

APRIL 2009 NEWSLETTER

SRCC members and the WCC Climb Aboard for April Alpina

After the Wine Country Century filled up so quickly in February, we received a couple of e-mails from SRCC members asking why they had not been notified of the date of the opening of registration, and further, why SRCC members were not given preferential treatment ahead of non-members.

As to the first item (notification), it was mentioned that reg opens in February in our traditional WCC launch article on the front page of the December newsletter. This was admittedly a brief reference within the larger copy block, and perhaps easy to miss. But it was the first item, listed in big, bold type, on the SRCC's WCC home page. For anyone interested in registering, it would have been the first thing they saw at the site.

As to the second item (preferential treatment), a longer response is in order. The conventional thinking with most club-sponsored centuries is that this is the host club's offering to the general public; that it is our day to open our doors to guests from elsewhere, to share our favorite roads with non-members. The club sees as its first priority not putting our members at the front of the line, but rather having our members working to support the event for our guests.

Some bike clubs take this to the extreme of not allowing their members to ride in their own century at all. The SRCC has never felt the need to be that hardcore on the matter. But we do feel that in the case of the WCC, our premier event, our guests come first and our members take a supporting role.

While it is possible for some members to pay their entry fees and do the WCC, the club's frequently stated preference is for members to help out in some capacity at the WCC and then join with hundreds of their club mates in riding the same course one week later on the WCC workers' ride. Most members who have done both rides feel the workers' ride is the better deal. First of all, you will have enjoyed the experience of helping your club to put on one of the best events around (by working on the actual WCC). Then you get to do the same ride for free, and you get to do it in the company of your fellow members and friends, a very congenial bunch. The support is just as good as at the official century, and the after-ride festivities are arguably better than at the WCC, with better food and with all your friends around for good company.

There are a few WCC support tasks that allow members to ride in the actual WCC. Some chores are done before the event. A few members ride as Course Marshals. And quite a few sign up for the

Once again, April presents us with the opportunity to take part in the club's month-long climbing challenge, April Alpina. In years past, many have found the program to be a great motivator. It's no surprise to say that focusing on climbing for a month will get you in better shape for the rest of the year. And it's fun too!

To participate, go to the club's website and search out the link which is found on the home page. Sign yourself on and pick a goal range. These are fairly accurately aligned with the pace ratings: A through D plus HC ("Above Category").

Now, two of the reasons we often hear for not joining in are, "I don't like to be pressured," and, "I don't have an altimeter." (Pun intended!) Susan Noble, new to April Alpina last year, overcame both of these worries. She found that having a goal in April really did get her out the door and riding more. It was akin to having a built-in coach who offered increased motivation. (BTW, this "pressure" is entirely self-imposed and as such tends to be more fun than not. And it's really quite fun to see the numbers mount up.) Without an altimeter, Susan used a combination of the club's online elevation profiles—available at the April Alpina website—plus the readings of club members on the rides that she did last April. She was not the only rider to do this educated guesswork in order to figure out the amount of feet climbed per ride.

This brings up a point worth mentioning: no attempt is made to "level the playing field" and calibrate each rider's altimeters to one standard. This underlines the fact that AA is a personal challenge. One is encouraged to be reasonable, but that's it: whatever helps you work on climbing is okay. For me, since I know my readings are usually high, I tend to subtract 10% before I enter the data. Works for me.

So climb aboard this year for fun and increased climbing ability! If you have any questions or want some tips, etc, feel free to contact me.

— Bill Dunn

crew that supports the workers' ride. Most of those before or after tasks have already been assigned for this year, but you might want to consider them for next year if you have your heart set on doing the actual WCC. For most of us though, the choice is simple: give a little time and energy to the club to support the WCC on its big day, and the club will give something back to you one week later: the same great course and the same great support, and the companionship of your friends to make it even better.

MINUTE MIX

Highlights from the General Membership and Executive Board meetings for March

- 1. Call to Order:** President Craig Gaevvert called the general meeting to order at the Round Table on Occidental Road on Wednesday, March 11. 44 members and friends were present.
- 2. Treasurer's Report:** Donna Emery announced the club's bank account balances, as of February 28.
- 3. Membership:** Gordon Stewart reported membership of 910 (combining individual and family memberships).
- 4. Rides:** Ride Director Bill Oetinger passed around the calendar for April ride submissions. He apologized for having forgotten to organize the quarterly ride leader drawing for March, but promised to have a drawing ready at the April meeting, with a pool of potential prize winners made up of anyone who led a ride in the first FOUR months of the year.
- 5. Litter:** Craig Gaevvert announced the upcoming semi-annual Adopt-a-Backroad litter pick-up day on April 18 and urged members to take part. (*See article on page 7.*)
- 6. TofC:** Martin Clinton thanked the members for their support work during the Amgen Tour of California in February. He noted that a local committee has begun fund-raising efforts toward the goal of bringing the tour back to Santa Rosa in 2010.
- 7. WCC:** Event Chair Joe Morgan and registrar Gordon Stewart both spoke about the WCC. Graphics chair Bill Oetinger reported on the ordering of 3000 commemorative magnets for the event, and also on progress on the tee-shirt and jersey orders. Volunteer coordinator Kimberly Hoffman reviewed volunteer needs. All rest stop crews are full, but we could use some course hosts, some wristband checkers at lunch, some riding course marshals, and some sag drivers. (*We always need and want more sag drivers.*) We also need folks for the final clean-up on the day of and day after the event. (*See article on page 7.*)
- 8. Holiday:** It was reported that the Druids Hall has been reserved for December 5, 2009. (It had previously been announced that the Druids Hall would not be available, but that was incorrect.)
- 9. Brevets:** SRCC-RUSA coordinator Bob Redmond spoke about the club's upcoming brevets, including the 400-K on April 18. He noted that we are assisting the San Francisco brevet group by hosting a rest stop in Mendocino on their 600-K brevet. He asked for a few volunteers to support the rides.
- 10. 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. Bill noted that Rick Sawyer has been doing research into a tour for 2010 to take place in the Sierra foothills.
- 11. Guest speaker:** Michael Khaw made a slide presentation on cycling in the Piemonte and Veneto regions of Northern Italy.

David Steed balanced on his bicycle for 24 hours and six minutes nonstop in 1986 at the New York City Coliseum. Steed remained upright without a break, without touching either foot to the floor, and without his wheels making a complete revolution forward or backward.

What it means to be a member of the Santa Rosa Cycling Club

"Ask not what your bike club can do for you; ask what you can do for your bike club."

Actually, if you're a member of the Santa Rosa Cycling Club or if you're considering joining the club, it's appropriate to ask *both* those questions, and to know the answers to those questions.

In theory at least, people who have been members for a few years will have figured this out by some sort of social osmosis: by picking up clues from even more veteran members and from copy in the newsletter and at the website; from watching how the club does things, etc. But with club membership growing at such a rapid rate in recent years, it may be that some new members haven't had the time to become steeped in all that old lore, and so they may not be entirely clear on what they can expect in the way of benefits and services from the club, and in turn, what the club—that is, all the other members—expect in the way of involvement from its members.

Members of the club's Board have been kicking this around of late, grappling with the notion that our little "family" has grown so large we may be losing touch with many of its members. In response to that concern, the proposal has been made that we add a new document to the club's literature that is placed on the website and that goes out to each member with their renewal notices. It would be some sort of expanded mission statement for the club, explaining who we are and what we do and what we hope the dynamic will be between the individual members and that larger collection of all the other members that adds up to the entity we know as "the club."

"All the other members..." That's the key: this club is no more than the sum total of its members. There isn't anything else. This isn't a country club or an athletic club, with a bricks-and-mortar facility and a paid staff to manage things and see to the members' needs. We have our bylaws and our bank account; we have a mission statement and papers of incorporation and a certain tax status, but aside from that, it's pretty much just...all of us.

The SRCC is a cooperative venture, an entirely volunteer-driven organization. Every single thing that happens in the SRCC happens because some member makes it happen...some volunteer member. The Wine Country Century; the Terrible Two double century; the brevets; the newsletter and everything in it; the website and everything on it; the holiday dinner and summer picnic and free lunch ride; the on-line logs; the weekday and weekend rides and summer tours; the monthly meetings; balancing the club's books; managing the warehouse; the Adopt-a-Backroad days; the chat lists; the charitable grants...

And so forth. Each of those programs or projects or events has at least one person thinking it through and doing whatever it takes to make it happen. Hundreds of members doing thousands of big and little tasks, simply because they see that the tasks need doing.

Volunteerism cannot be forced or coerced or mandated. That would be oxymoronic, a contradiction of the very definition of "voluntary." All that the club—all that we—can do is foster a culture of cooperation, where thinking about what needs to be done is second nature to us all.

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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.

Bike riding always seems to be about the weather. Either it's great and we rejoice in it or it's bad and we grouse about it. Never is this more the case than in the season we call Spring, which in our neighborhood stretches from mid-February to mid-May. This reporting period covers the first half of that window, beginning with Bill Carroll's century on February 21. Bill reports...

"The weather was better than expected, with blue skies and temperatures in the low 60s at the start. There were close to 20 riders at Village Market, where the owners graciously set out a big pot of coffee gratis for the riders. Jeremy flatted at the bottom of the Lawndale climb, so two other riders and I stopped to assist him. Another flat at the top of Lawndale, and the four of us were off the back for good until the big regroup at the top of Trinity. From there, it was a screaming, technical descent of Dry Creek and Oakville Grade before forming up into a huge, fast paceline headed north into Calistoga for a coffee break. By then clouds were rolling in, threatening rain, but it never materialized. It was again a fast, fast paceline which organized headed north on 128 to Chalk Hill. At that point, with the out-&-back of Pine Flat looming, most of the riders, many of whom had ridden to the start and had enough for a century without the trip towards Jimtown, chose to head south on Chalk Hill. But seven of us made the journey up Pine Flat to the guard rail, and an eighth, Jeff, made it most of the way up. For me, particularly on the two big climbs, it was a classic case of leading from the back. After a brief refueling at the Jimtown Store, we motored home in a brisk line, now fighting the wind out of the south. My goal with this ride was to put together something, in terms of miles and climbing, which looked like the first half of the TT. With 108 miles, and 7100' of climbing, it was pretty close."

That was not the only ride on this day. Ken Russeff had an A ride as well. As his ride was considerably shorter, so too is his report: "The February Follies A ride out of Willowside School had 14 riders on a cool morning which developed into a nice two-layer day. Two flats, 36 miles, coffee at Café Noto, and we beat the rain which rolled in later in the day."

There was a third ride this day as well. We had the full ABC spectrum, with a Wayne Kellam Franz Valley B ride in between Bill's C ride and Ken's A ride. But we can't tell you anything about Wayne's ride because he's not answering the phone. Off on a vacation? So no report from Wayne and no new rides from Wayne in the April list. No Wayne? What's the world coming to?

The weather rolling in that Ken referred to arrived in all its moist splendor on Sunday and put the kibosh on Rose Mello's Lunch in Sonoma ride. She has rescheduled it for April 26.

One week later—the last day in February—we had Janice Oakley's Ode to Joy, a short but wickedly steep loop in the west county. There were about 20 people at the start at Ragle, but the steep climbs had the group busted up into smaller pods almost from the beginning. Climbs on Green Valley, Harrison Grade, Coleman Valley, Bay Hill, Joy, Bodega, and Jonive worked us over thoroughly. So too did a robust and gusty wind hammering out of the SSE on the coast. No one got blown off the road and over the sea cliffs into the ocean,

but every so often, as an especially hard gust would bat us around, this appeared to be a real possibility. We felt the wind up on the exposed ridges on Coleman Valley and Bay Hill, but aside from that, the fiercest flurries seemed to be confined almost entirely to the coast. For instance, given the wind direction, we expected to be pummeled by it when heading south on Boho Hwy toward Freestone, but that run was almost wind-neutral. Aside from that wild wind, the weather was decent. Mixed sun and light clouds and not too chilly. Vests started the ride being worn but ended up being carried. Arm warmers went up and down with the climbs and descents. We ran into the gathering crowd for the big Grasshopper race in Occidental. Hundreds of racers, and as Steve K pointed out, most of them about half our age (except for the amazing Mr Beck, who was in the race with the youngsters, instead with us, his age peers). Rich Fuglewicz had an oh-no moment on this ride: he had opened his seat bag at some point and forgotten to close it. (Show of hands: who has done this?) Unbeknownst to Rich, on the Cherry Ridge descent, his wallet and car keys fell out and bounced along the road. Fortunately, a motorist behind Rich saw it happen and flagged him down, but not till Rich was all the way down the hill. Rich rode back up and found all this stuff, so a happy ending, thanks to a kind person in a car.

On the same day, Jack Hartnett had an A ride heading out of Santa Rosa City Hall. "Great group ride today, from City Hall to Airport and back. About 25 riders, no rain. Partly sunny, temps in the low 60s. No incidents other than one flat tire. Everyone had a good time as far as I can tell. Looking forward to leading rides in the future with this gang." Jack is one of a new crew of ride leaders (and I'll include Bill Carroll in this too) who are discovering how much fun it can be to lead rides. Let those folks be an inspiration to the rest of you!

This was also the date of the club's first official brevet of the year, the 200-K. This is an out-&-back from Healdsburg to the outskirts of the city of Napa, traveling through Dry Creek Valley, Alexander Valley, Knights Valley, and Napa Valley, all looking their best on this nice day. This being an off year for PBP prep, the crowds were sparse, but those who showed up had a fine time, according to what we read on the chat list and according to Bob Redmond's report at the club meeting. The club provided support appropriate to a brevet and maybe even a bit above the standard, if one includes the after-ride beer fest at the Bear Republic.

The decent weather on that Saturday turned crummy on Sunday, washing out Craig Gaever's tandem ride, which has been rescheduled for April 11. That was supposed to be the first ride in March and thus the opening of accounts for March Magic. But that had to wait, either for weekday rides or for the following weekend, which began with that essential March Magic mileage maker, the Cotati Circulator, where the miles hounds go round and round, piling up the stats. Steve Drucker reports: "We had about 25 riders of all tempos. As expected, we ended up in groups of similar tempos. There were no problems other than a few flat tires and some bumpy riding on the new chip seal sections. Seven of us completed the full three circuits, adding up to 72 miles. We ended up sometimes starting the loops too early or too late based on our planned start times, but all got to enjoy a temperate day, green hills accented with fields of mustard; a great ride, with only minimal wind late in the day."

Also on that day: Rose Mello's A ride out of Ragle Park, heading

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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 • APRIL 4

Moskowite 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 Rutherford 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

Combo Bike Handling and Paceline Skills Ride.

10:00 AM • Analy High School

Two hours or so. Practice tailored to who shows up. Learning to feel comfortable on the bike, trusting the bike to stay up while you change positions like a restless sleeper. Then learning to feel comfortable in a group, trusting and being trusted while enjoying being closer and more social.

Tom Helm—332-8792

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

The Nifty Ten Fifty

HC/CD/55 • 10,000'

8:45 (C ride) • 10:00 AM (D ride)

Paul & Janet's house:

6020 Sutter Ave, Richmond, CA

10,000' of ridiculously steep climbing in the Berkeley hills. Earlier starts, any time after 7:00 am, not guided, but maps, and a pat on

the back gladly provided. Light snacks and drinks provided at a stop at the half way point. 5:00 pm dinner and beer at Pyramid Brewery. Designated drivers not provided. RSVP a must!

C: Bill Dunn—415-269-0591 &
Janet DeHaven—510-526-8873
D: Paul McKenzie—510-409-8873

SATURDAY • APRIL 11

A Tandem Ride for Robert

2-3/B/45

9:00 AM • San Miguel School

L on Faught > 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 Faught. Robert Rand led these dedicated tandem rides for many years, so with Robert in mind, bring out your tandems. Singles welcome.

Craig Gaevert—545-4133

Wine Country Romp

2.5/A/40

9:00 AM • Healdsburg City Hall

R on Grove > Vine > R on Mill > Westside > R on West Dry Creek > R on Yoakim Bridge > L on Dry Creek > R on Dutcher Creek > Cloverdale Blvd (break at Starbucks) > R on Cloverdale Blvd > R on 1st > R on Asti > Geyserville > R on Independence > L on Fredson > R on Lytton Springs > L on Dry Creek > R on Kinley > L on Westside > Mill > L on Vine > Grove.

Ken Russeff—953-1804

West County Century

3/C/100

9:00 AM • Village Mkt
Mountain Hawk & Hwy 12

R on Mountain Hawk > R on Hwy 12 > R on Calistoga > L on Badger > R on Wallace > L on Riebli > L on Mark West Springs > River > L on Woolsey > L on Olivet > R on Guerneville > L on Frei > Graton > R on Sullivan > L on Green Valley > L on Harrison Grade > R on Graton > L on Boho > R on Bodega > L on VF-Freestone > L on Hwy 1 (rest stop in Valley Ford) > R on Hwy 1, R

on Bay Hill > R on Hwy 1 > R on Coleman Valley > L on Boho > L on Moscow (*rest stop in Duncan's Mills*) > R on River > R on Sunset > R on Westside > R on Wohler > L on Eastside > R on Trenton-H'burg > L on Mark West Station > R on Slusser > L on Laughlin > L on River > Mark West Springs > R on Riebli > R on Wallace > L on Badger > R on Calistoga > L on Dupont > R on St. Francis > L on Raters > R on Mountain Hawk.

Bill Carroll—539-7568

SUNDAY • APRIL 12

HAPPY EASTER

No rides scheduled

SATURDAY • APRIL 18

Dry Creek Litter Pick-up Day

9:00 AM • Passalacqua Winery
Lambert Bridge Road

See item on page 7 for more information.

SRCC-RUSA 400-K Brevet

7:00 AM • Healdsburg City Hall

See SRCC Brevet web page for more info.

SUNDAY • APRIL 19

Pine Flat Challenge

3-5/CD/70

10:00 AM • Piner HS

R on Fulton > L on Wood > L on Woolsey > R on Olivet > L on River > R on Slusser > L on Mark West Station > R on Trenton-H'burg > L on Eastside > R on Wohler > R on Westside > L on Kinley > R on Dry Creek > L on Grove > L on Healdsburg Ave > R on Alexander Valley (*regroup at Jimtown Store*) > L on Pine Flat (*mass start at bridge at aprox. noon... rest stop at top*) > Retrace to L on 128 > R on Chalk Hill > L on Faught > R on Airport > L on Fulton.

Doug McKenzie—523-3493

Susan's Birthday Ride

2/A/49

9:00 AM • Esposti Park

L on Shiloh > L on Faught > Pleasant > R on Chalk Hill > L on Hwy 128 > R on Pine Flat > L on Red Winery > L on Geysers > R on Hwy 128 > L on Hwy 128 (*rest stop at Jimtown Store*) > R on Alexander Valley > R on Lytton Station > R on Lytton Springs > R on Geyserville > L on Canyon > L on Dry Creek (*rest stop at Dry Creek Store*) > Lambert Bridge > L on W Dry Creek > L on Westside > Mill > R on Healdsburg Ave > R on Old Red > L on Arata > Hembree > L on Shiloh to Esposti Park.

Susan Hester—573-1532

SATURDAY • APRIL 25

Clear Lake Double Metric

4/C/121 • 10,000'

8:30 AM • Foss Creek El. School,

H'burg (near Chiquita & Grove) Healdsburg Ave > R on Alexander Valley > R on Hwy 128 > L on Ida Clayton > Western Mine (2 miles of gravel) > L on Hwy 29 (*Rest stop in Middletown*) > L on Hwy 175 > R on Barnes > Big Canyon > R on Siegler Canyon > L on 29 > R on Soda Bay (*Rest stop in Soda Bay*) > L on Clark > L on Gaddy > L on State > R on Main > L on Big Valley > L on Argonaut > R on Highland Springs > L on Matthews > L on Hopland Grade (*Rest stop in Hopland*) > L on 101 > R on Mountain House > L on 128 > R on Cloverdale Blvd > Dutcher Creek > L on Dry Creek > L on Lytton Springs > R on Chiquita > R on H'burg Ave to school. If it rains on Saturday, reload for Sunday. RSVP to be sure. Lowland option from Hopland: south on Hwy 101 > Geysers Road into Cloverdale > rejoin course. Only a mile or two shorter but bypasses climbs on Mountain House.

Tony Lee—766-9803

SUNDAY • APRIL 26

Let's Have Lunch in Sonoma

2-3/AB/45

9:00 AM • Howarth Park

Thru parks to Channel > Thru Oakmont > R on Hwy 12 > R on Lawndale > R on Warm Springs > R on Arnold > L on Verano > R on 5th > L on Sonoma Bike Path > R on 1st St W. to Sonoma Plaza for lunch break > Retrace route to Glen Ellen > L on Warm Springs > Thru Kenwood > L on Hwy 12 > L on Pythian > Thru Oakmont to Channel > Thru Spring Lake Park to end. *Rain check from Feb.*

Rose Mello—543-5889

SATURDAY • MAY 2

WINE COUNTRY CENTURY

BE THERE!

SUNDAY • MAY 3

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. Check out: http://www.leefamilyportal.com/ff_website/ff_index.html

Tony Lee—766-9803

SATURDAY • MAY 9

WCC Workers' Ride

See article and timetable on page 7.



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

Flat Fixing Clinic

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

NorCal Bike Sport—573-0112

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

up to Korbel by way of the usual mid-river byways...Martinelli, Wohler, Westside, etc. Rose was even more sparing in her report this month than usual: "I just have to say, it was great, with no rain in sight, with ten riders just enjoying the day, in no big hurry." Rose's ride reports are like haikus. She always distills things to the very essence of what's important. If we had more reports like hers, we could get this B&B column back to fitting on one page, the way it used to.

The next day brought us a ride of a different sort, rather like Janice's Ode to Joy: short but wickedly steep. This was Dave Batt's Sonoma Mountain #1 ride. It was only 35 miles and much of that was relatively easy, so what was the big deal? The big deal was the marquee attraction, the road named in the title. Not to be confused with the somewhat steep Sonoma Mountain Road most of us know, this one is a steeper sleeper, hidden away on the south side of the mountain, facing toward Petaluma and the San Francisco Bay. Because the approaches to it—thru the suburbs of Petaluma—are not great riding, this road doesn't get done too often and is probably unknown to most in the club. But it should be on the to-do list of every member who fancies himself or herself a hot climber. It is every bit as steep and as hard as the top of Pine Flat or Bullfrog Pond or Hauser Bridge. Much harder than Cavedale. It's a stairstep climb, with several, merciful flat spots to catch a breather. That's the good news. The bad news is the walls between the flats. There are many of them, and they get up to 20%, according to some stats we found after the ride. I'm not one to exaggerate gradient numbers, but I swear a few spots had to be over 20%. I've done this bad boy three or four times now, and I think the steepest bits are as steep as any public road in the north bay. If there's something steeper out there, I don't want to know about it! We had a smallish crowd for this one...maybe a dozen. Some of the regular hammers who might have been up for this brute were busy elsewhere, doing the second Grasshopper of the season (won by Levi). In spite of the savage punishment of the one climb, I think we had a great time. Many folks bulked out the short miles by riding to the start in Cotati. It was a lovely spring day, with all the same green fields and yellow sprawls of mustard that Steve mentions on their ride out of Cotati the day before. There was some cloud cover though. We rose above it on the 2800' climb, but all we could see looking back down was the tops of the clouds...not panoramic views over the far reaches of the bay and Marin County. On a clear day, the views up there are amazing.

Next up, and the last rides we can cover this month, were the club's 300-K brevet and the annual Free Lunch Ride, both on March 14 and both staging out of Healdsburg. The reports we get on the 300-K are much the same as reports for this ride in previous years. It goes out to the coast along the Russian River, down the coast to Pt Reyes Station, out to the lighthouse...and back. The "and back" part is always the killer on this one, because almost always, the wind is blowing half a gale out of the north or northwest and is in the riders' faces all the way back to the river, coming north. Year after year, we hear these grim tales: "hardest ride I ever did!" Or, "harder than the Terrible Two!" Too bad they weren't out here on the day of their 200-K (February 28). Then they would have had that monster wind out of the south that we experienced that day on the Ode to Joy ride.

There must have been close to 100 people assembled in the City Hall parking lot for the start of the Free Lunch Ride a few hours after the randonneurs set off. Our challenge was a much more modest set of loops—for A, B, and C groups—doing our traditional Dry Creek Valley-Alexander Valley circuit. This is the club's original multi-tempo event, and the way the varied loops are done, it works quite well for getting the different groups all tangled up together. In fact, it's hard to tell the C's from the B's at times. It all ends up being a lot of fun. As always seems to be the case on these shorter rides, the pace gets pretty intense at the front of the C group, both going north on West Dry Creek and going south on Hwy 128 and Red Winery. Pace lining in the high 20's was not uncommon. The C route's added miles included the up-and-over loop around Fitch Mountain, and this produced the only sour note on the day, when Janice Oakley got caught out on a rough patch in those steep, technical hairpins coming off the summit. She thumped it down pretty hard and got a bit banged up. No obvious broken bones (and we were fortunate to have a doctor—Bill Carroll—right on the spot to check her over). But she and Bill decided that any further riding would be a bad idea, so Del sprinted off to get a car and she finished up on four wheels instead of two. She was still spry enough to show up at El Sombrero for the Free Lunch part of the day. Altogether, 34 people took advantage of the free burrito deal, which was just about half of the people who could have picked up on the offer: there were 66 people at the January meeting, plus a few proxies, and the free food was the club's reward to all those who took the time to vote in the club's annual election in January.

There were no club rides scheduled for the Sunday of this weekend, which is just as well, as another front moved in on Saturday night and things turned gray and dismal again...another example of the on-again, off-again weather that is the standard bill of fare for springtime in Sonoma County.

SRCC membership — *Continued from page 2*

So that covers, generally, what the club expects (or hopes for) from its members. Now, what can the members expect to gain from their association with the club? The most obvious benefit is simply being a part of the SRCC family: being affiliated with a group of people who share a love of bikes and biking and the whole wonderful subculture that goes with that. This manifests first and foremost in our rides, for what is a bike club without bike rides? We try, in our volunteer-driven way, to offer rides for all levels from beginner to expert, with occasional mentoring clinics for all the arcane bike skills needed to become better at the craft of cycling. It spills over into all of our other social functions—meetings and picnics, lunches and dinners—where we come together to share our passion. That mutually supportive energy is expressed through our chat lists and newsletters and web pages, and of course through our personal interaction when we meet and ride and play together... and when we do those (volunteer) tasks together that keep the club and the local cycling community rolling.

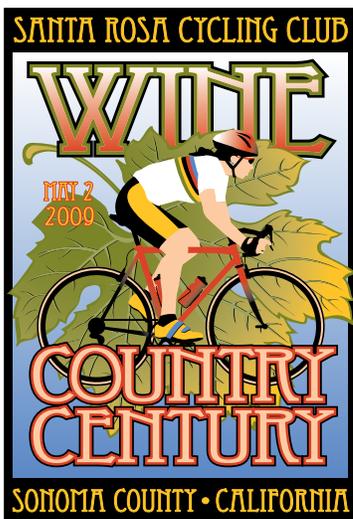
If you are a member, we hope you feel yourself included and embraced in the club community; that you feel comfortable and confident about entering into the life of the club: coming on rides and coming to meetings and other social functions. We hope too that your involvement in club life will come to include looking around and thinking about what needs to be done to make things better, and what you might do to assist in that effort.

Wine Country Century Updates and Details

We're heading down the home stretch on planning and prep work for this year's Wine Country Century, scheduled for Saturday, May 2. You can still find the roster of committee chairs on the back page of this newsletter if you have not yet signed up for some support role somewhere during the event. Most positions have been filled, but there are still a few needs...

- Sag drivers...never enough sag drivers
- Course hosts and course marshals
- Clean-up on the day of the event and on the day after (9-12 at the club warehouse on Sunday)

Event Chair Joe Morgan and all of his committee chairs and other helpers have been busy beavers lately, crossing all their T's and dotting all their I's to make sure the event runs smoothly. The old saying, "The devil is in the details" is never more appropriate than in the run-up to this big project. Nothing is being overlooked.



Joe even has a commitment from County Public Works to patch potholes along our route. If our course markers will point them out, and if the weather cooperates, the crews will try to tidy things up. They even plan to sweep some road shoulders clear of gravel for us. Craig Gaevert has met with the CHP and they are being very helpful and positive about their involvement in the event. It's good to see this level of helpfulness from these big agencies. It tells us we're doing something right in our efforts to work with the larger community.

One of the few places where we're seeing any obvious change this year is in the WCC Workers' Ride and Picnic on May 9. We are moving the start/finish and after-ride festivities from Shiloh Park to the club's warehouse. There are many logistical and social reasons for the change—too many to list here—but we are hoping it creates a better event all around: more fun for the riders and a little easier to manage for the support crew. To assist riders in hooking up with others riding along the same course and maybe even at the same tempo, we are publishing here a chart of start times and rest stop windows. If you plan to start from Coffey Park or the warehouse, aim for those targets. If you plan to intercept the ride somewhere along the course, use those times to calculate your intersecting trajectories.

Once again, on the workers' ride, we will have the services of Matt Parks and his excellent culinary catering crew for the after-ride picnic. Matt promises some new and delicious entrées to fill you back up after your ride.

So...so far, so good! We've got all our ducks in a row for our big show. If Mother Nature gives us a lovely spring day and if all our riders keep the rubber side down, we should have an excellent WCC 2009. We look forward to seeing you out there.

West Dry Creek Road Litter Day

Saturday, April 18 • 9:00 AM

Passalacqua Winery (Lambert Bridge Road)

It's time for our semi-annual Adopt-a-Backroad litter pick-up project along West Dry Creek Road. The date is Saturday, April 18, and the meeting place is Passalacqua Winery on Lambert Bridge Road. We are coordinating our efforts with those of the Dry Creek Valley Association and for the first time with a second neighborhood group representing Westside Road. Some of our volunteers will work in Dry Creek Valley and if we have enough people, we'll send some of them down to Westside Road. But to begin, let's meet at Passalacqua Winery.

This is a golden opportunity to meet with and work with our neighbors in Dry Creek Valley (and along Westside). It is a chance to put a human face on the bike club: to show folks on those popular cycling roads that the riders whizzing past their driveways are real people too; that we are a part of their community...a positive part. Let's have a big turn-out of enthusiastic workers to clean the roads and cooperate with the residents in the valley.

New club members might not know what our litter pick-up days are or why we do them. The previous paragraph does a decent job of explaining why we get out there and scour the roads for litter. It's a form of outreach to our neighbors. We also do it simply because it's a good thing to do: to clear away all that trash, especially on this date of April 18 (two weeks before our Wine Country Century participants roll along these same roads).

We have been staging these semi-annual litter pick-up days for several years now, first on our own and for the last two years in a cooperative effort with the folks who live in Dry Creek Valley. That's for our spring cleaning date. In the fall, we clean Chalk Hill Road, and for that one, we're still on our own.

After the litter is all picked up, the SRCC workers will head into Healdsburg for lunch in a local bistro, with the club picking up the tab as a little payback to the volunteers for their good work.

RSVP: Craig Gaevert—545-4133 • cgarch@sonic.net

WCC Workers' Ride Start Times

Route	Start location	A	B	C	D
35-mile	Coffey Park	12:00	12:30		
100-K	Coffey Park		9:30	10:30	
100-mile	Warehouse		7:00	8:00	9:00
200-K	Warehouse			6:30	7:00

WCC Workers' Ride Rest Stop Times

Rest Stop	Open	Close
Monte Rio	8:00	10:30
Wohler Bridge	9:30	2:00
Warm Springs	11:00	2:15
Alexander Valley	12:30	4:00
Warehouse (after-ride picnic)	1:30	5:30

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

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- 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, April 8 • 6:30 PM

Round Table Pizza

(Occidental Road, west of Stony Point)

Guest speaker: Laurel Green on junior cycling

Wednesday, May 13

EXECUTIVE BOARD MEETINGS

(Open to all interested members)

Thursday, April 2 • 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, May 7

• 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
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- 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