

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

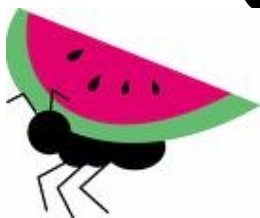
TANDEM TIME
August

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

PARAMOUNT RACING
2010

No General Meeting

OCW PICNIC



Sunday, August 15, 2010
11:00 a.m. to 3:00 p.m.
Central Park
Huntington Beach



The park is located in Huntington Beach Central Park in the covered area behind "Breakfast in the Park" which is located at 6622 Lakeview Drive. Enter the area off of Edwards on Inlet Drive, which turns into Lakeview Drive. Inlet Drive is 0.6 miles south of Slater or 0.4 miles north of Ellis. Bring family, friends and your appetites. We'll supply the rest!

RSVP to Jim & Irene Walker

For details see page 5.
SEE YOU THERE!

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CALENDAR OF EVENTS

President's Ride	Sun.	Aug. 1
Tandem Time	Sat.	Aug. 7
Picnic	Sun.	Aug. 15
Amtrak	Sat.	Sep. 11
Fall Metric	Sat.	Oct. 30

ORANGE COUNTY WHEELMEN BOARD

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Director	Alvin Trafton	
Director	Open	
Director	Open	

BOARD MEETING

Sunday, August 1st, 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, August 26th, 7:00 pm

Hosted by:

Diane Clanton

2204 E. Vista Canyon Road
Orange, CA
714-282-8206
dianecanton@aol.com

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

DIRECTIONS: Take the 55 Fwy North, exit at Lincoln/Nohl Ranch Road; turn right on Santiago and then make an immediate left at Vista Canyon (across from the Shell gas station), second house on the right, up the hill.

SPECIAL THANKS TO

Mike Lee
for Hosting the
July 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

August 2010

As I write my thoughts every month for the "CR", I find this as part personal journal or diary, and state of affairs of the club. This month is no different.

So to continue, on a recent club ride while we are pulling out of "the square" the usual chatting starts up of life's latest events and demands. As we move down the road I'm listening to the chatter of the other rider's comments, it's a welcome familiar noise. It's reminding me of a recent commercial with Lance Armstrong during the tour, of him climbing and the office chatter in the back of his mind starting to drown out and away on his ride. Same with us, the week of work starting to drain away to the comfort of the ride and less stressful thoughts. For me the rides have become my place of solace and camaraderie with people that share a common interest. What a dichotomy to be not only with a group but sharing in a physical effort that can be either an ultimate effort or cruise ride, it's your choice. The point is, the beauty of the sport can be any degree of each of these extremes, and this may well be the most perfect fitness sport you could partake in. At the completion of every ride someone comments what a great ride it was. How could it not be? The saying that any day riding is a great day is all that needs to be said.

Ride Like a Pro! (RLAP)

The website is coming together with bios online, the rides online and new riders starting to embrace our program. The structure is also following and at some point we'll probably start to put it on paper but for now the flexibility for it to evolve is what's important. I made the comment at the last board meeting that as the RLAP leaders, we are the ambassadors for the club. We are helping new members and new riders with understanding our club culture, along with safe riding habits, group riding skills, and to be more comfortable on the road with motorists. By this time next year I hope that many of our riders have progressed and



found their way in the club forging new friendships, relationships, riding with confidence and understanding the importance of being predictable to the motoring public.

Among other items the board is focusing on is the shift to have ride specific training. We already have the Bear training rides lead by **Michelle Kashima**. The next training ride program to tackle is the "Amtrak" which is more difficult with only eight weeks of training to be able to ride 100 miles. We are putting together an ad hoc training program that will target specific rides as Amtrak training rides. There will not be any specific leader so between a self imposed schedule and

sticking to it, new riders will need to find the motivation to stick to the plan and complete the rides with the club and one or two rides on their own during the week. Summer is the time for riding but as the club is working for more education, riders will always need to adjust their training schedule with their own demands.

This summer promises to be a great time for riding and the club is making the changes to accommodate a wider base of rider skills. I have always hated to hear from other cyclists upon hearing of my involvement with the club as "Oh, you are the fast guys!" Which is only partly true, we have fast riders but we also have moderate and slower riders. Those categories of A B C riders are alive and well in OCW and I never found OCW to be either fast or slow. You just need to find your friends that ride like you. So where does this take you, back to the RLAP program to help you navigate your way in the club.

Ride safe, Ride Predictable
Mike

OCW President's Ride

August 1, 2010

By Mike Lee

Sunday, August 1, 2010 - 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 or call 949-458-0205.

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

Crown, Linda	Irvine
Cyr, Andrea	Orange
Eames, Bob	Orange
Fisher, Jurgan	Tustin
Green, Dan	Redondo Beach
Ibarra, Carlos	Los Angeles
Jimenez, Kendrick	Los Angeles
McCann, John	
Orem, Marv	Mission Viejo
Paras, Julius	Westminster
Pettit, James	
Schmidt, John	Huntington Beach
Yang, James	

August Birthdays

Wedekind, Patricia	8/1
Kashima, Michelle	8/1
Nimrod, Cliff	8/2
Osterfeld, Brett	8/3
Butz, Debi	8/5
Stephens, Rick	8/7
Tripp, Rob	8/7
Petersen, Ken	8/8
Chemotti, Darla	8/10
Pero, Mark	8/11
Zand, Amir	8/12
Kent, Bill	8/14
Hancock, Therese	8/14
Caramagno, Dino	8/15
Brant, Ken	8/15
Morgan, Roger	8/16
DeSousa, Austin	8/18
Daley, Tom	8/19
Stephens, Becky	8/19
Christoffersen, Aaron	8/19
Russell, Greg	8/20
Hanson, Brenda	8/22
Stechert, John	8/24
Klein, Ken	8/24
Fry, Ken	8/26
Herndon, Roy	8/27
Rue, Jonathan	8/27
Bloom, Judy	8/29
Nafel, Gloria	8/30
McKee, John	8/30
Crocker, Terry	8/30

**OCW Wishes You
A Happy Birthday!**



OCW PICNIC

By Jim & Irene Walker

Sunday, August 15, 2010

11:00 a.m. to 3:00 p.m.

**Central Park
Huntington Beach**



The picnic will be held in the covered area of Huntington Beach Central Park behind "Breakfast in the Park". **Lee Stebbins** has planned the Sunday rides to start and finish at the park.

Again we are grilling burgers and dogs. The club will provide the food, including lots of salads and desserts. We will also have water and lemonade. Bring anything else you would like to drink (no alcohol).

BRING CHAIRS AND GAMES

This is a dog friendly park, so feel free to bring your dog.

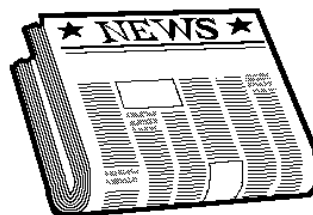
The park is located in Huntington Beach at 6622 Lakeview Drive. Enter the area off of Edwards on Inlet Drive, which turns into Lakeview Drive. Inlet Drive is 0.6 miles south of Slater or 0.4 miles north of Ellis. **PARKING IS FREE!**

Please RSVP to Jim & Irene Walker before Wed. Aug. 11th. 562-943-9403 or teamwalker@bbcnet.com

Ride Like A Pro

By Paul D'Aquanni

If you check out the OCW web site under Ride Calendar you will notice that the Saturday Rides have the short ride designated as "Ride Like A Pro" with a Pro assigned. All Pros are League of American Cyclists Certified and are there to assist you. This will be a slow paced, no drop ride, where skills and proper positioning on the road will be practiced. The pace will allow for time to ask questions, and discuss any questions one might have as it pertains to safe cycling. So come on out and join us.



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.

JUNE GENERAL MEETING

By Jim Brewer

First time guests were introduced after **Anita's** dinner was served.

Paul D'Aquanni gave the Safety Talk. His Power Point presentation was very educational and included things like: Brain dead people, making safe right turns, being seen, being assertive but curious and having fun.

Fifty-five cycle enthusiasts were entertained June 9th at our monthly General Meeting. Eric Smith and Lynn Katano treated us with some great photography and lead-up information about this years' AMGEN Tour of

California. Eric gave us an insight as to what went into planning this enormous 850 mile bike race. Twenty seven hours of HD video was shot and over 200 countries represented.

Our eyes were opened when Eric told us about eight second flat changes, CHP support, 85 permits pulled and the list went on. It was a delight to have them here.

The two speakers were presented personalized OCV cups provided by **Charlie Irwin** and six attendees won door prizes: **Jeff Rich, Debi Butz, Paul D'Aquanni, Bret Gross, Herb Johnson** and **Judee Wickersham**.

The meeting was then adjourned.



(Above) Finding a good seat, Ken Brant and Ken Morrison wait intently for the meeting to begin.

(Upper Left) Enjoying Eric's humor, Paul D'Aquanni and Lynn Katano having a good time discussing some of the quirks of the Tour.

(Left) Keeping all 50 plus attendees on their toes, Eric Smith uses the pointer to highlight various aspects of the AMGEN Tour of California.





Seating was a premium as these two cyclist listen to Eric Smith's stories.

(Above) Standing in line for Anita's home cooked taco's, beans and rice was well worth the wait.



There wasn't a dull moment at this meeting as Cathy and Link Linquest enjoy the festivities.



PALM DESERT FUN WEEKEND IS BACK FOR IT'S 3RD YEAR!

By **Michelle Kashima**

Can you believe in less than three months it will be time for the Palm Desert Fun Weekend ride!

This special fun weekend gives back to you, members of Orange County Wheelmen, by fully supporting a club ride from Anaheim Hills to Palm Desert on Friday October 8.

We meet at Best Western in Anaheim (Anaheim Hills area) just off the Santa Ana River Trail early Friday morning for coffee, juice and pastries to get you fueled for the century ahead.

Friday's ride out to Palm Desert is followed by dinner, supplied by OCW, at our host hotel, Fairfield Inn Marriott in Palm Desert. Desert Bicycle Club will join us as they have done each year for great conversation.

On Saturday morning, those who thought Friday's ride of just over a century was not enough can meet Desert Bicycle Club just down the street from the hotel for a club ride. Just like OCW's club rides DBC offers several different routes, from short to long, and from sprint to kick back. Or just kick back and stroll down the shops of El Paso.

Then get ready for the Saturday evening BBQ pool party, again supplied by OCW. After filling up on BBQ get a good nights sleep, because you'll be waking up and getting your bike ready to ride back to Anaheim Hills via a slightly different and scenic route dropping down into Hemet Valley and riding around Lake Perris.

There is a 20 rider maximum so registering early is a must, and I'll see you on the way to Palm Desert!

Saturday Distance Training starts back up in January.

CYCLING CRYPTOGRAM PUZZLE

By **Dan Gorman**

Break the code to decipher a famous cycling quote (Answer on page 17):

"EOHNA OZSYRZGHL COY WTOSGHW EALY. CA TY RCA HATR
LZAL EASGHW OHW UTEE UTH RCA RGBZ WA MZOHNA."
AWWTA FGZDYAUTNX

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

4th 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 - **8:00 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.

Tandem Time

Ride Director

Debi Butz



Please join us for the next Tandem Time ride:

When: Saturday, August 7, 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 October 2, 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 8:00am.**

August 2010 Schedule

All rides start promptly at 8:00

August 7, 2010

Sprint - 36.8 Miles 1400 Feet of climbing Red Hill, Edinger/ Irvine Ctr, Barranca, Jeronimo, Olympiad, La Paz, Muirlands/ Barranca, Irvine Ctr, Harvard, Main, MacArthur

Tandem Time – 35.0 Miles Flat - Red Hill, Alton, Irvine Blvd, Yale, Walnut, Edinger/ Irvine Ctr, Barranca, Harvard, Main, MacArthur

Slow to fast

27.3 Miles 600 Feet of climbing Rollies – Red Hill/ Santa Ana, Mesa/ Birch, Von Karman, Barranca, Jeffrey/ University/ East Bluff/ Ford/Bonita Cyn, Campus, Von Karman, Main, MacArthur

51.0 Miles Hilly - Ride to Sunset Beach, Newport Beach (hilly part) then to Irvine and Tustin

August 14, 2010

Sprint - 37.6 Miles Hilly - Red Hill, Alton, Bake, Portola, Marguerite, La Paz, Muirlands, Alton, Red Hill, MacArthur

Slow to fast

29.0 Miles 600 Feet of climbing Rollies - Red Hill, Edinger/ Irvine Ctr, Sand Cyn, Irvine Blvd, Serrano, Toledo, Alton, E Yale Loop, Main, MacArthur

35.2 Miles Rollies - MacArthur, Main, Von Karman, Campus, University/ East Bluff, San Miguel, Marguerite, PCH, Laguna Cyn, Old Laguna Cyn, Sand Cyn, Trabuco, Yale, W Yale Loop, Main, MacArthur

62.0 Miles 650 Feet of climbing Flat/Rolling – Main, Sunflower, SA River Train, Slater, Springdale, Lampson, Katella/Willow, LA River Trail, Beach Bike Trail, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur

August 21, 2010

Sprint - 38.3 Miles 1360 Feet of climbing Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca/ Muirlands, Los Alisos, Marguerite, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

Slow to fast

21.0 Miles Flat - MacArthur, Campus, University/Jeffrey, Irvine Blvd, Sand Cyn, Bike Trail, Harvard, Barranca, Von Karman, Main, MacArthur

35.5 Miles 1350 Feet of climbing Hilly - MacArthur, Main, Alton, Jeronimo, Olympiad, Marguerite, La Paz, Muirlands/ Barranca, Von Karman, Main MacArthur

64.0 Miles 3500 Feet of climbing Hilly - Ride through Irvine, Mission Viejo, Capistrano, Dana Pt

August 28, 2010

Sprint - 40.0 Miles Hilly - Red Hill, Alton, Irvine Blvd/ Trabuco, El Toro/ Santiago Cyn, Jamboree, Tustin Ranch, Walnut, Red Hill, MacArthur

Slow to fast

24.0 Miles Flat - Red Hill, Walnut, Jeffrey, Irvine Blvd, Alton, E Yale Loop, Main, MacArthur

35.7 Miles 1000 Feet of climbing Rollies – Red Hill, Alton, Irvine Ctr/ Moulton, El Toro, Laguna Cyn, PCH, Back Bay, East Bluff/ University, Harvard, Main, MacArthur

70.0 Miles 4400 Ft of climbing Hilly - Ride through Santiago Cyn, O'Neill Park, Santa Margarita, Mission Viejo & Irvine

Sunday Rides

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

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.

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.*

August 2010 Schedule

August 1, 2010 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.

S-24 Miles Flat to Rolling ride thru Irvine & Tustin.

M-35 Miles Rolling to Hilly ride thru Irvine, Shady Cyn Trail, Laguna Beach & Newport Beach.

L-45 Miles Hilly ride thru Newport Beach with a climbs up San Joaquin Hills, Spy Glass & Turtle Rock returning thru Irvine & Tustin.

August 8, 2010 Mile Square Park, Fountain Valley. Take the 405 freeway north to Brookhurst exit north. Go 1.1 mile and turn right at Heil. Follow road 0.4 mile to tennis courts and field 12. Park in lot in front of restrooms.

S-23 Miles Flat to Rolling ride thru Irvine & Tustin.

M-30 Miles Hilly ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills.

L-48 Miles Rolling to Hilly ride thru Irvine, Laguna Beach & Newport Beach.

August 15, 2010 Huntington Central Park. Take 405 Freeway to Warner Ave exit west. Go 2.8 miles and turn left on Edwards. Go 1.0 mile and turn left on Central Park Dr. Turn right into parking lot at end of Central Park Dr.

S-24 Miles Flat ride thru Huntington Beach, Sunset Beach & Seal Beach along PCH.

M-38 Miles Flat ride thru Huntington Beach, Sunset Beach, Seal Beach, Newport Beach & Costa Mesa.

L-44 Miles Flat to Hilly ride thru Huntington Beach, Costa Mesa, Irvine, up Newport Coast & returning on PCH.

August 22, 2010 Tustin Sports Park. Take the 5 Freeway to Jamboree and exit North. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.) Go 0.2 miles and turn left into the parking lot.

S-22 Miles Flat to Rolling ride thru Irvine, Lake Forest & Tustin.

M-33 Miles Rolling ride thru Tustin, Irvine, Newport Beach & Costa Mesa.

L-43 Miles Hilly ride thru Irvine, Lake Forest, Costa Mesa & Tustin.

August 29, 2010 Bonita Canyon 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.

S-27 Miles Flat to Rolling ride thru Newport Beach, Shady Cyn Trail, Irvine & Tustin.

M-34 Miles Rolling ride thru Newport Beach, up Shady Cyn & Turtle Rock, Irvine & Tustin.

L-43 Miles Flat to Rolling ride thru Newport Beach, Irvine & Laguna Beach.

September 5, 2010 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.

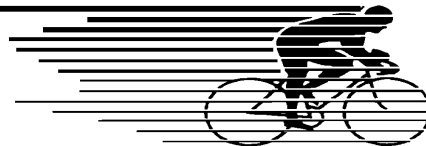
S-28 Miles Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine.

M-35 Miles Hilly ride thru Irvine, Laguna Beach, Newport Beach with a final climb up Newport Coast.

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



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

JAX BICYCLE CENTERS

JOUR SANS BIKE SHOP

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TUSTIN TOYOTA

ORACLE CYCLING

KENNY BZ ACTION PHOTOS

FEATHER BRAKES

Paramount Masters and Elite Men Report

By **Curt Dosier**

In the past month, Paramount has had success at the CBR criterium, the Great Park training race in Irvine and on the Track.

CBR Kool N Fit Criterium

Monty Pettus and **John McKee** took 1st and 2nd in the Master's 60+ at the CBR criterium on July 11, 2010. In the NATIONAL criterium rankings, **John** is sitting in 2nd with **Monty** following right behind in 3rd. Congratulations to **John** and **Monty**.

Howard Miller continued his comeback from an injury earlier this season to finish 7th in the 55+ at the CBR crit.

The Cat. 3 squad put 3 in the top 10, with **Sang Vu** finishing 5th. **Marcos Corona** and **Kendrick Jimenez** were also in the top 10.

Great Park Training Race

CBR holds a training race every Thursday night on the runways at the old El Toro Marine Base/Great Park site. This is a great alternative (or addition) to the CBR Tuesday training series at El Dorado park for the Orange County racers. The traffic can make getting up to El Dorado in time to race a challenge for those in south Orange County.

This is a great way to get started in racing, as the fields are a little less aggressive than they are on the weekend. Three groups are offered: Cat. 1-3, Masters 40+ and Cat 4/5. Women can race with their category or with the Masters.

So far, the 1-3 field has been fairly small. but not short on strong guys. A strong wind seems to always sweep across the runways. With the small group and strong winds, there is no where to hide - making for a very tough race. The race usually explodes into small groups in the first few laps.

Sang Vu, Marcos Corona, John Schmidt, Corey Patterson, Curt Dosier and **Jeff Carchidi** have been regulars in the Cat. 1-3 field. Last week, **Sang** stuck with the front group and took the win against some very strong riders. Congratulations **Sang**!

Track

Marcos Corona regularly trains and races on the track at the Home Depot Center in Carson. On July 17th, **Marcos** won the Scratch Race, the Tempo Race and placed 2nd in the Points Race. This was good enough for **Marcos** to take the overall title in the Omnium.

Coming Up

The Cat. 3 squad will look to defend **Sang's** overall series lead at the Ontario Grand Prix. In addition, the power climbers will be looking toward the San Marcos criterium.

BOARD MEETING MINUTES

July 11, 2010

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Irene Walker, Jim Walker, Paul D'Aquanni, Lee Stebbins, Jim Pugh, Dennis Thomas, Curt Dosier, Dan Gorman, Debi Butz, Alvin Trafton, Bob Fairfield, Charlie Irwin, Alan Dauger, Art Pressel.

Members Present: **Herb Johnson**

CALL TO ORDER

The meeting was called to order by President **Mike Lee** at 11:00 am.

MINUTES

A motion was made and seconded to approve the minutes of the June Board Meeting. Motion 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 Lee** reported that the club is being enhanced with some new programs.

Vice-President: **Jim Brewer** said **Chuck Bramwell** and **Alan Ptak** will present the July program. All 2010 meeting speaker positions are filled. He is looking for more speakers for 2011.

Membership: OCW has 421 members with 6 new members. Paramount has 97 members.

Paramount: **Curt Dosier** made a request for \$3000 in additional support from OCW to help make up for the shortfall on the Criterium. **Debi Butz** moved and the motion was seconded to give Paramount \$3000. Motion carried.

OCW COMMITTEE REPORTS

Bylaws: **Mike Lee** said that the committee is doing well in its re-write of the Bylaws. Its next meeting will be 7/28/2010 @ 5:30 pm. Standing rules and policies are also being reviewed and revised. **Alan Dauger**

suggested that the Bylaws revisions should be given priority and presented to the membership as soon as possible, and **Mike Lee** agreed.

OCW/Paramount Relationship: **Charlie Irwin** stated that OCW members need more communications on successes of Paramount, possibly at least once per month.

Website: **Charlie Irwin** recommended that we renew the domain name for a nine (9) year period. It was moved and seconded to do so. Motion carried. **Charlie** located a service that would reduce email spam to the officers. A motion was made and seconded to pay up to \$30 per month for this service. Motion carried. **Charlie** suggested altering the email practices to enable focusing messages only to those interested.

Public Relations: **Dennis Thomas** reported that we have enough tri-fold brochures. **Mike Lee** requested Funding for Pagemaker 2 software. **Charlie** will upgrade the Editor's computer with this software and pass the upgrade on to other OCW computers. **Dennis Thomas** requested business cards for general use. It was made and seconded to allocate \$200 to print 2000 business cards, some of which will have names and positions.

Ride captain: **Lee Stebbins** reported that the Saturday and Sunday rides have had guest sign-in sheets and he will offer the form on the website for the other club rides.

CTC REPORT: **Charlie** reported that three people completed the Grand Tour. **Doug Patterson** rode 400 miles in less than 24 hours.

OLD BUSINESS

BCI Bike Rally Summary 7/3/10: **Paul D'Aquanni** stated that the event turned out well. OCW might join with BCI to do this again next year.

Picnic on August 15: **Irene Walker** said OCW members need to sign up for this event. She will enable signups for it on the OCW website.

NEW BUSINESS

Amtrak: **Lee Stebbins** reported that the event is on track. Route clips will be given away. **Mike** suggested

that we register the event on the RoadID website so we can get gift certificates for RoadID's.

Amtrak Training Ride Program: **Mike Lee** suggested that those interested might go to the OCW Facebook fan page. Also **Jim Pugh, Charlie, Mike, Lee** and others suggested having extra long rides in August that will help training.

Ride like a Pro Saturday program: **Mike Lee** conducted this on the 10th.

Road 1 course for Board and Directors: **Mike Lee** asked for ten Board member volunteers for the first session. The first session will be in class on 8/11/2010 at 6:30pm, at the IRWD meeting room. Time: less than 2 hours. An all-day session will begin with Parking Lot Skills on 8/14/2010 at 9:00 am. It will be followed by a road test and then by a written test in the afternoon of the same day.

League Guide to Safe Cycling: **Mike Lee** would like **Michelle Kashima** to purchase 20 copies. A motion was made and seconded to allocate \$250 for this purpose. Motion passed.

OTHER BUSINESS

Public Relations: Recent *OC Register* articles covered The Bear and **Chuck Bramwell's** long-distance rides. Portable bike rack: A prototype rack was demonstrated outside the meeting.

OCW member refund for lost clothing shipped by OCW: **Charlie** recommended that we reimburse the member. A motion was made and seconded to reimburse the member \$279.88.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:39 pm.

Respectfully submitted by **Alan Dager**.

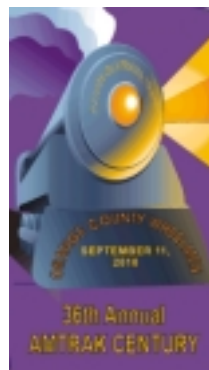


Amtrak 36, "Come On Out" Sept 11, 2010

If you are not riding this year, why not sign up for a fun day helping 1200 riders complete this most popular Century Ride. There will be many 1st time Century riders on this ride, so that always makes for a most rewarding day volunteering, as we help them complete their 1st Century. Getting 1200 riders to the finish line safely in San Diego is no easy task. We need the help of members and their friends to make this ride a success. We will be offering a gas reimbursement for ride day, a 2010 Amtrak T Shirt, and free sign up for 2011 Ride Around the Bear for those that volunteer. There are volunteer opportunities at registration, rest stops, finish, and SAG.

Let me know where you would like to help.
You can contact me at
events@ocw.org.

Paul DAquanni
OCW Events Coordinator



1st Annual BCI / OCW Bike Rally

By Paul D'Aquanni

July 3rd over 170 cyclists met at Deerfield Park to participate in the 1st Annual Bike Rally put on by BCI / OCW. Two different rides were offered, and upon completion of their choice of ride, all met back at the Park for a Subway lunch, cold drinks, a bike swap meet, and some good camaraderie and conversation. From the comments and smiles I would say that everyone had a good time. Thanks to Monica McCarthy and her BCI Team for working the logistics of this wonderful day.





Fall Metric Oct 30, 2010

We are offering this ride as a "Members Only Ride" again 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 three 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.

Feel "free" to sign up on the web site ocw.org.

If you have no interest in riding this event, please sign up to volunteer by contacting me at events@ocw.org

Paul DAquanni
OCW Events Coordinator

CRYPTOGRAM ANSWER

From page 8

By **Dan Gorman**

"Lance Armstrong has diamond legs. He is the next Greg LeMond and will win the Tour de France."
Eddie Borysewicz



Frank's Safe Cycling Booth at the Start of RAAM

By Frank Neal

Frank Neal, OCV Board Member, has a volunteer Safe Cycling booth that he promotes at various Community Fairs during the year. OCV supports him to pay for some of his printing expenses. For this, OCV gets exposure to the public in a variety of important locations where they would not normally be publicized. Here are two pictures of his booth which he did at the Start of RAAM on June 12 in Oceanside. The pictures were taken by **Chuck Bramwell**, the Executive Director of the California Triple Crown, who lead the RAAM out of town on Wednesday for the solo riders and again on Saturday for the team category of RAAM.



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: BMC Pro Machine SLC01 '07 55cm Red/Black All Dura Ace, Mavic Ksyrium ES Wheelset, Easton EA 90, Forks, Bars, Seat post. \$1,800 Contact John Renowden at jsrenowden@mac.com or 863.447.0223

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 a5xirnmn@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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