidental Road on Wednesday, March 10. (President Donn King was out of town.) 70 members and friends were present.

**2. Treasurer's Report:** Greg Durbin announced the club's bank account balances, as of March 31.

**3. Membership:** Registrar Gordon Stewart reported membership of 1270 (combining individual and family memberships). Liz Sinna acted as host at the New Member Table.

**4. Brevets:** Bob Redmond reported on the recent 200-K and 300-K brevets. He noted that we will need a little help with rest stops at upcoming events. Talk to Bob if you want to assist; visit the club Brevet [web page](#) for more information.

**5. Club rides:** Ride Director Bill Oetinger circulated the monthly ride calendar for May listings. He noted that, as he will be away on the Mother Lode Tour during the time when the June newsletter would normally be produced (May 15-23), he hopes to have most of the June ride list nailed down before that time. He is therefore soliciting ride submissions for June right now.

**6. Expo Booth:** Don Graham announced that we will have a booth at the Tour of California finish-line Expo on Monday, May 17. He circulated a sign-up sheet for folks to work in the booth that day and is looking for more folks to participate. (*See item, this page.*)

**7. TT:** Terrible Two Chair Craig Gaevert reported on prep work for the event on June 19. He noted that the regular spot for the Monte Rio rest stop is unavailable, so the stop will be relocated to the same site as the WCC Monte Rio rest stop. There has been some discussion about moving the rest stop on Skaggs Springs to a new home. That issue is still pending. Craig announced that this will be his last year as TT Chair and that long-time TT vet Bill Ellis has agreed to take over management next year, with former Chair Bill Oetinger still involved in an assisting capacity.

**8. . WCC:** WCC Chair Bruce Hopfengardner reported on preparations for the big event. There are still some openings for volunteer help on the event, including sag drivers. It is NOT too late to sign up for the support staff. To do so, go to the WCC Volunteers [page](#) at the club site and follow the steps listed there. (*See article on page 1 about WCC and listing on page 8 about WCC Workers' Ride.*)

**9. Welcome:** Board members Greg Durbin and Rick Sawyer introduced the topic of ways in which to welcome new members to the club, with the goal of encouraging new members to become more fully integrated into the life of the club. The New Members Welcome Ride on April 10 was a success and another is planned for June 5. (*See report on April 10 ride in B&B.*)

**10. Tours:** Ride Director Bill Oetinger noted there are still a few spaces available on both club tours.

**11. Holiday Party:** The Board is currently reviewing proposals to hold the annual Holiday Dinner at either the Flamingo Hotel or the Sebastopol Community Center.

**12. Featured entertainment:** Chris Culver of the Sonoma County Bicycle Coalition spoke on current SCBC projects and goals, and Larry Fredricks presented a video about his Life Across America cross-country ride and blood drive.

## March Magic Wrap-up

For many of the 36 members who participated in our March Magic program, the month was indeed special. We had measurable precipitation on only nine days this year, none of which occurred on a weekend, enabling almost two-thirds of the participants to meet their mileage goals and ride a collective 20,000 miles.



Two riders' results deserve special mention: Vern Weirich was the only member who set himself the lofty goal of 1500 miles, and he reached it by riding on less than half of the days, with 13 centuries, which was his average mileage per day ridden. Member David Thoennes logged the highest mileage, riding every day, with over 1,564 miles, which more than doubled his 750-mile goal. Congratulations to both Vern and David and to all March

Magic participants. We hope the month provided a base to help you achieve your cycling goals for the rest of 2010.

For more information on March Magic, visit our MM [web page](#) and interactive log at the club's website. While there, check out our other on-line logs: April Alpina, the Century Challenge, and the Commute Miles log. MM and AA are both one-month programs, but the other two go on all year.

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## SRCC BOOTH AT TOUR OF CALIFORNIA EXPO Monday • May 17

The Santa Rosa Cycling Club is going to have a booth in the Expo area at the finish of Stage 2 of the Amgen Tour of California in downtown Santa Rosa on Monday, May 17. We did not plan to have a booth at the event, but it comes with our contribution to the local organizing committee, so we thought: why not? Let's do it!

We're not actively looking for new members. That seems to happen all on its own, as our rapid increase in membership in recent years will testify. But we felt it was a good opportunity to remind the larger community about who we are and what we do.

Board member Don Graham is taking the lead on setting up and staffing the booth. He already has a few members signed on to work the booth, but could use a few more. The assignment is easy: be at the booth to hand out a few freebies and chat with anyone who strolls by. (Knowing a little about the club would be nice, in case anyone asks you questions.) If you are free on that Monday and would like to get in on this neat project, hangin' at the booth for an hour or two, in the midst of all the Tour of California hoopla, track Don down and let him know...

Don Graham: 538-3664 or [ccmtg@sbcglobal.net](mailto:ccmtg@sbcglobal.net)

## 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.*

This month's chronicle of club rides begins with that classic rite of spring, the 17th annual Apple Cider Century on March 20. This ride is tied with Steve & Jessie Kroeck's Valentine Sweetheart Ride as the longest-running, continuously-listed ride in the club (not counting the WCC and TT, of course). As is the case with that February ride, it has experienced the full range of spring weather variables over the years, from pounding rain and hail to perfect, balmy bliss. This year was closer to the latter. It was at least sunny and relatively mild, if not exactly balmy. I can't honestly say I got an exact count on attendance, but my best guess would be that about 75 riders were there at the start, including quite a few old friends who had made the journey from Marin and the East Bay.

There was the usual spread of riders, from the fastest D's to a lot of laid back B's, most planning on the 100-K option or the increasingly popular Occi-bail-out option (the long course up and over Fort Ross, and then a bee-line from Occi to Ragle, which works out to about 70 hilly miles). We were one group only until the stairstep climbs on Thomas. At that point, the sharp end of the peloton went away, and other groups joined up behind. But at the first rest stop in Monte Rio, everyone regrouped and then moved onward according to their day's goals. The 100-K's took themselves off to the south and the century riders headed for Caz and Meyers Grade, etc. Each year, especially when the weather is nice, I am reminded what a spectacular course this ride enjoys. I would rank it right up there with the Tour of the Unknown Coast and the Grizzly as one of the most beautiful century courses in California.

Not much else to report on this excellent ride. We didn't hear of any significant problems for anyone, and as far as we know, all the riders finished whatever portion of the ride they set out to do. As a bonus, several of us regrouped one final time (at my house) for a post-ride party: barbecued ribs, tri-tip, and rivers of beer and wine. A dandy ending to a dandy day.

Barbara Drucker and Carole Kolnes had an A ride of nearly 40 miles on this day as well, and Carole sent in this report about it: "The first day of Spring was crisp and partially cloudy as a band of 16 riders left Howarth Park at 9:15 AM. The riders pretty much stayed together as they made their way to the first rest stop at Jav' Amore, a cyclist-friendly coffee shop in Penngrove. The miles of bright yellow mustard, with the backdrop of a blue-grey spring sky, was breathtaking! The trip home was a maze of new streets to many of the riders who had never taken this route and were pleasantly surprised. Lots of positive comments about the ride and kudos to Barbara for a nice route. Also a gold star to the riders: all but one had ridden to the ride. Way to go...keeping it green!"

There were two more rides on the Sunday of this busy, spring weekend. Mike and Janice Eunice continued their series of rides that help new riders get started in the club. Janice reports: "Mike and I feel our Welcome Wagon ride today was a great success. We had ten riders participating in the ride, including four new riders, new to cycling on the bike trails, and a new member who just joined the club. It is always a high for me to introduce new riders to the bike trails. Thank you for letting us do this kind of ride."

Rose Mello had an AB ride out of Ragle, heading for Freestone and those massive sticky buns. Here's a note from Rose about the day: "The day did not start well: I can't believe I forgot to tie down the back wheel to the bike rack. I'm just glad that my bike was still hanging on tight and not on the road. No damage to the bike, but a nice little dent on the car, but that's okay. Back to the ride: there were about 22 riders. I added more miles to the ride—Hwy 1 to Whitaker Bluff to Franklin School—for the ones who wanted more miles, while some did Middle to Marsh. It was a good day for riding."

One week later and new Board member Don Graham took the plunge with his first ride lead ever, a C ride of 82 miles, up and over Trinity and then north all the way through Napa and Knights Valleys to Chalk Hill. Aside from the climb of Trinity, there really weren't any major challenges. Lawndale, Chalk Hill, and the Napa-Sonoma county line bump were the only other hills on the route, and none of them is going to fry anyone's circuits. There were only about eight riders for this nice loop, attendance kept down probably because of other attractions on the weekend: more good club rides both days and the Solvang Spring Double down south. Not too much to say about this ride, except that it went well and that the weather was cool but dry and mostly pleasant, and that the springtime scenery out in Knights Valley is exquisite.

One of the other club rides was Steve Drucker's Double County Double Metric, which went the opposite direction from Don's ride on the same day: north from Howarth to Chalk Hill and south through Knights and Napa, then back west and north through the Carneros and Valley of the Moon. Steve checks in: "We had 11 riders for our early, cold start at Howarth Park. We quickly warmed up with a fast C tempo. We picked up several riders en route, all of whom eventually returned on cut-off routes. The BC riders drifted back, including me. We had some partial regroupes before and after Calistoga and at Browns Valley. We enjoyed the mid 70's temps, had little or no wind on Silverado Trail, and finished with tailwinds out of the Carneros and through to Oakmont. Ten riders finished the whole 200-K." Don's group and Steve's group ran into each other on Silverado Trail, near St. Helena. We waved at one another as we passed, headed in opposite directions.

Meanwhile, eight SRCCers went south for another rite of spring: the Solvang Spring Double. Jay Abraham, Richard Burger, Bill Carroll, Darrin Jenkins, Karl Kuhn, Garth Powell, John Witkowiacki, and Craig Robertson ably represented the club: all finished and most finished with very good times. We had chat-list reports on their adventures from Darrin and Bill. Plenty of rain this year has jump-started a bumper crop of wildflowers all around the course, which made the ride very scenic. Headwinds plagued the riders around much of the course, even in places where one can usually expect tailwinds. They all said this slowed them down or at least made them work harder, but they all still got the ride done in good shape.

While we're doing doubles-speak here, let's go back to the Death Valley Spring Double on March 6. There we see our Rookie of the Year, Vince Herrera, adding another double to his growing resumé, along with Richard Holve and Steve Werlin, with Scot Castle completing the 150-mile option and Bill & Debbie Albers knocking off the DV Century.

The last club ride in March was Craig Gaevert's Tandem Ride for Robert. Those of you new to the club probably never knew our

—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 30-60 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 (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](http://www.srcc.com)...go to Calendar of Rides

## SATURDAY • MAY 1

### WINE COUNTRY CENTURY

## SUNDAY • MAY 2

### Fearsome Five

5/CD/129 • 15,000'

8:00 AM • Alexander Valley School

L on Hwy 128 > R on Pine Flat > L on Red Winery > R on Geysers > R on Pine Mountain to end > Retrace to L on Geysers > L on Red Winery > R on Pine Flat > L on Hwy 128 > L on Ida Clayton to end > Retrace to R on Hwy 128 > R on Pine Flat to end > Retrace to L on 128. *Extremely challenging ride.*

Marc Moons—762-6685

### The Geysers

4+/B/47

9:00 AM • Geyserville School

N on Geyserville Ave > Asti > R on Crocker (near Cloverdale) > L on River > Geysers > L on Red Winery > R on Pine Flat > R on Hwy 128 (rest stop at Jimtown Store) > R on 128 to finish in Geyserville.

Jocelyn Freid—415-254-5516

## SATURDAY • MAY 8

### WCC Workers' Ride & Party

See start times and rest stop schedule on page 8

### SRCC-RUSA 400-K Brevet

6:00 AM • Healdsburg City Hall

See SRCC Brevet [web page](#) for more info.

## SUNDAY • MAY 9

### No rides submitted

## SATURDAY • MAY 15

### Ride to the Underground

3/AB/49

9:00 AM • Healdsburg City Hall

R on Grove > R on Mill > Westside > R on W. Dry Creek > R on Yoakim Bridge > L on Dry Creek > R on Dutcher Creek > Cloverdale Blvd (*Rest stop at Underground Coffee and Cafe*) > R on Cloverdale Blvd > R on First > Crocker > R on Asti > Geyserville > L on Hwy 128 > L on Geysers > R on Red Winery > R on Pine Flat > R on 128 > R on Alexander Valley > R on Lytton Station > R on Lytton Springs > L on Dry Creek > R on Kinley > L on Mill > L on Grove to City Hall.

Janice Oakley—568-7062  
Donna Norrell—292-0565

## SUNDAY • MAY 16

### Mt Tam

4+/C/85

9:00 AM • McNear Park, Petaluma

Cross town to L on Western > L on Chileno Valley > Straight on Wilson Hill > L on Hicks Valley > R on Petaluma-Pt Reyes > L on Nicasio Valley > Cross Sir Francis Drake to L on San Geronimo Valley > R on SFD > R on Olema (bike route thru Fairfax) > R on Fairfax-Bolinas (*regroup at police station, water and restrooms*) > L on W. Ridgecrest > L on E. Ridgecrest to Mt Tam summit (*regroup at top*) > Retrace to L on Pan Toll > R on Panoramic > R on Hwy 1 (*regroup—briefly—in Stinson Beach and—longer—in Pt Reyes Station*) > R on Petaluma-Pt Reyes > D Street > R on Sunnyslope > L on F St to park.

Sarah Schroer—364-7560

### Team Swift

### Tour of California Preview Ride

3-4/BC/29-31-43

9:00 AM • SR City Hall lot

R on Sonoma Ave > L on SR Ave > L on Petaluma Hill > L on Roberts > Pressley > R on Sonoma Mtn > L on Warm Springs > L on Bennett Valley > Yulupa > L on Creekside > L on Cypress > Hoen > L on Sonoma Ave to City Hall. Short option: L off Sonoma Mtn on Enterprise to Bennett Valley (*rest stop at corner of Enterprise and BV*); Long option: R off Sonoma Mtn on Warm Springs > L on Arnold > L on Dunbar > R on Trinity Grd to firehouse (*rest stop at firehouse*) > Retrace to main route.

Laura Charameda—843-9056  
[teamswift@aol.com](mailto:teamswift@aol.com)

## SATURDAY • MAY 22

### River Ramble

2-3/A/30

9:00 AM • Finley Park

R on Stony Pt > L on Guerneville > R on Laguna > Trenton/H'burg > R on Eastside > R on Old Red > R on Starr > L on Mark West Station > R on Slusser > L on River > R on Olivet > L on Piner > R on Marlow to Park.

Sunny Mawson—838-3138

## SUNDAY • MAY 23

### Wine Country Loop

2-3/AB/58

9:00 AM • San Miguel School

R on Faught > R on Chalk Hill > L on Hwy 128 (rest stop at Jintown) > Retrace to Pine Flat > L on Red Winery > L on Geysers > R on Hwy 128 > L on Canyon > L on Dry Creek (rest stop at Dry Creek Deli) > Lambert Bridge > L on W. Dry Creek > R on Westside > L on Wohler > L on Eastside > R on Trenton-H'burg > L on Trenton > L on River > R on Trenton > Woolsey > Laughlin > R on Airport > L on Faught to school.

Scott Allen—326-7578

## SATURDAY • MAY 29

### 15th Annual Bad Little Brother

5/CD/133 • 14,500'

8:00 AM • Lk Sonoma Visitor Cntr

Dry Creek > L on Dutcher Creek > Cloverdale Ave > L on Hwy 128 (rest stop in Boonville) > L on Mountainview > L on Hwy 1 (rest stop in Pt Arena) > L on Annapolis > L on Skagg Springs (rest stop at Camp Gualala) to finish. *Extreme, challenging ride for fit cyclists.*

Greg Durbin—528-4450  
gdurb@sbcglobal.net

### The Bad Little Brother's Lazy Old Uncle

4/C/70 • 5500'

9:00 AM • Monhoff Rec Center  
Calistoga (TT rest stop site)

L on Grant > R on Greenwood > L on Hwy 29 > R on Lawley (Old Toll Road) > L on Hwy 29 > R on Mora > L on Grant > R on Oak > L on Washington > Bike path > R on Dunaweal > L on Hwy 29 > L on Bale > R on Sil Trail > L on Crystal Springs > R on Sanitarium > L on Deer Park > R on Mund > L on Sunnyside > R on Deer Park > Howell Mtn > R on Falls (bike trail) > R on Howell Mtn > L on Pope Valley (rest stop at Pope Valley Store) > L on Aetna Springs to end > Retrace to R on PV > R on Ink Grade > R on White Cottage > Howell Mtn > Pope (rest stop at Jacob Meily Park) > In St Helena, jog R on 29 to L on Spring > White Sulphur Springs to end > Retrace to L on Oak > R on Madrona > L on 29 > R on Pratt > L on Sil Trail > L on Brannan > Wapoo > R on Grant. *Not quite up for the rigors of BLB? Here's a slightly easier ride, but still with some challenge and adventure, and a lot of obscure, screwball roads.*

Bill Oetinger—823-9807

## SUNDAY • MAY 30

### Son of Cotamalesaluma

3/AB/50

9:00 AM • Cotati Dog Park

R on Myrtle > L on Old Red > R on W. Railroad > R on Stony Point > L on Meacham > R on Pepper > R on Bodega > R on Pet-Valley Ford

> L on Fallon-Two Rock > Whitaker Bluff > L on Middle > L on Dillon Beach (rest stop at Tomales Bakery) > South on Hwy 1 > L on Tomales-Petaluma > R on Chileno Valley > R on Western > L on Cleveland > L on Bodega > R on Lohrman > L on Magnolia > R on Thompson > L on Skillman > R on Liberty > L on Center > Jewett > L on Stony Point > R on W. RR > L on Old Red > R on Myrtle to Dog Park.

Ken Russeff—953-1804

## SATURDAY • JUNE 5

### New Member Welcome Rides

2/A/24 • 3/B/40 • 2/C/53

9:30 AM • Windsor Town Green

**A Route:** West on McClelland > L on Windsor > R on Windsor River > R on Eastside > L on Old Red (regroup at Memorial Beach) > North on Healdsburg Ave > L on Mill > Westside > L on Wohler (regroup at Wohler Bridge) > L on Eastside > R on Windsor River > L on Bell > Windsor Town Green.

**B Route:** East on McClelland > R on Bell > L on Windsor River > R on Old Red > L on Pleasant > L on Chalk Hill > L on Hwy 128 > Alexander Valley > R on Lytton Station > R on Lytton Springs > L on Chiquita > R on Grove (rest stop at deli, Grove at Dry Creek) > South on Grove > Vine > R on Mill > Westside > Continue same as A route.

**C Route:** Same as B route to Pine Flat Road > R on Pine Flat > L on Red Winery > L on Geysers > R on Hwy 128 > L on Canyon > R on Dry Creek > L on Yoakim Bridge > L on West Dry Creek > L on Lambert Bridge (rest stop at Dry Creek Deli) > Retrace Lambert Bridge > L on West Dry Creek > R on Westside > Continue same as A and B routes.

*Bring a lunch or purchase one at Windsor Town Green after the rides and stick around to picnic on the Green for more meet-and-greet time. We plan to have multiple, experienced ride leaders for each tempo. No one will be dropped! All members, new and old, are invited to participate. Let's get to know each other! For more miles, ride to the start.*

### SRCC-RUSA 600-K Brevet

6:00 AM • Healdsburg City Hall

See SRCC Brevet [web page](#) for more info.

## SUNDAY • JUNE 13

### Ride the Rollers to Tomales

2-3/AB/50

9:00 AM • Cotati Dog Park

R on Myrtle > L on Old Red > R on W. Railroad > R on Stony Point > L on Meacham > R on Pepper > R on Bodega > L on Spring Hill > R

on Chileno Valley > L on Tomales-Petaluma > R on Hwy 1 (rest stop at Tomales Bakery) > R on Hwy 1 > R on Pet-Valley Ford > L on Roblar > L on Stony Point > R on W. Sierra > R on Valparaiso > Myrtle to park.

Rose Mello—543-5889

## SATURDAY • JUNE 19

### 35th Anniversary Terrible Two

5/CD/200 • 16,000'+

5:30 AM • Analý HS, Sebastopol

Pre-regged riders only. Reg forms available at SRCC website. Get in on the fun, either as a participant or as part of the support crew for the #1-rated double century in the California Triple Crown Series. For more info, visit [TT page](#) at club website.



## 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*

B: Lowell Antze—237-7014

*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

(All leaderless C rides are decide-&-ride)

### Friendly Fridays

A • 25-30 • 9:00 AM

Same schedule as other Friday rides

(Fifth Fridays: call Janice)

Janice Eunice—575-9439

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: Kim Nelson—573-6882

*Fourth Friday: City Hall lot, H'burg*

B: Buck Hall—537-1946

C: Nabeel Al-Shamma—479-6246

*Fifth Friday (B group only): Esposti Park*

B: Gary Grayson—538-9262



## More BACKROADS & BREAKAWAYS

friend Robert Rand, who has gone off the front to the big peloton in the sky. Robert used to list tandem rides, which he would do with his wife Pilar. Craig occasionally lists a similar ride in Robert's memory, hoping to lure all the tandems out for a cruise. I asked him how this one went and this is his reply: "*Harummmph*. For a tandem ride, having only the ride leader and wife and Al and Sue on tandems was a little discouraging. Two tandems and about ten singles made up this edition of the ride. We had two guests on board at the somewhat chilly start. Of course the ride leader got the time wrong and arrived thinking the start was a half-hour later than posted. Several folks had already left, but we picked them up at various points on the route. Other than these minor items, the ride went smoothly, with stops at the Dry Creek Deli and a very brief stop at Jimtown, where we encountered Pilar on a training ride with several other women. We did pass some other club members riding their tandems going the other direction on Westside." Craig didn't say it, but the question was implicit: why were those club tandems not on the club tandem ride? Puzzling.

So much for March. First up in April was Linda Fluhner's Twisted Little Sister, a daunting ride out in the worst of the west county hills. It was listed at 90 miles and 9000' of gain, but I think it was a bit more than that. King Ridge, Skaggs, Annapolis, Hwy 1, Kruse Ranch, Timber Cove, Fort Ross, Meyers Grade...you get the idea: pretty much all the uphill and downhill out there, back to back to back. There were about 20 at the start, covering the usual spread for a C ride: fast D's to mellow B's. In spite of having rained almost non-stop for the whole week, we caught a lucky window of dry on this Saturday. Not warm, but at least dry. Prompted by the gratuitously punishing and convoluted route, at least three bailout plans were put into play by various riders. I was part of a group of six that skipped some of the Twisted Sister's sicker twists—Kruse, Timber Cove, Fort Ross—by taking Hwy 1 all the way from Sea Ranch to the Russian River. I'm not sure I've ever strung that whole section of 1 together, north to south. It's a great run. It was crystal clear, all the way to the horizon, there was a moderately useful tailwind, and the traffic was even mellow (except for one lunkhead in a Hummer). We were so leisurely in our promenade down the coast that we actually reunited in Jenner with some of the people who had done all the extra climbs and descents. I logged 86 miles and 8000' on the shortcut course, so those doing the whole package must have had something in the low 90's and close to 10,000' of gain. A stout ride. About the only bad thing that happened on this nice day was a wreck back near the start, on Caz Highway, where Scott Allen caught a rut and did a front somersault, breaking a collarbone. His wife drove out and took him to Kaiser. As it had happened near the back of the field, only a couple of other riders even knew about it at the time. Most of us only found out about it the following week.

Saturday's little window of decent weather was all we were given this weekend. Sunday it was back to pouring again. Really pouring. So poor Rose Mello had her Rollers to Tomales ride rained out again. (Care to try it a third time, Rose? Yes: see the ride list.) Ditto for the Nifty Ten Fifty in Berkeley.

Saturday, April 10 offered us a slew of rides, with something for almost everyone. Doug Simon listed an easy, B-tempo loop around the wine country, in fact, essentially our WCC 100-K course. It was

offered with a special invitation to newer members. We have had loads of nice, entry-level A rides, thanks to Mike & Janice Eunice and their Welcome Wagon rides, but not all new members join the club at that A level, needing or wanting 10-20-mile rides. This ride was supposed to appeal to the next tier of newbies. I asked Doug how it went and here's what he had to say: "We had 30+ riders for the B ride and another ten showed up for Janice's A group doing the same route. About six first-time riders introduced themselves to the group. I announced that I would be leading from the back all day. I suggested that with such a large group, and with the cold weather, that we should let the group naturally divide up by pace and that the lead riders should not wait for the whole group at regroupings. I rode all day with John Miklaucic and Craig & Michele (on tandem). It all seemed to work out perfectly. I never saw the lead group after the start; at times we saw the tail end of the faster B group, and the A group would catch us at the regroupings. We got lucky and only got rained on for a couple of minutes. It was looking like we were going to get quite miserably wet, but it stopped. There were lots of comments about it feeling like a good old Second Saturday ride. Janice and I plan to do a similar ride again sometime soon." (The Eunice's involvement in this affair was unofficial and unlisted in the newsletter. I'm not sure how they got the word out that they would be there, but obviously they did so. Looks like they'll be co-listing with Doug the next time around.)

Further afield, Rick Sawyer listed a loop out of Pope Valley that explored Knoxville-Berryessa, Morgan Valley, and Siegler, Big, and Butts Canyons...an 85-mile adventure way out in the hinterlands. This loop carries near legendary status in club lore, thanks to a couple of infamous rides long ago, one plagued by blistering heat, stampeding cattle, swarming ants, and pandemic bonking, the other shattered by rain, sleet, flooding, and hypothermia. On this day, things were a bit more moderate, although conditions were not exactly ideal. It was cool and mostly gray, with the sun putting in a few very brief, weak appearances. At several points during the day, the gray condensed into mist, and the mist began to look and feel suspiciously like rain. Each time it got to this drippy point, our spirits sank at the prospect of miles of wet, cold misery ahead. And yet, in each case, the misty drizzle faded away, the sun came back out, and our spirits revived. Although we spent most of the day being slightly damp and expecting to soon be miserable, we never really got to that dismal state. A dozen brave souls made the long drive for this walk on the wild side. The more-or-less endless hills split the group up repeatedly, but regroupings in Lower Lake and Middletown helped us find one another. Looks like we were two or three weeks early for peak wildflowers out there, but we did see some. Four of the water fords along Eticuera Creek were still under water, although only a couple of inches deep. But they were slick, and one slimy patch took down three riders in a row. No one was hurt, but all were well soaked, which can't have been pleasant on such a chilly day.

If this wasn't enough challenge for you, there were other options available. This was also the date of our 300-K brevet, heading from Healdsburg out onto the Pt. Reyes land mass (to a new turnaround at South Beach, instead of the light station). 32 riders took the start, including a number of club members (David Strong, Bill Ellis, John and Tom Russell, Robert Redmond, Dennis Forer, Susan Noble, and Mike McGuire). They report that the wind reversed itself from its normal pattern for this ride: there was a headwind on the outward-bound run and a tailwind coming

home...always better than the other way around, and in this case contributing to faster and easier days for almost everyone. They too had a few little sprinkles along the way but also avoided any serious drenchings. Brevet coordinator Robert Redmond wishes to thank all those who helped out with support tasks during the long day: Joe Conway, Karin Burger, Dave Trumbo, Ed Steiger, and Rick Moeller for hosting the turnaround and Bobbie Foliat for doing the same at the finish.

Finally, while the randonneurs were doing almost a full double century, another group of SRCCers headed to the south coast for the Mulholland Double, with 209 miles and 16,500' of climbing, one of the toughest doubles around and one of the three events in this year's Triple Crown Stage Race. (Devil Mountain and the Terrible Two are the others.) SRCC member Marc Moons opened his Stage Race account in fine fashion by finishing first, 37 minutes ahead of Robert Choi and nearly an hour ahead of anyone else. Paul Stimson, Ken Cabeen, Karl Kuhn, John Witkowicki, Greg Durbin, Karen Thompson, and Frank Pedrick all finished, some with very good times. Congrats to all the clubsters for carrying our club colors into the fray and doing so well.

There should be a report here on Greg and Jan Conklin's ride from the Sunday of this weekend, but, for the second weekend in a row, we got our Saturday rides in but Sunday was blasted by another torrential storm...crow bars and claw hammers all day long.

By the following weekend, the weather was back to a more pleasant, springtime feel: not too hot and not too cold. Saturday, Bill Carroll listed a loop around the second half of the Terrible Two course, with a run along the Russian River valley at the end to return the riders to the start site in Healdsburg. There were 17 riders at the start, and all stayed together until the Warm Springs Visitor Center and the start of Skaggs Springs Road. Once onto the notorious climbs on that bad boy, a front group of nine took off, strung out a bit but mostly in contact. Eight riders comprised a second tier, but three turned back midway along Skaggs, leaving five to muddle on around this very tough loop. This is one of the hardest centuries anywhere, just on its own (107 miles and 10,000'). To do it as the second half of a double seems preposterous. And yet quite a few people manage to do so every year.

On the same day, Larry Fredricks and Mike and Janice Eunice collaborated on rides ending in a blood donor drive at the Blood Bank on Bethards. Janice reports: The Blood Drive ride was very successful. We had 25 riders on the 10-mile ride and 40 for the 40-mile ride. On the 10-mile ride we had some young children, and after the ride they also participated in the bike rodeo. Several riders who were not members of SRCC asked me for information regarding our club. We had Greg—George Gallegos' son—donate blood for the first time." (See photo at right of Larry, Janice, and a few of their Life Across America supporters at the Blood Bank.) Some

of you may wonder how we came to have rides leading to a blood donor drive. To more fully understand the connection, you should learn more about Larry Fredricks and his amazing saga. Larry's life was saved by massive blood transfusions after he was hit by a car several years ago. Since his recovery, he has spent a great deal of his (second) life organizing blood drives. We don't have room to tell the whole story here, but if you want to know more, go to his [website](#) and find out.

Two more rides on Sunday. Doug McKenzie had his traditional, semi-annual attack on Pine Flat, with a ride start down in SR but the final climb on Pine Flat Road timed. Doug was under the weather and unable to be there, but he deputized Jonathan Lee to boss the riders along and get them up to the regroup at the base of the hill. And Deanna McKenzie was there, clipboard and stop watch in hand, ready to record the times of all those who wanted to be counted. There were about 40 riders on hand to answer the challenge. Among them, Marc Moons showed up with a ringer: 21-year old Westley Gough. Westley was part of the New Zealand track pursuit team that won Bronze at the 2008 Summer Olympics and is also on their squad for Worlds, Commonwealth Games, and the 2012 Olympics. Don't think trackies can climb? He'd never seen Pine Flat before, but he nailed the hill with a new course record of 48:47, which clipped a whopping 1:20 off the old record. Wow! (For comparison, the unofficial time listed at Doug's website for Levi Leipheimer is 47:50.)

The final ride on this weekend, and the final ride we can cover this month, was Ken Russeff's A ride out of Esposti, heading right up to the same piece of country as Doug's Pine Flat ride. Ken reports: "Our April 18th ride had 25 riders on a perfect day. Our 50-mile loop over Chalk Hill, Alexander Valley, Canyon Road, and Dry Creek included stops at Jimtown and the Dry Creek Store."

And that's all we have room for this time around. This column has run on extra long this month, but that's the time of year it is: lots of rides to cover.





# SANTA ROSA CYCLING CLUB

PO Box 6008

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To join the club or renew membership, please go to  
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srccride@sonic.net (Bill Oetinger, 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, May 12 • 6:30 PM

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

**Guest Speaker:**

Wednesday, June 9

## EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, May 6 • 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, June 3

## WINE COUNTRY CENTURY WORKERS' RIDES

**SATURDAY, MAY 8**

All rides, regardless of distance or tempo, start at Schaefer Elementary School (1370 San Miguel Road, just east of Coffey Lane). The after-ride party is at the SRCC warehouse (4023 Coffey Lane). Parking is limited at the warehouse; please arrive there on your bikes, if at all possible. The warehouse is four blocks from the school.

Start times below are to assist you in finding riding companions who will be doing the same routes and at the same tempo as you plan to do.

### WCC Workers' Ride Start Times

Route	A	B	C	D
35-mile	11:00	11:30		
100-K		9:00	10:00	
100-mile		7:00	8:00	9:00
200-K			6:30	7:00

### WCC Workers' Ride Rest Stop Times

Rest Stop	Open	Close
Monte Rio	8:00	10:30
Wohler Bridge	9:30	1:30
Warm Springs	11:00	2:15
Alexander Valley	12:30	4:00
Warehouse (after-ride picnic)	2:30	6:30