

**CHAIN REACTION**

**TANDEM TIME**

**GOAT HILL**

**PARAMOUNT RACING**

**September**

INTERNET WEB: <http://www.ocw.org>

**2011**

***General Meeting***

*Wednesday, September 14th, 7:00 pm*

***Tim Peiffer***

***Two Wheeler Dealer***

**See page 18 for details.**

**Meeting to be held at: Irvine Ranch Water District Board Meeting Room**

Directions: Take the 405 FWY to Sand Canyon North, or take the 5 FWY to Sand Canyon South.  
Turn East on Water Works Way. Go Left into the parking lot and park behind the building.

**IN THIS ISSUE**

July General Meeting	Pages	6-7
Bike Snob	Pages	8-9
Paramount	Page	15
Avoid Crashes	Page	16
2012 Officers Wanted	Page	17

**CALENDAR OF EVENTS**

Labor Day Holiday Ride	Mon.	Sep. 5
Amtrak	Sat.	Sep. 10
Amtrak Clean-Up	Sun.	Sep. 11
Fall Metric	Sat.	Oct. 29
Holiday Party	Sun.	Dec. 11

# ORANGE COUNTY WHEELMEN BOARD

## OFFICERS

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Director	Frank Neal	909.592.2727 CTCDataGuy@Verizon.net
Director	Art Pressel	714.914.9300 presselhome@earthlink.net
Director	John Rowe	714.313.3116 john@rowenet.us
Director	Alvin Trafton	

# BOARD MEETING

Sunday, September 4th, 11:00 am

**Carl's Jr., Irvine.** Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

## FOLDING PARTY

Thursday, September 29th, 7:00 pm

Hosted by:

**Jim & Irene Walker**

15907 Lawnhill Dr.

La Mirada, CA 90638

562-943-9403

teamwalker@bbcnnet.com

Please RSVP if you plan to attend. Dinner will be served.

**DIRECTIONS:** From Interstate 5 or Hwy. 91, exit Beach Blvd. heading north to La Mirada Blvd. Turn left on La Mirada Blvd., and then right on Santa Gertrudes (2nd right). Lawnhill is a right turn off Santa Gertrudes.

## SPECIAL THANKS TO

**Pace Sportswear  
for Hosting the  
August Folding Party**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Doris Bingo** at **Editor@ocw.org**.

(OCW reimburses up to \$100)

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## FROM THE PRESIDENT...

By Mike Lee

### September 2011 Technology or to Ride

As I look for inspiration every month for this column many times I look over the many topics I listed for my message almost two years ago. They don't seem to inspire me. But pick up one of the many magazines I receive every month from photography, to websites, to information technology, to cycling, to whatever has sparked my interest and one thing will stick and send me finally writing my message. I sit many times in front of my computer starting, scratching, starting again and finally I just walk away. Much to the dismay of our editor and the deadline.

Every industry is undergoing major transformations due to advances in technology and information sources.

The cycling industry is no stranger to improvements in the bike. We have gone from single gears, to multiple gears by way of the early shift lever on the rear to today's 10 or 11 speed cassettes to electronic shifting. Will it stop? Never. I recall studying photography in the late 70's and had a class on what the future of photography would be when silver would be too expensive to create film. We studied and experimented with various non silver processes, cyanotype, and sensitized media of a brown tone that I don't even remember what it was called. Who would have thought that the CCD or CMOS chip would be the answer for capturing an image? But when the first Video camera was produced it almost immediately was being adapted to still cameras. I watched from the early 80's as the cameras where in the \$15,000 range and produced poor 4x6 images, to today's digital cameras that are a fraction of that old price tag. Now this is not an article on photography history but a comment on the technology that is still going on today in the cycling industry.

Look at the materials being used in frames, steel, aluminum, titanium, or carbon. Is there a new material or maybe a blend of materials that will surpass carbon for weight to strength ratio and the ride characteristics?



We now have electronic shifting, 11 speeds on the cassette, and with team bikes having to hold the minimum weight to 15 lbs. Have we come to the ultimate bike? I don't think so. I'm not sure what's in the pipe line for bike designs and equipment but I know it's not done. There is still one factor in all of cycling be it a recreational rider or the pro. FITNESS, DIET, SLEEP. To be a strong cyclist or just be a little faster, all these factors come into play. So although many may dream, lets say fantasize, of riding the tour de France. We will have to be satisfied with just improving. Lance Armstrong's book said it all; It's not about the bike. It's about our state of mind, our overall fitness, health and maybe age?

So I say ride whatever bike you own, keep plugging away and you will get faster, stronger, smarter and some day you will move to your dream bike whatever that may be.

On a search note: This is very quickly coming to the forefront and has to be completed in November. OCW is searching for talent to be on the board. We not only need to find a chairman for the nomination committee but we need to fill many positions that have termed out. Many of you enjoy the weekly club rides and the social activities. These events don't happen just by luck, the Officers, Directors, Chairpeople; all devote time to make sure they happen. With a little time from many they make sure it happens. So for us to go forward we need members to rise to the challenge of keeping OCW the premier Bike Club, a voice in Orange County's cycling community, our events, and the monthly general meetings. Call me or email me and I will get you plugged in and with that in mind pass on to me where does your interest lie. Look for the article in this issue with more information.

**Ride Safe, Ride Predictable,**

**Mike**

# September OCW President's Ride September 4, 2011

By **Mike Lee**

Sunday, September 4, 2011 - Please join **Mike Lee**, OCW President, for a friendly introductory ride. New and beginning riders are encouraged to join us. We'll meet for the OCW Sunday Ride at Carl's Jr. in Irvine (Campus & Von Karman) at 8:00 am and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to [president@ocw.org](mailto:president@ocw.org) or call 949-458-0205.

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## WEDNESDAY EVENING RIDES 5:30 pm START

By **Lee Stebbins**

Ride Leader- **Max Kaldenberg**

**September 7, 14, 21, 28, 2011 Sand Cyn Cyclery, Irvine.** Take the 405 Freeway to Sand Cyn/Shady Cyn exit North. Go 1.2 miles to Irvine Center Dr and turn right. Go 0.1 mile to parking lot and turn right. Park near Sand Canyon Cyclery in middle of lot.

S-28 Miles      Rolling ride up Shady Cyn thru Irvine, Corona Del Mar & Newport Beach returning on the West side of Back Bay (S7).

S-28 Miles      Rolling ride up Shady Cyn thru Irvine, Corona Del Mar, Newport Beach with a climb up Newport Coast Dr, returning on the West side of Back Bay (S8).

S-25 Miles      Flat ride thru Irvine & Tustin with rollies on Portola Pkwy, returning on Irvine Blvd (S9).

## September Birthdays

DeSousa, Brian	9/1
Harding, Cindy	9/3
Hearn, Ron	9/5
Gross, Bret	9/6
OConnell, John	9/8
Borden, Orlando	9/9
Lawler, Michael	9/9
Parkes, Thomas	9/10
Gorman, Dan	9/11
Yasutake, Jim	9/12
Pilcher, Kathy	9/12
Fowler, Brad	9/12
Nally, Katie	9/12
Bilbee, Kevin	9/13
Sharp, Scott	9/14
Fisher, Juergen	9/16
Scott, Elane	9/17
Parish, Kent	9/18
Sharp, Tracy	9/23
Allred, Alan	9/23
Fieldhouse, Gus	9/24
Tomita, Barbara	9/25
Hanson, Michael	9/25
Herndon, Lynn	9/26
Lepper, Craig	9/27
Lindquist, Link	9/27
Lapean, Kirk	9/27
Harding, Kim	9/28
Larson, Linda	9/28
Jordaan, Dave	9/30
Whyte, Rob	9/30
Kordich, Mike	9/30

# LABOR DAY HOLIDAY RIDE

September 5 at 9:00 am

By Lee Stebbins

## September 5, 2011 Bonita Cyn Sports Park.

Take the 55 Freeway south to the 73 Freeway and exit on MacArthur Blvd. Go south on MacArthur for 0.9 miles and the turn left on Bonita Canyon Rd. Go 0.4 miles and turn right on Mesa View. Turn left at end of street onto Ford Rd. The Park is located on the left at the first stop sign. Ride starts at 9:00 am.

M-34 Miles Flat to Rolling ride thru Newport Beach, Irvine & UCI (S1).



## NEW OCW MEMBERS

*All OCW Members,  
please note...*

Our strength is our Membership and our future is in our New Members. When you attend an OCW function, please take a moment to seek out the New Members, introduce yourself, and say...

### WELCOME

Bowman, Richard	
DeWitt, Greg	
Harding, Cindy	Costa Mesa
Harding, Kim	Costa Mesa
Holmes, Brian	Moreno Valley
Lehman, Ron	San Juan Capistrano



## OCW HOLIDAY PARTY

Save the Date  
for the annual OCW Holiday Party.  
Huntington Harbour Yacht Club

**December 11, 2010**

Details to follow.



## FIELD FIXES

By Frank Neal

Hi! It's me...**Garfield** (you know, the Kickstand Guy!).

**Secret Weapon?** Here is the "duct tape" of cycling: Black plastic electric tape! It is: a tire boot, a rim boot, rim tape, a water bottle cage bolt, a headlight mount, a broken bike bag strap, handlebar tape, and on and on. You don't have to carry a full roll. Take a small, used roll, maybe 1/8" left. Remove the cardboard center and squash the roll lengthwise. This roll will not take up much room in your bike bag. If you ride, you will use it sometime along your road!

# July 13 General Meeting Summary

by Jim Brewer

**Stacy Kline** updated us on the trial concerning the hit and run accident that killed James Swartzman April, 10, 2011.

Six new attendees were introduced and given token gifts of appreciation for their attendance. (see photo below)

**Paul Defeo** raffled the door prizes and **Lee Stebbins** gave us a short lesson on safety.

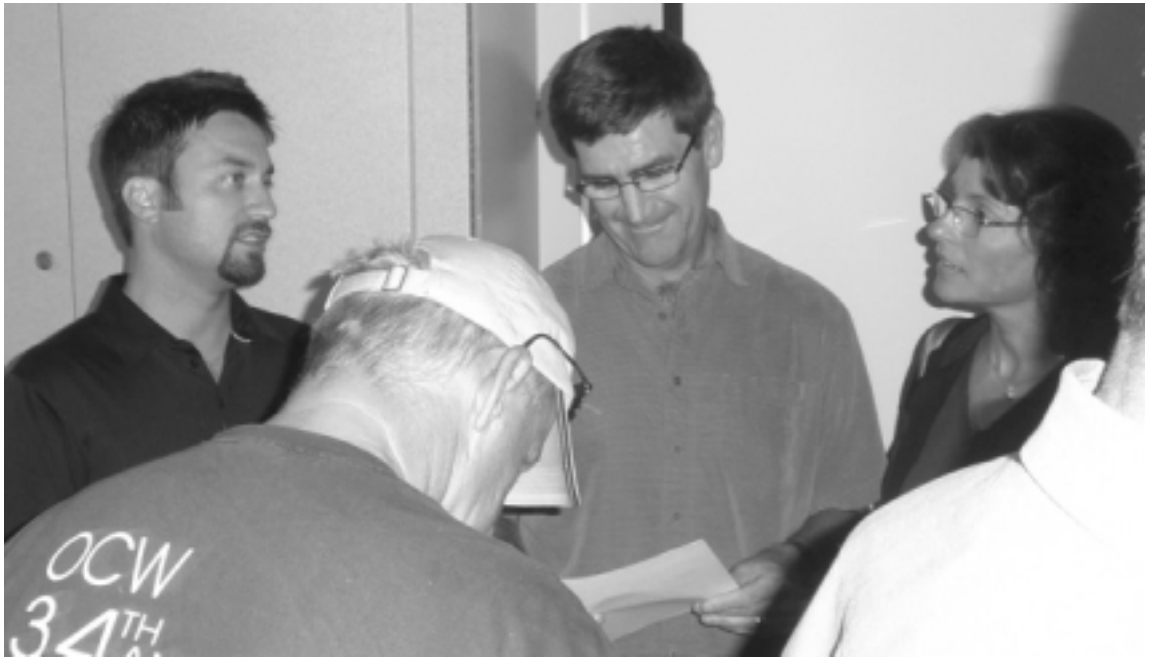
**Anita's** tacos and condiments vanished like "hot cakes" as 40 enthusiastic cyclists enjoyed James Thomas's presentation of displaying new products with the help of his 5 year old son.

To name a few: Rx saddles to reduce numbness and increase comfort, newly designed shoes, lights, jerseys, glasses, "Helix" kevlar flat bead tires, plus an assortment of other "cool" products. The 60 lumen rechargeable tail light impressed everyone.

We sure appreciated James's generous donation of a special door prize (rechargeable headlight) draw by **Kevin Ivey** and coming to the meeting and sharing these products and giving the OCW special discounts.



L-R: Steve Esser, Rick Steadry, Dave Mashaw, Tony Alvarez, Jeff Driscoll, Dan Lueras



# Are you a bike snob?

By **Theresa Nelson**

When was the last time you really “inspired” someone to ride. It is hard for a non-rider to go from thinking about riding to being up to the level of someone who rides multiple times per week, miles at a time.

Some of you have a spouse or significant other that you got into riding, which they may enjoy. Actually, it was a good way to really spend time together, since so much of your time is on the bike. There are also many different types of bikes available now for all different levels and types of riders. The goal should be to get out, be self propelled and enjoy the outdoors with maybe plans for increasing in fitness.

Once a new rider is enjoying the experience and isn't intimidated by all the high tech equipment and fast speeds, then they may be ready to set some goals and look for some improvement in riding. I have found most new riders are really nervous about being on the street with cars, something that many of us take for granted. The city of Irvine and surrounding cities really have some nice off-street bike paths which can transition into easy on road streets. Learning gears, braking and maneuvering is really difficult when you have to watch for traffic.

So dust off your mountain bike or buy a used hybrid and take someone new out for a ride. Let them just experience it at first before you start lecturing and telling them things like they need to upgrade the bike.

Late last spring, I started a group of beginning women riders and other than getting their seat heights correct for the first ride, we just got out and rode. Our only requirement is a helmet and a sense of adventure. The smiles are contagious and it only takes one ride on an old department store bike for someone to realize there



OCW/BCI summer bike rally

is a difference in bikes. It's much easier to demonstrate than trying to tell someone the difference from a "know it all" point of view. Some trades and used (and new) bike purchases were made and now some of the group are riding 25 to 50 miles at a time and learning to do hills and fueling while riding. Once they have been inspired, then they are ready to be coached and you will realize all the years worth of knowledge you have in your head that you can share.

We have new women coming out and members of the group take turns riding slower pace and shorter routes with the newbies and a pass it on inspiration is happening. We started blogging our adventures: [www.chicksthatride.blogspot.com](http://www.chicksthatride.blogspot.com). Although fitness is increasing, I'm not sure how much improvement we can count on since we tend to celebrate new bike acquisitions with a champagne toast from time to time. But it keeps riding fun.

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## A GOOD WEEK FOR CYCLISTS

Submitted by **Stuart Gaston**

Mayor Arturas Zuokas of Vilnius, Lithuania, used a tank to crush a Mercedes-Benz that was illegally parked in a bike lane. The mayor, an avid bike rider, warned that he would "repeat the performance" should motorists continue to disrespect the bike lanes.

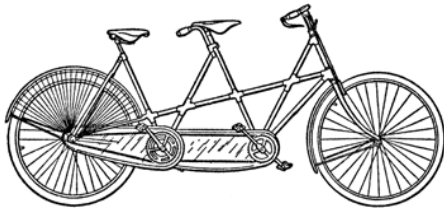
The Week Magazine. Aug. 12<sup>th</sup> 2011



## ARTICLES WANTED

If you have anything you would like to write about for the OCW Chain Reaction Newsletter on any bicycling or bicycle-related subject, please submit any articles to the OCW editor. We love to publish photos also. Please e-mail all articles and photos to the OCW editor at [Editor@ocw.org](mailto:Editor@ocw.org).

## ***Tandem Time***



Please join us for the next Tandem Time ride:  
When: Saturday, October 1, 2011 starting at 8:30 am.  
Where: The Square located at Main and MacArthur in Irvine near the John Wayne Airport.

The ride is approximately 30 miles in length.  
Stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders. Please contact **Bob Fairfield** or **Jim Pugh** for further information.

# Amtrak # 37

## Sept. 10th

Well, it's a little over a week to go before Amtrak 37. Many people have worked hard to get Amtrak to this point and I really appreciate these early efforts, as they pave the way for a smooth "ride day" for all.

**Lee Stebbins**, for all his liason with Amtrak, City Agencies, Truckers, Parks Departments, Camp Pendelton, School Principals, DOT, County Agencies, and I am sure many more entities I do not even know about, thanks.

**Charlie Irwin**, for the web site work, which we always just take for granted, as it just happens, and the rest of the IT efforts to make the ride better each year, thanks.

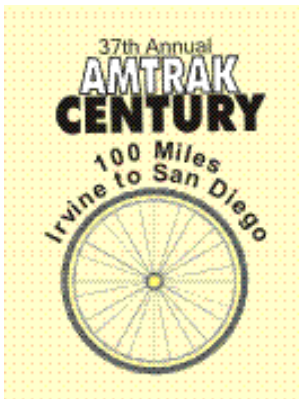
**Team Walker**, who sorts through the 1200 registered riders, and a few hundred on the wait list. Much has been automated but it still takes a special person to sort through the list and to make sure refunds, changes, transfers, are accurate, and punctual.

If you are not riding but would like to Volunteer please contact me ASAP, there are still positions open, you will have a great time, and you can say you have contributed to the success of the best Century Ride in So. California.

Please go to the OCW web site and sign up to volunteer or email [events@ocw.org](mailto:events@ocw.org) and let me know how you would like to help.

Looking forward to having you be a part of this wonderful event.

Thanks,  
**Paul DAquanni**  
OCW Events



# AMTRAK CLEAN-UP

## Sunday, September 11th, 10:00 am

By Paul DAquanni

**Cathy and Lee Painter's Home**

If you didn't get a chance to help volunteer for the Amtrak Century but wanted to, here is your chance. Please join us to help with the Amtrak clean-up, which will begin at 10:00 am. Their address is 577 E. Culver Ave., Orange 714.771.6315. Exit 22 Fwy at Glassell, proceed north past Hart Park. Turn right on Culver Ave.

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## Ride Like A Pro

By Paul DAquanni

If you are new to riding on the road, new to cycling or just want to hone your road skills and feel safer riding on the roads, come ride with one of OCW's League Certified Cycling Instructors. We have been trained and certified by the League of American Bicyclists. We can show you the best way to work with traffic, negotiate changing lanes, and the all too familiar challenge of getting into the left hand turn pocket quickly and safely and even have motorist acknowledge you and give you the right of way to complete the maneuver. Every Saturday, RLP ride will be the short or medium distance ride, it's your call. We will have an LCI available every Saturday for you to ride with. We rotate our LCI's throughout the year for this ride. Show up to the Saturday ride at the Square and mention to the ride captains that you want to take advantage of the Ride Like a Pro group ride.

OCW wants to educate all our members in proper operation of your bicycle and to be courteous on the road as this is a reflection on all cyclists and members of OCW. Check the web site Ride Calendar for a description of the RLP rides coming up. Hope to see you Saturday.

# Weekly Ride Schedule

## TUESDAY

**Tuesday Training Rides** - Hill Training - **8:30 am**. 1,000-2,000 feet of climb, 30 miles. Meet near Taco Bell at Albertson's Mall at Chapman & Jamboree. Ride Leader **Jim Walker**, 562.943.9403 or email him at teamwalker@bbcnet.com.

## WEDNESDAY

**Evening Rides** - **5:30 pm**, Sand Cyn Cyclery, Irvine. Take the 405 Freeway to Sand Cyn/Shady Cyn exit North. Go 1.2 miles to Irvine Center Dr and turn right. Go 0.1 mile to parking lot and turn right. Park near Sand Canyon Cyclery in middle of lot. Ride Leader **Max Kaldenberg**, max.kaldenberg@cox.net. See page 4.

## THURSDAY

**Evening Mountain Bike Rides** - **5:30 pm**, various locations. Sign up for email notification of rides at alan@idyllwildcycling.com. Ride Leader **Alan Vester**, alan@idyllwildcycling.com.

## FRIDAY

**Morning Ride** - **9:00 am**, Deerfield Park, Irvine. Exit the Santa Ana (I-5) at Culver and go south to Irvine Center Drive. Turn left (east), go one block and turn left at Deerwood to the park. This is a moderate to fast-paced ride of 35-45 miles with a stop at the end. Ride Leader **Dan Gorman**, dmorgman@aol.com.

## SATURDAY

**Saturday Rides** - **8:00 am**, The Square, Irvine (Main and MacArthur). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. See Saturday Rides in the center pages of the Newsletter. Ride Leader **Bob Fairfield**, mobile412@ca.rr.com and **Jim Pugh**, in-line@pacbell.net.

## CENTURY SERIES

If you're interested in doing centuries or double centuries, this is a great training tool. **Chuck Bramwell** is here to help you reach your personal goals. Sign up for email notification of rides at <http://www.CalTripleCrown.com/EMailLists.htm>.

## SUNDAY

**Sunday Rides** - **8:00 am**, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader **Lee Stebbins**, ridecaptain@ocw.org.



SEE PAGE 9 FOR  
TANDEM TIME  
DETAILS

# Saturday Rides

Ride Leaders-Bob Fairfield and Jim Pugh

The Saturday Rides are offered to improve individual and group riding skills and to promote the sport of bike riding. There are four rides scheduled each Saturday-Sprint, Short, Medium and Long. We do not ride when weather conditions are unsafe or if there is an **OCW** Special Event that day. The rides start at The Square, (formerly called Food Park), located at the NW corner of Main and MacArthur, in the city of Irvine. We park in the lot behind Starbucks. If you are new to **OCW** rides or are just returning to cycling, let us know, so we can suggest a group that fits your present riding ability. **The rides start at 8:00am.**

## September 2011 Schedule

**All rides start promptly at 8:00**

### September 3, 2011

Slow to fast

- 21.6 Miles Flat - Red Hill, Alton, Von Karman, Michelson, University/ Jeffrey, Yale, Irvine Ctr, Harvard, Campus, Von Karman, Main, MacArthur
- 32.1 Miles Hilly - Red Hill, Newport, Crawford Cyn, Rancho Santiago, Cannon, Via Escola, Meats, Taft, Hewes, Foothill/ Skyline, Tustin Ranch, Walnut, Harvard, Main, MacArthur
- 58.8 Miles Hilly - Red Hill, Edinger/ Irvine Ctr, Sand Cyn, Irvine Blvd/ Trabuco, Marguerite, Camino Capistrano, Bike Trail, PCH, Crown Valley, Moulton/ Irvine Ctr, Red Hill, MacArthur

### September 10, 2011

Amtrak ride – No Square rides

### September 17, 2011

Slow to fast

- 28.0 Miles Hilly - Red Hill, Barranca, Harvard/ Bike Trail, Eastbluff, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Campus, Bike Path after University, Main, MacArthur
- 36.8 Miles 1400 Feet of climbing Red Hill, Edinger/ Irvine Ctr, Barranca, Jeronimo, Olympiad, La Paz, Muirlands/ Barranca, Irvine Ctr, Harvard, Main, MacArthur
- 54.0 Miles Flat - Main, Sunflower, S.A. River Trail, Slater, Springdale, Westminster/ 2nd, Appian, 2nd, Beach Bike Trail, Marina, Ocean, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur

### September 24, 2011

Slow to fast

- 23.0 Miles Flat - Red Hill, Barranca, Harvard, University/ East Bluff, Vista Del Oro, East Bluff/ Ford/ Bonita Cyn, Shady Cyn, Turtle Rock, Harvard, Main, MacArthur
- 33.8 Miles 1100 Feet of climbing Hilly - Red Hill, Edinger/ Irvine Ctr, Culver, University, Campus/ Irvine, Dover, Bayside, Marguerite, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Harvard, Main, MacArthur
- 59.5 Miles Mostly Flat - Ride through Tustin, Orange, Anaheim to Gypsum Cyn and down the Santa Ana River trail to Newport Bch and back

### October 1, 2011

Slow to fast

- 24.0 Miles Flat - Red Hill, Walnut, Jeffrey, Irvine Blvd, Alton, E Yale Loop, Main, MacArthur
- 32.4 Miles 500 Feet of climbing Flat - Red Hill, Edinger/ Irvine Ctr, Walnut, Yale, E. Yale Loop, Alton, Irvine Ctr, Lake Forest, Toledo, Irvine Blvd, Jeffrey, Walnut, Harvard, Main, MacArthur
- 62.1 Miles 2750 Feet of climbing Hilly - Ride through Tustin, Orange, Brea, Carbon Cyn into Chino Hills and back

# Sunday Rides

**Rides start promptly at 8:00 am.**

**S=Short M=Medium L=Long**

Ride Captain reserves the right to change routes due to weather and/or road conditions.

Go to <http://www.ocw.org> for up-to-date OCW info.

**FOR YOUR INFORMATION:** Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:00 am. Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. **A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET!!** Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.

## September 2011 Schedule

All rides start promptly at 8:00

**September 4, 2011 Carl's Jr., Irvine.** (Board meeting scheduled at 11:00 am). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.

27-Miles Flat ride thru Irvine (S6).

32-Miles Hilly ride thru Irvine with climb up Turtle Rock heading south to Lake Forest (M4).

40-Miles Hilly ride thru Newport Beach with a climb up Spy Glass & Turtle Rock returning thru the flat lands of Irvine (L2).

**September 11, 2011 Peppertree Park, Tustin.** Take 55 Freeway North, to 4<sup>th</sup> Street exit East. Go 0.3 mile and turn right on "B" Street. Go 0.2 mile to the Park. Peppertree Park is located at the corner of 1<sup>st</sup> Street & "B" Street.

S-25 Miles Flat ride thru Tustin & Irvine (S1).

M-34 Miles Rolling ride thru Tustin, Irvine, Lake Forest & Mission Viejo (M8).

L-40 Miles Hilly ride thru Tustin, Irvine, Lake Forest & Santiago Cyn (L3).

**September 18, 2011 Heritage Park, Irvine.** Take the 5 Freeway to Culver Dr exit South. Go 0.3 mile to Walnut and turn left. Go 0.8 mile to Yale and turn left. Go 0.1 mile, turn left into parking lot.

S-24 Miles Flat ride thru Irvine, Tustin & Lake Forest (S1).

M-33 Miles Rolling ride thru Irvine, up Shady Cyn Trail, Newport Beach & Costa Mesa (M9).

L-47 Miles Hilly ride thru Irvine, Mission Viejo, Aliso Viejo, Laguna Beach with the last climb up Newport Coast (L7).

**September 25, 2011 University Park, Irvine.** Take the 405 Freeway to Culver Dr exit South. Go 0.3 mile to Michelson Dr. and turn left. Go 0.1 mile, turn right into parking lot. Park near Carl's Jr.

S-27 Miles Flat ride thru Irvine (S2).

M-34 Miles Rolling ride thru Irvine & Tustin with a climb up Portola (M6).

L-42 Miles Hilly ride thru Irvine, Mission Viejo, Laguna Hills & Aliso Viejo (L1).

Rides start at 9:00 am Starting in October

**October 2, 2011 Carl's Jr., Irvine.** (Board meeting scheduled at 12:00 pm). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.

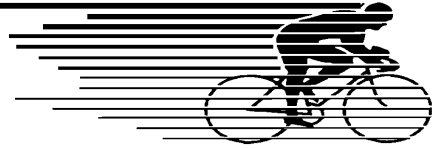
S-28 Miles Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine (S5).

M-33 Miles Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach (M3).

L-46 Miles Hilly ride thru Newport Beach with a climbs up San Joaquin Hills, Spy Glass & Turtle Rock returning thru Irvine & Tustin (L5).



# PARAMOUNT RACING



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## TEAM MEETING

Check the Paramount WEB Site for Location, Dates, and Times

President	Curtiss Dosier	cdosier@kmob.com
Vice President	John McKee	ajmckee@sbcglobal.net
Secretary	Jeff Carchidi	jcarchidi2001@yahoo.com
Race Director	Monty Pettus	sngltrkguy@yahoo.com
Rider Advocate/Recruitment Director	Marcos Corona	coronam@uci.edu
Sponsorship Coordinator/OCW Liaison	Michelle Kashima	kashima@cox.net
Women's Race Director	Hilary Crowley	hilarynv@yahoo.com

Paramount Racing Website: [www.ParamountRacing.org](http://www.ParamountRacing.org)

### PARAMOUNT TEAM TRAINING RIDE

**Saturday:** 8:00 am. Meets at Jax Bicycles Irvine (14280 Culver Drive). Route, pace and distance will change based on the racing season. E-mail us for information on the current ride.

**Sunday:** "Old Como". The ride meets at 8:00 am, Tustin Market Place, in the parking lot near the Red Robin Restaurant off Jamboree (34 miles fast paced through Santiago Canyon).

Once the racing season starts, the weekend rides may change or be cancelled due to races. Please e-mail us for further information. We encourage anyone with an interest in racing next season to join us for this ride.

## RACE TEAM SPONSORS

ORANGE COUNTY WHEELMEN

TUSTIN TOYOTA

CRANKY'S BIKE SHOP

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# Paramount Elite Women (woman) July Racing Recap

By Hilary Crowley

On July 23 I competed in Utah's Masters State Championship Road Race in Coalville, Utah. The course was beautiful, like all of Utah, and went through farm land and canyons at 6,100 feet to over 7,000 at the turn-around. My main competition was former world champion mountain biker, Ellen Guthrie, who was also defending her jersey. I had one team mate working for me and each attempt at a break was covered immediately with the rest of the field not inclined to cover and not initiate with any real intention. The finish was a quick 10% grade climb and I timed my sprint just right, although Ellen was right on my wheel and holding position. In the end, I earned the jersey and consider it Utah's parting gift to me.

The following week I competed in Utah's Elite State Championship Road Race in Logan, Utah. Logan is about 2 hours north of Salt Lake and also the start of the storied LOTOJA. Again, beautiful country and a challenging course. Each lap had a 1-mile section of a 10% grade and despite our field doing four laps, we actually climbed that hill 5 times. Brutal. Primal|MapMyRIDE pro and Salt Lake resident, Nicole Evans showed up and was a game changer. Of course she rode away from the field and let a Ski Utah come with until the last lap – I'm told. My groupetto of four was racing for 3<sup>rd</sup> and since my teammate was solid up the hill each time, the decision was easy to do what I could for her before hitting the hill for the last time – on which the finish was shortly after the top. Classic climbers course with a climbers finish. No sprinting to be done on this day for me. I took a long and the final pull on the rollers leading to the climb and my teammate closed for a team podium.

The SoCal racing season is probably over for me as my focus is on training for Masters Nationals in the criterium and road race over Labor Day weekend in Bend, OR. Stay tuned next month to hear how THAT party goes.



Masters teammate Margaret (left) helped me win the jersey at Chalk Creek and I helped Chantel (center) earn a podium finish at the Elite State RR the following weekend in Logan, UT.

# How to Avoid Crashes in Groups

Submitted by **Michelle Kashima-Vester**

***If there's one thing the Tour de France has taught us in the first fortnight, it's that even the best bike handlers in the world sometimes crash with alarming frequency.***

Most recreational roadies ride in large groups from time to time, in century rides, local organized rides, brevets, races, etc. While our groups don't rival the sheer numbers riding cheek to jowl in the TdF, the challenges are the same. So, too, are the ways to avoid crashes in groups. Here are a few tips to help.

## **Keep Your Focus**

Most crashes happen when a rider momentarily loses focus. A moment is all it takes to: not realize the wheel in front of you has slowed; catch the edge of the road when putting away your bottle; bump the rider next to you when you've glanced down at your computer. Keeping your focus will help you avoid the little slip-ups that we all have from time to time, but that can quickly bring us to the ground.

## **Hold Your Line**

Steady handling and an unwavering line are expected of anyone riding in a large group. Nothing makes riders in a group of any size more edgy than a squirrely rider in their midst. Don't be that rider. Pay attention to what's happening around you to avoid any pitfalls, and concentrate on not making any sudden or unexpected movements off your line.

## **Stay Relaxed**

Riding in a sizable group typically adds a level of nervousness not found in most casual rides. That's not really a bad thing if you use that slight nervousness to help you focus. But if you ride constantly on edge, with a death grip on the bar, you're more apt to fatigue faster, and your tense muscles can affect your bike handling. Stay relaxed, with a comfortable grip on the bar, and consciously check your neck and shoulder muscles for tension. Unshrug if you catch yourself riding with your shoulders pulled up.

## **Don't Overreact**

Stuff happens in a group. Riders veer off line, rub shoulders, make unexpected moves, touch tires. Often, though, it's not the initial mistake that causes a crash in a group. It's an overreaction to the mistake, either by the rider who made it, or by a rider the mistake affected. The key is not to overreact. Making any quick, opposite reaction to whatever problem you're facing may create a new, bigger problem — and cause a crash. I witnessed this in a race a couple weekends ago, as a rider went off the right side of the road, overcompensated in his attempt to get back on the road, and went down, falling into another rider, who very nearly fell into me.

## **Stay Up Front**

If you've been watching the Tour, you've surely heard the commentators or riders being interviewed repeatedly say how important it is to remain at the front of the group. The rationale is straightforward, and it's most important in big groups. Most crashes happen farther back, where riders are surrounded on all sides and at the mercy of any mistakes anyone else makes. The farther front in a group, the less crowded, the more room to maneuver, and the safer it is.

## **Don't Yo-Yo**

Big groups tend to ride like a rubber band stretching — constantly speeding up and slowing down from front to back. Within the group, individual riders are doing the same thing. The trick is to modulate your braking and pedaling so that your relative distance to the rider in front of you remains about the same, no matter how much the rubber band stretches or contracts. Try your best not to yo-yo, braking too abruptly, and then speeding up too much so that you're on the brakes again. This will not endear you to the riders behind you, and you may cause a crash doing it. Feather your brakes instead of clamping down, and steadily increase your pedaling instead of a sudden burst of power.

*Written for RoadBikeRider.com by John Marsh, Editor & Publisher*



# 2012 OCW OFFICERS WANTED

It is time once again for the OCW Officer selections.

This is your opportunity to step up and contribute to the club in a big way.

The following positions are open:

**President:** The president shall preside at all board meetings and shall perform the duties pertaining to the office. The president shall execute club policy and exercise supervision of all club events and activities. The president shall represent the club in liaison with bicycling organizations and the community. The president shall represent or appoint a representative to address legal matters. The president may vote at board meetings only in the case of a tie.

**Vice President:** The vice president shall assist the president in the conduct of the administrative affairs of the club and shall perform other duties as assigned by the president. The vice president shall schedule speakers and entertainment for the monthly general meetings and the annual banquet. The vice president shall act for the president in the president's absence. The vice president shall stand first in the succession in the event of the death, resignation, disability, or disqualification of the president.

**Secretary:** The secretary shall take minutes of the OCW Board proceedings. The secretary shall provide copies of the minutes to the editor for inclusion in the OCW newsletter and uploading to the OCW website. The secretary shall maintain current copies of the club's Policies and Procedures.

**Events:** The events officer shall be responsible for the coordination of all club sponsored cycling activities and events other than the weekly rides, general meetings, and the annual awards banquet. The events officer shall coordinate with the president and other board members as appropriate for the management and promotion of the club sponsored cycling activities and events.

**Editor:** The editor shall prepare and publish the monthly newsletter. The editor shall publish quarterly statistics in the February, April, July, and October issues of the newsletter. The editor shall coordinate the mailing of the newsletter. The editor shall post the newsletter on the club website and shall disseminate the newsletter by email to all interested club members. The editor shall save one copy of each newsletter for the club archives.

**Public Relations:** The public relations officer shall promote the club's image through advertising, involvement, and/or communication with local area bicycle clubs and with civic and local organizations to encourage new membership and to promote club activities and rides.

**Training:** The training officer shall be responsible for a training program focused on bicycle maintenance, rules of the road, nutrition, and other needs as determined. The training officer may appoint members to assist with the development of the program. The training officer shall coordinate rides and training with the ride captain.

If you are interested in running for any position within the club including the positions not mentioned above contact **Mike Lee** for information or hopefully to ask to put your name on the ballot.

Thanks,

**Mike Lee**

[President@OCW.org](mailto:President@OCW.org)

# General Meeting Speaker

Wednesday, September 14th, 7:00 pm  
Tim Peiffer

By Jim Brewer

Tim Peiffer, owner of Two Wheeler Dealer, stocks a wide array of models and designs for Road, Mountain and Tandem bicycles. Complete bicycles from Cannondale, Look, Santa Cruz, Bianchi, Dahon Folding Bikes and KHS as well as framesets from Look, Eddy Merckx, Independent Fabrication, Bianchi, Surly, Soma and IRO make for a broad and comprehensive selection to suit almost every type of rider and to create that ideal ride. Tim will bring the newest models of his favorite bicycles and talk about fitting a bike for every individual. Tim has been generous with his time by helping at the annual AMTRAK that OCW organizes.

Tim will explain that custom bikes for all disciplines require lots of conversation, expertise, time and attention to detail throughout the entire process; this is where his personal customer service of the highest level is so important and where he strives to exceed your every expectation. His expert sales staff and technicians know their stuff and have a genuine interest in delivering your custom bicycle that anyone would be proud to own and ride.

You won't be disappointed in his presentation.

Get there early to enjoy **Anita's** fine food. Raffle tickets will be drawn for some "cool" prizes.



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## BOARD MEETING MINUTES

August 7, 2011

### **ATTENDANCE**

Officers & Directors Present:

**Mike Lee, Jim Brewer, Irene Walker, Alan Dauger, Jim Walker, Lee Stebbins, Dan Gorman, Doris Bingo, Curt Dosier, Dennis Thomas, Max Kaldenberg, Frank Neal, Steve Loughran, Michelle Vester, Alan Vester, Randy Kiefer, Paul D'Aquanni, Jim Pugh, Alvin Trafton, Willie Hunt.**

Members and guests present: **Susan George.**

### **CALL TO ORDER**

The meeting was called to order by President **Mike Lee** at 11:01 am.

## **MINUTES**

A motion was made and seconded to approve the minutes of the July 2011 Board Meeting. The motion to approve the July minutes was carried.

## **TREASURER'S REPORT**

**Jim Walker** reported that OCW is solvent.

## **OCW PARAMOUNT CORPORATION REPORT**

**Jim Walker** reported that the OCW Paramount Corporation is solvent.

## **BOARD MEMBER REPORTS**

President: **Mike** said jersey sales are good. Three bike shops will accept the Jersey Day gift certificates.

Vice-President: **Jim** said he has arranged Hans Rey as speaker for the 2012 banquet, February 18. September's meeting will have cyclist's attorney Gary Brustin.

Membership: **Irene Walker** reported that OCW has 472 members. Paramount has 71 members.

Paramount: **Curt Dosier** reported that the annual Paramount-sponsored race was very successful and turned a profit.

## **OCW COMMITTEE REPORTS**

Bylaws/ Policies and Procedures: No report.

OCW/Paramount Relationship: No report.

LCI: **Michelle** said there will be 11 students for the August classes.

Website: **Mike Lee** said the Committee met last month. There will be a complete redesign of the website. Each section will be administered by officers using a WYSIWYG interface. RFP's will be sent to two or three bidders.

Public Relations: **Dennis** said there will be a workshop regarding the rebuild of the Santa Ana River bike path.

Ride captain: **Lee Stebbins** said he needs some Sunday ride leader volunteers in September and October.

CTC: **Frank** said there are 12 OCW doubles riders so far this year. Seven have received their Triple Crown jersey.

## **OLD BUSINESS**

Amgen TOC May 2012: **Alan Dauger** said that due to the high cost of hosting, Huntington Beach officials have declined to bid for the Tour in 2012. If we want an OC city to host in the future, we need to figure out how to get sponsorships or other sources to raise upwards of \$200,000. Some OCW members may consider meeting with members of BCI to figure out how to do this for 2013.

OCGP ride Saturday, July 9: **Randy** said there were about 50 riders. It all went very well.

Amtrak End-of-Route Committee: **Paul** said the committee easily achieved a consensus on a route that answers the issues that were raised regarding safety and directness.

Amtrak Status: **Paul** displayed the route arrow stickers that will be used at the turns. Bristol Farms will supply a cheese and fruit stand at the finish. **Lee** said all the permits have been obtained.

## **NEW BUSINESS**

Nominating Committee: **Mike** is selecting some members for the committee. We need new candidates for several positions.

Sand Canyon / Walnut grade separation: **Randy** described a circuitous route for bikes and showed maps of it. There seems to be no really good solution at this time. He described other ideas for the long term.

## **ADJOURNMENT**

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:18 pm.

Respectfully submitted by **Alan Dauger**.

## WESTERN STATES RIDE CALENDAR

9/4/2011	Campovida Gran Fondo Harvest Ride	Boys and Girls Club of Ukiah	831.251.2071
9/4/2011	Tour of Southern Utah	Planet Ultra	
9/5/2011	Classic Climbs of the Sierras	Cycling Escapes	714.267.4591
9/6/2011	Wild Coast - Van	Adventure Cycling Association	800.755.2453
9/7/2011	Pacific Coast	Adventure Cycling Association	800.755.2453
9/9/2011	Emigrant Trails Bike Trek	Breathe California	
9/9/2011	Emigrant Trails Bike Trek	Breathe CA of Sacramento-Emigrant	916.444.5900
9/9/2011	RAAM Challenge Series Sacramento	Soul Events USA	303.717.2229
9/10/2011	Amtrak Century	Orange County Wheelmen	
9/10/2011	Bike with Pike Century	Westcliffe Adventure	719.783.3229
9/10/2011	Canyons Century	Topsport	
9/10/2011	Grand Canyon - Van	Adventure Cycling Association	800.755.2453
9/10/2011	High Sierra Fall Century	Sierra Cycling Foundation	775.782.5827
9/10/2011	Siskiyou Century	Yreka Rotary Club	530.842.1649
9/10/2011	Audi Best Buddies - Hearst Castle	Best Buddies	916.447.4099
9/10/2011	White Mountain Double Century	NdZONE	949.370.5077
9/11/2011	Santa Cruz farms & hills	Grimes Getaways Bicycle Tours	510.545.7969
9/11/2011	Tour De Tahoe - Bike Big Blue	TGFT Productions / Bike the West	800.565.2704
9/11/2011	Tour of Big Sur & CA Coast	Cycling Escapes	714.267.4591
9/12/2011	Classic Climbs of the Sierras	Cycling Escapes	714.267.4591
9/17/2011	Amgen CA Coast Classic Bicycle Tour	Arthritis Foundation, So CA Chapter	800.954.2873
9/17/2011	Bryce Canyon 200 km Brevet	Southern Utah Brevet	435.559.0895
9/17/2011	California Coast Classic	Arthritis Foundation	415.356.5483
9/17/2011	Jan Lipson Memorial Ride for Diabetes	Friends of Jan Lipson	
9/17/2011	Palo Alto, CA Challenge & Gran Fondo	Echelon Gran Fondo	415.730.1003
9/17/2011	The Dirty Double	CCSD	917.355.1317
9/17/2011	Unknown Coast Weekend	Chico Velo Cycling Club	800.482.2453
9/17/2011	Waves to Wine	Northern California Chapter NMSS	510.267.9669
9/18/2011	Bicycle Tour of Utah	Cycling Escapes	714.267.4591
9/18/2011	Edible Pedal 100	Rotary Club of Reno Sunrise	775.393.9158
9/18/2011	Sierra Foothills/Yosemite National Park	Grimes Getaways	510.545.7969
9/18/2011	Sierra Sampler	Adventure Cycling Association	800.755.2453
9/18/2011	Southern Tier	Adventure Cycling Association	800.755.2453
9/22/2011	Southern Tier II - Van	Adventure Cycling Association	800.755.2453
9/24/2011	30th Annual Whitney Classic	Summit Adventure	559.642.3899
9/24/2011	Cycle 4 Fragile X	The National Fragile X Foundation	831.801.6289
9/24/2011	Everest Challenge Stage Race	Eastside Velo	
9/24/2011	Hood River, OR Gran Fondo	Echelon Gran Fondo	415.730.1003
9/24/2011	Knoxville Fall Classic Double Century	Quackcyclists	510.882.6727
9/24/2011	Lighthouse Century	San Luis Obispo Bicycle Club	805.543.5973
9/24/2011	Rat Beach Bike Tour	Rat Beach Bike Tour	310.466.1122
9/24/2011	Revolution Ride	Bay Area Outreach & Recr Prog BORP	510.843.4663
9/24/2011	Ride For Ravenswood 2011	Ravenswood Family Health Center	650.617.7830
9/24/2011	Tahoe Sierra Century 2011	Tahoe Sierra Century	530.448.9062
9/24/2011	The Great Lake Tahoe Bike Race	Lake Tahoe Marathon	530.544.7095
9/24/2011	Tour de Whidbey	Whidbey General Hospital Foundation	360.678.7656
9/25/2011	Clark's Corner Cycling Challenge	Clark's Corner	209.763.8444

9/25/2011	OatBran	TGFT Productions / Bike the West	800.565.2704
9/25/2011	Pacific Coast - Van	Adventure Cycling Association	800.755.2453
9/25/2011	Peach of a Century	Salem Bicycle Club	
9/26/2011	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
9/28/2011	Konocti Challenge Plus	Grimes Getaways	510.545.7969
10/1/2011	Konocti Challenge	Rotary Club of Lakeport	707.349.0185
10/1/2011	No Hill Hundred Bike Tour	Churchill County Cyclists	775.423.7733
10/1/2011	Santa Fe Gourmet Classic	Lavi Maholtra	
10/1/2011	The Grizzly Century	North Fork Community Dev Council	559.877.2218
10/2/2011	Napa/Pacific Coast	Grimes Getaways Bicycle Tours	510.545.7969
10/2/2011	Surf City AIDS Ride	Santa Cruz AIDS Project	415.225.5774
10/2/2011	Tour de Poway	Kiwanis Club of Poway	858.679.1027
10/5/2011	Peak to Peak Pedal	United States Adaptive Rec Center	909.584.0269
10/7/2011	RAAM Challenge Series Ohio	Soul Events USA	303.717.2229
10/8/2011	Bass Lake Powerhouse Double Cent	Fresno Cycling Club	559.683.6009
10/8/2011	Colonel Allensworth Century	Crankin Time Cycling	323.810.0141
10/8/2011	Connect-4-a-Cure Century	onnect4acure	916.747.0806
10/8/2011	Furnace Creek 508 Bicycle Race	AdventureCORPS, Inc.	
10/8/2011	Gran Fondo Bella Cipresso	Sea Otter Classic	408.540.7719
10/8/2011	Gran Fondo Las Vegas	Planet Ultra	
10/8/2011	Spooktacular	Kern Wheelmen	661.205.6562
10/9/2011	Riverbank Cheese & Wine Century	Stanislaus County Bicycle Club	209.527.7857
10/9/2011	Riverside Citrus Classic	Riverside & Alvord Educ Foundations	951.907.2696
10/9/2011	Sierra Foothills/Yosemite National Park	Grimes Getaways	510.545.7969
10/9/2011	The Chico Velo Fallflower	Chico Velo Cycling Club	530.343.2453
10/9/2011	Tour of Arches & Canyonlands	Cycling Escapes	714.267.4591
10/15/2011	Asti Tour de Vine	Rotary Club of Cloverdale	707.894.7848
10/15/2011	Foxys Fall Classic	Davis Bicycle Club	
10/15/2011	Share The Road Ride	Soaring Spirits Loss Foundation	
10/15/2011	SLO GranFondo	All Out Events	805.748.1478
10/15/2011	Solvang Autumn Double	Planet Ultra	
10/15/2011	Tour de Rocklin	The Tour de Rocklin	916.434.6636
10/15/2011	Valley Girls Ride	Central Vly Cycling Charitable Assoc	559.297.0261
10/16/2011	Cactus to Ghost Towns	Cycling Escapes	714.267.4591
10/16/2011	Solvang Wine Country	Cycling Escapes	714.267.4591
10/22/2011	Bike MS Bay to Bay Tour	National MS Society	760.448.8413
10/22/2011	Coachella Valley Cycle Fest	Desert Recreation Dist & Coachella Vly	760.568.4265
10/22/2011	Condor Classic	Pinnacle Partnership	
10/22/2011	Santa Barbara Century		805.969.9831
10/22/2011	The Cruella Challenge	dmc Team	925.487.6437
10/22/2011	Wheels for Meals Ride	Alameda County Meals on Wheels	510.777.9568
10/28/2011	RAAM Challenge Series SoCal	Soul Events USA	303.717.2229
10/29/2011	CF Cycle for Life	Cystic Fibrosis Foundation	858.452.2873
10/29/2011	Death Valley Cent & Double Cent - Fall	AdventureCORPS, Inc.	
10/30/2011	CF Cycle For Life Ride Los Angeles	Cystic Fibrosis Foundation	323.939.0758
10/31/2011	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
11/5/2011	Bike the Coast	Event Media	760.687.7848
11/5/2011	Borrego Double Century	Mountain High Cycling	
11/5/2011	Tri-States Gran Fondo	Planet Ultra	
11/11/2011	RAAM Challenge Series Florida	Soul Events USA	303.717.2229

# CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By **Frank Neal**

Hi! It's me...**Garfield** (you know, the Kickstand Guy!).

The Fall Double Century Series started with Mt. Tam Double, in San Rafael. The riding conditions were excellent.

Congratulations to all who braved the harsh Spring weather conditions this year to complete at least one Double Century.

**Paul Defeo:** One Finish.

**Mark Kaufman:** One Finish.

**Doug Patterson:** One Finish.

**Chuck Bramwell:** Two Finishes.

**Tom Parkes:** Two Finishes.

A special shout out to our OCW Members who are Winners of the coveted 2011 California Double Century Triple Crown:

**Jim Brewer:** Three Finishes.

**Bob Fieldhouse:** Three Finishes.

**Lou Jimenez:** Three Finishes.

**David Park:** Three Finishes.

**Mary Park:** Three Finishes.

With four Double Finishes:

**Jim Cawthon:** Four Finishes.

**Willie Hunt:** Four Finishes.

Upcoming we have the Fall Double Century Series:

9/10, White Mountain Double.

9/24, Knoxville Fall Classic Double.

9/25, California Triple Crown Awards Breakfast.

10/8, Bass Lake Powerhouse Double.

10/15, Solvang Autumn Double.

10/29, Death Valley Fall Double.

To see the full CTC Schedule, with details, see:

[www.caltriplecrown.com/schedule.htm](http://www.caltriplecrown.com/schedule.htm)

Ride Safe out there! - **Frank Neal**

[CTCDataGuy@Verizon.net](mailto:CTCDataGuy@Verizon.net)



## Fall Metric Oct 29, 2011

We are again offering this ride as a "Members Only Ride" this year. If you are a member of OCW you get to ride this great ride for free! If you get a friend who is not a member to sign up, he or she pays \$29.00 and gets the ride plus individual membership to OCW for 12 months! Even if you do not bring in a new member, come out and ride this beautiful ride for free, and enjoy the scenery at that great rest stop in Oak Glen. Then head back down to Redlands with the last 3 miles going through the old residential area of Redlands with the houses all decorated for Halloween. At Sylvan Park there will be pizza, salad, cold soda, and delicious apple pie waiting for you.

Easy sign up for OCW members, just e mail me at [pdaquanni@cox.net](mailto:pdaquanni@cox.net) and say I Wanna Ride Fall Metric. Done!

If you have no interest in riding this event, please sign up to volunteer by contacting me at [pdaquanni@cox.net](mailto:pdaquanni@cox.net) and say I Wanna Volunteer Fall Metric. Done!

Hope to see you out in Redlands at the Fall Metric.

**Paul DAquanni**  
OCW Events Coordinator



# CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Members Only Page" area of the website and clicking on "Enter Classified Ads". Place your ad by the 1st of each month, to run in the following month's edition. Please follow the format below.

## **PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !**

**FOR SALE: Arkel Bags** 1 large royal blue handle bar bag used very little. 1 tailrider royal blue bag used very little. 1pr. GT-54 royal blue grand touring bags never used. Paid about \$650 new. Handle bar and Tailrider bags look brand new. Please make reasonable offer. Thanks, Don Contact Don Tentler at dontent@hotmail.com or 909.593.2406

**FOR SALE: Giant OCR Touring, aluminum frame, size medium.** Giant built this bike for long distance touring. 27 speeds, Avid disc brakes for great stopping in dry or wet. Loaded with braze-ons for items such as water bottles (3), front and rear racks and even braze-ons on chain stay to hold extra spokes if needed on long tour. Shimano Deore derailleurs and hubs. Brake/shift levers are Shimano Dura Ace. 36 spoke Mavic A319 rims, low mileage, includes Cateye computer, seat bag and pump. Purchased new in 2005. Asking \$700 Contact Peter Perez at ptperez@csu.fullerton.edu or 714.731.2481

**FOR RENT: Two Bedroom Apartment - Provence, France** Two bedroom apartment in Provence, France. Available from Sun, 9/11 through Sun 9/25. Share with a couple for any part of these two weeks. OCW Member Contact Link Lindquist at yourmissinglink@cox.net or 949.462.9994

**WANTED: Buddy For Century Ride** My name is David and I am doing an Iron Man July 31st. Before then I would love to get in a couple century rides. Would anyone be willing to ride the 100 miles with me. My Sunday's and Monday's are wide open. Any help would be greatly appreciated. Contact David Nonberg at dnonberg@gmail.com or 310.874.7708

**FOR SALE: Adam's Trail-a-bike with twist shifter.** Take your 3 to 8 year old along for the ride. Perfect condition. No scratches. 5 Speed Shimano. Adjustable bars and seat. Red. Attaches to seatpost of lead bike. Child can pedal at their own pace. Quick release hitch. Only 250 miles. \$95. Contact Scott Klages at saklages@aol.com or 714.318.1400

**FOR SALE: Park Home Mechanic Cycle Stand PCS1.** Used, but very usable. Great work stand for home use. \$75 OBO. Contact Art Wickersham at [grnmach2@earthlink.net](mailto:grnmach2@earthlink.net) or 714.529.3912

**FOR SALE: 1974 Colnago Frame and Fork, 58 CM** I bought this frame and fork to build up and ride the L'Eroica, in Italy last year. It has a few (quite a few) chips in the paint, but it is straight, solid, with no dings or dents. The color is dark silver with yellow and black trim. If you would like pictures. I'm asking \$550.00 but the price is negotiable. The headset is not included. If you would like to see it, give a call. Thanks Contact Dan Clark at de\_clark@msn.com or 714.572.1136

**FOR RENT: Hardshell Tandem Case:** Rent/Sale Traveling with your Tandem? Don't spend \$600.00 or more for a travel case. Why spend \$100.00 for a cardboard case that you may only use for one trip! I have a great hard-shell case available for rent or sale. If you have any questions, call/write Dan @ 714.572.1136, or DynoDan@aol.com. Thanks. Contact Dan Clark at de\_clark@msn.com or 714.572.1136

# Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

Tell them you're from OCW and continue to support those who support us!

A Road Bike 4U  
Irvine, CA 92614  
(949) 752-2080  
sales@aroadbike4u  
www.aroadbike4u.com

Emergent Success  
Laguna Hills, CA 92653  
(949) 885-6467  
www.emergentsuccess.com

Pace Sportswear  
Garden Grove, CA 92841-3920  
(714) 891-8716 X108  
www.pacesportswear.com

Allegro Property Inspections  
Fountain Valley, CA 92708-3516  
(714) 916-0110

Matloff and Associates  
Landscaping  
Mission Viejo, CA 92692  
(714) 267-2193  
www.matloffandassociates.com

Springdale Villa Apartments  
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