

CHAIN REACTION

TANDEM TIME
February

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

PARAMOUNT RACING
2008

General Meeting

No General Meeting in February

2008 Awards Banquet

February 23, 2008

Save the date. The Awards Banquet is here again. Come out and enjoy a pleasant evening with your biking buddies, friends and family. See the article inside for more details on page 8.

IN THIS ISSUE...

President's Message	Page	3
Awards Banquet	Page	8
Sunday Ride Schedule	Page	13
Board Minutes	Page	16-19
2007Stats	Page	20-22

CALENDAR OF EVENTS...

Board Meeting	Sun.	Feb.	3
Valentine's Day	Thurs.	Feb.	14
Awards Banquet	Sat.	Feb.	23
Spring Metric	Sat..	Mar	29
Fiesta 150 Ride	Sat./Sun.	May	3,4

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Director	Peg Bauer	714.997.0892 prbauer@socal.rr.com

BOARD MEETING

Sunday, February 3rd, 11:30 am

Carl's Jr., Irvine. 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). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

FOLDING PARTY

Thursday, February 28th, 7:00 pm

Hosted by:

Marlys & Dutch Stapelbroek

10611 Rockhurst Ave.
Santa Ana, CA 92708-3516
714.730.3734
stapelbroek@cox.net

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

DIRECTIONS: From the 55 frwy exit Chapman Ave. Go east approximately 5 mi. to Newport Blvd. Turn right and go to Rockhurst Ave. Turn right. House is on the right.

SPECIAL THANKS TO Irineo & Margie Sepulveda for Hosting the January Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Sylvia Grotz** at **LP.Sylvia@verizon.net**

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By Barbara Tomita

In literature, a dénouement consists of a series of events that follow a dramatic climax thus serving as the conclusion of the story. Conflicts are resolved, creating normality for the characters and a sense of catharsis for the reader. In our last newsletter, I reached the climax of my presidential articles. I was so focused on giving up this position that I wrote my last article only to discover that I had one more article write. Consequently, this article is the dénouement.



After pondering this awkward situation, I discovered there was some unfinished business. OCW depends on the volunteer services of the 25 members of the OCW Board. The Board members give up their riding time and their energy in order to provide top-notch activities and services for our members. Therefore, I want to take the time and space to thank the OCW Board members for their contributions.

Dan Gorman (Vice President) for delivering top-notch meetings every month for three years!

Doris Bingo (Secretary) for being so efficient the Board extended her term of office.

Jim Walker (Treasurer) for getting checks out promptly and keeping our financial records in good order.

Debi Butz (Events) for organizing everything in sight – Fiesta 150, Ride Around the Bear and Amtrak.

Irene Walker (Membership) for accurately keeping membership records and promptly sending renewals.

Kent Parish (Ride Captain) for creating new routes and activities and keeping the old routes updated.

Cheryl McMurray (Editor) for learning PC software to create an outstanding newsletter each month.

Donna Parish (Statistician) for promptly and accurately reporting rider statistics.

Mike Lee (Public Relations) for developing a professional brochure for OCW.

Ross Ritari, (Training & Saturday Ride Captain) for doing two really huge jobs for three years!

Lee Stebbins (Parliamentarian & Amtrak Director) for keeping meetings orderly and organizing Amtrak for

the past 30+ years.

John McKee (Paramount President) for believing in the racing program and working to keep it alive.

Kathy Pilcher (Tandem Time) for resurrecting interest in tandem riding by organizing regular tandem rides.

Alan Dauger (Goat Hill) for his sage advice and his participation on the OCW Paramount Corporation.

Lorna Laugen (Insurance) for sharing her expertise on OCW insurance matters.

Ken Fry (Webmaster) for keeping our website updated and listening to the

president complain.

Peg Bauer (Director) for her wise counsel and advice to help keep me on track.

Rick Butz (Director) for always pitching in to help and his assistance to the Events Director.

Paul D'Aquanni (Inventory) for getting our inventory completed and the storage locker organized.

Sylvia Grotz (Director) for organizing the OCW Picnic, a memorable social event for our members.

Charlie Irwin (Director) for his dedicated service on OCW internet and web services.

Michelle Kashima (Director) for getting OCW involved in significant rider safety issues.

Mike Laugen (Director) for his willingness to volunteer and support OCW.

Debbie Myers (Director) for organizing another outstanding OCW Holiday Party.





February Babies

Wade MacQuarrie	2/4
Beverly Matsuda	2/5
John Nordenstam	2/7
Joe Mastro	2/7
Andrew Melczer	2/12
Dennis Thomas	2/12
Kandy Byron	2/14
William Stelzner	2/16
Dick Hunter	2/16
Suzanne Frantz	2/16
Diane Clanton	2/16
Joan Mary	2/17
Jeannette Barker	2/18
Rene Rodarte	2/19
Michael Laugen	2/19
Cathy Painter	2/21
Michael Spitt	2/22
William Murphy	2/22
Simone Morissette	2/22
Rhonda Norman	2/23
Henry Pilcher	2/23
Jeff Rich	2/23
Ron Smolka	2/24
Jeremy Patapoff	2/25
Kelly Aguerre	2/25
Paul Brubaker	2/28
Dave O Connor	2/28
Willie Ellis	2/28
Steve Zellers	2/28
Bill Jackson	2/28



OCW DECEMBER 2007 HIKE PETER'S CANYON

By Alan Dauger

Twelve OCW hikers took advantage of a lull in winter weather to hike six miles in nearby Peter's Canyon Regional Park. This hike was mostly level but had some short steep hills that gave us a little challenge. From the highest point on the East Ridge View Trail we enjoyed a superb view of the Santa Ana Mountains in the east, the Orange residential hills in the west, and the Upper Peters Canyon Reservoir in the north. Please see this photo by **Cheryl McMurray** of the group: **Brent Weindling, Debi Butz., Henry and Kathy Pilcher, Mike Groover, Terry and Sally Clark, Ron and Nancy Green, Cheryl McMurray, and Alan and Marlene Dauger.**

Future hikes. To keep updated on the status of future hikes and to obtain more detailed information, please email a_biker@dauger.com.



Happy Valentines Day

CALIFORNIA TRIPLE CROWN 2008

By Frank Neal

Hi! Its me...**Garfield** (you know, the Kickstand Guy!).

Well, for those that don't know me; I will write to you this year, in the CR, about folks who surpass cycling centuries and go on to cycling California Double Centuries. That is 200 miles in one day!

For those who complete three California Triple Crown Events, you qualify as a California Triple Crown Award Winner! And, you can order and wear proudly, any of a number of California Triple Crown clothing items. Only a California Triple Crown Winner is open to purchase these cool items.

When you see a CTC jersey, you can ask any one of them about their Double Century stories. Each one can share their wealth of experience.

OCW boasts many folks who can help you! Last year we had 12 Triple Crown Winners: **Chuck Bramwell, Jim Cawthon, Paul D'Aquanni, Jim Kehr, Andrew Melczer, Bill Murphy, Mark Parish, Tom Parkes, Doug Patterson, Brian Rapp, Jeff Rich, and Rene Rodarte!**

OCW features a weekly training ride for the Doubles called the OCW Saturday Century. 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, check out their two awesome Websites:
Info: www.CalTripleCrown.com
Rider stats: www.CalTripleCrown.org

In addition, help is all around you in OCW. Contact any of these current OCW Members who have ridden a Double Century in prior years: **Fred Bauer, Peg Bauer, Lynne Billie, Doris Bingo, Ray Bradley, Chuck Bramwell, Ken Brant, Wayne Broadhag, Mike Burns, Bob Davidson, Willie Ellis, Lorraine Gersitz, Dan Gorman, Charlie Irwin, Michelle Kashima, Mark Kaufman, Greg Kibble, Scott Klages, Cheryl McMurray,**

Debbie Myers, Gloria Nafel, Frank Neal, Lee Painter, Mike Perone, Steve Pohle, Jorge Saavedra, Charley Simons, Robert Turner, and Cindy VonTungeln.

2008 CTC Double Century Schedule: See:
www.caltriplecrown.com/schedule.htm
02/16/08 - Butterfield Double Century. See:
www.planetultra.com/butterfield/index.html
03/01/08 - Death Valley Spring Double. Sold Out!
03/29/08 - Solvang Spring Double Century. See:
www.planetultra.com/solvang/index.html
04/05/08 - Hemet D.C. See:
www.inlandempirecycling.com/HemetDC/index.htm
04/12/08 - Mulholland Double Century. See:
www.planetultra.com/mulholland/index.html
04/26/08 - Devil Mountain Double. See:
www.quackcyclists.com/
05/10/08 - Central Coast Double. See:
www.centralcoastdouble.com/
05/17/08 - Davis Double. See:
www.davisbikeclub.org/
05/24/08 - Heartbreak Double Century. See:
www.planetultra.com/heartbreak/index.html
06/07/08 - Eastern Sierra Double Century. See:
www.planetultra.com/easternsierra/index.html
06/21/08 - Terrible Two. See:
www.srcc.com/tt.html
06/28/08 - 50th Grand Tour. See:
www.lawheelmen.org/grantour.htm
08/02/08 - Mt. Tam Double. See:
www.marincyclists.com/
09/20/08 - Knoxville Fall Classic Double. See:
www.quackcyclists.com/
09/21/08 - CTC Awards Breakfast, Vacaville, CA:
At the Knoxville Double Start/Finish site. See:
www.caltriplecrown.com/schedule.htm
09/27/08 - Tour of Two Forests Double. See:
www.planetultra.com/totf/index.html
10/11/08 - Bass Lake Powerhouse Double. See:
www.fresnocycling.com/powerhouse/2006/
10/18/08 - Solvang Autumn Double Century. See:
www.planetultra.com/solvangfall/index.html
10/25/08 - Death Valley Fall Double. See:
www.adventurecorps.com/dvfall/
11/01/08 - Borrego Double Ordeal. See:
www.dieharddoublecentury.com/

Ride Safe out there! - Frank Neal
Cycleman@BigPlanet.com



HAMMERKOP-ING AT FC508

By Doris Bingo

Out of the blue, **Greg Kibble** sent me an e-mail asking if I'd be interested in being on a mixed two-person team for the Furnace Creek 508 with him. After thinking it over for a day, I decided that it would be a thrill, and agreed to join **Greg**. **Greg** did a great job getting sponsors and crew members for our team, which came to be known as Hammerkop. He got two of the best crew guys, **Ken Isaak** and **Steve Pohle**. In this race, having a good crew is the key, and **Ken** and **Steve** were excellent. We prepared for the race by reviewing the course, discussing food and hydration, and figuring out exactly what to bring in the limited amount of space of the SAG vehicle. The day before the race, we traveled to Santa Clarita. The vehicle and bikes must pass inspection. We plastered the SAG van with tons of banners, packing tape and miscellaneous strobing lights. After successfully passing race inspection, we had a late lunch at the restaurant next to the race host hotel. I couldn't believe it, but during the meal, the 'guys' started talking about leg shaving techniques. Maybe they would talk about stylish bike shorts or something next.

For the race, **Greg** was rider A, so he rode the first leg. I was probably the most nervous during this time, waiting to ride. Once on the bike, I had to keep telling myself to calm down for the first ten miles, there's a long way to go. That race atmosphere makes you a little punchy. After a few miles, it

becomes like a long weekend ride, except it's at a weird time of day (or night). Ken and **Steve** were wonderful, always keeping the Gatorade coming. Even bugging, I mean, reminding me to keep drinking. They also did a great job protecting us from other cars on the road. Townes Pass was so cold, I felt terrible for **Greg**, who was riding that leg in the middle of the night. It was freezing when one of the car doors opened, imagine riding around in that. **Greg** came through great. There was just a little confusion at Furnace Creek, when **Greg** rode past the time station. Maybe, he didn't really want to stop riding. During the second half of the race, just looking at **Greg** riding in front of the van, made me fall asleep immediately. As rider B, I got to ride the last leg. The finishing stretch of the race is a flattish 20 miles after Sheephole Pass. I kept having a waking nightmare that another team in our category would come by and pass us right before the end, but it didn't happen. About four or five miles from the end, the SAG van was running on fumes, so the boys wanted to stop at the first gas station going into 29 Palms. While waiting for them to pump gas, it felt good not to be pedaling. **Greg** came up to talk to me, and I thought how nice he is. But before he could even get one sentence, Ken and **Steve** were yelling at him to get back in the van right away. I was rudely jolted back into the reality that the race wasn't over yet. They said to be careful getting out the driveway of the gas station; Gee, thanks. Why did the gas station have to be on the left side of the busy road? After one more short, steep, mocking hill, we get to break the toilet paper tape at the finish, which Chris Kostman puts out for all the racers. I tell **Greg** he should do this race again next year as rider B, so he can experience the complete route in its entirety. He seemed nonplused, but I think he will change his mind by the time October rolls around next year.



Trials and Tribulations of the Ride Captain

By Kent Parish

First of all, I love my job. I have been ride captain and associate ride captain since 2001. The joy of returning from a ride and have a rider say "that was a great route" really makes the job worthwhile. As the other ride leaders from other than the Sunday ride can attest, it's not always easy to plan a ride, two months in advance, that's not affected by road construction, road closures, and events that cause the road to be unrideable.

Over the years I have had my share of problems, most of them caused by my mistakes. Have you ever been reading a route slip that says turn left and the street only goes right. I think this happened on a route in North County and the street was Arroyo. One time the route slips half way down the stack, were different than the upper half. A few times I have run out of route slips for a ride when everyone wanted only one ride and not the other two routes.

One complaint I here is that the ride says it's rollies and it's hilly. I never can get an agreement on what is a rollie or a hill, so all new route slips leave that comment blank. Some of these complaints come from my stoker.

One time we showed up at the Food Park on a holiday and the security guards told us we could not park because we were not doing any business with the stores (that were all closed). We finally convinced the guard to let us stay that time, but would have to get permission on future rides. Now I have to call the Property Manager before each ride that occurs on a holiday and let them know that we will be using their parking lot. Somehow this has never been a problem for the Saturday rides. I also have to call the Property Manager at Northpark Plaza every time we start from there. A similar problem occurred when I tried to use a property at Irvine Center Drive and Research, when I was told "no I can't start from their parking lot".

Last October I received a phone call from **Wayne Broadhag** in his RV and he told me that the parking lot for the day after Thanksgiving Day ride was not in existence due to construction at Mile Square Park. He recommended that we use one of the golf courses parking

lots, like they do on their Wednesday rides. I drove over to the golf course and ask for permission to use their parking lot for the Friday after Thanksgiving. They said no, that was their busiest day. I re-did the route slips and moved the ride start to "The Square".

My biggest mistake happened a few months ago when the ride start was Northpark Plaza and the medium route slips I had were for a ride start from University Park. **Fred Guttentag** solved the problem by suggesting that the riders ride to a street that was on the route slip and continue with the route slip. It turned out to be a 42 mile route instead of the 36 mile planned.

Finally, I have received requests for new ride start locations, but each time I review the request it's near an existing starting location or would require permission from the Property Manager of the location. However, I'm happy to report that **Fred** suggested that I look into using a new ride start at the Tustin Sports Park. Donna and I checked out the park and found new restrooms and adequate parking. New route slips have been prepared and on Sunday February 10, we will be meeting at the Tustin Sports Park. See the Sunday ride schedule for details.

Looks like I have this job for another year, and would like to receive any comments, suggestions, or complaints that will make your Sunday rides better.



ORANGE COUNTY WHEELMEN'S AWARDS BANQUET



OCW's Annual Awards Banquet will be held on February 23, 2008 at the Tustin Banquet Center. This year's banquet will be focusing on the achievements of its membership. These will include not only the normally recognized mileage and service awards, but will also include the individual accomplishments that many members have completed during this past year.

There will be several appetizers followed by a wonderful buffet featuring, Roast of Beef with Au Jus and Creamed Horseradish, Chicken Cordon Bleu, Salmon with Citrus, Ziti tetrazini, Pasta Salad, Chinese Chicken Salad, Vegetable medley and Red Roasted Potatoes. Desserts will also be included. There will also be a slide show prepared by Ken Brant, highlighting OCW members having fun during the past year.

As if that weren't enough we will also be giving away a whole bunch of door prizes. The price this year will be \$20.00 per person.

Registration will close on February 15th. There will be no sales at the door.

The Tustin Banquet Center is located at the 55 Freeway and First Street in Tustin. Exit the 55 Fwy at 4th Street / Irvine Blvd and head east to Yorba Street. Go right (south) on Yorba Street to First Street and go right (west). The Tustin Banquet Center will be on the right.

February 23, 2008
6:00 pm

Register Online at <http://www.ocw.org>



nvtech.com



nvtech.com



To Stretch or not to Stretch

By Dan Gorman

Martha Deters, a Personal Trainer for many years was our very special guest speaker for the January General Meeting.

Having been a fitness fanatic myself for many years it was a little discouraging to find out how much that I do wrong. Martha has multiple accreditations and is very knowledgeable on the importance of maintaining muscle strength and flexibility, but more importantly she knows when and how to properly warm up and stretch to gain maximum benefits and the importance of form to prevent injuries. As cyclists we overuse certain muscle groups, which tends to shorten the muscles. This can lead to poor posture, lack of muscle pliability and even injury. To avoid these problems Martha recommends spinning to warm up (which I don't do most of the time), and easing into activity. Before exercise static stretching is not beneficial and can actually harm performance. Equally important is what to do when you're done exercising. Before even trying to stretch the muscles, you must first release the tension in them. This can be achieved by using foam rollers or for more advanced athletes, roller balls. Using the roller within 20 minutes



HOLIDAY LIGHTS RIDE

By **Barbara Tomita**

The Annual Holiday Lights Ride was scheduled for Tuesday, December 18th. Unfortunately, Mother Nature delivered a major rainstorm on the same evening. Luckily, **Paul Haussler** and **Deby Kelly**, organizers of this event, made a great decision to postpone the ride until after Christmas because the ride was to begin at 6:15 p.m. and at 6:17 p.m. it started to rain. The ride was held on Thursday, December 27th. It was a crisp, dry and starlit evening. Approximately 20 riders from various Orange County cycling clubs completed the 30-mile route from Irvine to Newport Bay. **Barb Tomita**, on behalf of OCW, greeted the riders with hot cocoa and goodies just before they boarded the Newport ferry. All of the riders enjoyed the beautiful holiday lights, goodies, and friendship. Be sure to watch for this annual event in December 2008!



of exercise is best. Finding the spots on your muscles in need of tension release almost requires some guidance from someone like Martha who knows what to look for. She did say to avoid the bony areas around the joints and not to put pressure on the tendons when using the roller. Once the tension is released, then you can stretch the muscles effectively. It is also very important to maintain proper form when stretching, since improper form can actually place unwanted stress on the joints and muscles and can lead to injury.

So, in the 20 minutes after the ride, you should be very busy. Nutritionists tell us that this is the best time to refuel. Now we know it is also the best time to relieve tension in those achy legs and lower back muscles you just got through abusing.

If you missed the meeting, Martha graciously agreed to answer any questions that you might have in regards to stretching and strength building. She can be reached at MDETERMINED@HOTMAIL.COM. She also offers personal training sessions for a very reasonable rate.



HOLIDAY PARTY— Even the trains were decorated for us!

By **Debbie Myers**

On December 2, 2007, the Orange County Wheelmen held its annual Holiday Party at Sarducci's Capistrano Depot in San Juan Capistrano. And yes, we do know how to party as well as ride! The food—prime rib, salmon, chicken, and pasta—was tasty, the wine plentiful, and the company could not have been better. Seven or eight kinds of French pastries, selected by **Brenda Hanson**, capped off the evening. After dinner, **Ken Brant** showed slides of OCW in action during the past year. And wonder of wonders, this year Amtrak even decorated one of their trains for us!

Thanks to my committee and everyone who made suggestions: **Mariys, Lorna, Ken, Sylvia**, and especially **Barb**. To **Brenda**, you outdid yourself again with those desserts. Kudos to you, **Ken**, for presenting the slide show. And, thank you, **Judy**, for organizing the toy drive for Hannah's House. It was a wonderful evening.

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, February 2, 2008, starting at 8:30 a.m. from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 30 and 35 miles in length. Remember to stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders and email us at Hkpilcher@aol.com or call us at 714/998-5734 if you have further questions.

Upcoming Tandem Time Ride: Saturday, April 5, 2008

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.

Tuesday Evening Rides - 5:30 PM Training at The Square Take the San Diego Fwy (405) to the MacArthur exit and go north 0.1 miles to Main Street. Park behind Starbucks. Interval Training around Sky Park Circle. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

THURSDAY

Thursday Evening Rides - 5.30 pm Directions: From the 405 Frwy exit University heading south to Ridgeline Dr.. Turn left and go to Turtle Rock Dr., turn left and go to Sunnyhill. Turn left on Sunnyhill. Use the parking lot with the tennis courts and bathrooms. 1 Sunnyhill Rd., Irvine at Turtle Rock Community Park. Ride Leader is **Sue Buck**, 714.508.9061 or cell 714.697.2964 or suebuckrider@cox.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

Training - 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 **Ross Ritari**, 714.968.6270.

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 **Kent Parish**, 714.549.8363 or ridecaptain@ocw.org

Saturday Training Schedule

Ride Leader-Ross Ritari

The Saturday Training 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 there is an **OCW** Special Event that day. The Training Rides start at The Square, (formally 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 me know, so I can find a group that fits your present riding ability. **The Rides start at 8:30am.**

February 2008

February 2nd

- S 24 Miles, Flat-Red Hill, Walnut, Jeffrey, Sand Canyon
- M 33 Miles, Rollies, 700 Ft. Gain-Irvine Ctr., Toledo, Irvine Blvd., Tustin Ranch,
(This ride is for both Tandem Time and single bike riders)
- L 49 Miles, Hilly-Foothill, Tustin Ranch, Santiago Cyn. (CW), Melinda, Jeronimo
- XL 65 Miles, Hilly-Moulton, El Camino Real, Niguel Rd., Crown Valley, Barranca

February 9th

- S 23 Miles, Rollies-Red Hill, Portola, Jeffrey, University
- M 34 Miles, Rollies, 900 Ft. Gain-Jeffrey, Turtle Rock, Eastbluff, Dover
- L 43 Miles, Flat, 400 Ft. Gain-Dover, PCH, 2nd Street, Slater, Sunflower
- XL 54 Miles, Hilly, 2,400 Ft. Gain-Bake, Marguerite, Stonehill, Golden Lantern, Barranca

February 16th

- S 23 Miles, Rollies-Red Hill, Brookhurst, PCH, Dover
- M 33 Miles, Rollies, 700 Ft. Gain-Irvine Ctr., Toledo, Irvine Blvd., Tustin Ranch
- L 42 Miles, Some Hills, 1,380 Ft. Gain-Edinger, El Toro, Laguna Cyn., PCH, Irvine Ave.
- XL 54 Miles, Rollies, 1,300 Ft. Gain-Portola, Alton, Eastbluff, Marguerite, PCH, S.A. River Trail

February 23rd

- S 21 Miles, Rollies-Back Bay, PCH, Dover, Galaxy, Main
- M 35 Miles, Hilly-Dover, Spyglass, Turtle Rock, Sand Canyon, Harvard
- L 41 Miles, Hilly, 1,240 Ft. Gain-Eastbluff, Ridgeline, Turtle Rock, Jeffrey, Tustin Ranch
- XL 62 Miles, Flat to Rolling, 900 Ft. Gain-Lampson, Katella, L.A. River Trail, Appian Way, PCH

March 1st

- S 24 Miles, Flat-Michelson, Alton, Irvine Blvd., Main
- M 35 Miles, Rollies, 900 Ft. Gain-Edinger, Toledo, Los Alisos, Jeronimo, Irvine Ctr.
- L 43 Miles, Hilly-Edinger, Bake, Santiago Cyn. (CCW), Tustin Ranch
- XL 64 Miles, Hilly, 3,480 Ft. Gain-Bake, Antonio, Camino Capistrano, Niguel Rd., Aliso Creek,
Alton

Have a great month of cycling!

**SEE PAGE 10 FOR TANDEM TIME
DETAILS**



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.*

February 2008 Schedule

February 3, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:30AM). 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 24 Miles, **President's Ride.** Von Karman, Red Hill, Tustin Ranch, Portola, University, Campus.

M 34 Miles. Jeffrey, Alton, Muirlands, Serrano, Dimension, Bake, Irvine Blvd. Harvard

L 48 Miles. Alton, Laguna Cyn., PCH, Poppy, Bayside, Seapoint, Goldenwest, PCH, Dover, Campus.

NEW RIDE START LOCATION

February 10, 2008 Tustin Sports Park, Tustin. Take the Santa Ana Fwy (5) to Jamboree and exit North. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.). Go 0.2 miles and enter the parking lot on the left.

S 22 Miles. Irvine Blvd/Trabuco, Toledo, Alton, Irvine Ctr., Harvard, Tustin Ranch.

M 34 Miles. Portola, Modjeska, Irvine Blvd/Trabuco, El Toro, Santa Margarita, Jeronimo, Edinger, Red Hill, Tustin Ranch.

L 44 Miles. Portola, Modjeska, Irvine Blvd/Trabuco, El Toro, Santa Margarita, Antonio, Felipe, Marguerite, Jeronimo, Barranca, Edinger, Red Hill, Tustin Ranch.

February 17, 2008 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 24 Miles. Bryan, Trabuco, Sand Canyon, Portola, Jeffrey, Red Hill, Bryan.

M 34 Miles. Tustin Ranch, Pioneer, Jamboree, Portola, Irvine Blvd., Irvine Ctr., Red Hill.

L 40 Miles. Tustin Ranch, Irvine Ctr., Bake, Santiago Cyn., Jamboree, Irvine Blvd.

February 24, 2008 Heritage Park, Irvine. Take the Santa Ana Fwy (5) to Culver. South on Culver 0.3 miles to Walnut. Turn left and go 0.8 miles to Yale. Left on Yale 0.1 miles, then left into parking lot.

S 24 Miles. Jeffrey, Irvine Ctr., Alton, Irvine Blvd., Portola, Tustin Ranch, Walnut, Edinger.

M 34 Miles. **New:** Red Hill, Campus, University, Jeffrey Trail, Shady Cyn. Trail, UCI.

L 47 Miles. Irvine/Trabuco, La Paz, Alisio Creek, El Toro, Laguna Cyn., PCH, Newport Coast, Culver.

March 1, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:30AM). 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).

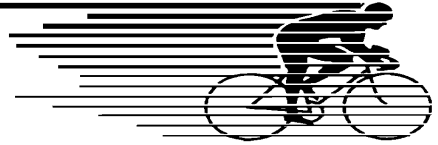
S 27 Miles, Michelson, Culver, Barranca, Irvine Blvd., Tustin Ranch, Harvard.

M 30 Miles. Jeffrey, Alton, Laguna Cyn., PCH, Poppy, Bayside, Dover, Campus.

L 45 Miles. Von Karman, Jamboree, Santiago Cyn., Portola, Bake, Irvine Blvd. Jeffrey.



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

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

Saturday: 7:30 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

VITTORIA TIRES AND TUBES

TREK BICYCLES

BONTRAGER WHEELWORKS

RUDY PROJECT EYEWEAR

KENNYBZ.COM PHOTOGRAPHY

FI'ZI:K SADDLES

HAMMER NUTRITION

PROFILE DESIGN

Paramount Racing Team News

By Alan Dauger

The first team meeting of the year was held January 16 at Jax Bicycles in Irvine. These were the developments of interest to all members:

Officers and Directors: The following Officers and Directors for the year 2008 were elected: **John McKee**, President; **Curtiss Dosier**, Vice President; **Jeff Carchidi**, Secretary; and **Monty Pettus**, Race Director.

Dues: President **John McKee** announced that the total dues for membership in Paramount Racing will be \$50 per year, including OCW membership, effective immediately. This is a significant reduction from last year's dues, thus encouraging more people to join Paramount. At the same time, members may give back to the club by volunteering to help with rides and events.

Pro-deals: Members present at the meeting took advantage of remarkably good prices for this night only for bicycles and components, thanks to a special arrangement with major sponsor Jax Bicycles.

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

Gary Phillips
Betty Glass
Stephen Glass

Los Angeles
Whittier
Whittier



3rd ANNUAL FIESTA 150 May 3-4, 2008

Paramount Racing in conjunction with OCW are pleased to present the 3rd annual two day celebration of cycling event. Riders choose their course, either the 75 mile or 50 mile per day route. Starting in Irvine or San Juan Capistrano and riding along the scenic California coast down to Del Mar. Dinner will be served at the Marriott Hotel with a slide show of the days events and raffle prizes.

Riders are responsible for their own hotel accommodations.

Marriott Hotel ~ \$125/night ~ 800-228-9290

Hampton Inn ~ \$109/night ~ 858-792-5557

If your legs aren't ready for 150 miles think about volunteering. Volunteers will receive the opportunity to ride one day for free. Also volunteers can either receive a voucher to ride OCW's Ride Around the Bear for FREE OR pre-registration for the AMTRAK Century. These ride opportunities are only available for the first 20 volunteers, so sign up fast while they last.

Visit our website www.ocw.org for more information.



BOARD MEETING MINUTES

December 2, 2007

ATTENDANCE

Officers & Directors Present:

Barb Tomita, Dan Gorman, Doris Bingo, Jim Walker, Debi Butz, Kent Parish, Irene Walker, Cheryl McMurray, Donna Parish, Ross Ritari, Lee Stebbins, Kathy Pilcher, Alan Dauger, Lorna Laugen, Peg Bauer, Paul D'Aquanni, Charlie Irwin, Mike Laugen, Debbie Myers, Jeff Rich.

Members Present:

Bob Fairfield, Alex Laugen, Michael Forte, Scott Sharp, Tracy Sharp, Wayne Broadhag.

CALL to ORDER

The meeting was called to order by President **Barb Tomita** at 11:30 am.

MINUTES

A motion was made by **Alan Dauger** and seconded by **Lee Stebbins** to approve the minutes of the November Board Meeting. Motion carried.

TREASURER'S REPORT

Jim Walker handed out the profit and loss statement for OCW. The Holiday Party cost was not included in this statement. The club is solvent. A motion was made by **Charlie Irwin** and seconded by **Irene Walker** to accept the treasurer's report for OCW. Motion carried.

OCW PARAMOUNT CORPORATION REPORT

Jim reported that the corporation is solvent. **Debi Butz** is going to get with the financial planner to get the profit for the corporation down to zero. They will probably expense off clothing in inventory and purchase a computer. OCW will lease the computer, then buy it back next year. A motion was made by **Debbie Myers** and seconded by **Debi Butz** to accept the treasurer's report for the OCW Paramount Corporation.

BOARD MEMBER REPORTS

President: **Barb** reported on the balloting to poll the officers and directors to allow the secretary to run for another year. Nineteen were in favor. There was a bicycle jacking on the San Gabriel River Trail on Veteran's Day at 10 am. The rider was knocked over

and his bike was stolen. The Long Beach City council is trying to monitor the bike trail for safety. Please be cautious when riding on this trail. **Barb** is planning to send out a note tonight regarding the Holiday Lights Ride. **Barb** will be at a rest stop on the ride with hot chocolate and cookies. **Charlie Irwin** reported that the ride starts from Culver and Barranca, and it goes on the ferry. It rides on the river trail at night, so riders must have good lights. Half the people decorate their bikes and themselves. **Barb** will decorate the rest stop. **Kermit Ganier**, who is a long-time volunteer and the president of the Los Angeles Wheelmen, is suffering from an illness and has been in and out of the hospital the last five months. **Barb** will e-mail his phone number to the board, because **Kermit** would appreciate any calls.

Membership: OCW had 445 members with no new members. Paramount has 121 members.

Vice President: The room at the Irvine Ranch Water District has been reserved for next year. **Dan** made an error on the date of the January General Meeting in the newsletter. He will send out a bulk e-mail with the correct date.

Inventory: The clean-up of the storage unit has been scheduled for January 10. **Paul** appreciates those who have volunteered or have been volunteered for this effort.

OCW COMMITTEE REPORTS

Share the Road: **Barb** reported that **Michelle Kashima** will send out an e-mail regarding the Road One training which will be held in January sometime.

Membership Committee: **Irene Walker** had no report.

Holiday Party: **Debbie Myers** reported that the Holiday Party is tonight at 5 pm at Sarducci's. Eighty people are signed up. Four menu choices are available. **Brenda Hanson** picked out the desserts with **Fred Guttentag's** approval.

Financial Policies & Practices: **Tracy Sharp, Debi Butz, Barb Tomita, Charlie Irwin** and **Jim Walker** have finalized the financial policies and practices. It will be sent out to board members for review. The

policies cover items such as cash disbursement controls, reporting packages, annual budgets and what the treasurer does. Approval of this document will be a new business item at the January Board Meeting.

Donations Committee: **Lorna Laugen** reported that **Sylvia Grotz** was going to select which police department to donate the helmets. The helmets will be disbursed with the bikes.

OLD BUSINESS

Nominations for 2008—09 Officers: **Jeff Rich** had no report. The ballots will go out this week. No one is running for Public Relations. Next year's board can appoint a PR officer. **Barb** reported that on the Election Committee, we need three members with one officer. She asked **Ross Ritari** to replace **Irene Walker**, since **Ross** is not on the ballot.

Laptop Computer for the Treasurer: A motion was made by **Debi Butz** and seconded by **Lee Stebbins** to approve \$4000 to purchase a laptop for the treasurer. The treasurer will be able to use the computer with either AT&T or Verizon. An IT guy offered to maintain the three club computers. He can install patches. **Charlie** is trying to get him to take care of all three for \$30 per month. Motion carried.

NEW BUSINESS

Folding Party Assistant: **Cheryl McMurray** requested that another member besides the editor set up the Folding Parties. Producing the newsletter and getting it to the printer is a big enough job. If a director could set up the Folding Party, the editor would just need to know who they are, where they live and what they'll serve. The newsletters will continue to be delivered to the **Walkers** next year, so the assistant wouldn't have to receive or bring the newsletters to the party. Just need someone to find people willing to host a Folding Party. **Charlie Irwin** suggested **Sylvia Grotz**.

Computer Equipment for Newsletter Editor: **Barb** requested that the club replace the editor's computer, since it is five years old. **Charlie** suggested that the best time to buy a computer would be during the shut down time which is now. This would give him time to copy the club software over to the new computer. A motion was made by **Barb Tomita** and seconded by **Debi Butz** to approve \$1800 for the purchase of a new

computer for the editor. **Lee** asked if we should get a laptop with no hard drive. **Charlie** recommended staying with a desktop, which is more powerful. Motion carried.

Banquet Venue: **Dan Gorman** reported that the Tustin Banquet Center has been reserved for \$7944.95 with a \$450 refund if we make the minimum at the bar. If we get ticket stubs to hand out for drinks, it might be slightly less expensive. This is under the \$8000 specified by the committee. The menu was selected with the help of the **Pilchers**. Since the theme of the banquet is to focus on members and not have a speaker, **Dan** sent out an e-mail to **Chuck Bramwell**, **Ross Ritari** and **Frank Neal** to determine who did what this year, such as their first century, first double, triple crown, etc. **Frank** suggested that **Charlie Irwin** had a lot of the data. **Dan** suggested that we could send out a bulk e-mail and simply ask members of their accomplishments. We might miss some people. He will also ask **John McKee** for race results. **Irene** thought we should send a bulk e-mail asking for accomplishments. The price of the banquet can be back down to \$20 per person. This money will be used for raffle prizes. A motion was made by **Dan Gorman** and seconded by **Alan Dauger** to set the price of the banquet at \$20 per person. Motion carried.

Officer and Director Job Description: **Kathy Pilcher** presented a job description for the Tandem Time director. She suggested using the same format, so the all of the descriptions will be consistent. **Barb** used this opportunity to remind officers and directors to complete their job descriptions if they hadn't done so already.

Amtrak and Bear Dates for 2008: A motion was made by **Charlie Irwin** and seconded by **Lee Stebbins** to set the date of the Bear for June 7 and date of the Amtrak for September 6. Motion carried. **Lee** asked that the Web Master change or correct all the dates on the web site.

ADJOURNMENT

A motion was made by **Jim Walker** and seconded by **Mike Laugen** to adjourn. Motion carried. The meeting was adjourned at 12:22 pm.

Respectfully submitted by **Doris Bingo**.

BOARD MEETING MINUTES

January 6, 2008

ATTENDANCE

Officers & Directors Present:

Dan Gorman, Doris Bingo, Jim Walker, Debi Butz, Kent Parish, Irene Walker, Cheryl McMurray, Lee Stebbins, Alan Dauger, Ken Fry, Peg Bauer, Rick Butz, Paul D'Aquanni, Sylvia Grotz, Charlie Irwin, Michelle Kashima, Debbie Myers, Jeff Rich.

Members Present:

Fred Bauer, John Grotz.

CALL to ORDER

The meeting was called to order by Vice President **Dan Gorman** at 11:33 am.

MINUTES

A motion was made by **Debi Butz** and seconded by **Alan Dauger** to approve the minutes of the December Board Meeting. Motion carried.

TREASURER'S REPORT

Jim Walker reported that OCW took in more money than it spent, and the club was under budget. All bills have been paid. The club is solvent. The treasurer's report was accepted by the board.

OCW PARAMOUNT CORPORATION REPORT

Jim reported that the corporation is solvent, including write-offs for inventory. The OCW Paramount Corporation report was accepted by the board. **Jim** handed out the profit & loss statement for the four Paramount events. It shows a profit for all four events.

BOARD MEMBER REPORTS

President: Absent.

Vice President: An e-mail was sent out to request members' accomplishments, and **Dan** has received a few responses. One interesting response was from **Adrian Stingaciu**, who rode the Amtrak century, rode to the Mexican border and then rode back. **Dan** would like to open up registration for the banquet this week.

Membership: OCW had 438 members with 2 new members. Paramount has 119 members.

Director **Peg Bauer**: **Peg** reported that the director of donations has done nothing all year, so she felt like doing something before the end of the year. **Peg** contacted other bike clubs regarding what donations they made last year. She would like next year's board to consider making donations other than paying for parties. She handed out a list of donations which the San Luis Obispo Bicycle club made, to show what other clubs are doing, and to possibly expand our horizons. SLOB used the proceeds from their Wildflower and Lighthouse rides.

Paramount: **John McKee** was absent. John is proposing a Paramount dues reduction. **Charlie Irwin** stated that this was supposed to be in effect tomorrow. His understanding is that Paramount wants to reduce dues to limit how much money they take in, to avoid paying taxes. The proposed reduction is to lower the dues to \$21 from the current \$46 in addition to the OCW dues. The women's elite team has left Paramount, so less money is required. The team is still getting money from Jax Bicycles. **Alan Dauger** suggested not reducing the dues in case the team gets another elite team. **Rick Butz** thought that John was thinking of building a junior team, so they wanted to reduce the dues for juniors. **Debi Butz** stated that the team paid a lot of taxes last year due to poor planning on our part. We have a tax person planning things now. **Debi** thinks that the team should keep the dues where they are instead of taking such a drastic measure, then figure out how to deal with the money, if some is left over at the end of the year. **Alan** suggested leaving the dues as they are, and possibly offering a rebate at the end of the year. A motion was made by **Lee Stebbins** and seconded by **Debi Butz** to leave the dues the same. Motion carried with one against and one abstention.

OCW COMMITTEE REPORTS

Road 1 Training Update: **Michelle Kashima** reported that the dates for the Road 1 Training have been set up for February 16 and 17, 2008. Nine out of the ten members have confirmed to take the training. She has sent out e-mails regarding the training. On the Share the Road subject, **Michelle** has contacted a senator who might have a way around the license plate issue, but the senator was on recess during the holidays.

Membership Committee: **Irene Walker** reported that the committee did not meet last month, but will meet this month.

Holiday Party: **Debbie Myers** reported that all 80 people who signed up, showed up to the holiday party at Sarducci's. Even a decorated train went by during the party. The party had a \$3000 budget, which was based on the wine consumption from last year. This year, the club consumed 31 bottles of wine rather than the 16 bottles consumed last year. The food cost was \$3457 with an additional \$300 for desserts, so the total expense was close to \$3750, which was offset by the \$10 deposit from each guest. This doesn't leave much for contributions, and we might be able to buy one helmet. **Debi** suggested just paying for the additional expenses, since there was a separate allocation for donations. **Judy Aronson** was pleased with all the donations from the party, and sent a thank you note to the club.

Nominating Committee: **Jeff Rich** reported that he has received 75 to 100 envelopes so far, and he is still collecting ballots, so please vote. He is still looking for a PR officer.

OLD BUSINESS

Approval of Accounting Policies & Procedures: The policies and procedure were sent out, but only one person reviewed it. **Charlie** wanted **Alan** to look at it. Approval of the policies was tabled until the February meeting, after more directors have reviewed it.

NEW BUSINESS

Spring Metric: **John McKee** absent. The tentative date for the Spring Metric is March 29. The only conflict on this date is with the Solvang Double. **John** has determined that the park is available on this date.

Student Membership: **John McKee** absent. Tabled until next month.

OTHER

The next general meeting is on January 9. It's **Dan's** last general meeting as vice president, so come and make him happy.

Paul D'Aquanni has the clean-up of the storage unit scheduled for this Thursday at 9 am.

The next folding party will be at the **Sepulveda's**.

Alan Dauger stated that the OCW Paramount Corporation must meet annually to approve expenditures and make statements about the future. The corporation has three board members, so two members, **Jim Walker** and **Alan Dauger** make a quorum. **Charlie** said that written minutes are required and must be put into the corporate book. **Alan** wanted to look over the expenses today, approve the expenses from 2007 and keep the same officers as last year. **Jim** agreed.

Sylvia Grotz sent out a bulk e-mail about folding parties, and received a really good response. Only three months remain open for the next year.

Debi Butz said that the Cinco de Mayo committee is going to meet tomorrow night, so more information on the ride is forthcoming.

ADJOURNMENT

A motion was made by **Rick Butz** and seconded by **Irene Walker** to adjourn. Motion carried. The meeting was adjourned at 12:03 pm.

Respectfully submitted by **Doris Bingo**.



President's Ride

Please join us for the last opportunity to ride with outgoing (a.k.a. lame duck) President Tomita. The President's Ride is open to all OCW members. This is a good opportunity for new riders to get acquainted with club riding. This is a no-drop ride with periodic stops to allow riders to regroup. We'll follow the short ride on the OCW Sunday Ride (please see the Sunday Ride schedule in this newsletter or visit our website at www.ocw.org for details regarding time and location. Following the ride, everyone is invited to stay for free sodas at Carl's Jr. Members are also invited to attend the Board meeting beginning at 11:30 a.m.

CLUB RIDE TOTALS FOR 2007

Minimum 200 miles or 150 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act
Aguerre, Kelly	18	935	199	1134	51	125
Aguerre, Martin	20	996	221	1217	49	150
Allred, Alan	18	623	32	655	34	0
Alvarez, Mike	21	516	0	516	24	25
Barr, Gregory	6	201	0	201	33	25
Bauer, Fred	4	164	61	225	41	225
Bauer, Peg	6	202	99	301	33	300
Bernstein, Martin	70	2195	0	2195	31	250
Bessee, Dee	0	0	0	0	0	300
Bingo, Doris	54	2697	1084	3781	49	*
Bird, Richard	1	35	0	35	35	150
Black, Larry	16	544	0	544	34	0
Bloom, Duane	14	484	0	484	34	0
Bolin, Chuck	13	556	308	864	42	0
Bowers, Sue	12	411	0	411	34	50
Bramwell, Chuck	25	2480	103	2583	99	710
Brant, Ken	16	484	0	484	30	325
Brewer, Anita	0	0	0	0	0	200
Brewer, Jim	42	1820	0	1820	43	100
Broadhag, Nancy	0	0	0	0	0	275
Broadhag, Wayne	6	392	0	392	65	350
Brown, Joel	38	1295	0	1295	34	0
Buck, Sue	64	1808	46	1854	28	1525
Burton, Judy	5	200	0	200	40	0
Burton, Ralph	5	200	0	200	40	0
Butz, Debi	54	1708	12	1720	31	*
Butz, Rick	8	305	0	305	38	475
Byron, Jeff	3	226	0	226	75	0
Byron, Kandy	3	226	0	226	75	0
Camarena, Edward	12	427	0	427	35	0
Carson, Angela	4	179	0	179	44	250
Carson, Don	6	305	0	305	50	175
Casassa, Garrett	5	230	0	230	46	0
Cassidy, Bob	30	955	2	957	31	0
Castleman, Vern	19	707	0	707	37	0
Cawthon, James	23	690	654	1344	30	0
Clanton, Diane	35	843	0	843	24	100
Clark, Dan	1	33	0	33	33	175
Clark, William	1	26	0	26	26	175
Conroy, Helen	23	782	0	782	34	0

Member	Rides	Miles	To/Fr	Total	Avg	Act
Constantino, Alvin	11	382	0	382	34	0
Crider, Wilson	40	1512	0	1512	37	200
Daley, Laura	15	525	0	525	35	0
DAquanni, Paul	85	4225	18	4243	49	920
Dauger, Alan	53	2080	879	2959	39	1725
Davidson, Bob	16	1527	126	1653	95	0
Decker, Brad	12	344	0	344	28	25
Decker, Will	1	27	0	27	27	200
DiPasquale, Lori	8	243	0	243	30	0
Ellis, Willie	12	435	0	435	36	0
Engle, Diedre	84	2582	0	2582	30	175
Fairfield, Bob	73	3262	619	3881	44	475
Fieldhouse, Bob	44	1757	0	1757	39	150
Forte, Michael	12	414	0	414	34	25
Fry, Ken	62	2072	185	2257	33	425
Gaston, Stuart	20	704	162	866	35	175
Geister, Peter	25	846	180	1026	33	0
Gerrard, Peter	3	226	8	234	75	0
Gibson, Connie	29	935	0	935	32	0
Gibson, Dave	16	549	96	645	34	160
Gorman, Dan	161	6407	3028	9435	39	*
Grotz, John	0	0	0	0	0	375
Grotz, Sylvia	0	0	0	0	0	570
Guttentag, Fred	90	3332	0	3332	37	100
Hancock, Therese	20	662	0	662	33	0
Hansen, Ralph	0	0	0	0	0	200
Hanson, Brenda	7	236	0	236	33	175
Hanson, Michael	17	593	0	593	34	100
Huey, Patrick	70	2419	0	2419	34	275
Hunter, Dick	33	816	0	816	24	0
Irwin, Charlie	2	200	0	200	100	300
Jones, Kris	38	1242	24	1266	32	125
Kashima, Michelle	0	0	0	0	0	315
Kaufman, Mark	10	736	0	736	73	50
Kibble, Greg	125	4907	59	4966	39	975
Kiefer, Randy	2	250	0	250	125	100
Klages, Scott	55	2166	9	2175	39	175
Kozlov, Tommie	0	0	0	0	0	200
Kuemerle, Denis	15	747	0	747	49	25
Langstaff, William	6	238	0	238	39	0
Larkin, Don	11	346	33	379	31	0
Laugen, Alex	35	1234	49	1283	35	400
Laugen, Lorna	51	1839	263	2102	36	575
Laugen, Michael	55	2014	157	2171	36	625

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Laxamana, Kelley	38	1498	49	1547	39	125	Rapp, Brian	14	518	28	546	37	85
Lee, Michael	107	4751	635	5386	44	*	Renowden, John	58	2921	351	3272	50	25
Levenson, Alan	22	876	8	884	39	25	Rich, Jeff	22	1148	568	1716	52	605
Lindquist, Link	23	703	36	739	30	100	Ritari, Ross	42	1506	0	1506	35	*
Long, Robert	4	253	0	253	63	0	Rodarte, Rene	5	234	0	234	46	25
Mac Vicar, William	16	402	0	402	25	325	Rusher, David	8	374	38	412	46	100
Madden, Tom	8	337	0	337	42	75	Ryder, John	69	2556	0	2556	37	0
Madigan, Tim	14	479	0	479	34	0	Saavedra, Jorge	3	271	5	276	90	0
Marino, David	4	386	0	386	96	0	Schapel, Alan	33	1353	48	1401	41	0
Mary, Joan	0	0	0	0	0	275	Schneider, Harold	10	341	0	341	34	75
McKee, John	3	86	0	86	28	160	Sepulveda, Irineo	23	847	35	882	36	100
McMurray, Cheryl	4	155	50	205	38	*	Sepulveda, Margie	30	887	34	921	29	100
McNealy, Don	35	1131	10	1141	32	75	Sharp, Scott	13	575	0	575	44	125
Melczer, Andrew	7	255	144	399	36	0	Sharp, Tracy	1	150	0	150	150	150
Montoya, Colleen	8	209	0	209	26	50	Shuler, Ed	19	894	0	894	47	0
Moore, Joseph	8	313	58	371	39	0	Simons, Charley	25	1130	50	1180	45	450
Morgan, Roger	1	100	0	100	100	300	Sly, Thomas	19	739	0	739	38	50
Morrison, Ken	56	1649	0	1649	29	425	Sorem, Terry	5	334	0	334	66	100
Morrison, Ollie	55	1624	0	1624	29	350	Stapelbroek, Dutch	35	1264	0	1264	36	175
Murphy, William	0	0	0	0	0	150	Stapelbroek, Marlys	28	1035	0	1035	36	185
Myers, Debbie	29	1156	0	1156	39	430	Stebbins, Lee	46	1888	177	2065	41	475
Nafel, Gloria	34	1237	675	1912	36	0	Stein, Richard	39	1164	0	1164	29	0
Neal, Frank	0	0	0	0	0	580	Stingaciu, Adrian	2	200	0	200	100	0
Nelson, A.J.	0	0	0	0	0	200	Taylor, Kathy	8	225	0	225	28	75
Nelson, Donna	0	0	0	0	0	200	Thomas, Dennis	14	427	0	427	30	50
Nordenstam, Crystal	22	765	0	765	34	75	Thorpe, Karen	20	648	0	648	32	0
Nordenstam, John	22	765	0	765	34	0	Tintelnot, Anthony	7	402	0	402	57	25
Norton, Mark	2	250	0	250	125	0	Tisler, Sue	3	350	0	350	116	0
Norton, Sherri	2	250	0	250	125	0	Tisler, Tom	3	350	0	350	116	0
Pabian, Paul	4	226	0	226	56	0	Tomita, Barbara	47	1557	52	1609	33	*
Painter, Cathy	3	171	0	171	57	275	Tripp, Rob	20	1104	25	1129	55	0
Painter, Lee	4	198	0	198	49	275	Trudell, Alan	29	1087	0	1087	37	50
Parish, Donna	41	1298	41	1339	31	*	Urlick, Lisa	8	326	0	326	40	0
Parish, Kent	46	1471	27	1498	31	*	Vandeventer, Scott	5	353	0	353	70	0
Patterson, Doug	3	277	0	277	92	320	Vilorla, Ron	22	821	100	921	37	100
Perea, Miguel	24	815	12	827	33	0	Walker, Irene	33	1150	0	1150	34	*
Pilcher, Henry	51	1854	0	1854	36	50	Walker, Jim	61	1976	0	1976	32	*
Pilcher, Kathy	58	2047	0	2047	35	255	Wells, Mark	9	296	105	401	32	0
Pohle, Steve	94	3604	29	3633	38	150	Whitney, David	7	330	5	335	47	225
Poorman, Penny	0	0	0	0	0	200	Will, David	18	800	100	900	44	25
Powell, David	2	200	0	200	100	25	Williams, C.J.	2	86	0	86	43	200
Pugh, Jim	45	2686	14	2700	59	225	Willits, Lyle	14	539	393	932	38	0
Raffelson, Troy	4	380	16	396	95	0	Zand, Amir	7	250	0	250	35	0
Ramos, Adrian	1	100	0	100	100	200	Zellers, Steve	24	1124	0	1124	46	125

TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	161	6407	3028	9435	39	*
Kibble, Greg	125	4907	59	4966	39	975
Lee, Michael	107	4751	635	5386	44	*
DAquanni, Paul	85	4225	18	4243	49	920
Pohle, Steve	94	3604	29	3633	38	150
Guttentag, Fred	90	3332	0	3332	37	100
Fairfield, Bob	73	3262	619	3881	44	475
Renowden, John	58	2921	351	3272	50	25
Bingo, Doris	54	2697	1084	3781	49	*
Pugh, Jim	45	2686	14	2700	59	225
Engle, Diedre	84	2582	0	2582	30	175
Ryder, John	69	2556	0	2556	37	0
Bramwell, Chuck	25	2480	103	2583	99	710
Huey, Patrick	70	2419	0	2419	34	275
Bernstein, Martin	70	2195	0	2195	31	250

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	161	6407	3028	9435	39	*
Kibble, Greg	125	4907	59	4966	39	975
Lee, Michael	107	4751	635	5386	44	*
Pohle, Steve	94	3604	29	3633	38	150
Guttentag, Fred	90	3332	0	3332	37	100
DAquanni, Paul	85	4225	18	4243	49	920
Engle, Diedre	84	2582	0	2582	30	175
Fairfield, Bob	73	3262	619	3881	44	475
Huey, Patrick	70	2419	0	2419	34	275
Bernstein, Martin	70	2195	0	2195	31	250
Ryder, John	69	2556	0	2556	37	0
Buck, Sue	64	1808	46	1854	28	1525
Fry, Ken	62	2072	185	2257	33	425
Walker, Jim	61	1976	0	1976	32	*
Pilcher, Kathy	58	2047	0	2047	35	255

TOP TO/FROM MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	161	6407	3028	9435	39	*
Bingo, Doris	54	2697	1084	3781	49	*
Dauger, Alan	53	2080	879	2959	39	1725
Nafel, Gloria	34	1237	675	1912	36	0
Cawthon, James	23	690	654	1344	30	0
Lee, Michael	107	4751	635	5386	44	*
Fairfield, Bob	73	3262	619	3881	44	475
Rich, Jeff	22	1148	568	1716	52	605
Willits, Lyle	14	539	393	932	38	0
Renowden, John	58	2921	351	3272	50	25
Bolin, Chuck	13	556	308	864	42	0
Laugen, Lorna	51	1839	263	2102	36	575
Aguerre, Martin	20	996	221	1217	49	150
Aguerre, Kelly	18	935	199	1134	51	125
Fry, Ken	62	2072	185	2257	33	425

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Dauger, Alan	53	2080	879	2959	39	1725
Buck, Sue	64	1808	46	1854	28	1525
Kibble, Greg	125	4907	59	4966	39	975
DAquanni, Paul	85	4225	18	4243	49	920
Bramwell, Chuck	25	2480	103	2583	99	710
Laugen, Michael	55	2014	157	2171	36	625
Rich, Jeff	22	1148	568	1716	52	605
Neal, Frank	0	0	0	0	0	580
Laugen, Lorna	51	1839	263	2102	36	575
Grotz, Sylvia	0	0	0	0	0	570
Stebbins, Lee	46	1888	177	2065	41	475
Butz, Rick	8	305	0	305	38	475
Fairfield, Bob	73	3262	619	3881	44	475
Simons, Charley	25	1130	50	1180	45	450
Myers, Debbie	29	1156	0	1156	39	430

2007 STATISTICS

Month	Rides	Miles	Month	Rides	Miles
Jan	283	10825	Aug	429	16746
Feb	254	9315	Sep	420	20968
Mar	367	15488	Oct	241	8412
Apr	354	12683	Nov	365	12836
May	326	15145	Dec	249	7878
Jun	435	17880	Totals	4102	162420
Jul	379	14244	Average	39.6	

Day	Rides	Miles
Sun	1073	35510
Mon	48	1558
Tue	862	25848
Wed	134	4686
Thu	137	3841
Fri	272	10802
Sat	1576	80175
Totals	4102	162420
Average	39.6	

Commute To Work Days

Dan Lipinsky	222 Days
Jeff Rich	189 Days

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: 2005 Zipp 404 CF Dimpled Tubular Wheels - Shimano Excellent Cond. Less than 300 miles. Comes With: Tufo S3 Lite 700/23 Tubular Tires, Zipp "Speed Weaponry" Skewers, Valve Stem Extensions, Dura Ace BR-7800 CF Brake Pads, Mavic Wheel Bags - Black Contact Greg Kibble at 949.586.9562

FOR SALE: Rooftop Bike Carrier. Can be configured for a tandem if you want to lift a tandem onto a car roof. Free or best offer. Contact Marlys Stapelbroek at 714.730.3734

FOR SALE: 2007 Scatante XRL Carbon SS 57 CM-Sale or Trade \$800.00 or Trade for Mid-level Mountain Bike Size Med. in good condition. New Frame with Carbon Fiber Forks and Seat Stays, Ultegra Triple Crank, Ultegra Front Derailuer, Ultegra Bottom Bracket, Campy Centaur Brakes, Alex R450 Wheels, Vittoria Zaffiro Tires, Ritchie Comp Stem, Ritchie Comp Bars, Cane Creek Aheadset, Oval Concepts Seat Post, Rondine Wing Flex Seat. All components new except Shimano 105 9 Spd. STI shifters, Dura Ace Rear Derailuer , Chain and Cassette. Mike - 714-225-5081 Contact Michael Lanphere at 714.996.3445

FOR SALE: Jersey, 2007 Euro 6 Large—XL, Full Zip , LG This is the current 2007 Jersey from the Fall order. It is a Full Zip Euro size 6 (I think its almost an XL). It is the euro version (outside stitching; upgraded material). I wore it once but too big for me. Paid \$58.75; sell \$50 obo. **Skinsuit, New Large 2006** New 2006 Skinsuit by Voler. Still in the bag. Large. This is the previous year version (faded blue top; honeycombs). Cantara pad. \$75 obo. Contact Scott Sharp at 949.646.3643

FOR SALE: Santana- Elan Tandem 9 speed, shimano ultegra flight deck, new bontrager seats, shimano spd pedals, \$1200 or obo, Great condition Contact Fred Brickner at 714.528.8079

FOR SALE: Cannondale RT 1000 Tandem Sale or Trade \$1450.00 or Trade for Size Med. Mountain Bike that is Med to High End in equal condition. Bought New in 2003. Clean and well maintained. Model RT 1000, Fairly low milage. Shimano 105 Drive Train 27 Spd, Mavic 519 Tandem rims with Shimano Tandem hubs. Suspension Seat Post for Stoker. Size X/S. A little to large for me and I'm 5'10 1/2. Worked well for my wife, she is 5'5 1/2. \$1450.00 Mike 714-225-5081 familylife1@mac.com Contact Michael Lanphere at 714.996.3445

FOR SALE: SoftRide R1 Road Bike Large frame Aluminum w/ carbon beam Durace 9 speed components Spinergy Wheelset Timetrial bars w/clip-on aerobars \$1000.00 Contact Ken Brant at 714.772.9589

FOR SALE: 03 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Ultegra front and rear, triple chain ring, extremely low mileage, Cateye cordless cycle computer. \$1,200. Contact John Cook at 714.968.0882

FOR SALE: seven ti 56cm with 57 top tube camp chorus 10 speed, itm bar and stem, mavic rims. FSA carbon cranks 172.5 cranks with bb \$175.00 \$ 1,500 Helium wheels Mavic Helium wheels \$200. American Classic Wheels 24 front 28 rear with Velocity rims \$ 200 Contact Howard Miller at 562.429.7915

FOR SALE: 06 Cannondale Six13 Team Premium Carbon Fork, FSA Compact Carbon Crank 170's, the rest is Dura Ace 10 sp. Profile Carbon Post and Flat bars, Easton Circuit wheels. Whole bike ridden less than 6 months and in EXCELLENT condition. Wheels practically new, ridden less than 5 times. E-mail for pictures Clynnspn@netscape.com \$2200 Contact Carol Lynn Neal at 760.799.3856

FOR SALE: Cannondale CAAD 8 (2005) 50cm road bike Paramount team paint, Premium carbon fork, FSA compact crank 50/34, all other components DA 10, Profile carbon post and flat bars, Easton Circuit wheelset, Fizik Aliante saddle, great shape, raced one season, \$1,700 OBO. Contact Carol Lynn Neal at 760.799.3856

FOR SALE: Cannondale CAAD 8 (2006) 52 cm Road Bike Paramount team color, Premium carbon fork, Full Dura-Ace 10-speed STI component group, Fi'zi:k Arione seat, carbon seat post, Mavic Ksyrium wheelset, perfect condition, frame new, less than 800 miles on components, \$2000. **Litespeed Classic 53 cm road bike** Year 2000, titanium, Full Dura-Ace 9-speed STI component group, Look carbon fork, Mavic Ksyrium SL wheelset, 3T stem, Deda handlebars, custom paint, excellent condition, \$2000 OBO. Contact Kent Peppard at 714.734.3447

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