

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME

July

GOAT HILL

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

PARAMOUNT RACING

2008

General Meeting

Wednesday July 9, 7:00 pm

Training for the California Triple Crown Double Centuries

Come out to see the California Triple Crown team and find out how you can have fun training for Double Centuries in Southern California . Chuck Bramwell, the California Triple Crown Guy, will share many fun photos from the OCW Saturday Century training rides. If you've ever ridden a Saturday Century, there's a good chance that there is a photo of you in far away places like Mount Baldy, Crystal Lake, Palomar Mountain, Lake Mathews, or Carbon Canyon. We'll highlight the many Saturday Century routes that make for great training rides. We'll also discuss training tips for the Double Centuries and share photos from the Devil Mountain and Terrible Two Doubles. You'll want to stay to the end for a live demonstration of the topic secret solution to the dreaded "Thermonuclear Meltdown" which will help you through a good hot ride this summer even when the temperatures soar over 110 degrees.

Plan to arrive at 6 :30pm for dinner and the presentation will start at 7:00 pm .

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...

July 4th Ride	Fri.	Guess
Board Meeting	Sun.	July 6
Folding Party	Thurs.	July 31
OCW Picnic	Sun.	Aug. 10
Amtrak Century	Sat.	Sept. 6

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BOARD MEETING

Sunday, July 6th, 11:00 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, July 31th, 7:00 pm

Hosted by:

Lee & Linda Stebbins
9753 El Portal Cr.
Fountain Valley, CA 92708
714.593.9226 or e-mail at
bikraak@socal.rr.com

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

DIRECTIONS: From 405 exit Brookhurst north, turn left at Slater. Veer right before overpass onto Starfish. Curve right, turn left at stop sign onto Buttonwood. Turn right onto El Portal Cr. Mustard colored house on left.

SPECIAL THANKS TO

Mike Lee
for Hosting the
June 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 Charlie Irwin

THE TRIP BACK ON THE FIESTA 150....

After a fun evening with great food and great friends, I got back to my room about 8:30 p.m., watched a little TV and was asleep by 9:00 pm. I don't know if I was dreaming or thinking awake, but I was worried about the return trip. Where would I get breakfast? Did I miss something about a meeting place for breakfast? What time should I get started? Can I climb the two mile hill at the very start of the ride, would my legs hold out for me? Could I handle the head wind? The next thing I realized, it was 6:00 a.m. and I was awake before the alarm clock went off.

I got ready quickly, packed my back pack and was at the ride start at 6:45. Barb T was there with the truck already, so I threw my bag on board and I was out of there.

The first climb was not as bad as I thought, and I felt amazingly well. I kept going over in my mind every rest stop and every turn, who needs a route slip? I've rode this area so many times I know every turn and every hill! I also know to expect a head wind! As I was riding, it occurred to me that I should probably stop for some food. I was not really hungry, but I knew from experience that I needed to eat before my body told me it was time. I stopped at the 7-11 for my normal morning caffeine fill of Diet Pepsi, and some cliff bars. Now I was ready for anything!

As I was riding along, Rick Butz caught up. We rode together for a minute and he was off also trying to beat the heat and the wind. The first rest stop was just opening when I arrived, so all I needed to do was fill my camelback and chat with everyone thanking them for being there so early. It always amazes me that the volunteers really do such a crucial job for the riders and always happy to do it. Just after I got to San Ofrey Park I heard a voice from behind me, "Hi Charlie", it was Rick again. I have no idea how I got ahead of Rick, but it was great to see him once again, and then he was offagain! I thought to myself, this ride is not as hard as



I had expected, I was moving right along.

As I approached San Clemente, I was climbing a little grade looking for the opening in the fence to get on to the bike trail and then I saw Rick coming back down the road. He had missed his turn. I took the advantage, picked up the pace and headed for the down hill. If he was going to pass me again he was going to have to work a little. I was gone like a flash. Of course he caught me about half way up the climb to the freeway. We briefly spoke, and once more left me in

the dust, and I figured, probably for the last time. I laughed that we met three different times, and me being ahead each time. Well, I get my kicks somehow! I reached the second rest stop at about 11:30. I was full on cliff bars so again, all I needed was water. I grabbed a little fruit, and was ready to rock and roll.

The rest of the route home was beautiful, the head wind I expected was really a tail wind and it felt great. It was good to be out early and riding these roads. I felt the enjoyment of riding my bike and feeling so empowered. I rolled into the finish just about 12:45 p.m., and guess what, there was Rick sitting on the lawn looking relaxed and comfortable. He had a great ride too.

It was a perfect end to a perfect weekend. When I arrived home and opened the garage to put my gear and bike away, Lynne came out and asked how did you get home so soon? She was just returning from her ride, and her first question was did you get a ride home? I told her no, I rode all the way back and I felt great. She looked a little annoyed at first, thinking she would have some home time by herself. Ha!!! So, she suggested I give the dog a bath since I was home so early.

Thanks to all the hardworking volunteers for your amazing contribution. It made for a really nice weekend. Also, thanks to Rick Butz for the cat and mouse game we played. It was just what I needed.

Charlie

CALIFORNIA TRIPLE CROWN

DOUBLE CENTURY REPORT

By **Frank Neal**

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

King of the Mountains Century Challenge. While this is not a CTC Double Event, it is included during two of the CTC Doubles and is attended by many CTC Riders. KOM is a Stage Race using the three toughest Century Rides in Southern California: Mulholland Challenge (part of the Mulholland Double), Breathless Agony, and Heartbreak Hundred (part of the Heartbreak Double). It is 3 days, 323 miles, and has 30,800 ft. of elevation gain! Hearty Congratulations to the OCW Members that finished all three events: **Chuck Bramwell** (26:01), **Wilson Crider** (22:59), **Bob Davidson** (21:47), and **Kris Jones**! Special Congratulations to **Kris** who was the overall Women's Winner of the KOM with a total time of 24:10! Great job, **Kris**!

The 2008 California Triple Crown Spring Series is complete! Here are the latest Results.

New Hall of Famer! Special Congratulations to **Bill Murphy** who has now completed 50 CTC Doubles! He will be inducted into the CTC Hall of Fame at the Annual Awards Breakfast this coming September 21st in Vacaville, CA. This makes **Bill** the 55th Member of this exclusive Club and the 14th OCW Member to receive this honor! Welcome to the Club, **Bill**!

5/10/08: Central Coast Double. Starting in Paso Robles, this scenic Double course passes through Cambria, the Pacific coastline, and Lake Nacimiento. It is rated with a difficulty of "Extremely High". In the afternoon, the temperature rises and the humidity drops as it heads inland through Hunter Liggett Military Reservation. This is Stage #2 of the three-stage CTC Stage Race. It is a challenge, but a very satisfying Double to Finish! To our only OCW Finisher: Way to GO, **Doug Patterson**!

5/17/08: Davis Double. In its 39th year, this course travels through the farmland and wine country Northwest of Davis. The Pope and Chiles wine valley is really fun and fast cycling. While it used to be one of the easiest

Doubles, climbs added last year make it a bit more challenging to beginner Double riders. But, it is still one of the easier Doubles and the scenery is spectacular from vineyards to mature oak forests. Every year, this Double has the highest attendance. This year, the weather was a "cooker". During the toughest afternoon climbs, the temps were reported to be 110*+! The DNF rate was very high. Great work to our OCW Finishers: **Jim Brewer, Mark Kaufman, Andrew Melczer, Doug Patterson, Steven Patterson** and **Rene Rodarte**.

5/24/08: Heartbreak Double. This Epic Double starts in Palmdale and climbs beyond Gorman, Frazier Park, and up and over Apache Saddle. This is a great course and shows some of the awesome mountain scenery of So. Cal. Rated as "Radically High" in difficulty, this Double is not for new Double riders. It alternates between "cooker" years and "cold tornado" years. This year was a "cold tornado" year. Great Job to our only OCW Finisher, **Jim Cawthon**!

6/7/08: Eastern Sierra Double. This is my personal favorite Double. The course starts in Bishop and passes Mammoth, June Lake and Mono Lake. The entire Double course is above 5,000 ft elevation. It is awesome to be riding along snow covered mountains when you don't even need arm warmers! Typically, this event turns hot in the afternoon. This year was a little different. It was sunny, but there was a stiff wind blowing down off of the snow covered mountains. This kept the temperatures down. It was perfect for riding. But, the winds were bad and good. There was a nasty headwind during the first part of the course. But, there was a payback at the end. Riders did very little pedaling during the last 35 miles as they got carried to the Finish by a Smoking Tailwind! Congratulations to our OCW Finishers: **Andy Melczer, Tom Parkes, and Doug Patterson**.

Results for the following Doubles were not available at press time. But, 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 "2008".

You can always find year-to-date stats for our OCW Members on our own OCW Website at: www.ocw.org/ Then, click on "Stats and About Us". Then click on "OCW California Triple Crown Winners." There are lots of links at the top of this page to navigate to other reports

about OCW/Triple Crown Reports.

6/21/08: Terrible Two Double. The name says it all. This is the final stage of the CTC Stage Race. It includes some of the toughest climbs in Nor. Cal. The temperatures can easily be over 100*. This Double rivals Devil Mountain Double for the title of "Most Difficult Double".

6/28/08: 50th Grand Tour. This final Spring Double starts in Malibu and offers a number of choices: 100mi - 200mi - 300mi - 400mi; Lowland option or Highland option; and 24-hours to complete whichever course you choose. This Granddaddy of Doubles is celebrating its 50th year in 2008!

Current Stats for our OCW Riders.

The following have Finished at least one 2008 CTC Double: **Chuck Bramwell, Jim Brewer, Jim Cawthon, Paul D'Aquanni, Mark Kaufman, Andy Melczer, Bill Murphy, Tom Parkes, Doug Patterson, Steven Patterson, Rene Rodarte, and Ron Williams.**

OCW has the following 2008 Triple Crown Winners, so far. Congratulations to each one!

Jim Cawthon - 3 CTC Double Finishes.

Rene Rodarte - 3 CTC Double Finishes.

Andrew Melczer - 4 CTC Double Finishes.

Tom Parkes - 4 CTC Double Finishes.

Doug Patterson - 6 CTC Double Finishes.

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

Upcoming Cal Triple Crown Fall Series.

8/2/08: Mt. Tam Double. While this Double is difficult, the scenery is something to behold. Starting in San Rafael, it travels over Mt. Tamalpais toward the coast. At the top, you are greeted with a breathtaking view of the coast. The climbs are tough and the descents are

technical. But, riding through the redwood forest is just too cool for words!

9/20/08: Knoxville Double. No, not Tennessee! It Starts in Vacaville, CA. The course climbs over the mountains and down into Napa Valley. It is a mixture of oak forests and vineyards. The difficulty is rated at "High" with 12,600 ft. of gain in 202 miles. The support is awesome. Besides, you can stay for the Annual CTC Awards Breakfast the following morning!

9/21/08: Annual CTC Awards Breakfast. Held at the same site as the Knoxville Double Start/Finish, come join in the inspirational presentation of new Triple Crown Winners, Stage Race Award Winners, and Hall of Fame Inductions. It is a great place for significant others to experience the camaraderie we all feel while rolling down the road with our riding buddies! It is a good place to meet and talk with other riders that you never see because you ride at different levels. It is a great time to meet and see **Chuck Bramwell** in action when he is not wearing bike clothes!

Don't forget: We can always use helpful and friendly volunteers at the following Doubles!

Upcoming Fall CTC Double Century Series: See: www.caltriplecrown.com/schedule.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
CTCDataGuy@Verizon.net



June 7, 2008 2008 Ride Around the Bear

By **Debi Butz**, OCW Events

One June 7, 2008 350+ riders showed up between 5:30 and 7:00am to complete one of the 10 most difficult centuries. 60 volunteers manned their posts along 100 miles in the San Bernardino Mountains. Riders started at Sylvan Park and climbed 9,580 vertical feet before they returned to enjoy hot dogs, burgers and cold soft drinks. Congratulations are in order for the brave cyclists who 'Mastered the Mountain'.

Interesting Bear Statistics

The Bear is a timed race with the results posted on our website (thanks to **Charlie Irwin**). Here are some of the interesting statistics from the website.

- ü 7 States Represented
- AZ (11), CA (334), CO (4), MN (1), MO (1), OR (1), and TX (1)
- ü Fastest time - male: 5:28:53 Tandem
- ü Fastest time - male: 5:38:53 Single
- ü Fastest time -female: 5:28:53 Tandem
- ü Fastest time -female: 6:58:17 Single
- ü Fastest OCW male: 5:44:43 Joe Moore
- ü Fastest OCW female: 7:49:13 Gloria Nafel
- ü Youngest male: 18
- ü Oldest male: 76
- ü Youngest female: 28
- ü Oldest female, 56

Volunteer Miscellany

Friday 9:00am 5 volunteers picked up two Ryder trucks to load all the equipment necessary to support the ride. Six other volunteers met at Costco to shop for 5 rest stops and a barbeque at the end. At 5:30 p.m. on Friday registration opened at the Howard Johnson motel in Redland where **Team Walker**, **Team Butz** and **Charlie Irwin** handed out packets to 80 anxious riders.

During registration we had the pleasure of meeting a gentleman that came all the way from St. Louis, MO. Mike Schott races for Michelob Ultra-Big Shark Racing. He had signed up to do this ride back in 1993 and couldn't make it and this year he drove cross country, training along the way, to complete this very challenging ride. At 4:45 a.m. on Saturday, June 7th, **Charlie Irwin** set up his computer to begin scanning riders only to discover a computer glitch. Luckily the first rider to the start line was an IT guy and was able to fix the problem

Volunteers

Many dedicated club members and friends gave up their time on Wednesday, Friday and Saturday, to volunteer. We couldn't have provided the excellent support to the courageous riders without the following people.



Wednesday Packet Prep: Rick & Debi Butz, Ken Fry, Charlie Irwin, Barb Tomita and Jim & Irene Walker.

Friday Preparation: Rick & Debi Butz, Paul D'Aquanni, Ken Fry, Charlie Irwin, Barb Tomita, Lee & Cathy Painter, Kathy Pilcher, Jim Pugh, Charlie Simons, and Jim & Irene Walker.

Registration & Starting Line: **Irene Walker***, **Kelly Aguerre**, **Mike Alvarez**, **Debi Butz**, **Charlie Irwin**, **Lorna**, **Mike & Alex Laugen**, **Barb Tomita**, **Jeff Rich** and **Doug Rich** (photographer)

Truck Drivers: **Jim Walker***, **Alex Laugen**, **Mike Laugen**, **Lee Painter** and **Terry Sorem**.

Sag Drivers: **Charley Simons***, **Debi Butz** and **Frank Keenan**.

Rest Stop #1: **Diedre Engle***, **Carol Davidson**, **Jim Finlayson**, **Debby Kelly**, **Doug McIntyre**, **Meredith Peake**, **Mike Sullivan** and, **Kim Weathers**

Rest Stop #2 (Snow Valley): **Debbie Myers***, **Bret Gross**, **Jeff & Marissa Hindman**, **John Rider** and **Barb Tomita**.

Rest Stop #3 (Lunch): **Tracy Sharp***, **Kelly Aguerre**, **Fred Brickner**, **Judy Burton**, **Carol Devlin**, **Karen Simon** and **Kasey St. James**.

Rest Stop #4 (Onyx Summit): **Cathy Painter***, **Lee Painter**, **Greg & Alison Cozza**, **Bill (Soup Chef)**, **Anne**, **Beth**, **Rick & Lisa Kerfoot**, and **Tricia Wedekind**.

Rest Stop #5 (Angelus Oaks): **Lorna Laugen ***, **Mike Laugen**, **Joe Mastro** and **Scott Sharp**.

SWEEP Riders: **Paul D'Aquanni** and **Jim Pugh** (who spent over 10 hours on the course herding riders up the mountain and back to Sylvan Park safely).

Finish Line & Barbeque. **Irene Walker***, **Dee Bessee** (massage therapist), **Sabrina Aspesi**, **Katrina Baumann**, **Jim & Anita Brewer** (expert burger & dog flippers), **Charlie Irwin** (timing), **Adrienne & Jayne Ramos**, **Jeff Rich**, **Diane Thomas** and **Vonnie Troidl**.

**Captains*

You may notice that many volunteers' names appear more than once on the list above. We are fortunate to have some very dedicated members in our midst, such as our president **Charlie Irwin** who spends countless hours making sure our computer systems work properly, **Jim & Irene Walker** who account for every registrant, get permits, insurance and organize truck rentals,



Barb Tomita and **Ken Fry** who stuff packets, shop and work day of the ride, and **Rick Butz** who fills in all the other gaps I can't coerce anyone else to do.

If you missed the event as a rider this year, there is always next year so look online around March 1, 2009 for more details. If you missed the event as a volunteer, look for me or e-mail me at events@ocw.org I'll get your name on the list for next year.

Members should consider helping out at the 2008 Amtrak Century. I am always looking for new people to MESMERIZE!

REQUEST FOR VOLUNTEERS

34th Annual Amtrak Century September 6, 2008

The club is looking for volunteers to help 1,100 ± riders make it to the train on time.....

We are accepting volunteers for the following locations: Ride Start or Rest Stop #1 or Rest Stop #2 or Rest Stop #3 or Rest Stop #4 or SAG Driver or Finish of the Ride.

If you haven't volunteered for one of our events you don't know what you're missing. You'll have the opportunity to meet new people, and feel good about helping riders fulfill their goals.

The Amtrak Century is without a doubt one of the most popular rides in Southern California. OCW can not put on this premier event without the help of members and friends like you. So please consider taking some time out of your busy schedule and support our club.

As a sign of our appreciation for volunteering for this years Amtrak Century you will receive an invitation to ride, Ride Around the Bear 2009 at no cost and you will receive a commutative T-shirt.

If you are interested in working please e-mail me at events@ocw.org.

Debi
OCW Events Coordinator.





OCW PICNIC

**Sunday, August 10, 2008
11:00 a.m. to 4:00 p.m.
Central Park
Huntington Beach**

Last year's picnic was such a success, we're doing it again! John Grotz will be grilling homemade burgers and hotdogs, there will be lots of salads and, since this is an OCW event, there will be plenty of desserts.

This year, we're thinking that we'll have some real bats and balls for a friendly game of softball. And once again, this is a "dog friendly park", so you are welcome to bring your dogs.

The picnic will be held at the covered area of Huntington Beach Central Park. Kent Parish has mapped routes for the Sunday rides to start and finish at the park. Details follow this article.

Please put Sunday, August 10th, on your calendars. Bring a change of clothes and join us after your ride for an afternoon of fun and good food. We will have appetizers waiting for you when you get there. Lunch will be served from 11:00 a.m. to 1:00 p.m.

The park is located in Huntington Beach Central Park in the covered area behind "Breakfast in the Park" which is located at 6622 Lakeview Drive. Enter the area off of Edwards on Inlet Drive, which turns into Lakeview Drive. Inlet Drive is 0.6 miles south of Slater or 0.4 miles north of Ellis.

Free parking is available.

Bring family, friends and your appetites. We'll supply the rest!

SUNDAY RIDES FOR AUGUST 10, 2008:

Short Ride: 24 miles up PCH to Seal Beach and back

to 1st Street and then up Lake back to the park.

Medium Ride: 38 miles up PCH to Seal Beach and back to Dover, then through Costa Mesa to Magnolia and back to the park.

Long Ride: 44 miles east on Slater, past The Square in Irvine and up Newport Coast to PCH and on to Seapoint and back to the park.

Please RSVP by July 28th to Sylvia Grotz.

LP.Sylvia@verizon.net



July Babies

Eetung Rauh	7/3
Herb Watanabe	7/3
Ray Roman	7/3
Wilson Crider	7/4
Marni Witte	7/4
Eileen Pariseau	7/5
Patty Jensen	7/6
Chuck Bramwell	7/6
Denis Kuemerle	7/7
Bill Pettus	7/9
Bob Cassidy	7/12
Bob Dietrich	7/15
Mark Painter	7/15
Daniel Matloff	7/17
Judy Burton	7/18
Lee Stebbins	7/18
Don Carson	7/19
Alan Vester	7/20
Ross Ritari	7/22
Marilyn Ryder	7/23
Mary Corrough	7/24
Tom Tisler	7/27
Judy Aronson	7/27
Gregory Barr	7/29

2008 Davis Double Trouble

By Rene Rodarte

The Davis double is not a Death Ride. It is 40 miles of flat to start, with about 50 miles of the same to finish. The middle 110 miles consists of about 8500 feet of climbing centered around three major climbs: Cardiac, Cobb Mountain (the biggie), and Resurrection.

I'd done it before, backwards (last year's course reversal, due to a fire at Lake Berryessa), in gorgeous weather. Finished before dark. Couldn't be too bad this time. Right?

Wrong.

Throw triple digit temperature into the mix and out pops a real challenge.

The day began pleasantly enough with a 5 a.m. start and brisk pacerline riding past rest stop #1, then climbing up Highway 128 to Monticello Dam and rest stop #2. That's when I began to get the feeling this might be an extraordinary trip. My first clue was the butterfly storm while climbing Cardiac Hill. Video would not do this sight justice (there is one on YouTube-google it). Thousands upon thousands of Monarchs floating around us, but never landing; a flower child hallucination sans the stimulants. I took this as a good omen for things to come.

Wrong again.

By mile 95 at the base of Cobb Mountain, the hairiest climb of the ride, it was easily into triple digits before noon. The climb up Cobb became the hunt for shade, as many (including yours truly) could not make the unrelenting 10% to 13% grade for the better part of nine miles in the heat without stopping to cool down. By rest stop #6 at mile 104, it was evident I was way off my planned pace. Having seriously grazed at every stop, I figured I would pass the lunch stop to save some time. UhHuh. Wrong yet again.

The ride to Resurrection, the last serious climb, consisted of a blowtorch headwind past Clear Lake, then the hills of Highway 20. By this time, my brain was pan fried and I was making stupid mistakes. Like glancing down at my computer to check my speed while bombing down Highway 20. It was but a teensy glance. Enough to not let me see the pothole that....BlamBlam!!!!....blew out both tires simultaneously at close to warp speed. The Monarchs earlier in the day must have been angels after all, because it would have taken that many to keep me from going down or off the serious em-

bankment on my right.

After viewing the highlight reel of My Life and managing to stop in an upright manner, my nerves could have tripped a 30 amp breaker. Three tubes later (I snapped the valve stem off the first with the adrenalin) I was back in business, albeit slowly. The rear tire was heavily booted to cover a rip, and the rim itself had been damaged to the point that I could not trust it to hold full pressure without blowing the bead off. I pumped the rear to a conservatively low pressure, and rode the next 80 miles to the finish on a semi-flat. No pace line riding for me from that point, but as dour as the situation sounds, the urge to finish on schedule gave way to just enjoying the beautiful evening ride past rice & wheat fields on the flats, being serenaded by frogs, crickets, and the banter of new acquaintances. Just finishing under these conditions and circumstances was reward enough.

Hats off to the Davis Bike Club for their support. There were 732 registered riders, but it's anybody's guess how many finished. Per several SAG drivers, attrition was heavier than they had ever seen. I can't stress how hard and well SAG worked on this ride. They were everywhere at once, with plenty of rest stop support.

I'll be back next year for sure. Couldn't be that tough, right???......

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

Douglas Mc Intyre
Steven Paulsen
Art Pressel Jr.

Yorba Linda
Orange
Anaheim



On Tuesday May 20, 2008 all riders of project 999 arrived in Santa Ana with a police escort to commemorate the completion of the 2008 ride from Sacramento to Santa Ana to help support the families of fallen peace officers. The Project raised over \$70k. Here is Jim and Irene Walker with the riders OCW sponsored.



Chino Hills Memorial Weekend Hike

By Alan Dauger

Seven OCW hikers finally made the hike to Gilman Peak in Chino Hills State Park after being rained out three times this year. The surprisingly heavy rains in late May threatened our hike for the fourth time but we wouldn't be deterred. These rains restored some of the plant life and we were able to enjoy hiking among several kinds of wildflowers. The cloudy skies kept us cool and provided a scenic backdrop for our eight-mile loop up North Ridge to Gilman Peak then back down via Telegraph Canyon. We were able to enjoy views of San Bernardino and North Orange Counties, though the more distant high mountains were obscured by clouds. Please see the photo of Henry and Kathy Pilcher, Jim and Irene Walker, Larry Linn, Lee Stebbins, and Alan Dauger on the summit of Gilman Peak.

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, August 2, 2008, starting at 8:00 a.m. (Summer starting time!) 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, September 27, 2008

Weekly Ride Schedule

TUESDAY

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

Tuesday Evening Rides - 5:30 PM Training at Cedar Grove Park in Tustin Ranch (corner of Pioneer Rd. and Pioneer Way). Distance is between 30 and 35 miles. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

WEDNESDAY

Wednesday Evening Rides - 5:30 PM Starts May 7th at 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

3rd Wednesday Of The Month-Beginning at 9:00 am there will be a Lunch Bunch ride to various locations. If interested in information or attending, RSVP the Ride Leader, **Jeff Rich**, at richriders@bbcnet.com. 10 rider limit.

THURSDAY

Thursday Evening Rides - 5:30 PM Training at Cedar Grove Park in Tustin Ranch (corner of Pioneer Rd. and Pioneer Way). Distance is between 30 and 35 miles. Ride Leader is **Sue Buck**, 714-508-9061 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. **NO RIDE ON JULY 4TH**

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 - 8:00 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 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 8:00am.**

JULY 2008

7/5/2008

- S 22 miles Flat to Rolling - Red Hill, Tustin Ranch, Jeffrey/University, Harvard, Main
- M 32 miles Rollies - Red Hill, Eastbluff, Bayside, PCH, Seapoint, Goldenwest, Atlanta, SART, Sunflower
- L 43 miles Hilly - Red Hill, Tustin Ranch, Jamboree, Portola, Irvine Blvd., Los Alisos, Moulton, Barranca
- XL 54 miles Flat - Sunflower, SA River Trail, Slater, Springdale, Westminster/2nd, Shoreline, Beach Bike Trail, PCH, Dover, Irvine, Von Karman, Main

7/12/2008

- S 23 miles Rollies - Red Hill, Tustin Ranch, Portola, Jeffrey, E. Yale Loop, University, Von Karman, Main
- M 33 miles Hilly - Main, Jamboree, E. Bluff, San Joaquin, Newport Coast, PCH, Brookhurst, 19th, BikeTrail, Main
- L 43 miles Hilly - Main, Alton, Bake, Rue De Fortuna/Valore, Glen Ranch, Saddleback, El Toro, Marguerite, Trabuco/Irvine Blvd., Sand Cyn., Irvine Ctr., Red Hill, MacArthur
- XL 58 miles Hilly - Red Hill, Alton, Portola, Marguerite, Camino Capistrano, Selva, PCH, Crown Valley, Moulton/Irvine Ctr., Harvard, Bike Path, Main

7/19/2008

- S 23 miles Rollies - Red Hill/Santa Ana, 22nd/Victoria, PCH, Dover, Galaxy, Bike Path, Main
- M 33 miles Rollies - Red Hill, Edinger/Irvine Ctr., Trabuco/Irvine Blvd., Portola, Tustin Ranch, Harvard,
- L 44 miles Hilly - Red Hill, Newport Blvd., Crawford Cyn., Cannon, Meats, Santiago/SA Cyn., La Palma, SA River Trail, Sunflower, Main
- XL 62 miles Hilly - Red Hill, Wanda/SA Cyn., Lake View, Bastanchury, Carbon Cyn., Chino Hills, Carbon Cyn., Collins/Prospect, Red Hill, MacArthur

7/26/2008

- S 21 miles Rollies - Main, Bike Trail, East Bluff, Back Bay, Dover, Westcliff, Galaxy, Bike Trail, Main
- M 35 miles Rollies - Main, Von Karman, University/East Bluff, San Miguel, PCH, Laguna Cyn., Sand Cyn., Yale, W. Yale Loop, Main
- L 43 miles Hilly - Red Hill, Tustin Ranch, Portola, Irvine Blvd., Sand Cyn., University/E. Bluff/Ford/Bonita Cyn., San Joaquin, Newport Coast, Campus, Von Karman, Main
- XL 58 miles Hilly - Main, Harvard, University/E. Bluff/Bonita Cyn./Mesa View, PCH, Crown Valley, La Paz, Marguerite, Alicia, Moulton/Irvine Ctr., Harvard, Main

Have a great month of cycling

SEE PAGE 10 FOR TANDEM TIME
DETAILS



OCW TRAINING JANUARY-MAY



Sunday Rides

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

Rides start promptly at 8:00 am.

S=Short M=Medium L=Long

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

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

July 2008 Schedule

July 6, 2008 Carl's Jr., Irvine. (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 23 Miles. Von Karman, Red Hill, Tustin Ranch, Portola, Sand Cyn., University.

M 31 Miles. Dover, PCH, Poppy, PCH, Laguna Cyn., Sand Cyn., Alton, Jeffrey.

L 45 Miles. Von Karman, Red Hill, PCH, Seapoint, Bushard, PCH, Dover, Campus.

July 13, 2008 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. Hick's Trail, Irvine Blvd., Barranca, Harvard, Walnut, Tustin Ranch.

M 34 Miles. Irvine Blvd., Bake, Portola, Alicia, Serrano, Barranca, Irvine Ctr., Jeffrey, Culver.

L 44 Miles. Jamboree, Santiago Cyn., Alicia, Jeronimo, Barranca, Jeffrey, Culver.

July 20, 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 25 Miles. Bryan, Tustin Ranch, Portola, Irvine Blvd., Barranca, Edinger, Red Hill.

M 34 Miles. Tustin Ranch, Jamboree, Portola (U), Irvine Blvd., Irvine Ctr., Red Hill.

L 39 Miles. Irvine Blvd., Marguerite, Oso, Moulton/Irvine Ctr., Walnut, Bryan.

July 27, 2008 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 24 Miles. Culver, Barranca, Bake, Irvine Blvd., Modjeska, Portola, Yale.

M 36 Miles. Culver, Alton, Bake, Portola, Marguerite, Oso, Irvine Ctr., Jeffrey, Culver.

L 42 Miles. Culver, Irvine Blvd., Alicia, Cabot, Oso, Laguna Cyn., Newport Coast, UCI.

Aug. 3, 2008 Carl's Jr., Irvine. (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).

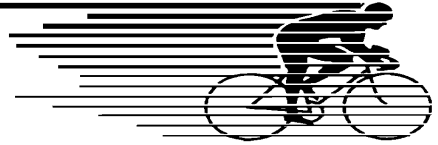
S 29 Miles. Irvine, PCH, Goldenwest, Lake, Atlanta, Brookhurst, PCH, Dover, Irvine.

M 34 Miles. Campus, Turtle Rock, Campus/Irvine, PCH, Hamilton, PCH, Jamboree, University, Campus.

L 45 Miles. Alton, Muirlands, Alicia, Pacific Is., Golden Lantern, Jeffrey/University.



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: 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

VITTORIA TIRES AND TUBES

TREK BICYCLES

BONTRAGER WHEELWORKS

SHIMANO

KENNYBZ.COM PHOTOGRAPHY

FI'ZI:K SADDLES

HAMMER NUTRITION



May Paramount Meeting

By Alan Dauger

Wouldn't you like to get more power and performance from your muscles? That question was addressed at Paramount's May meeting. Our speaker was **Hubert von der Beeck**, president of Kool Fit America, Inc. He described facts and benefits of Kool N' Fit Muscle Conditioning Spray to the group and demonstrated its effects by spraying the product on the bodies of volunteers. My shot was on the back of the neck and top of the shoulders, with the intent of relaxing this area. I can testify that the immediate effect was a cooling of the skin as the alcohol carrier evaporated, followed by a sense of heating of the muscles that lasted more than an hour.

The product is alleged to increase blood circulation by up to 30% via vasodilatation, as indicated by perfusion measurements in a calf muscle. **Mr. Von der Beeck** stated that many elite cyclists and runners use the product, finding it to be of great benefit. Each of the attendees was given a small sample bottle so we can try it out for ourselves. For more information, check their website: www.koolfitamerica.com.



July 4th Ride "Tustin Sports Park"

37 Miles including the Shady Canyon trail and Castaways Park by Dover. Portola, Sand Canyon, Quail Hill, San Miguel, PCH, Dover, Red Hill, Tustin Ranch. Ride Captain Kent Parish at 714-549-8363 or ridecaptain@ocw.org. Ride starts at 8:00 am. Tustin Sports Park is located on Robinson between Irvine Blvd. and Jamboree in Tustin.



ARTICLES WANTED

If you have completed a cycling trip, or cycling accomplishment such as your first century, double century, or major cycling event that you would like to share with your fellow Wheelmen, what better way than to flex your creative muscle and write an article for our Chain Reaction Newsletter for all to enjoy. Please send all submissions and photos to the OCW Editor at cherylswan@earthlink.net.

CLUB RIDE TOTALS FOR 2008

Minimum 100 miles or 50 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
							Fieldhouse, Bob	15	642	0	642	42	0
							Forte, Michael	9	311	0	311	34	0
							Forward, Scott	3	113	0	113	37	0
							Frantz, Suzanne	1	100	0	100	100	0
Aguerre, Kelly	3	157	0	157	52	100	Fry, Ken	3	98	4	102	32	200
Aguerre, Martin	8	487	22	509	60	0	Gaston, Liz	0	0	0	0	0	75
Allred, Alan	35	1111	80	1191	31	0	Gaston, Stuart	9	483	54	537	53	125
Alvarez, Mike	11	323	0	323	29	100	Gerrard, Kim	0	0	0	0	0	50
Benson, Matt	5	150	0	150	30	0	Gerrard, Peter	1	27	0	27	27	50
Bernstein, Martin	28	991	0	991	35	75	Gorman, Dan	62	2188	1048	3236	35	740
Bessee, Dee	0	0	0	0	0	100	Gross, Bret	0	0	0	0	0	150
Bingo, Doris	25	856	478	1334	34	*	Grotz, John	0	0	0	0	0	50
Black, Larry	16	539	0	539	33	0	Grotz, Sylvia	0	0	0	0	0	135
Bloom, Duane	9	305	0	305	33	0	Guttentag, Fred	30	1035	0	1035	34	122
Bramwell, Chuck	7	571	23	594	81	125	Hancock, Therese	8	269	0	269	33	0
Brant, Ken	1	33	0	33	33	75	Hanson, Brenda	7	235	0	235	33	50
Brewer, Anita	0	0	0	0	0	100	Hanson, Michael	22	762	0	762	34	50
Brewer, Jim	21	909	532	1441	43	100	Heidner, Gary	7	478	0	478	68	0
Brickner, Fred	0	0	0	0	0	100	Hindman, Jeff	0	0	0	0	0	100
Broadhag, Wayne	2	95	0	95	47	50	Hindman, Marissa	0	0	0	0	0	100
Brown, Joel	17	563	0	563	33	0	Huey, Patrick	38	1273	0	1273	33	0
Buck, Sue	37	1062	33	1095	28	950	Hunter, Dick	13	325	0	325	25	0
Burton, Judy	0	0	0	0	0	100	Irwin, Charlie	3	91	0	91	30	*
Butz, Debi	20	770	30	800	38	*	Johnson, Herb	0	0	0	0	0	50
Butz, Rick	3	208	0	208	69	350	Jones, Kris	19	592	0	592	31	0
Carson, Angela	1	27	0	27	27	50	Kashima, Michelle	25	1480	207	1687	59	*
Carson, Don	2	53	0	53	26	50	Kaufman, Mark	1	100	0	100	100	0
Cassidy, Bob	10	361	3	364	36	0	Keenan, Frank	0	0	0	0	0	100
Castleman, Vern	4	124	0	124	31	0	Kehr, Jim	0	0	0	0	0	50
Cawthon, James	17	604	405	1009	35	50	Kelly, Debby	0	0	0	0	0	100
Clanton, Diane	13	318	0	318	24	0	Kelly, Kevin	1	100	0	100	100	0
Constantino, Alvin	7	292	0	292	41	0	Kerfoot, Adrienne	0	0	0	0	0	100
Cook, Jim	1	150	0	150	150	0	Kerfoot, Beth	0	0	0	0	0	100
Cozza, Greg	0	0	0	0	0	100	Kerfoot, Bill	0	0	0	0	0	100
Crider, Wilson	20	708	0	708	35	0	Kerfoot, Rodrick	0	0	0	0	0	100
Daley, Laura	14	466	0	466	33	0	Kibble, Greg	37	1553	9	1562	41	160
DAquanni, Paul	25	1213	0	1213	48	250	Klages, Scott	14	500	4	504	35	25
Dauger, Alan	33	1226	279	1505	37	445	Kuemerle, Denis	3	168	0	168	56	0
Davidson, Bob	5	496	42	538	99	0	Laugen, Alex	13	431	48	479	33	200
Davidson, Carol	20	728	103	831	36	100	Laugen, Lorna	19	696	72	768	36	325
Decker, Will	0	0	0	0	0	50	Laugen, Michael	16	575	12	587	35	275
Dosier, Curt	6	184	0	184	30	50	Laxamana, Kelley	13	395	10	405	30	0
Engle, Diedre	40	1336	38	1374	33	150							
Fairfield, Bob	33	1525	222	1747	46	235							

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Lee, Michael	40	1691	100	1791	42	*	Schneider, Harold	0	0	0	0	0	50
Levenson, Alan	10	343	0	343	34	0	Sepulveda, Irineo	5	169	0	169	33	50
Lindquist, Link	16	485	0	485	30	50	Sepulveda, Margie	8	269	0	269	33	50
Mac Vicar, William	0	0	0	0	0	50	Sharp, Scott	7	282	0	282	40	175
Madden, Tom	27	1513	0	1513	56	50	Sharp, Tracy	1	100	0	100	100	150
Mary, Joan	0	0	0	0	0	75	Shuler, Ed	6	225	0	225	37	0
Mastro, Joe	0	0	0	0	0	100	Simon, Karen	1	150	0	150	150	100
Matloff, Victor	1	150	0	150	150	0	Simons, Charley	8	539	0	539	67	50
Mc Intyre, Douglas	0	0	0	0	0	100	Sorem, Terry	0	0	0	0	0	100
McKee, John	9	272	0	272	30	75	St. James, Kasey	2	55	0	55	27	100
McMurray, Cheryl	0	0	0	0	0	*	Stapelbroek, Dutch	10	340	0	340	34	50
McNealy, Don	27	774	0	774	28	100	Stapelbroek, Marlys	10	340	0	340	34	50
Mease, Curtis	0	0	0	0	0	50	Stebbins, Lee	18	750	90	840	41	150
Mills, Robert	1	150	0	150	150	0	Stein, Richard	20	630	0	630	31	0
Moore, Joseph	12	469	0	469	39	0	Taylor, Kathy	15	459	0	459	30	50
Morgan, Roger	2	52	0	52	26	150	Thomas, Dennis	17	638	0	638	37	25
Morrison, Ken	17	467	0	467	27	175	Thomas, Diane	0	0	0	0	0	*
Morrison, Ollie	17	467	0	467	27	175	Thorpe, Karen	15	494	0	494	32	0
Myers, Debbie	7	236	0	236	33	160	Tisler, Sue	1	100	0	100	100	0
Nafel, Gloria	11	434	193	627	39	50	Tisler, Tom	1	100	0	100	100	0
Neal, Frank	0	0	0	0	0	295	Tomita, Barbara	8	366	0	366	45	285
Nordenstam, Crystal	10	336	0	336	33	25	Trafton, Alvin	35	1468	0	1468	41	0
Nordenstam, John	10	336	0	336	33	25	Trudell, Alan	13	512	0	512	39	0
Painter, Alison	0	0	0	0	0	100	Vester, Alan	7	272	0	272	38	0
Painter, Cathy	0	0	0	0	0	100	Walker, Irene	14	425	0	425	30	*
Painter, Lee	0	0	0	0	0	100	Walker, Jim	28	849	0	849	30	*
Pariseau, Brien	1	100	0	100	100	0	Wedekind, Patricia	0	0	0	0	0	100
Parish, Donna	20	590	11	601	29	*	Whitney, David	1	26	0	26	26	50
Parish, Kent	20	590	11	601	29	*							
Patterson, Doug	2	175	0	175	87	25							
Perea, Miguel	16	567	80	647	35	0							
Pilcher, Henry	29	955	0	955	32	50							
Pilcher, Kathy	35	1150	0	1150	32	210							
Pohle, Steve	34	1385	0	1385	40	0							
Pugh, Jim	17	904	0	904	53	150							
Ramos, Adrian	0	0	0	0	0	100							
Renowden, John	20	1021	123	1144	51	50							
Rich, Jeff	6	231	192	423	38	260							
Ritari, Ross	6	203	0	203	33	25							
Rivera, Gil	8	283	0	283	35	0							
Ryder, John	28	997	0	997	35	100							
Schapel, Alan	19	967	0	967	50	0							



TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	62	2188	1048	3236	35	740
Lee, Michael	40	1691	100	1791	42	*
Kibble, Greg	37	1553	9	1562	41	160
Fairfield, Bob	33	1525	222	1747	46	235
Madden, Tom	27	1513	0	1513	56	50
Kashima, Michelle	25	1480	207	1687	59	*
Trafton, Alvin	35	1468	0	1468	41	0
Pohle, Steve	34	1385	0	1385	40	0
Engle, Diedre	40	1336	38	1374	33	150
Huey, Patrick	38	1273	0	1273	33	0
Dauger, Alan	33	1226	279	1505	37	445
DAquanni, Paul	25	1213	0	1213	48	250
Pilcher, Kathy	35	1150	0	1150	32	210
Allred, Alan	35	1111	80	1191	31	0
Buck, Sue	37	1062	33	1095	28	950

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	62	2188	1048	3236	35	740
Engle, Diedre	40	1336	38	1374	33	150
Lee, Michael	40	1691	100	1791	42	*
Huey, Patrick	38	1273	0	1273	33	0
Buck, Sue	37	1062	33	1095	28	950
Kibble, Greg	37	1553	9	1562	41	160
Pilcher, Kathy	35	1150	0	1150	32	210
Allred, Alan	35	1111	80	1191	31	0
Trafton, Alvin	35	1468	0	1468	41	0
Pohle, Steve	34	1385	0	1385	40	0
Dauger, Alan	33	1226	279	1505	37	445
Fairfield, Bob	33	1525	222	1747	46	235
Guttentag, Fred	30	1035	0	1035	34	122
Pilcher, Henry	29	955	0	955	32	50
Walker, Jim	28	849	0	849	30	*

TOP TO/FROM MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	62	2188	1048	3236	35	740
Brewer, Jim	21	909	532	1441	43	100
Bingo, Doris	25	856	478	1334	34	*
Cawthon, James	17	604	405	1009	35	50
Dauger, Alan	33	1226	279	1505	37	445
Fairfield, Bob	33	1525	222	1747	46	235
Kashima, Michelle	25	1480	207	1687	59	*
Nafel, Gloria	11	434	193	627	39	50
Rich, Jeff	6	231	192	423	38	260
Renowden, John	20	1021	123	1144	51	50
Davidson, Carol	20	728	103	831	36	100
Lee, Michael	40	1691	100	1791	42	*
Stebbins, Lee	18	750	90	840	41	150
Allred, Alan	35	1111	80	1191	31	0
Perea, Miguel	16	567	80	647	35	0

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Buck, Sue	37	1062	33	1095	28	950
Gorman, Dan	62	2188	1048	3236	35	740
Dauger, Alan	33	1226	279	1505	37	445
Butz, Rick	3	208	0	208	69	350
Laugen, Lorna	19	696	72	768	36	325
Neal, Frank	0	0	0	0	0	295
Tomita, Barbara	8	366	0	366	45	285
Laugen, Michael	16	575	12	587	35	275
Rich, Jeff	6	231	192	423	38	260
DAquanni, Paul	25	1213	0	1213	48	250
Fairfield, Bob	33	1525	222	1747	46	235
Pilcher, Kathy	35	1150	0	1150	32	210
Fry, Ken	3	98	4	102	32	200
Laugen, Alex	13	431	48	479	33	200
Morrison, Ken	17	467	0	467	27	175

2008 STATISTICS

Month	Rides	Miles
Jan	217	8207
Feb	275	9994
Mar	342	13115
Apr	403	15239
May	329	12517
Jun	102	4505
Totals	1668	63577
Average	38.12	

Day	Rides	Miles
Sun	344	11618
Mon	23	770
Tue	505	16293
Wed	13	354
Thu	58	1622
Fri	88	3354
Sat	637	29566
Totals	1668	63577
Average	38.12	

BOARD MEETING MINUTES

June 8, 2008

Parish will have the same rides as last year.

OLD BUSINESS

Fiesta 150: To be covered at the next meeting.

Ride Around the Bear: **Debi Butz** reported that the ride went great and the weather was perfect. The last rider came in at 6:50 pm, and called Debi at home to report that he made it to the end. Everything went fabulous.

Mystery Ride: **Kent Parish** reported that he will be offering the mystery ride again on Labor Day, and will also have another ride. They have left over gift cards to give away.

Amtrak Century: **Lee Stebbins** asked about the promotional giveaway for the Amtrak since it's in the budget. **Charlie** stated that they are still working on it, and we will have something. **Debi** is getting information about getting clips. **Lee** said that we have a train, but it's smaller than last year. The capacity of the train is 650 riders. Last year the cost was \$70, but the fee was kept at \$69. The base cost for this year is almost \$72. **Lee** suggested setting the price for this year at \$72 with train, and \$42 for no train, up from \$39 last year. Getting enough cars for 850 riders with the train and 250 riders with no train, will allow us to keep the cost the same. The registration for Amtrak opens next Sunday. **Barb Tomita** suggested allowing more money for gas for the volunteers. **Irene Walker** suggested that we open the registration next Sunday and sell 650 with the train, and if we can get more cars, fill in people from the wait list. **Debi** said that it's not fair to 450 riders who maybe wanted to take the train but couldn't get in. **Charlie** stated that this is not a good time to increase prices. A motion was made by **Lorna Laugen** and seconded by **Barb Tomita** to increase the cost of Amtrak to \$72 with train and \$42 for no train. **Kent Parish** asked if we could delay opening up the registration. **Charlie** stated that the opening dates have been posted and everyone is waiting. Motion carried. There is a wait list for both the train and no train option. **Lee** said that if he is not notified by Friday about the additional cars, we won't be increasing the number from 650 riders. **Lee** said that last year some no train riders expected the club to bring the bikes back. He would like offer a third option, add a no train with bike return in addition to the train and no train options. He would add \$10 for bringing the bike, making it \$52. **Rick Butz** said that we need to make it

ATTENDANCE

Officers & Directors Present:

Charlie Irwin, Michael Lee, Irene Walker, Doris Bingo, Debi Butz, Kent Parish, Jim Walker, Donna Parish, Michelle Kashima, Alan Dauger, Sylvia Grotz, Lorna Laugen, Lee Stebbins, Rick Butz, Paul D'Aquanni, Jeff Rich, Mike Laugen, Barb Tomita, Dan Gorman, Alex Laugen.

Members Present:

Lee Painter, Kathy Painter.

CALL to ORDER

The meeting was called to order by President **Charlie Irwin** at 11:24 am.

MINUTES

A motion was made by **Barb Tomita** and seconded by **Mike Lee** to approve the minutes of the May Board Meeting. Motion carried.

BOARD MEMBER REPORTS

President: OCW was very active at the Ride of Silence. **Charlie** was the emcee. The president, vice-president, treasurer, membership and **Lee Stebbins** also attended along with **Charlie Simons** taking photos.

Vice-President: The speaker for this week is Jim Lineback. The speaker for July is **Chuck Bramwell**. He will be talking about the Saturday century series and how to get ready for a double century.

OCW COMMITTEE REPORTS

Audit Committee: **Jeff Rich** reported that the audit was completed on April 30. They went through every check cut by OCW and Paramount. Everything was fine. The committee is closed.

OCW Picnic: **Sylvia Grotz** reported that she has sent an article about the picnic to the newsletter. The picnic will be basically the same as last year, and will be held on August 10. We will bring an actual ball for softball and she is encouraging members to bring dogs. **Kent**

clear that the riders need to pick up their bike that day. **Irene** was concerned about being stuck at the train station, because riders may take a later train back. **Irene** also said that we need to make it clear that Amtrak does not allow tandems. **Charlie** formed a committee with **Lee, Debi, Irene** and **Jim** to make decisions about Amtrak issues and then have discussions.

Paramount Race Sponsorship: **John McKee** requested \$500 to go toward the elite race at the Paramount criterium. Paramount will put the OCW name on the race flyer. A motion was made by **Debi Butz** and seconded by **Alan Dauger** to approve \$500 for the Paramount Race. Motion carried.

August General Meeting: **Mike Lee** asked if the club should hold a general meeting in August, the same month as the picnic. A motion was made by **Barb Tomita** and seconded by **Sylvia Grotz** to have no general meeting in August. Motion carried.

Board Meetings at the Event Clean-ups: **Charlie** was concerned that having a meeting after the clean-up for the Amtrak and Ride around the Bear is hard on the volunteers, because it lengthens the day. A motion was made by **Barb Tomita** and seconded by **Lee Stebbins** to have the board meeting on the first Sunday and not after the clean-up when there is an event. **Debi** confirmed that the events person will need to find volunteers to come to the clean-up. We will try this and see how it goes. **Charlie** suggested the third Sunday, so that we could have actuals. The motion was amended by **Barb** and seconded by **Lorna Laugen** to change the September board meeting to the last Sunday in August. Motion carried.

Website Software: **Charlie** reported that we had a bad time last month with disruptions from attacks taking the web site down. Software is available to prevent this. A motion was made by **Debi Butz** and seconded by **Barb Tomita** to approve \$1000 to purchase software for preventing web site attacks. Motion carried.

July Board Meeting: **Dan Gorman** suggested moving the July 6 board meeting, because it on the same day as the Paramount Criterium. **Charlie** decided to leave it on July 6, and if the quorum is not met, there will be no meeting.

OTHER

Rick Butz stated that **John McKee** is still looking for volunteers for the Paramount Criterium.

ADJOURNMENT

A motion was made by **Kent Parish** and seconded by **Dan Gorman** to adjourn. Motion carried. The meeting was adjourned at 11:55 am.

Respectfully submitted by **Doris Bingo**.



Coronary Considerations

We all ride lots, we eat nutritiously, we try to keep body weight down, and we feel and look pretty fit. But that doesn't guarantee we have healthy hearts.

Example 1: Champion cyclist **Joe Saling** of New Jersey suffered a heart attack after finishing a criterium. He was 63 and had been competing for decades. He never dreamed he could have a blocked artery. Emergency surgery saved his life and he was able to race again.

Example 2: Cycling physiologist **Ed Burke** of Colorado knew he had a family history of heart disease. Still he became a midlife convert to tough events such as Iditabike and the Leadville 100. He developed classic warning signs of heart trouble, but did not act on them. He suffered a fatal heart attack at age 53 on a noon ride.

Example 3: Much-admired bike shop owner **John Cuchessi** died of an apparent heart attack last Sunday during a club ride near San Clemente, California. **Cuchessi**, called an "exceptional cyclist," suddenly veered from the road. Two nurses performed CPR until an ambulance arrived, but paramedics were unable to revive him. He was 54.

Charles Hall isn't nearly as well known in cycling as those 3 men. He's just a fit 50-year-old recreational rider in Madison, Alabama — 5-foot-10 and a lean 160 pounds, working as a computer systems

engineer.

Then something profound happened to Hall to make Burke's death very relevant.

The Heart of the Matter

By Charles Hall

About 3 weeks ago, I experienced moderate chest discomfort 5 minutes into a planned 30-mile ride. It didn't match the descriptions I remembered of heart problems, and after I eased up for about 15 minutes the pain went away and didn't return.

Two days later I had an exact repeat. Then again a couple of days after that. I went to my doctor, who thought it was nothing serious but scheduled a precautionary stress test. I had just passed my 50th birthday.

The stressed portion of the test went smoothly. My instructions were to keep going until I couldn't take another step, but the technicians weren't interested in my offer to go for a record so we quit after several speed/resistance increases. I had very mild chest discomfort mid-test, but my pulse, blood pressure and EKG were all fine.

That was a Friday. I was cleared to ride during the weekend and told to return Monday for the resting portion of the test.

Saturday's ride was a 50-mile (80-km) non-stop solo, and while I had more frequent chest discomfort, the intensity wasn't any greater than before.

Monday, everything changed.

After the stress test's resting portion, I was warned that my myocardogram indicated irregularities and I should see a cardiologist. About an hour later I got the first big surprise.

The test, which included the injection of a tracer and electronic imaging to determine my heart's blood uptake, indicated reduced flow to the area supplied by the left anterior descending artery — one of the 3 arteries supplying the heart.

The cardiologist expressed shock that I would have this condition. He said I could pay now with a heart catheterization or pay 4-5 months later with a heart attack. Based on the scan and my lack of symptoms, he estimated 70% arterial blockage.

A catheterization would show the exact location and extent of blockage. I had it on Thursday. The surprises continued. I was 99% blocked high in the LAD artery.

My lack of symptoms was explained by the excess

heart capacity I'd built through years of cycling. It also meant that a lethal heart attack was probably going to be my first serious symptom.

A coronary stent was successfully placed to open the blockage, and I've been approved to return to riding in two weeks. There were no indications of heart damage. Given that I've been living on greatly reduced coronary blood flow, I've been told that my cycling performance should be better than it has been for some time.

I had all the body weight, blood pressure, diet and exercise factors on my side. I had no risk factors except for the one discovered in the blood work-ups during this incident: cholesterol. Without this lab work I never would have known.

My cholesterol level is two times higher than what's considered good health. In my case this is blamed on an inherited tendency, so reduction will have to come mainly through medication. There aren't huge diet or lifestyle improvements I can make.

Several things played a role in my survival. A big one was cycling. The same activity that made me fit enough to survive the ignorance of my high cholesterol also eventually gave me the warning signs to take action.

Looking back, during the second half of last year I lost enthusiasm for riding. It just became too hard, and I put it down to a busy personal schedule. After 3 months off the bike, I knew in January I needed to get started again. It was still hard, which I attributed to the layoff. Now I see this all in a new light.

My message? Biking is a good and healthful activity. We all know that. But just like you can't judge a book by its cover, you can't judge an athlete's coronary health by the way he or she looks. Check the inside stuff. And by all means pay attention to what your body is saying when you ride.

Live to bike. Bike to live.

SAVE THE DATE



This years Orange County Wheelmen's Christmas Party will be Sunday Dec. 14th. at the Huntington Harbor Yacht Club. So save the date and look for details to follow.

Yet another Great Mystery Ride

By **Dan Gorman**

This years Mystery Ride started at a totally new location, the Bonita Canyon Sports Park just up from Bonita Canyon near Mesa Road. We have ridden by this park many times, but other than one or two restroom breaks, we had never stopped in. The park as it turns out has almost everything necessary for an OCW ride. Restrooms that were clean and open before the ride start time and a Starbucks just down the street in the local Pavilions. Sorry there is no Carl's Junior is nearby however. The turnout this year was very good even though the weather was not as good as in previous years. The parking lot was still very wet from a rain that morning. This did not dampen the spirits of most of the people who braved the elements that day and most everyone who showed up rode. As far as I know nobody



stead of actually navigating the course so he created two different routes. The unofficial theme this year could have been 'Geography', since this year reminded me so much of my grade school Geography classes. What are the major products of this nation? Or what is a major natural landmark of that nation? Along with some Geography knowledge, we were also required to know about fruits, word unscrambling and also some foreign language skills.

I'm pretty sure that everyone who participated this year had a great time once again, especially after receiving our reward of a \$5.00 Starbucks card which we enjoyed shortly after the ride was completed. Thanks again to **Kent** and his team for another fun Mystery Ride. Hope to see you again next year.



got rained on and we all made it back safely to the start for our rewards.

The route this year was another winner, carefully plotted out by **Kent Parish** and his devilish team. The knowledge base this year did not seem as demanding as in previous years (who knew that Serrano is a chili? Alan Dauger did of course). Maybe we are all getting smarter or maybe Kent decided to take pity on us this year so that no teams would get lost. Team Zodiac, which I was on with **Doris Bingo**, **Alan Dauger**, **Bob Fairfield**, **Dave Rusher**, **Alvin Trafton** and **Mike Alvarez** were the second team out on the 'B' course. Yes, Kent realized that people might just follow one another (Aka 'cheat') in-



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 !

WANTED: Donations for CAF. I'm doing two races this year for the Challenged Athletes Foundation (CAF). The first is the Tour Divide from June 13 to June ??, a self-supported 2711-mile race from Canada to Mexico. Updates from this race will be posted at www.tourdivide.org The other race is the Furnace Creek 508 on Oct 4-6. If you would like to donate to this charity on my behalf you can do so at <http://raceforareason.kintera.org/stingaciu> Contact Adrian Stingaciu at 562.982.7079

WANTED: Crew member for Furnace Creek 508 solo rider. Need one person who is available Oct 3,4,5,6. Crewing experience and desire to minimize our environmental footprint during the race is a plus. Contact Adrian Stingaciu at 714.744.4304

FOR SALE: Bike Rack FREE! Hollywood (4) bike rack. Hitch type, requires 2 inch receiver. Yes I said FREE! Contact Jim Walker at 562 943 9403 teamwalker@bbcnet.com Contact Paul DAquanni at 949.766.2951

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. **Skisuit, New Large 2006** New 2006 Skisuit 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: SoftRide R1 Road Bike Large frame Aluminum w/ carbon beam Durace 9 speed components Spinergy Wheelset Timetrial bars w/clip-on aerobars \$500.00 Contact Ken Brant at 714.772.9589

FOR SALE: American Classic Wheels 24 front 28 rear with Velocity rims \$150. **FSA carbon cranks** 172.5 cranks with bb \$125 Contact Howard Miller at 562.429.7915

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: 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. **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. E-mail for pictures Clynnspin@netscape.com \$2200 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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Many Sustaining Members offer discounts to OCW members.

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

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