THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME GOAT HILL PARAMOUNT RACING

June INTERNET WEB: http://www.ocw.org 2009

General Meeting

Wednesday, June 10th, 7:00 pm

RETUL BIKE FIT

Bob Murphy of A Road Bike 4 U

See article on page 7 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.

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CALENDAR OF EVENTS...

Tandem Time	Sat	Jun	6
Ride Around the Bear	Sat	Jun.	13
Bear Clean-Up	Sun	Jun.	14
Folding Party	Thurs	Jun	25
OCW Picnic	Sun	Aug	9

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BOARD MEETING

Sunday, June 7th 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 25th, 7:00 pm

Hosted by:

Therese Hancock
2242 N. Wisteria Lane
Orange, CA
714-602-2273
terezrh@aol.com

Please RSVP if you plan to attend. Heavy appetizers and desserts will be served.

DIRECTIONS:
Take Katella east to Cannon, turn left, turn right on Golden Rod.
Or Santiago West to Cannon, turn right, turn right on Golden Rod.
Or Imperial south to Cannon, turn left on Golden Rod.
Gate Code 5407.
Second left onto Wisteria Lane, third house on right.

SPECIAL THANKS TO

Margie & Irineo Sepulveda
for Hosting the
May Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Barb Tomita** at **tomitacat@aol.com**

(OCW reimburses up to $100)

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FROM THE PRESIDENT...

By **Charlie Irwin**

The FIESTA 150 was a total success! What a fun weekend for all who participated as a rider and as a volunteer. We had 125 riders with most doing the 150 mile option and a few who did the 50 and 21 mile options. The combination of Alzheimer's Association and OCW volunteers made for a great team.

I rode sweep on the first day for the 75 mile riders. We left the Irvine train station around 8:30 and I had a great day meeting a lot of riders that I normally would have just blown by. For the most part, this was a very big deal for some who never rode this distance and especially down as far as Del Mar. It was very exciting and I got a big charge out of it. The weather was overcast, a bit cool, but good riding weather. Some never rode through Camp Pendleton before and it was a bit confusing for those 1st timers, so we learned a bit of logistics for next year's route. Oceanside was filled with beach goers, there was a surfing competition and a concert that drew hundreds of people and their cars, so crossing the bridge was a bit hectic. The police directed us and once we passed the harbor and the crowd, it was the normal riding single file down Coast Highway. When we reached the parking lot of the Marriott Hotel, a few volunteers rooted and hollered our arrival and it made our weary faces smile with a good feeling of accomplishment.

Saturday night Fiesta was very "festive" with Mexican hats on the table and other decorations. The Mexican food was delicious and the hotel had a hard time keeping up with us hungry riders. We had over 150 attendants and we watched a slide presentation by **Ken Brant** of the riders along the route. Everyone loved seeing their picture up on the screen and it made some very happy people. Thanks **Ken** and to those who took the pictures. I was the lucky guy to MC the night and introduced Lynn Mullowney, the Director of Development for the Alzheimer's Association, and **Kent Peppard,** the founder of the Fiesta ride. **Kent**, a Neuroscience physician, spoke how the ride got started and a general awareness of Alzheimer's disease and how it affects the whole family. Did you know there are 66,000 people in Orange County alone affected by Alzheimer's disease? We had 20 fabulous raffle prizes with Banning Bikes being the biggest contributor (thanks **Patrick**). A few people received recognition for raising more than $1,000 each. There were wellness packages and massages and lots of bike related items from many other vendors.

On Sunday I was the sweep for the 21 mile ride with 5 riders to Magee Park in Carlsbad. We took off at 8:00 a.m. in the misty rain and cool temperature and I only lost one rider. While I was trying to find my lost rider who was on a recumbent bike, my wife **Lynne** surprised me by coming up along side of me. She had crashed on some sand around the horse park in Del Mar, cut open her arm and damaged her shifters on her bike. She was stuck in a few gears the whole way and was having difficulty making any gears work. That meant she had to spin almost the entire ride and her right foot kept slipping out of her cleats. She kept saying that hopefully she would lose a few more pounds this way! After a few phone calls we found my wayward rider and rode together to our next destination "Buy My Bikes" Store in San Juan Capistrano. We expected some headwind and were pleasantly surprised that it never affected us.

Special thanks to the OCW committee members that helped make this ride possible including **Jim** and **Irene Walker, Deb Butz, Kent Peppard** and all the volunteers both OCW and the Alzheimer's .

Feeling Good!
Charlie Irwin

OCW President's Ride

By **Charlie Irwin**

Sunday, June 7, 2009 - Please join **Charlie Irwin**, 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 8:30 a.m. and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to president@ocw.org or call 714-547-0194.

June Birthdays

OCW Wishes *You* A Happy Birthday!

Chico, John	6/1
Pearson, Marcela	6/1
Klein, Susan	6/3
Clark, Dan	6/3
Perea, Miguel	6/3
Pariseau, Brien	6/4
Anderson, Cathy	6/5
Farrell, Joseph	6/6
Scobey, Richard	6/8
Morrison, Ken	6/8
Kaufman, Mark	6/12
Traylor, Graham	6/12
Hindman, Jeff	6/13
Miller, Howard	6/13
Osterfeld, Hank	6/14
Parish, Donna	6/15
Heidner, Gary	6/16
Davidson, Bob	6/17
Brake, Bernadette	6/18
Clarke, Greg	6/19
Sanders, Rob	6/19
Irwin, Charlie	6/22
Myers, Debbie	6/23
Kaufman, Gayle	6/23
Sullivent, Christine	6/24
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
Renowden, John	6/29
Bird, Richard	6/29
Powell, David	6/30

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

Crain, Dan	Irvine
Gotts, James	Garden Grove
Prince, Scott	Irvine
Sandoval, Les	Anaheim
Sandoval, Margaret	Anaheim
Sandoval, Ryan	Anaheim
Staaf, Denice	Irvine
Stechert, John	Laguna Hills
Stechert, Judy	Laguna Hills

FIELD FIXES

By **Frank Neal**

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

Tube Malfunctions. Okay, you don't ride long distances. Sometimes you get one flat. Rarely do you get two flats on the same ride. But, to be safe, you carry two spares in your bike bag. Today is one of those days, so you pull out the second tube that has been deep in your bike bag for so long. You removed the box because it is too bulky for your bike bag. What you find is that the vibrations have rubbed a hole in the tube and it no longer holds air! So, here is the fix to do **before** you ever leave home. Put a fine layer of talc or baby powder on the tube. Wrap it in a small piece of plastic food wrap (like Saran Wrap). The plastic wrap and talc will take the abrasion and your tube will hold air next time!

OCW PICNIC

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

August 9, 2009

Details to follow.

APRIL GENERAL MEETING REVIEW

By **Mike Lee**

Ready for a relaxing adventure through the English countryside. Then Discovery tours is just your ticket. Courtney Collier treated us to some images of the beautiful English countryside and the bicycle tour groups he hosts in merry old England. He supplies all the necessary equipment including the bikes, this is an all inclusive adventure, with small intimate groups for an unhurried trip.

Discovery CycleTours

Get Fit for the Perfect Ride

OCW GENERAL MEETING
JUNE 10, 2009

By **Mike Lee**

Come and let us introduce you to Retul, the dynamic 3-D motion capture system which is creating major waves in the bike fitting world. It has become the tool of choice of Chris Carmichael, Lance Armstrong's personal coach at all his training centers. Christian Vande Velde and the whole Garmin team was fitted using Retul. It is now available in Orange county at A Road Bike 4 U.

Retul works by gathering data from eight anatomical points while the rider is actually moving. A wealth of information is gathered and displayed profiling all the key position angles in just 15 seconds. Adjustments are recommended and then the process is repeated to show the new results.

Biography of Bob Murphy
Bob Murphy has a diverse background having spent ten years in book publishing, ten years in Computer Aided Design and Manufacturing and ten years as a pastor with the Methodist church. He started cycling about seven years ago because of having to give up full court basketball due to Rheumatoid Arthritis. Cycling quickly became a passion and he started a part time fitting business after receiving training in bike fitting. The business grew to a full time entity, A Road Bike 4 U, which he recently sold to devote his full time effort to bike fitting.

Bob is a certified Serotta Institute Fitter and fully trained on Retul. He is especially sensitive to the needs of older cyclists and women who value comfort and safety, but also has helped elite racers improve their performance. His background in high tech is a definite asset in using the best technology combined with his expertise.

Tandem Time

Ride Director
Debi Butz

Please join us for the next Tandem Time ride:
When: Saturday June 6, 2009 starting at 8:30 a.m. Where: The Square located at Main and MacArthur in Irvine near the John Wayne Airport.
The ride is approximately 32 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.
Upcoming Tandem Time ride is Saturday, August 8, 2009,

Come out and join us every Saturday (weather permitting) at 7:30 am at the corner of Culver and Irvine Blvd at Northpark Plaza parking next to Jack in the Box in Irvine.
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

LUNCH IN ... OCEANSIDE

June 17, 2009

By **Dan Gorman**

We'll be taking the scenic route to Oceanside on June 17th. We will stop for a coffee break in San Juan on the way. Lunch will be in Oceanside, where we will pick-up the afternoon train to return to Irvine. Please contact Bob Fairfield to let him know you are coming as bicycle space on the train is very limited. This ride is limited to 10 riders only and no tandems are allowed on the train. This ride is a "NO DROP" ride. Please bring money for lunch, coffee and a train ticket. Also, bring ID for Camp Pendleton. We will meet at the Irvine Train Station and we will leave promptly at 9:00 am. Please come early. If you have any questions, contact Bob Fairfield at mobile412@ca.rr.com or 949-286-8886. Hope to see you there.

SADDLEBACK MOUNTAIN

By **Michelle Kashima**
training@ocw.org

On Saturday April 25 nine cyclists set out to ride from Irvine around Saddleback Mountain and back to Irvine. We left under partly cloudy skies from Irvine and headed through Mission Viejo and then dropped down toward San Juan Capistrano and San Clemente. We then headed into Camp Pendleton where they were holding a running event in the opposite direction.

Once through Camp Pendleton we headed from Oceanside via the San Luis Rey Bike Trail toward the ranches of San Luis Rey Heights and Bonsall and then through the little known town of Rainbow.

After Rainbow we dropped in to Temecula and then cruised through Old Town before heading off to Murrieta for a brief Subway stop. We then headed through Wildomar and onto Lake Elsinore. From the lake we headed off to Tom's Farm and through the city of Corona and Orange before returning to Irvine.

The total mileage was 158.5 for this route and just over/under 5,000 feet of climbing depending on the brand of computer you use. We had awesome tail winds leading out until the latter park of the San Luis Rey Trail at which point we hit a small headwind on and off until we got to Tom's Farm where the head wind and cross winds became pretty strong until Orange.

The winds in the last year have been stronger than normal, as I noticed when I rode Central Coast Double out of Paso Robles in May where the winds on the coast were unusually strong. As well as passing through Santa Barbara, I heard the locals talk about the unusually strong winds fanning the fire there.

But strong winds aside we all still had a great time!

Kudo's to Ye Yu for finishing her first utltra distance ride!!! She did a GREAT job and that was because she had a great ride buddy, Alan Vecter, sticking with her and encouraging her on. Double century next up for Ye……

See the pictures of our epic ride.

Saddleback Group

Back of the Pack

Mother's Day Hike

By **Alan Dauger**

The wildflowers were in bloom and invited us to go out among them in the merry month of May. Our hike was on the Serrano Canyon – Sleepy Hollow – Dreaded Hill Loop in the Limestone Canyon – Whiting Ranch Wilderness Park. We climbed gradually to the Four Corners viewpoint where we could look out toward the ocean or back toward Saddleback and a view of one of our favorite riding roads, Santiago Canyon. Then we went up to the 1624 ft. summit and back down Dreaded hill, for a total of 850 feet of elevation gain in 4.8 miles.

Along the way we enjoyed at least ten kinds of wildflowers including Sagebrush Mariposa Tulips, buttery yellow monkey flowers, Caterpillar Scorpionweed, Desert paintbrush, thistles (see photo) and more! The Beavertail cacti were loaded with buds. It was a great place to hike! Please see the photo of hikers **Brent Weindling, Lorna Laugen, Stuart and Liz Gaston, Debi Butz, Alan Dauger, John Cook,** and **Doris Bingo.**

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

Wednesday Evening Rides - 5:30 pm. Sand Canyon Cyclery (corner of Sand Canyon and Irvine Center Dr. in Irvine). Typically, the ride splits into two groups: one that is a bit faster and adds some climbing, and the other a more relaxed, but still challenging no-drop group. Ride leader is **Debi Butz**, 714.996.4366 or rdbutz@earthlink.net

FRIDAY

Morning Ride - **9:00 am**, Deerfield Park, Irvine (TBM 860-F3/29-C2). 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 Leaders **Alan Dauger,** abiker@socal.rr.com and **Dan Gorman**, dmgorman@aol.com.

SATURDAY

Saturday Rides - **8:30 am,** The Square, Irvine (Main and MacArthur TBM 859-G4/28-C3). 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 **Donna Parish**, 714.549.8363 or ridecaptain@ocw.org

OCW TRAINING SEE PAGE 8 FOR DETAILS

SEE PAGE 7 FOR TANDEM TIME DETAILS

Saturday Training Schedule

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-Short, Medium, Long and Extra 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 2009

6/6/2009 8:30 AM

S 27 miles - Elevation Gain 525 ft. Rollies - Red Hill/Santa Ana, Mesa/Birch, Von Karman, Barranca, Jeffrey/ Bonita Cyn, Harvard, Main, MacArthur

M 35 miles Elevation Gain 900 ft. Rollies - Red Hill, Edinger/Irvine Ctr, Toledo, El Toro, Los Alisos, Jeronimo, Irvine Ctr, Harvard, Main, MacArthur

L 43 miles Hilly - Red Hill, Tustin Ranch, Jamboree, Santiago Cyn, Bike Path @ Cook's Corner, Muirlands, Alton, W. Yale Loop, Main, MacArthur

XL 62 miles Elevation Gain 900 ft. Flat/Rolling - Main, Sunflower, SA River Trail, Slater, Springdale, Lampson, Katella/Willow, LA River Trail, LB Beach Bike Trail, PCH, Dover, Von Karman, Main, MacArthur

6/13/2009 - No Saturday OCW rides scheduled due to OCW "Ride Around the Bear" event

6/20/2009 8:30AM

S 25 miles Mostly Flat - Red Hill, Alton, Irvine Blvd, Portola, Jeffrey, Yale, W Yale Loop, Main, MacArthur

M 36 miles Elevation Gain 1350 ft. Hilly - MacArthur, Main, Jamboree, Alton, Jeronimo, Marguerite, Muirlands/Barranca, Von Karman, Main, MacArthur

L 46 miles Hilly - Red Hill, Alton, Bake, Portola, Marguerite, Los Aliso Bike Path, Bake, Alton, MacArthur

XL 61 miles Elevation Gain 2770 ft. Hilly - MacArthur, Main, Jamboree, Alton, Bake, Portola/Santa Margarita, Antonio, Ortega, Rancho Viejo/Marguerite, El Toro, Alton, Von Karman, Main, MacArthur

6/27/2009 8:30 AM

S 29 miles Elevation Gain 600 ft. Rollies - Red Hill, Edinger/Irvine Ctr, Sand Cyn, Irvine Blvd, Serrano, Toledo, Alton, E. Yale Loop, Main, MacArthur

M 35 miles Elevation Gain 810 ft. Rollies - Red Hill, Edinger/Irvine Ctr, Toledo, El Toro, Los Alisos, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

L 47 miles Hilly - Red Hill, Edinger/Irvine Ctr, Sand Cyn, Irvine Blvd, Bake, Rue De Fortune, Glen Ranch, Saddleback Ranch, Santiago Cyn, Jamboree, Tustin Ranch, Walnut, Red Hill, MacArthur

XL 59 miles Hilly - Red Hill, Edinger/Irvine Ctr, Sand Cyn, Irvine Blvd/Trabuco, Marguerite, Camino Capistrano, Bike Trail, Doheny Beach, PCH, Crown Valley, Moulton/Irvine Ctr, Red Hill, MacArthur

7/4/2009 New time - 8:00 AM

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

M 31 miles Elevation Gain 850 ft. Rollies - Main, Von Karman, University/Jeffrey, Alton, Bake, Serrano, Canada/Newvale, Bake, Irvine Blvd, Yale, Harvard, Main, MacArthur

L 41 miles Elevation Gain 1240 ft. Hilly - Red Hill, Barranca, Harvard, Culver/Bonita/Ford/Eastbluff/ University, Turtle Rock, University/Jeffrey, Portola, Tustin Ranch, Harvard, Main, MacArthur

XL 74 miles Elevation Gain 1600 ft. Rollies - Main, Harvard, Irvine Ctr,/Moulton, Laguna Cyn, PCH, Seapoint, Slater, SA River Trail, Lakeview, Santa Ana Cyn, Hewes, Red Hill, MacArthur

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 2009 Schedule

June 7, 2009 Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). 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 27 Miles. Culver, Barranca, Alton, Irvine Blvd., Tustin Ranch, Walnut, Harvard.
M 35 Miles. Campus/Irvine, PCH, Seapoint, Bushard, PCH, San Miguel, Eastbluff.
L 45 Miles. Barranca, Red Hill, PCH, Seapoint, Bushard, PCH, Bayside, PCH, Dover.

June 14, 2009 Pepper Tree Park, Tustin. Take the 4th Street exit off the 55 Fwy and go east 0.3 miles to B Street. Go right (south) 0.2 miles to the park. Pepper Tree Park is on the southeast corner of B Street and 1st Street.

S 28 Miles. Red Hill/Santa Ana, Back Bay, PCH, Campus, Von Karman, Red Hill, Bryan.
M 35 Miles. Tustin Ranch, Walnut, Moulton, Valencia, Irvine Blvd., Portola, Orchard Hills, Tustin Ranch.
L 39 Miles. Irvine Blvd / Trabuco, Oso, Irvine Ctr., Walnut, Tustin Ranch, Bryan.

June 21, 2009 University Park Shopping Center, **Irvine.** Take the San Diego Fwy. (405) to Culver and go south 0.3 miles to Michelson. Park near Carl's Jr.

S 23 Miles. Yale, Irvine Ctr., Bake, Irvine Blvd., Portola, Yale, Main, Culver.
M 36 Miles. Culver, Alton, Bake, Portola, Marguerite, Oso, Irvine Ctr., Jeffrey, Culver.
L 45 Miles. Harvard, Tustin Ranch, Irvine Blvd., El Toro, Laguna Cyn., PCH, Campus.

June 28, 2009 Northpark Plaza, Irvine. Take the Santa Ana Fwy. (5) to Culver and exit North. Go 1 mile to Irvine Blvd. The shopping center is on the Northwest corner. Park between Jack-in-the-Box and the French Bakery.

S 22 Miles. Hicks Trail, Jeffrey, Irvine Blvd., Barranca, Walnut, Tustin Ranch, Irvine Blvd.
M 38 Miles. Jamboree, Portola, Trabuco, Los Alisos, Barranca, Jeffrey, Harvard, Culver.
L 40 Miles. Irvine Blvd., Bake, Portola, Antonio, Oso, Muirlands, Jeffrey, Bryan, Culver.

July 5, 2009 Carl's Jr., Irvine. Start Time 8:00 AM. (Board Meeting Scheduled at **11:00 AM**). 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 29 Miles. Irvine, Cliff, PCH, Goldenwest, Lake, Atlanta, Brookhurst, PCH, Dover, Campus.
M 33 Miles. Irvine, Dover, PCH, Seapoint, Slater, Gothard, Lake, PCH, Dover, Campus.
L 43 Miles. Barranca, Jeffrey, Trabuco, Bake, Marguerite, Jeronimo, Jeffrey, Turtle Rock.

PARAMOUNT RACING

TEAM MEETING

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

President	**John McKee**	pres@paramountracing.org
Vice President	**Curtiss Dosier**	cdosier@kmob.com
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

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

JAX BICYCLE CENTER
TREK BICYCLES
TUSTIN TOYOTA
HAWAIIAN ISLANDS CREATIONS
FEATHER BRAKES
ORANGE COUNTY WHEELMEN
VITTORIA TIRES AND TUBES
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Paramount Race Report
2009 Road Mid-Season Review

By **Curt Dosier**

Late April and early May represent the heart of the road racing season in SoCal. The final road races for the season, with the exception of the SCNCA district championships, are completed during this period. In addition, some of the bigger criterium races take place in late April and early May. Afterward, it's pretty much crit racing every weekend. Before we get there, though, let's review the last four weeks of racing.

Masters

Paramount's masters racers have again produced some consistently high results for the team. Paramount President **John McKee** has had three top-ten finishes in the 60+ category in the last month. **John** finished 7th at the San Luis Rey road race and really performed at two of the more prestigious crits of the year, with 2nd place finishes at both Barrio Logan and Chuck Pontius. **Howard Miller** also had a good month, with a 14th at the tough San Luis Rey road race, 7th at Chuck Pontius and a 4th at the Brea crit in the 55+ category.

Elites

The Category 3 squad of **Jeff Carchidi**, **Ethan Ede**, **Marcos Corona**, **John Bernstein** and **Curt Dosier** has been busy at both road races and crits. **Jeff, Ethan, John** and **Curt** all raced the Devil's Punchbowl and San Luis Rey road races, unfortunately without any notable results. Category 3 road races here in southern California are very tough and typically include a number of riders with pro-level power output working their way through the ranks. **Curt** had the top finishes with a 39th and 43rd, respectively.

On the brighter side, the team is progressing well in figuring out how to set-up **Marcos** for the final sprint in

(Continued on page 16)

Pictured: **Marcos** sprinting for 4th place at the Brea criterium

(Continued from page 15)

the criteriums. At the Torrance crit, **Ethan** was instrumental in setting up **Marcos** for a 6th place overall finish and 2nd in the field sprint, taking into account the four-man winning breakaway. The whole team worked well together for the sprint at the Brea crit, where **Marcos** delivered with a 4th place finish. The NRC Dana Point Grand Prix was run on a short, narrow course with plenty of turns. A difficult situation to execute a team plan, as moving up through the field was very difficult due to the corners and because the pace never seemed to ease up. **Marcos** took a chance on a solo flyer with a couple laps to go, but was reeled back in. **Ethan** stayed well-positioned the entire race and took home an impressive 13th place.

Category 4 racer **Wilson Crider** was busy at time trials, road races and criteriums this past month. **Wilson** had an 8th and a 12th at the Fiesta Island series. He also had a 15th at the tough Baker road race. Finally, **Wilson** finished 20th at Dana Point and 21st at Barrio Logan – two very difficult crit races in which it is tough to maintain a position near the front of the group.

Category 5 racer **Dave Hanson** has shown that he is a quick study at crit racing over the past month. Following up on his impressive top-twenty debut at Redlands, **Dave** moved on to a 12th at the CBR Dominguez Hills #2 crit. As mentioned in **John McKee's** Paramount Team Talk, **Dave** showed at Dana Point that he has the steely nerve and quick reactions necessary for success at crit racing. In one of the many tight corners on the course, a crash left **Dave** with nowhere to go but over the curb and onto the grass. Reports that he pulled a BMX-style cross-up while bunny-hopping the curb could not be confirmed. (If only **Kenny B**. had been camped out in <u>that</u> corner with his camera, we might know for sure). Not content with simply avoiding the crash, **Dave** stayed in the race to finish 40th. At the Brea crit, **Dave** was able to avoid trouble and pulled off a fantastic 2nd place. Photographic evidence <u>was</u> available to confirm his frustration at not getting the win.

Pictured: **Dave Hanson** showing the frustration of just missing out on a win at the Brea crit

APRIL 2009 TANDEM TIME

Rick and Debi Butz, directors of Tandem Time

Mike Hanson and Fred Guttentag

Mike Lee and Dan Gorman

Jim Walker

Charlie Irwin

Patrick Huey

Brenda Hanson

Gloria Nafel helping out Debi Butz

CALIFORNIA TRIPLE CROWN

DOUBLE CENTURY REPORT

By **Frank Neal**

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

The 2009 Spring California Triple Crown Series is wrapping up this month!

~~4/18/09:~~ Changed: 10/3/09: Hemet Double. Considered to be a good first-time Double, this course has changed dramatically over the past few years. It has a new course this year which promises to be mostly flat and will still be a good first-time Double. The support is excellent and the meals at lunch and the Finish are gourmet! It is close to home and worth a try! The Organizer changed the date to 10/3/09.

4/18/09: Devil Mountain Double. This is an epic course featuring some of the finest scenery between San Ramon and San Jose, including climbs up Mt. Diablo and Mt. Hamilton. This Double has 18,600' of elevation gain, but is always well supported! We are now four-for-four with incredibly great weather! The riders where treated with mild temps and little wind. OCW had no Finishers this year.

5/2/09: Breathless Agony "Century". While not a CTC Event, it is worth mentioning. It is local; beginning at Sylvan Park in Redlands. It is 114 miles with 12,500ft. of elevation gain. Part of the course is the OCW Fall metric, backwards, up to Oak Glen the hard way. Another part is the Bear, backwards, up to Onyx Summit the hard way! This event was met with more incredible weather for the riders. 2009 riders are getting really spoiled by the great weather this year! Congratulations to our OCW 4-Pass Finishers: **Ron Bell, Chuck Bramwell, Jim Cawthon, Bob Davidson, Willie Hunt, Thomas Newgard, Doug Patterson,** and **Dennis Thomas.**

5/2/09: Classic Tour of Two Forests. One of the original CTC Doubles, this ride meanders through some great Southern California scenery in the Los Padres and Angeles National Forests. Due to lack of interest, it was cancelled last year. It was an interesting test this year to see if it can be a successful Double with a change to limited support and riders expected to be more self sufficient. Only 27 riders participated in this test. They all got another dose of great weather! All 27 Finished, but unfortunately none of them were OCW Members.

2009 OCW Recap from the Spring Series (so far). The economy is taking its toll on 2009 OCW Finishers. Our riders are just not spending the money to travel this year. Our total Finishes are way down this year. Congratulations to the eight OCW Members who have completed one or more CTC Doubles this year! Note: The Fall Series will be added to this to determine the final 2009 CTC Award Winners:

Jim Brewer:	1 Finish
Jim Cawthon:	1 Finish
Bob Davidson:	1 Finish
Bill Murphy:	1 Finish
Tom Parkes:	1 Finish
Willie Hunt:	2 Finishes
Mark Kaufman:	2 Finishes
Doug Patterson:	2 Finishes

CTC Updated Results. I'm sure the results will be posted on the CTC Website by the time you read this report. For complete year-to-date results, go to: www.caltriplecrown.org Click directly on "2009".

5/09/09: Central Coast Double. This has been a favorite Double that starts in Paso Robles. The course travels through Cambria and then north on Coast Hwy. At the north end of the course, riders are treated to a challenging climb up Nacimiento Road. At the top, there is a breathtaking view down at Lake Nacimiento. Although it gets somewhat warm during the inland part of the course after lunch, it is almost always windy enough to keep riders from cooking.

5/16/09: Davis Double. As one of the oldest of Doubles, it always has the highest rider attendance. It travels through some farmland to the vineyards of the Pope and Chiles valley. From there it climbs through mature oak forests. The support is excellent with more snack stops than any other Double. This is a good Double for beginners. I'll report the results next month.

5/23/09: Heartbreak Double. This is a classic Southern California Double. It starts in Palmdale and travels west through the Angeles National Forest. It is a challenge with over 15,000' of gain up to Gorman and farther up to Frazier Park. The course has few signals and not much traffic. It is really an awesome course! I'll report the results next month

Upcoming Events this month:

06/06/09 - Eastern Sierra Double Century. See:
www.planetultra.com/easternsierra/index.html
This is my favorite Double. It starts in Bishop, passes through Mammoth and June Lake Loop, and finally you get to eat lunch overlooking Mono Lake. It doesn't get better than this!

06/13/06 - Ride Around the Bear Century: This is our OCW Ride! If you are not riding it, we can always use friendly and helpful volunteers. To volunteer, send an email to Paul D'Aquanni: Events@ocw.org

06/13/09 - Alta Alpina 8 Pass Challenge. See:
www.altaalpina.org/challenge/8pass/
This is the first year for this Double. It skirts the South end of Yosemite. It will be the toughest Double in the CTC with over 20,000 ft. of elevation gain.

06/20/09 - Terrible Two. See:
www.srcc.com/tt.html
Always tough with steep climbs, it starts in the center of the Alexander Valley wine country. It travels west and over the mountains. The real treat is riding down that great Hwy 1 along the scenic Nor Cal coast.

06/27/09 - L.A. Wheelmen Grand Tour. See:
www.lawheelmen.org/grantour.htm
Celebrating their 51st year of Grand Tour Doubles, you get a choice of what course you want to ride. They have a Lowland Double for beginners. They offer a great Highland Double that climbs through the Los Padres National Forest on the way to Ojai. They also have a Century option, a Triple Century option, and a Quad Century option. Something for everyone!

How to get started on Doubles.

Join the OCW Saturday Training Rides. For info on training, contact **Michelle Kashima** at: Kashima@cox.net

You can also join the OCW Saturday Century Rides. For more information, you can subscribe for email notice about the upcoming weekly ride schedule. Drop an email to **Chuck Bramwell** at: CBrams@CalTripleCrown.com

For more information about the California Triple Crown and tips on riding Doubles, check out the official CTC Website:
www.CalTripleCrown.com

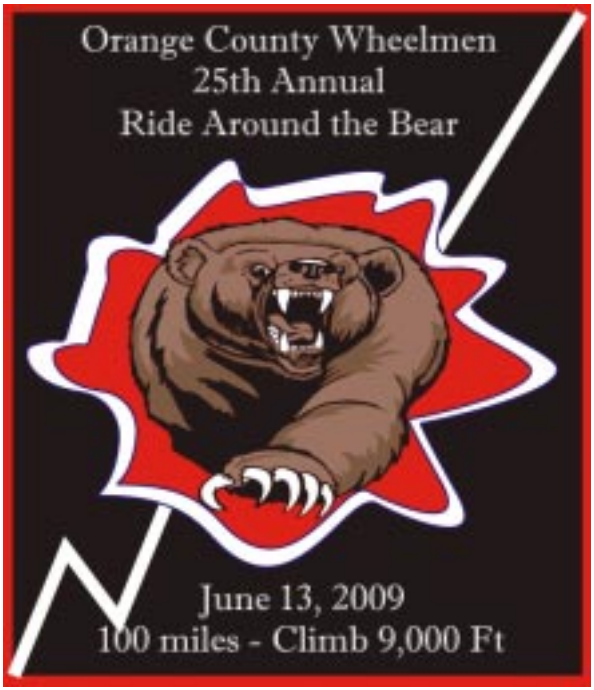
For complete YTD stats for all riders in the Cal Triple Crown, check out the CTC Stats Website:
www.CalTripleCrown.org

Don't forget: We like helpful and friendly volunteers! We can't do this without you. To volunteer, go to the Website of the ride you are interested in supporting. There, you will find instructions on who to contact!

2009 CTC Fall Double Century Schedule: See:
www.caltriplecrown.com/schedule.htm

08/01/09 - Mt. Tam Double. See:
www.marincyclists.com/
09/19/09 - Knoxville Fall Classic Double. See:
www.quackcyclists.com/
09/20/09 - CTC Awards Breakfast, Vacaville, CA:
At the Knoxville Double Start/Finish site. See:
www.caltriplecrown.com/schedule.htm
09/26/09 - White Mountain Double. See:
www.ndzone.com/
10/03/09 - Hemet D.C. See:
www.inlandempirecycling.com/HemetDC/index.htm
10/10/09 - Bass Lake Powerhouse Double. See:
www.fresnocycling.com/powerhouse/2006/
10/17/09 - Solvang Autumn Double Century. See:
www.planetultra.com/solvangfall/index.html
10/24/09 - Death Valley Fall Double. See:
www.adventurecorps.com/dvfall/
11/07/09 - Borrego Double Ordeal. See:
www.MtnHighCycling.com/

Ride Safe out there! - Frank Neal
CTCDataGuy@Verizon.net



25th Annual Ride Around the Bear

Saturday, June 13th, 2009

Ride Around the Bear Clean-Up Sunday, June 14th, 2009

By **Paul D'Aquanni**

If you did not get a chance to volunteer for the Ride Around the Bear or you just did not get enough on Saturday, please come to help with the Bear clean-up, which will begin at 10:00 am. The festivities will be at **Lee** and **Kathy Painter** at 577 E. Culver Ave., Orange 714-771-6315. Exit 22 Fwy at Glassell, proceed north past Hart Park. Turn right on Culver Ave.

OCW HOLIDAY PARTY

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

December 13, 2009

Details to follow.

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**.

WESTERN STATES RIDE CALENDAR

6/6/2009	Eastern Sierra Double	Planet Ultra	
6/6/2009	Little Red Riding Hood (Women only)	Bonneville Cycling Club	801.486.8140
6/6/2009	Pioneer Century	Portland Wheelmen Touring Club	503.666.5796
6/6/2009	Sierra Century	Sacramento Wheelmen	916.714.9034
6/7/2009	Sequoia Century	Western Wheelers Bicycle Club	408.617.1858
6/7/2009	The Elephant Rock Cycling Adventure	Elephant Rock Cycling	303.282.9015
6/13/2009	600 km Brevet	Seattle International Randonneurs	425.702.8880
6/13/2009	Alta Alpina 8 Pass Challenge	Alta Alpina Cycling Club	877.845.2453
6/13/2009	Alta Alpina Build-Your-Own Challenge	Alta Alpina Cycling Club	877.845.2453
6/13/2009	Alta Alpina Kid Carson Challenge	Alta Alpina Cycling Club	877.845.2453
6/13/2009	Canyon Classic Century	Modesto North Rotary Club	209.577.4783
6/13/2009	Flying Wheels Summer Century	Cascade Bicycle Club	206.522.3222
6/13/2009	Palomar Challenge	R&B Bicycle Club	760.765.2200
6/13/2009	Ride Around the Bear	Orange County Wheelmen	714.956.2453
6/16/2009	Race Across America	Race Across America	303.956.7226
6/17/2009	Race Across the West		303.956.7226
6/20/2009	Blue River Century		303.321.5196
6/20/2009	Bryce Canyon 200 km Brevet	Color Country Cycling Club	435.559.0895
6/20/2009	Sierra to the Sea	Almaden Cycle Touring Club	408.996.7861
6/20/2009	Terrible Two	Santa Rosa Cycling Club	707.823.9807
6/20/2009	Tour De Blast	Longview Rotary Club	
6/20/2009	Tour of Lake Tahoe, Yosemite & Sierras	Cycling Escapes	714.267.4591
6/21/2009	Tour of California Sierras	Cycling Escapes	714.267.4591
6/27/2009	100 km Populaire	Seattle International Randonneurs	425.702.8880
6/27/2009	Big Basin 200k Brevet	Santa Cruz Randonneurs	831.425.2939
6/27/2009	Climb to Kaiser	Fresno Cycling Club	559.355.0534
6/27/2009	Country Coast Classic (Cerise Memorial)	Benefit	805.924.0223
6/27/2009	Summer Solstice Century	The Forest Foundation	530.283.0188
6/27/2009	The Best of The Bay	Cherry City Cyclists	510.357.3045
6/27/2009	The Grand Tour Double Century	Los Angeles Wheelmen	310.367.0458
7/3/2009	Northwest Tandem Rally	Northwest Tandem Rally	208.336.9102
7/11/2009	Bike for Breath - Peninsula	Breathe California	650.994.5868
7/11/2009	Seattle to Portland Bicycle Classic	Cascade Bicycle Club	206.522.3222
7/11/2009	The Death Ride	Alpine County Chamber of Commerce	530.694.2475
7/11/2009	Three Harbors Tour	Ventura Velo	805.804.7720
7/11/2009	Tour of Colorado - San Juan Loop	Cycling Escapes	714.267.4591
7/11/2009	Triple Bypass	Team Evergreen Bicycle Club	
7/18/2009	Fall River Century	Fall River Century	
7/18/2009	One Helena Hundred	Helena Bicycle Club	
7/19/2009	Tour of Yellowstone, Tetons and Beartooth	Cycling Escapes	714.267.4591
7/25/2009	200 km Brevet	Seattle International Randonneurs	425.702.8880
7/25/2009	Santa Cruz Mountain Challenge	Santa Cruz County Cycling Club	
7/25/2009	Sunrise Century	Bikerpelli Sports, Inc.	303.875.9000
7/26/2009	Durango-100	Velo de Animas	505.330.7374
7/29/2009	CORPScamp Shasta: Five Day Cycling Camp		Adventure Corps, Inc.
8/1/2009	Marin Century	Marin Cyclists	415.721.4337
8/1/2009	Mt. Tam Double	Marin Cyclists	415.721.4337

BOARD MEETING MINUTES

May 3, 2009

ATTENDANCE
Officers & Directors Present:
Debi Butz, Lorna Laugen, Mike Laugen, Alex Laugen Patrick Huey, Dan Gorman, Doris Bingo, Henry Pilcher, Kathy Pilcher, Bob Fairfield, Alan Dauger, Ken Brant, Frank Neal, Lee Stebbins, Charlie Irwin, Irene Walker, Jim Walker, Michelle Kashima, Dennis Thomas.

Members Present – **Wilson Crider, Cathy Painter, Lee Painter.**

CALL TO ORDER
The meeting was called to order by President **Charlie Irwin** at 11:30 am.

MINUTES
A motion was made by **Jim Walker** and seconded by **Dan Gorman** to approve the minutes of the April Board Meeting. Motion carried.

Ride Around The Bear – San Bernardino Emergency Services was present at the meeting and provided an overview of radio communications.

TREASURER'S REPORT
Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORP. REPORT
Irene Walker reported as solvent.

BOARD MEMBER REPORTS
President: **Charlie Irwin** reported that there was a good turn out for the last President's ride. Ride with the Pro's – so far, there haven't been any riders participating.

Vice President: No report

Membership: **Jim Walker** reported that 5 new members signed up in April. OCW currently has 369 members and Paramount has 95 members.

Paramount: Vice President **Kurt Dosier** reported that the Paramount Cat 3 program is progressing.

OCW COMMITTEE REPORTS

OCW/PARAMOUNT – No meeting last month.

CTC – **Frank Neal** reported on the Triple Crown.

OLD BUSINESS

Fiesta 150 – Sag drivers still needed.

Spring/Fall Metric – Discussed keeping the ride in OC vs. outside of OC. Discussed including new membership dues with ride fee. To be discussed further at next meeting.

Ride Around the Bear – All permits in order. Emergency services provided by San Bernardino Fire Dept.

OCW Picnic – To be held August 9th at Central Park in Huntington Beach.

Holiday Party – To be held December 13th at Huntington Beach Yacht Club. **Alan Dauger** will be working with the new chef on the menu options.

Bike Shop Sponsorship – **Charlie Irwin** would like to provide promotion of sponsored shops on the website home page.

NEW BUSINESS:

General meeting for May – No speaker scheduled yet.

Amtrak – Registration opens on 6/15.

ADJOURMENT: Motion made by **Jim Walker** to adjourn meeting, seconded by **Dan Gorman**. Meeting adjourned at 12:50 pm.

Respectfully submitted by **Patrick Huey.**

CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Members Only Page" area of the WEB site 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: Bianchi Ti SL Bike (last of its kind- 1999…Collector's Item Size 50 (fits like a 49) Natural Ti finish, Shimano Dura Ace Components. Gearing 39/53, 12/27-Rolf Sestriere Wheels-700 Cella Azzura Carbon Seatpost, Ritchey Aluminum Handlebars- sz 40- NEW. Felt 1.2 Stem 11cm- NEW Vredenstein Fortezza TriComp 700 Tires plus 1 new "spare) Bianchi Full Carbon Fork-Speedplay Zero Ti pedals less than 500 miles! Asking Price: $1500 Contact Lynne Billie at billie@bbcnet.com or 949.552.8480.

FOR SALE: Colnago Master A beautiful black/yellow near new condition. Ultegra 10 spd, FSA Compact crankset (50-34) 175 arms, Colnago stem (110), Campy Proton Wheelset, near new Gatorskins, Thomson Seatpost, Chris King Headset, Fizik Aliante Saddle (new). I'll also include a Colnago product catalogue signed by Ernesto Colnago for your collection. $1995.00 OBO. Located in Fullerton. Contact Dan Clark at de_clark@msn.com or 714.572.1136.

FOR SALE: Paramount Clothing for sale, 1 or 2 years old. Medium "wind jacket" (warmer than wind-breaker) long sleeved with pockets, like new $25. Large jersey $10. Large skinsuit worn once $30. Two older club jerseys (large) $5 each. One pair medium club shorts worn twice ($10). Call Paul Brubaker 949.439.3432 or email at pdbrubaker@yahoo.com.

WANTED: Pedals - flat one side for street shoes, spd opposite side - please phone. Contact Diedre Engle at 714.525.5889.

FOR SALE: Cannondale SP 1000 hybrid bike. Blue and Silver color, seat post shock, Head shock. Medium size, very clean bike. price $250.00 KB@kennybz.com Contact Ken Brant at 714.772.9589.

WANTED: FULL TIME HEAD MECHANIC Looking for an experienced and professional head mechanic for a boutique road bike shop in Orange County. Experience with bike fitting and good retail sales skills strongly preferred. This person will be well-rounded and the main face of the shop in addition to the owner. Could start soon on a part-time trial basis with full-time work beginning in Spring 2009. Please email resume to brucedmarshall@yahoo.com. Contact Bruce Marshall at 949.748.6129.

FOR SALE: American Classic tubulars Zipp 330 rims with american classic hubs about 1100 grams per pair $800 Contact Howard Miller at 562.429.7915.

FOR SALE: forks reynolds ouzo $200 Contact Howard Miller at 562.429.7915.

FOR SALE: burley bike trailer for two children, yellow $200 Contact Howard Miller at 562.429.7915.

FOR SALE: 56cm cannondale Six13 team bike RED carbon and blue, with dura ace 9 speed $2000 Contact Howard Miller at 562.429.7915.

FOR SALE: cannondale 56 cm caad 8 team bike with a dura ace 9 speed triple $1500 Contact Howard Miller at 562.429.7915.

FOR SALE: 56 cm madone frame fork and seat post, white with paramount decals $1200 Contact Howard Miller at 562.429.7915.

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!

"Beerview" Cyclists Rear View Mirrors
Irvine, CA 92614-7064
(949)551-6353

Dee Bessee Massage Therapist
Costa Mesa, CA 92627-5542
(949)548-4595

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

Allegro Specialties
Fountain Valley, CA 92708-3516
(714)593-9226

Kenny BZ.com
Anaheim, CA 92802-2259
(714)772-9589
www.kennybz.com

Springdale Villa Apartments
Westminster, CA 92683-1976
(714)894-5718

Matloff and Associates
Mission Viejo, CA 92692
(714)267-2193

THE ORANGE COUNTY WHEELMEN
Post Office Box 219
Tustin, CA 92781

Change Service Requested
INTERNET WEB: http://www.ocw.org

FIRST CLASS MAIL