

CHAIN REACTION

TANDEM TIME
June

GOAT HILL

PARAMOUNT RACING
2010

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

General Meeting

Wednesday, June 9th, 7:00 pm

Eric Smith & Lynn Katano

Eric Smith works for Medalist Sports and is the Course Director for the Amgen Tour of California which features Lance Armstong, Levi Leipheimer and George Hincapie. They produce the Amgen Tour of California, Tour de Georgia, Tour of Missouri, US Pro Championships and many of the Livestrong events.

Eric will be talking about what goes into producing an event like the Amgen Tour of California, some "behind the scenes" of the 2010 event, and perhaps what we can expect for 2011.

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.

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CALENDAR OF EVENTS

Tandem Time	Sat.	Jun.	5
Ride Around the Bear	Sat.	Jun.	12
OCW BCI Bike Rally	Sat.	Jul.	3
Picnic	Sun.	Aug.	15
Amtrak	Sat.	Sep.	11

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Director	Alvin Trafton	
Director	Open	
Director	Open	
Director	Open	

BOARD MEETING

Sunday, June 6th, 11:30 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, June 24th, 7:00 pm

Hosted by:

Art & Judee Wickersham

Fullerton, CA 92835

714-529-3912

Cell: 714-318-2899

grnmach2@earthlink.net

Dinner will be served. If you would like to stay late and use the pool and spa, bring suits and towels. Changing room and outdoor shower available. Please RSVP if you plan to attend.

DIRECTIONS: From the 57 Freeway, exit Imperial Hwy - go East. Turn Right at first signal - Associated Rd. Proceed through next signal at Rolling Hills and turn left into first entrance drive - Pine Creek Circle at Quail Ridge HOA (If one misses the first drive, there is a second one about 50 yards beyond). Park in grassy area immediately on your Right. Follow signs and pathway in center of parking area to club house.

SPECIAL THANKS TO

Ken & Ollie Morrison

for Hosting the

May 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)

Chain Reaction is published 11 times a year by the Orange County Wheelmen, a bicycle club. Current circulation is 500.

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FROM THE PRESIDENT...

By **Mike Lee**

June 2010

I never thought I'd get excited about some of the things that are happening behind the scenes with the club, but I am. So let me list the positive energy going forward.

First - OCW has five new League of American Bicyclists Certified Instructors (LCI).

Second – The club now has a cooperative arrangement with all of Jax Bicycle Centers to distribute our promo card with every new bicycle they sell.

Third – We have stepped up our visibility with Project 999. **Dennis Thomas** and **Frank Neal** will have a table at the end of the ride.

Fourth – We have launched our “Ride like a Pro” program every Saturday for introducing new members, novice riders, and anyone wanting to be better at group and club riding or having better traffic skills.

Fifth – We will be sponsoring a Road I course for all members to be better riders in a concentrated study program.

Ok, I'll stop there for now. But you can now see some of the efforts that the officers and directors have been spending their off bike time doing for the benefit of the club and cyclists in general.

When you receive this newsletter “The Bear” will be right around the corner. Hope you have been training with **Michelle** on her Saturday rides out of Orchard Hills. The OCW crew lead by **Paul D'Aquanni**, I'm sure will be ready to service your hydration, nutrition and maybe SAG needs on this very challenging ride. I hope all of you that will attempt this ride will successfully complete the challenge.

Our next ride up is Amtrak. This ride I'm sure will be a sell out as soon as it opens. I'm looking forward to riding this ride and returning on the train as a member. Where else can you ride a private train while partying



with many of your cycling buddies?

This message is starting to be a little more fun to write. It's always nice to receive positive news and progress. I never thought that doing a few things to get people on the road and riding safely would have the results with cyclists that it's so far indicating it has. Thank **Charlie** for the idea, we just needed to figure out how to implement it and put a program together with certified instructors. As clubs evolve and change with the needs of current and new members, OCW will continue to grow the membership and more importantly the ridership on the rides. We need the team of certified instructors and the rich history of current riders.

Going forward, we are working on training the officers and directors first to become Road 1 certified and then expanding that program to the rest of the membership. Again as the board is building these programs we are still working out the details and how to implement these programs. The result will be a group of club riders that know how to ride safely and competently. This seems to be what new riders are looking for and with the demographics of our club I feel it will serve us well for a long time.

After all this what else could we do? It seems that the bylaws need the adjusting that happens as an organization grows and changes. So I'm serving on the committee that's working on that task. No real date for completion, but an undertaking like this needs a span of meetings to work out the details and then present it to the membership for ratification.

Whew! With all of these tasks in various stages and many people committed to see them through to completion, Bravo! I am thankful for the committed efforts of all these folks for what is not just a bike club, but THE bike club in Orange County.

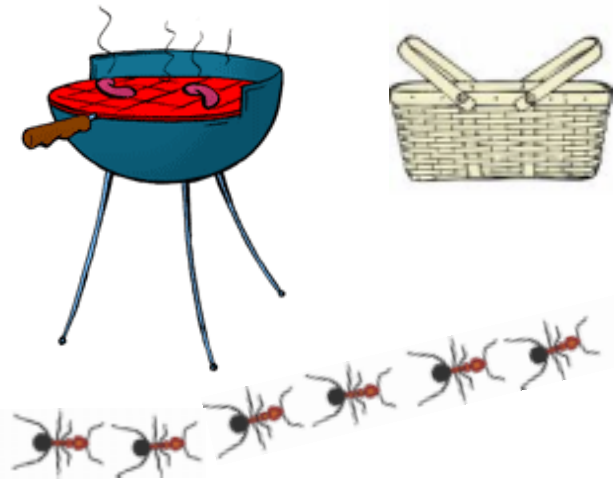
See you on the road,
Mike

OCW PICNIC

Save the Date
for the annual OCW Picnic.
Huntington Central Park.
The Sunday club rides will start
from there that day.

August 15, 2009

Details to follow.



June Birthdays

Buck, Kevin	6/1
Pearson, Marcela	6/1
Clark, Dan	6/3
Klein, Susan	6/3
Perea, Miguel	6/3
VanTrump, William	6/4
Anderson, Cathy	6/5
Vaage, Christopher	6/5
Farrell, Joseph	6/6
Given, Suzan	6/7
Morrison, Ken	6/8
Scobey, Richard	6/8
Eugenio, Nancy	6/8
Kaufman, Mark	6/12
Miller, Howard	6/13
Armstrong, Laura	6/14
Armstrong, Greg	6/14
Osterfeld, Hank	6/14
Parish, Donna	6/15
Heidner, Gary	6/16

OCW Wishes You A Happy Birthday!

Davidson, Bob	6/17
Brake, Bernadette	6/18
Clarke, Greg	6/19
Rainwater, Justin	6/20
Gersting, Jason	6/22
Irwin, Charlie	6/22
Romine, Steve	6/22
Kaufman, Gayle	6/23
Crusco-Stebbins, Linda	6/24
Ruris, Bob	6/25
Walker, Irene	6/25
Brown, Joel	6/26
Gaston, Stuart	6/27
Patterson, Doug	6/27
Schapel, Alan	6/28
Aronson, Bob	6/28
Gasperlin, Sandra	6/28
De La Torre, Chris	6/28
Renowden, John	6/29

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

Loughran, Steve	Laguna Hills
Nimrod, Cliff	
Patterson, Corey	Orange
Russell, Greg	Huntington Beach
Taylor-Loughran, Anne	Laguna Hills



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.

Ride Like A Pro

By Paul D'Aquanni

OCW Saturday short ride has been designated as the "Ride Like A Pro" ride. This is a ride for those new to cycling, new to riding with a group, or those who just want to work on their cycling skills. It will be a slower paced ride, with time to stop and discuss whatever issues are pertinent to the riders and the situation. This ride will be led by a Certified Instructor. As we kick off this new program we will be updating the OCW web site to generate the information needed to hopefully get more of our members to join us out on the road with "Ride Like A Pro". Year to date, only 20% of the club's membership have ridden more than 1 club ride. Maybe "Ride Like A Pro" will get more members out to join us.

Len Cole has come out two weeks in a row as he looks to improve on his traffic skills. **Len** has only been riding for a little over a year, but has already tackled Amtrak, Fall Metric, and now has his sights on Ride Around the Bear. Good luck **Len**!



Len Cole

Hike to San Juan Hill

By Alan Dauger

Nearby Chino Hills State Park was our April hike destination. We climbed to the highest point in the park, San Juan Hill, which at an elevation of 1781 feet gave us sweeping 360 degree views of the Chino Hills, straddling three counties. We hiked 5.6 miles round trip with 900 feet of altitude gain at an easy and relaxing pace, enjoying tall green grass and many wildflowers along the way. Please see the photo of hikers **Denise Bell, Doris Bingo, Larry Linn, Debi Butz, and Alan Dauger**. Note the summit pedestal, which bears the inscription "San Juan 1896."

If you are interested in being notified of future OCW hikes, please email **Alan Dauger**, abiker@socal.rr.com.



Alan Dauger, Debi Butz, Larry Linn, Doris Bingo & Denise Bell on San Juan Hill in Chino Hills State Park



APRIL GENERAL MEETING RECAP

By **Jim Brewer**

The OCW General Meeting Wednesday, April 15 was attended by 32 people. **Anita's** wonderful food was enjoyed by all. **Alan Dauger** started the meeting with some safety tips. **Harold Clayton** demonstrated how a bicycle can be cleaned without removing the wheels, chain or other accessories. He explained how cleaning can be done in just 20 minutes using techniques that he has developed over several years of experience. His simple, everyday tools were used including: a plastic shatter-proof ruler, shop cleaning towels, putty knife and his magic cleaning solution. **Therese Hancock** brought her bike for Harold to demonstrate first hand on how this procedure worked. Much interest was taken in the effectiveness of his magic cleaning fluid and how fast that you can clean your bike. Four people won door prizes before the meeting was adjourned.



Harold Clayton



Art Pressel

The Bike Detail
online



John Renowden,
Bob Fairfield, Will
Decker & Joan Mary
(below)



Bret Gross



RIDE AROUND SADDLEBACK 2010

By Michelle Kashima

On Saturday April 17, two tandems and 7 singles started out from Orchard Hills in Irvine for a day of riding 160 miles around Saddleback Mountain.

We started down Irvine Blvd all the way to Marguerite in Mission Viejo where we continued through San Juan Capistrano and Doheny Beach for our first unsupported stop. Once we reloaded with water and the all necessary bathroom stops we continued through San Clemente and then into Camp Pendleton.

After being careful to ride single file in Pendleton we arrived in Oceanside and immediately turned onto the San Luis Rey bike trail. San Luis Rey is an awesome trail that takes us to the north eastern part of Oceanside and our next stop at a sports field with nice bathrooms.

We then continued on toward Bonsall for our first real climb up Old 395. Old 395 takes us up and over the 15 freeway and past Pala Resort. Once Past Pala we climbed back over the 15 freeway and past the really small town of Rainbow. After Rainbow we enjoyed a really nice descent into Temecula for our next stop, where we filled up with necessities at a nice gas station grocery.

After getting past some construction in Old Town Temecula we arrived at our lunch stop in Murietta at Subway.

Now refueled we looked toward our next city of Lake Elsinore, and after that the down hill to Temescal Canyon.

For me Temescal Canyon is the turn for





home. Don't ask me why, but at that point I know Tom's Farm is just about 4 miles away and somehow Tom's Farm means closer to home. Unfortunately though this is where we hit some head winds!

Thanks to my trusty domestique I made it through unscathed. I wasn't too sure about my trusty domestique though, but he hammered through with me in tow and we made it to Tom's Farm where one of the tandems was waiting.

We loaded up and continued on through Corona, Yorba Linda and then picked up one of our single riders on the Santa Ana River Trail. Now we were only about 8 miles from home and we could smell the barn!!!



Once our raggedy group was back at Orchard Hills we all got together outside for some great, and very well earned, Mexican food and chocolate chip cookies. What a great day!



SATURDAY TRAINING

Come out and join us every Saturday (weather permitting) at 7:30 am at the Orchard Hills Shopping Center in Irvine, on the corner of Portola and Culver/ Orchard Hills.

If you haven't already, please sign up on the training email list to receive weekly emails on the next Saturday distance rides and also any weather that might cancel a ride.

Michelle Kashima

training@ocw.org



Baja Bike Adventure

By Randy Kiefer

The 31st bi-annual Rosarito-Ensenada bike ride sponsored by Paseo Ciclista SA de Ci was held on 17 April 2010. This 50-mile one-way bike ride with approximately 4,000 participants is a festival on wheels.

Over the past 10 years I have been part of a group that has journeyed south of the border to ride in this fun-filled event. The route atmosphere is parade-like with locals, both children and adults, cheering you along. The ride itself provides ocean views and inland panoramas. At the end of the ride is a fiesta with a live band that keeps the party going until sundown.

While the ride has much to offer by itself, our group increases the fun by riding bikes that we donate at the end of the ride. It takes some creativity to acquire donation bikes twice a year, but since the beginning of the program we have donated over 150 bikes.

We collect our donation bikes from fellow cyclists who have extras hanging in the garage, from garage sales, second-hand stores, trash bins, etc. We have been fortunate to be able donate mountain bikes, and road bikes as well as cruisers. Every bike, new or old that we donate gets a fresh life with a new owner. Being able to give back to the community that sponsors this ride just adds to the overall enjoyment of bike riding. Attached is a photo of a member of our group Doug Pettie and me donating a bike at the end of the ride.

So if you are up for a mini-vacation south of the border and want to participate in the bike donation program, check out this ride at <http://www.rosaritoensenada.org>, and feel good about donating a bike at the end.

If you can't make it to the ride, but have a bike you would like to donate, send me a note at rkayuga@sbcglobal.net. I will do my best to give it new home in Baja.



Doug Pettie & Randy Kiefer

Weekly Ride Schedule

TUESDAY

Tuesday Training Rides - Hill Training - **9:00 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

3rd Wednesday Of The Month-Beginning at 9:00 am there will be a Lunch Bunch ride to various locations. If interested in information or attending, RSVP the Ride Leader, **Bob Fairfield**, at mobile412@ca.rr.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**, dmgorman@aol.com.

SATURDAY

Saturday Rides - **8:30 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 - **8:30 am**, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader is To Be Announced, ridecaptain@ocw.org.

Tandem Time

Ride Director

Debi Butz



Please join us for the next Tandem Time ride:

When: Saturday, June 5, 2010 starting at 8:00 a.m.

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 and e-mail **Debi Butz** at rdbutz@earthlink.net or call her at (714) 996-4366 if you have further questions.

Next upcoming Tandem Time is August 7, 2010.

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 8:30am.**

June 2010 Schedule

All rides start promptly at 8:30

June 5, 2010

Sprint - 38 miles Hilly - Main, Jamboree, Alton, Jeronimo, Olympiad, Marguerite, La Paz, Muirlands/ Barranca, Alton, Jeffrey/ University, Campus, Von Karman, Main, MacArthur

Slow to fast

28 miles Rollies – Red Hill, Edinger/ Irvine Ctr, Bake, Muirlands/ Barranca, Harvard, Walnut, Red Hill, MacArthur

33.5 miles Elevation Gain 700 ft. Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Toledo, Trabuco/ Irvine Blvd, Jeffrey, Portola, Tustin Ranch, Walnut, Harvard, Main, MacArthur

49 miles Hilly - Red Hill, Edinger/ Irvine Ctr, Sand Cyn, Irvine Blvd/ Trabuco, Serrano, Toledo, Alton, Laguna Cyn, PCH, Ocean, Bayside, Dover, Irvine/ Campus, Von Karman, Main, MacArthur

June 12, 2010

Special event - The Bear - No "The Square" rides

June 19, 2010

Sprint - 34 miles Hilly - Red Hill, Edinger/ Irvine Ctr, Barranca/ Muirlands, Bake, Portola, El Toro, Toledo, Alton, Barranca, Irvine Ctr, Harvard, Main, MacArthur 22 miles Flat - Red Hill, Alton, Von Karman, Michelson, University/ Jeffrey, Yale, Irvine Ctr, Harvard, Campus, Von Karman, Main, MacArthur

Slow to fast

22 miles Flat - Red Hill, Alton, Von Karman, Michelson, University/ Jeffrey, Yale, Irvine Ctr, Harvard, Campus, Von Karman, Main, MacArthur

35 miles Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Toledo, El Toro, Los Alisos, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

76 miles Flat - Red Hill, Warner, SA River Trail, 17th/ Westminster, SG River Trail, Rosecrans, LA River Trail, Shoreline Village, Beach Bike Trail, Marina, PCH, SA River Trail, Sunflower, Main, Sky Park Cir

June 26, 2010

Sprint - 33 miles Elevation Gain 1100 ft. Hilly - Red Hill, Edinger/ Irvine Ctr, Culver, University, Campus/ Irvine, Dover, Bayside, Marguerite, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Harvard, Main

Slow to fast

25 miles Flat - MacArthur, Michelson, University/ Jeffrey, Alton, Irvine Blvd, Yale, W Yale Loop, Main, MacArthur

35 miles Hilly – Main, Von Karman, Michelson, Rosa Drew/ Ridgeline, Shady Cyn, San Miguel, PCH, Laguna Cyn, El Toro, Moulton/ Irvine Ctr, Alton, Main, MacArthur

54 miles Rollies - Red Hill, Walnut, Tustin Ranch, Portola, Sand Cyn, Irvine Ctr, Barranca, Alton, E. Yale Loop, University/ Eastbluff, Ford/ Bonita Cyn, San Miguel, Marguerite, Bayside, PCH, Atlanta, S.A. River Trail, Sunflower, Main, Sky Park Cir

July 3, 2010

Special event – BCI/ OCW group ride - No "The Square" rides

Sunday Rides

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

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

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

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 8:30 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.*

June 2010 Schedule

June 6, 2010 Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 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. (at Von Karman).

S-25 Miles. Flat to Rolling-Von Karman, Barranca, Redhill, Walnut, Tustin Ranch, Peters Cyn Trail, Hicks Cyn Trail, Jeffrey/University, Harvard, Campus.

M-37 Miles. Hilly- Michelson, Harvard, Turtle Rock, Ridgeline, University/Jeffrey, Alton, Jeronimo, Marguerite, La Paz, Muirlands/Barranca, Irvine Ctr Dr, Harvard, Michelson.

L-45 Miles. Flat to Rolling-Von Karman, Barranca, Harvard, Walnut, Redhill/Santa Ana, PCH, Seapoint, Garfield, Bushard, Brookhurst, PCH, Bayside, Dover, Irvine Ave/Campus.

June 13, 2010 Heritage Park. Take the 405 Freeway to the Mac Arthur 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).

S-26 Miles. Flat-Walnut, Jeffrey, Irv Cntr Dr, Alton, Irv Blvd, Bryan, Jamboree, Tustin Rch, Walnut, Edinger, Harvard, Walnut.

M-36 Miles. Rolling-Walnut, Jeffrey/University, Harvard, Culver, Shady Cyn, Shady Cyn Trail, Quail Hill, Laguna Cyn, Alton, Irvine Ctr/Moulton, Alicia, Muirlands, Ridge Route, Trabuco/Irvine Blvd, Yale.

L-46 Miles. Hilly-Walnut, Jeffrey/University, Harvard, Culver, Shady Cyn, Turtle Rock, Ridgeline, University/Jeffrey, Alton, Jeronimo, Olympiad, La Paz, Muirlands/Barranca, Irvine Ctr/Edinger, Redhill, Walnut.

June 20, 2010 Lyons Park. Take the 55 Freeway south to end. Continue south on Newport Blvd. for 0.4 mile to 18th Street. Turn right and go 0.1 mile to Park Ave. Turn right and park on street in front of Park.

S-23 Miles. Flat-Placentia, Victoria/Hamilton, PCH, Seapoint, Garfield, Bushard, PCH, Dover/19th St.

M-37 Miles. Flat to Rolling-Placentia, Victoria/Hamilton, PCH, Seapoint, Garfield, Bushard, PCH, Bayside, Marguerite, San Miguel, Bonita Cyn/Culver, Campus/Irvine Av, Broadway.

L-46 Miles. Hilly-Broadway, Irvine Av/Campus, Michelson, Harvard, Alton, Irvine Ctr Dr, Bake, Canada Rd, Lake Forest, Muirlands/Barranca, Jeffrey/University, Harvard, California, Newport Coast, PCH, Dover/19th St.

June 27, 2010 Northpark Plaza. Take the 5 Freeway to Culver exit North. Go 1 mile to Irvine Blvd. and turn left. Turn right at entrance right after Gas station. Park between Jack-in-the-Box and the French Bakery.

S-24 Miles. Flat-Irvine Blvd, Tustin Ranch, Walnut, Redhill, Alton, Irvine Blvd, Sand Cyn, Portola, Jeffrey, Irvine Blvd.

M-34 Miles. Hilly-Irvine Blvd, Bake, Portola, Marguerite, Alicia, Jeronimo, Serrano, Bake, Muirlands/Barranca, Irvine Ctr Dr, Jeffrey/University, Yale, East Yale Loop, Yale, Irvine Blvd.

L-44 Miles. Hilly-Irvine Blvd, Tustin Ranch, Pioneer, Jamboree, Santiago Cyn/El Toro, Glen Ranch Rd, Portola, Marguerite, Alicia, Jeronimo, Barranca, Jeffrey/University, Culver.



PARAMOUNT RACING



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	Ethan Ede	motiongraf@yahoo.com
Sponsorship Coordinator/OCW Liaison	Michelle Kashima	kashima@cox.net
Women's Race Director	Hilary Crowley	hilarynv@yahoo.com

Paramount Racing Website: 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

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KENNY BZ ACTION PHOTOS

FEATHER BRAKES

Paramount Grand Prix a Big Success

By Curt Dosier

The Paramount Grand Prix took place on Mother's Day this year. The turnout was a little lower than prior years, especially in the afternoon races. But, overall, the race was a big success. Plenty of great racing and no crashes! Nine district master criterium champions were crowned. Thanks to everyone that volunteered.

In the 60+ race, **Harold "H" Schneider** took 5th, Paramount Vice President **John McKee** took 7th, **Dan Crain** 11th and **Sydney Duck** was 13th.

In the women 35+, **Suzie Given** was second and **Dianna Del Fante** 4th. In the women 1-3, **Alicia Boland** finished 5th.

Some of the Cat. 3 guys used the 30+ race as a warm-up. **Wilson Crider** was 25th, **Carlos Ibarra** was 33rd, **Curt Dosier** was 34th and **Jeff Carchidi** was 41st.

In the Cat. 3 race, Paramount took control early on with **John Schmidt, Kendrick Jimenez, Sang Vu, Diego Perez** and **Curt Dosier** taking turns going on the attack forcing the other teams to chase. **Corey Patterson, Wilson Crider, Jeff Carchidi** and **Carlos Ibarra** took over in the last five laps to protect **Dan Green** and **Sang** for the sprint. **Dan** took care of business with an impressive sprint win over some stiff competition. Despite his early aggressive racing, **Sang** finished 11th. **Carlos Ibarra** was 16th. Congratulations to **Dan** and the entire Cat. 3 squad.

May Racing—Paramount Elite Women's Team

By Suzan Given

Over the past month, the Women's team tore it up at the *Barrio Logan Grand Prix* in San Diego, and the following weekend at the *Long Beach Grand Prix* and the *Paramount Grand Prix*. These races were all characterized by active and tactical racing. It is truly an honor to race with such focused and talented racers; no slouches in these fields.

On another note, **Hilary Crowley**, a longtime racer of Paramount, announced her bittersweet news of acceptance for an excellent job offer in Salt Lake City, so resigned for the season. Thanks to modern technology such as text messaging and Facebook, we can enjoy her virtual pizzazz. I'm planning on visiting her in SLC for altitude training.

Barrio Logan GP

Barrio Logan GP was in the historic San Diego area. The course was technical with multiple corners, a slight rise with a headwind on the backstretch before an s-turn to the finishing stretch, and additional obstacles included uneven pavement, and debris. The race surely brought business to this neighborhood for the weekend. Shown below are photos of the Paramount racers at Barrio Logan.

Barrio Logan GP ended up with an attack three laps to go by InCycle, and they held off the chasing pack which finished off the race with a field sprint. **Alicia Boland** finished in 9th, **Tammy Wildgoose** in 14th, and **Suzan Given** in 16th. Many thanks to mechanic extraordinaire Hector Castillo for providing shade and cheers for the four Paramount girls.



Tammy Wildgoose in the front charge at Barrio Logan GP



Alicia Boland waiting for the explosive finish



Dianna Del Fante keeping an eye on the action

Long Beach Grand Prix

This race course was also technical, winding through downtown Long Beach. The Grand Prix was a part of the Long Beach Bike Festival. The race was fun, fast, clean, and crash-free on a beautiful day. The results included two top tens by **Alicia Boland** and **Dianna Del Fante**. **Suzie** noticed unusual bike handling around the corners as the pace was picking up at the five laps to go bell, and after realizing it was a flat tire decided to end the race early for safety concerns.



Suzan Given spinning and maneuvering in the pack

Paramount Grand Prix

Paramount's signature event was held on the four corner course in Carson.

Dianna del Fante and **Suzan Given** raced in the early morning Master's 35+ race, which had approximately 30 participants for the 35+ and 45+ races combined. The race was safe, fast, with break attempts. The field sprint started with a hard attack by a few 45+ racers who finished 1, 2, 3, and their finish was followed by the 35+ racers. Paramount women raced in the 35+ race, which resulted in a win by Bonnie Breeze from Incycle, a second place finish by **Suzan Given**, a third place finish by Gwen Inglis from Treads.com, and **Dianna del Fante** in 4th place, a strong placing considering her multiple breakaways.



Dianna del Fante, Hector Castillo, and Alicia Boland sharing in post-race cheer

Alicia Boland and **Suzan Given** raced in the Pro 1, 2, 3 race afterward. This race was fast, fast, fast, again with breakaways. **Suzie** bridged to get into her first breakaway of 8, but it got pulled in with three laps to go. Why is it important to bridge? The racers who pulled up to the break dragged the peloton with them, essentially working for the sprinters of the teams represented in the break, which allowed the sprinters to sit in for the ride and release it for the finish. **Alicia** finished in 5th place. **Suzie** hadn't felt so exhausted in a long time so it was an excellent morning of racing.



Orange County Bike Rally, a Celebration of Orange County
Cyclists

Sponsored by Orange County Wheelman &
The Bicycle Club of Irvine



Saturday, July 3, at Deerfield Park, 55 Deerwood West, Irvine



Heading Northbound on I-5:

1. Exit Jeffrey Rd and turn Left
2. Turn Right onto Irvine Center Dr
3. Turn Right onto Deerwood



Heading Southbound on I-5:

1. Exit Culver Dr and turn Right
2. Turn Left onto Irvine Center Dr
3. Turn Left onto Deerwood

⇒ 8:00 a.m. mass start with a couple of ride options

- Sign up ASAP on the BCI website at www.bikeirvine.org/signup.php
- Lunch will be provided for OCW and BCI members at noon. All others, lunch will be \$5.00. Send \$5 to Linda Crown, 57 Diamante, CA 92620 or email her at lccrown@cox.net
- ⇒ Bring a lawn chair or blanket to sit on for lunch
- Arrive early to sign in and pick up route slip
 - ⇒ Bring cycling items for a bike swap
 - ⇒ Wear your club jersey
 - Subway will be catering the event
- ⇒ OCW members contact Paul D'Aquanni 949.766.2951 or pdaqanni@cox.net
- Be quiet upon arrival not to disturb neighbors when parking around Deerfield



Ride Around the Bear June 12th

By Paul D'Aquanni

Thank you Caltrans. Yes we can all thank Caltrans for doing an awesome job on the repair and rebuild on Route 330. We are able to revert back to the "original" traditional route for "Ride Around the Bear". We had very few complaints when the new route was announced. Quite a few happy folks sent me e-mails telling me how happy they are now that we are back on the traditional route.

Thank you to the Riders and Volunteers for your patience as we made a dual set of plans as we prepped for this year's event.

So at the time of this writing we are Sold Out, with 400 riders, so if you missed your chance to ride, come on out and help cheer on those 400 riders that are stepping up to the challenge to "Ride the Bear". If ride day volunteer positions are all taken, you can join the team on Sunday the 13th at 10:00 AM for clean up at the **Painter's** house. The more folks we have the quicker it goes, and it is a lot of fun!

If you would like to volunteer contact me at pdaquanni@cox.net
949-232-6485

Paul D'Aquanni
OCW Events



The **Painter's** house is located at 577 E. Culver Ave., Orange. Exit 22 Fwy at Glassell, proceed north past Hart Park. Turn right on Culver Ave.

CYCLING CRYPTOGRAM PUZZLE

By Dan Gorman

Break the code to decipher a famous cycling quote (Answer on page 21):

"NLA EAHN NLSDO PGT YCD KG SH NG RAAI OGSDO.

UTHN DAXAU HBAAIH."

IANA IADHAPUAH

BOARD MEETING MINUTES

May 2, 2010

ATTENDANCE

Officers & Directors Present:

Mike Lee, Paul D'Aquanni, Jim Walker, Irene Walker, Dan Gorman, Doris Bingo, Lorna Laugen, Alex Laugen, Bob Fairfield, Charlie Irwin, Randy Keifer, Jim Pugh, Lee Stebbins, Jim Brewer, Debi Butz, Michelle Kashima, Dennis Thomas and Frank Neal.

CALL TO ORDER

The meeting was called to order by President **Mike Lee** at 11:30 am.

APPOINTMENT OF DIRECTORS

President **Mike Lee** appointed **Alvin Trafton** as Director. A motion was made by **Paul D'Aquanni**, seconded by **Irene Walker** to approve the new director. Motion carried.

Mike Lee announced that **Lee Stebbins** will take over duties of Ride Captain (position vacated by **Donna Parrish**) and will come off of his Director position, motion made by **Irene Walker** to accept position change, seconded by **Michelle Kashima**. Motion carried.

MINUTES

A motion was made by **Dan Gorman**, seconded by **Lee Stebbins** to approve the minutes of the April Board Meeting. Motion carried.

TREASURER'S REPORT

Irene 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 Lee** has been making an effort to talk to members behind the scenes regarding OCW and how we can improve things and increase membership. He will continue this effort throughout the year.

Vice-President: **Jim Brewer** has been polling members about where to hold 2011 banquet and majority of responses are to keep it where we've held it at Tustin Banquet Center. He asked for options on a

give away of OCW mugs. Next speaker **Anny Beck**. Following month should be **Eric Smith** from Tour of CA.

Membership: **Jim Walker** stated that OCW has 417 members vs. 378 same month in 2009 with 15 new members and that Paramount has 90 members.

Paramount: **Curt Dosier** - no report.

OCW COMMITTEE REPORTS

OCW/Paramount Relationship: No meeting. **Charlie** is working with **Ethan** regarding website.

Bylaws: **Mike Lee** – next meeting May 26th. We are making headway and will hopefully finish sometime this summer.

Ride like the Pros: **Mike Lee** – will be incorporated with LCI discussion

LCI certification – **Paul D'Aquanni** handed 'Points of Discussion' list and explained how vigorous the week-end training was. Those that participated are looking at how they can incorporate what they learned to enhance our club.

1. Give safety tips at general meetings and before each ride (1-3 minutes).
2. Ride like the Pros to help encourage new members with bike skills.
3. Offer CABO version of *Street Smarts* to all new members. Sell to interested club members for \$2.
4. Perk to club is we now have certified trainers in our club to offer Road 101 which will save \$\$.

Lee Stebbins suggested that LCI graduates teach the board Road 101 to all Board members.

Lee Stebbins made a motion to have OCW purchase a box (85) of CABO *Street Smarts* manuals. **Irene Walker** seconded. Discussion about who are they for was held. Have books for new members and can sell for a price to existing members. Motion carried. **Michelle Kashima** will place order with CABO next week.

Lee Stebbins made a motion to have the club purchase 20 'Road 101' packages that will be used for teaching Road 101 class to membership. **Paul D'Aquanni** seconded. Discussion: These 20 packets will just be placed in inventory for various uses. Motion carried

Mike Lee asked **Debi Butz** about new rider from

yesterday's ride.

Frank Neal gave a Triple Crown update. He stated that there are fewer OCW participants than there have been in years past.

OLD BUSINESS

Project 999: **Mike Lee – Dennis** and **Frank** will be manning a booth at the May 25th event.

Bike Shop Cooperative advertising: **Mike Lee** reworked the advertising flyer (which was sent around) to have bike shops give away with bike purchases. He has JAX's on board as a start. Funds are already available for printing these flyers. **Dennis Thomas** asked about making a tri-fold version available for shops that don't have space for this larger flyer size. **Mike Lee** will take care of getting both types printed for the \$500 limit.

Amtrak: **Charlie Irwin** is working on a new format and getting suggestions from various club members to be released by mid-May. The goal is to make it easier to navigate the site. **Frank Neal** suggested we change the weight limit on coolers to 30 lbs and possibly offering disposable coolers. Vigorous discussion ensued.

Lee Stebbins talked about a give away, sweat bands, refrigerator magnets – art work would be necessary. Look for other ideas for next meeting.

Lee also informed us that we may be able to get 1,000 riders on the train; he is working with Amtrak on this.

NEW BUSINESS

OCW-Paramount Website: **Charlie Irwin** is working with **Ethan Ede** on new website.

Ride of Silence: May 19th starts at Irvine City Hall.

Fiesta 150: **Charlie Irwin** – Passed around hand out for May 15th event. He is mounting a challenge to have OCW members have the largest number of participants.

BCI Bike Rally: **Paul D'Aquanni** – BCI setting up their website for sign up. They were very excited about our donation of funds for food. July 3rd. We will not have a competing Saturday ride that day.

Ride around the Bear: **Paul D'Aquanni** – Contacted Lynn Katano & Eric Smith from Tour of CA and got Cal

Trans rep information. Cal Trans told him that they are committed to getting Hwy 330 construction completed by mid-May in time for Tour of California.

Paul has already sent a bulk e-mail to all registered riders regarding route change (up Hwy 38) however, if Hwy 330 is open in time the ride will go back to original route.

Ride Leaders **Lee Stebbins** told all ride leaders to please submit ORIGINAL copies of sign ups to statistician (no PDF or copies). Please make sure you download the CURRENT form from our website for use on all club rides.

Frank Neal - New 2010 CA Drivers handbook is out if you are interested. Last year OCW designated monies to defray cost. **Frank** has spent personal funds on hand-outs for his community service efforts. **Irene Walker** moved to reimburse **Frank Neal** for *Street Smarts* booklets that are given away at the booth in the amount of \$120, **Charlie Irwin** seconded the motion. Discussion - members asked if we can put OCW logo on front? Motion carried.

Jim Walker – apologized to board member for the confusing bulk e-mail board members received last night regarding monies owed on Bear registration. Please disregard.

ADJOURNMENT

A motion was made by **Jim Walker** and seconded by **Lee Stebbins** to adjourn. Motion carried. The meeting was adjourned at 12:45 pm.

Respectfully submitted by **Debi Butz**
(on behalf of **Alan Dauger**)

CRYPTOGRAM ANSWER

From page 19

By **Dan Gorman**

"The best thing you can do is to keep going.
Rust never sleeps."

Pete Penseyres

Womens Cycle Fest

REI Huntington Beach

June 10th 6pm-8pm

A free in-store womens' specific cycling night!
Learn about product and check out some great gear!

Join us for an evening with vendor representatives and sales and shop staff.

Your chance to ask questions about womens' clothing, gear, nutrition, classes and the shop services we offer.

There will be representatives from Serfas, Pearl Izumi, Clif Bar, Bell and Giro Helmets, Kinetic Trainers, and many more.
Learn about pedals, saddles, clothing, bike trainers, and bike fit and how to maintain your bike.

Special Raffles will occur on this very special evening for women and cycling!!

REI Huntington Beach is located at 7777 Edinger Avenue, (Bella Terra Shopping Center) Huntington Beach, 92647.

Absolutely free! Register today at www.rei.com/stores/88

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: Ride Around the Bear 2010 Unfortunately, my husband and I cannot ride Big Bear this year. We would like to transfer our two tickets to riders at face value, \$55 each. Contact Carolyn Audilet at caudilet@cox.net or 520.834.3801

FOR SALE: SHIMANO BIKE SHOES SHIMANO MENS ROAD BIKE SHOES #SH-R300 "CUSTOM FIT" BRAND NEW.. NEVER USED... STILL IN BOX SIZE 43.5 PAID \$325 AT JENSONS SELL FOR ONLY \$150 Contact Tom Gate at a5xirmn@sbcglobal.net or 951.279.6204

FOR SALE: Bob Jackson, '88 531c Reynolds 56cm frame with carbon forks painted in British racing green by Joe Bell. Chromed lugs and chainstays. Easton EC70 carbon seatpost. New Shimano 105 front derail and BB. New Chris King headset. Ibis polished Ti stem. Easton EA90SLX wheels. Dura Ace 9 spd triple crankset (53/39/30). photo on request. \$1600 OCW member Contact Cliff Nimrod at cnimrod@verizon.net or 562.428.1036

FOR SALE: New Assos F1.Uno S5 Bib Shorts - Medium - Black New in box Swiss engineered Bib shorts with chamois cream, Assos cleanser, mesh bag for washing without risking the straps being pulled, and catalog. All-around training and racing short. I normally wear Medium Bibs but these are for a slimmer more athletic build (would have fit me 20 years ago!). Retail is \$200. Sell for \$150. Contact Scott Klages at saklages@aol.com or 714.318.1400

FOR SALE: 07 Sram Carbon Force Selling my '07 Sram Force drivetrain; Compact carbon 50/34 with english integrated BB, 170mm (BB fit Trek Madone), carbon rear derailleur, front braze-on derailleur, ultimate stopping power of the Force front/rear brakes. Approximately 2k miles. I upgraded to Red a year ago and these parts have been hanging in my garage ever since. I totally forgot about them until I noticed I need a new drivetrain on my MT. Unfortunately can't use road stuff. \$450. Contact Michelle Kashima at kashima@cox.net or 714.368.1315

FOR SALE: hed time trial hed time trial bike hed tri spoke wheels, hed call the size a med , hed bars full dura ace. \$2500 less then 10 hrs this bike is mint ready to go Contact Graham Collins at grahamcollins@mac.com or 714.293.5150

WANTED: 700c rims 36 hole, box section, polished aluminum rims. I could use up to 3, they do not need to match, prefer used in good condition. Contact Randy Kiefer at raymond.kiefer@navy.mil or 949.653.6346

FOR SALE: Merlin Ti Road 59cm Campy Record 9 speed; Velomax Orion II wheels; \$875 Contact Henry Pilcher at hkpilcher@aol.com or 714.998.5734.

FOR SALE: Felt S32 unused (new), red, gipiemme parade rims, seat serfas cr-mo, carbon fiber seat post, felt carbon fiber frame, carbon fiber cranks and all capinolla gear, \$2500 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

FOR SALE: Flite 700 serfas cr-mo, carbon fiber seat post and cats eye electronics, unused (like new), \$1000 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

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!

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(949) 885-6467
www.emergentsuccess.com

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
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INTERNET WEB: <http://www.ocw.org>



FIRST CLASS MAIL

