

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
APRIL

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

PARAMOUNT RACING
2007

General Meeting

Wednesday April 11, 7:00 pm

How would you like to cover 53 plus miles in one hour? Or how about hitting speeds of over 80 mph on a bicycle? Both of these have actually been done on racing recumbent bicycles. Some of you have seen the potential in person, have witnessed OCW's own Jim Beauchamp, the human torpedo, pull in front of a charging tandem team and pick up the pace!! This month's General Meeting will feature Jim Wronski of People Movers in Orange, who has been selling recumbent bicycles for many years. Come out and enjoy an evening with friends.

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...

Board Meetings	Sun.	Apr. 1/29
General Meeting	Wed.	Apr. 11
Folding Party	Thu.	Apr. 26
Cinco de Mayo Fiesta 150	Sat./Sun.	May 5/6
Ride Around The Bear	Sat.	June 9

OCW CLUB OFFICERS

President	Barbara Tomita	714.289.0917 President@ocw.org
Vice President	Dan Gorman	714.771.7741 Vpresident@ocw.org
Treasurer	Jim Walker	562.943.9403 Treasurer@ocw.org
Secretary	Doris Bingo	714.282.0949 Secretary@ocw.org
Events	Debi Butz	714.996.4366 Events@ocw.org
Ride Captain	Kent Parish	714.549.8363 RideCaptain@ocw.org
Membership	Irene Walker	562.943.9403 Membership@ocw.org
Editor	Cheryl McMurray	Editor@ocw.org
Statistician	Donna Parish	714.549.8363 Stats@ocw.org
Pub Relations	Michael Lee	949.458.0205 PubRelations@ocw.org
Training	Ross Ritari	714.968.6270 Training@ocw.org

BOARD OF DIRECTORS

WEB Master	Ken Fry	714.289.0917 frycat@aol.com
Paramount	John McKee	714.531.1376 pres@paramountracing.org
Tandem Time	Kathy Pilcher	714.998.5734 hkpilcher@aol.com
GoatHill	Alan Dauger	714.846.0862 a_biker@dauger.com
Director	Sylvia Grotz	562.943.7357 LP.Sylvia@verizon.net
Insurance	Lorna Laugen	714.283.5153 bikefamily@netscape.com
Director	Lee Stebbins	714.593.9226 bikraak@socal.rr.com
Director	Rick Butz	714.996.4366 rdbutz@earthlink.net
Director	Paul D'Aquanni	949.766.2951 pdaquanni@cox.net
Director	Jeff Rich	714.998.5587 richriders@bbcnet.com
Director	Mike Laugen	714.283.5153 bikefamily@netscape.com
Director	Scott Klages	714.318.1400 ssklages@aol.com
Director	Michelle Kashima	714.368.1315 kashima@cox.net
Director	Debbie Myers	949.388.7107 strong2legs@cox.net
Director	Peg Bauer	714.997.0892 prbauer@socal.rr.com

BOARD MEETINGS

Sunday, April 1st, 11:30 am

Sunday, April 29th, 11:30 am

All Officers and Directors are expected to attend to conduct business. Other interested members may also attend to observe how the Club is managed and may express ideas and opinions after Board business is concluded.

FOLDING PARTY

Thursday, April 26th, 7:00 pm

Hosted by:

Diane Clanton

2204 Vista Canyon

Orange, CA 92867

714.282.8206

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

DIRECTIONS: From North 55 Frwy exit Lincoln/Nohl Ranch Rd. Go right on Santiago (heading south). Turn left at Vista Canyon (Shell gas station on right), head up the hill to the 2nd house on the right.

SPECIAL THANKS TO

Scott & Tracy Sharp

for Hosting the

March Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please call **Cheryl McMurray at 714.530.3418**.

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By Barbara Tomita

Our Vice President, **Dan Gorman**, wrote such a great article about the Awards Dinner that I decided to keep my article very short. However, I wanted to recognize several people who are not returning to the Board in 2007-08.

First, I'd like to thank **Charlie Irwin** for his many years of tireless service as a member of the OCW board. **Charlie** has served as president as well as numerous Board positions. **Charlie** has also been an integral part of OCW's website, online registration, timing on the Bear to mention just a few of his accomplishments. We are truly indebted to **Charlie** for his outstanding work.

Ken Morrison has been a conscientious and consistent volunteer on our Board. **Ken** has assisted with the training program as well as serving as a volunteer for every major OCW ride. He has amazing energy and a kind word for everyone. We appreciate his service on the Board.



Greg Kibble and **Dutch Stapelbroek** have served as co-vice presidents and have also served as board members. As directors, **Dutch** and **Greg** have jointly chaired the committee on OCW Donations. We thank them for their time and effort.

Without the help of wonderful people such as our outgoing board members, OCW would not be the successful organization it is.



Charlie Irwin



Dutch Stapelbroek



Ken Morrison

TO ROLL OR NOT TO ROLL? OR THE TRIALS AND TRIBULATIONS OF A LOWLY VP

By Dan Gorman

It all started almost two years ago. I had this harebrained idea that Bob Roll would make a great speaker for our annual awards banquet. We were unable to make contact that first year, but were able to contract Jonathan Vaughters, which worked out pretty well. This last year, I began looking again for a speaker for our recent banquet. Usually, it takes quite some time to pin somebody down to commit to our banquet date. It was August of last year when I sent queries to Wayne Stetina, Hans Rey and of course Bob Roll. To my amazement, all three responded favorably with fees over an order of magnitude (that's ten times) from the lowest to the highest. This would have to be a board decision since money was involved. I made my presentation at the September Board Meeting. Wayne and Hans are both local which would have made my life simple since they would just have to show up and speak or in Hans' case perform. Bob was a different story. At the time, he was not sure where he would be, covering the Tour of California or at home in Durango. We allowed for these contingencies, the possibility of airfares and hotel when we considered the total cost. My personal favorite was Bob Roll and the board agreed allowing me to ask for a contract from Mr. Roll's agent.

Additionally, a committee was selected with me in charge to decide the cost and restrictions on attendance. They don't call **Barb Tomita** the Committee Queen for nothing. There was some concern that Bob might attract an overwhelming number of guests, not allowing members the opportunity to attend. After all it is the 'OCW Awards' banquet. **Charlie Irwin, Mike Laugen, Doris Bingo, Jim Walker, Lee Stebbins** and myself came up with a proposal that would be presented at the next board meeting.

We received the contract late October (these things take time) which included a list of things that Bob would require and a 50% deposit. Bob was also scheduled to begin speaking at 8:30 pm for one hour since he still had hopes of signing on to cover the Tour

of California for VS. He could be on the mike doing post production work as late as 7:00 pm, so the 8:30 pm time would allow him time to get to the banquet. There were some things in the contract that bothered me such as a cancellation clause and no mention of refund of the deposit. Steve Hanson, who is a lawyer was able to make some quick revisions to the contract which were accepted by Bob's agent, protecting our deposit in the case of cancellation and limiting excessive peripheral expenditures for airfares and the like. We had a deal!

Now comes the fun part. As recently as two weeks before the banquet, Bob did not know where he would be. He had not been picked up to commentate at the Tour of California at the time. We received an e-mail from his agent at about 10 am February 10 asking that we arrange for the air travel, preferably on United and his hotel reservation. Three hours later we received an e-mail from Bob himself stating he would be in California hanging out with the TREK guys, and that he would drive himself to the banquet. He just needed directions from Santa Clarita to the Turnip Rose. When we had read both e-mails, we were a little concerned. There were two very different stories coming from Bob and his agent. We quickly shot an e-mail back copying both Bob and his agent to try to get to the bottom of things. We got no response, but since we figured that Bob (would) know where he would be, that it was OK. My only worry now was Bob making it on time and not getting lost. A week went by with the final arrangements being made with the Turnip Rose to provide them with the "final" head count and menu selections. Registration was supposed to have closed on February 14, giving the required lead time to the Turnip Rose for them to make their preparations. Everything seemed to be going well.

We tuned in the opening Prologue on VS and to our horror saw Bob Roll commentating. OK, he was in California, that's good, but he was announcing, not necessarily good. That cancellation clause was looming in my head. After sending several e-mails to try to find out what was going on and getting no response, the possibility of being tarred and feathered by a hundred and eighty angry banquet goers began to enter my mind if Bob cancelled. After a quick stop at my local Home Depot to pick up some paint thinner, I contacted el Presidente, **Barb Tomita**. She'd know what to do. She had some reassuring words and gave

me the assurance that all would be fine in the end. When I went to bed that night, my hands and feet were cold, real cold. I had heard that under extreme stress situations, the body cuts circulation to the extremities in order to protect vital organs. I WAS STRESSED.

Thursday evening, February 22, after about two hours of a hard trainer workout, my phone rings. It's Bob Roll!!! I'm tired and suffering from Bobke-awe trying to listen to what Bob is telling me. He needs to be picked up in Santa Clarita at 4:30 pm February 24 to be taken to the banquet, but he needs to be in Long Beach by 7:00 pm to do interviews. I'm thinking to myself that will be about 10 minutes at the banquet assuming decent traffic conditions. I tell Bob that probably won't work. He tells me he will try to work it out with his producer to change his schedule, and call me back on Friday to let know. By this time, **Doris** is also starting to freak out not liking the smell of tar or feathers. I let **Alan Dauger** know what the current situation was since he had graciously agreed to provide transportation from Santa Clarita for Bob. **Alan** needed to know by 4:00 pm Friday to make arrangements to get **Marlene** to the banquet and to meet **Fred Guttentag**, his co-pilot.

I began leaving messages for Bob on Friday afternoon, "What we have here is a failure to communicate" his message spews forth, right out of "Cool Hand Luke". It's a good thing I don't believe in omens. "Bob, I hope you have good news". I leave a couple more messages, still just the message, no live person.

Friday evening comes and goes segueing into night. Bob has not called. **Alan** is not going to be able to pick up Bob, so I'm now going to have to find someone to drive to Santa Clarita if Bob can come through for us. The possibility of cancellation is becoming very real in my mind. I'm wondering if a thin coat of Vaseline would keep the tar from adhering as well.

The Tandem Time ride is the next day, and we had promised **Henry** and **Kathy Pilcher** that we would support it. I get to bed at about 10:30 pm taking my phone with me. I can't sleep! At 11:35 pm the phone rings. It's Bob! He needs a ride at 4:30 pm after the race which is being announced live, but needs to be in Long Beach that evening, leaving the banquet by about 8:30 pm. Bob wanted to speak (from) 7:00 pm 8:00 pm. Dinner was to be served starting at 7:00 pm,

when Bob would be speaking, that's bad. Oh boy, a whole new set of problems. The original contract was for Bob to speak at 8:30 pm, not leave at 8:30 pm. I decided to try to get some sleep and figure out what could be changed to fix the situations. After lying in bed for a few hours not sleeping, I got up and made a pleading call to Laura at the Turnip Rose asking that dinner be served as early as possible and that the doors to the banquet hall be opened as soon as everything was ready.

Doris arrived at about 7:15 am and we left for the Square to participate in the Tandem Time Ride. Upon arrival, I updated **Barb Tomita** on the situation. **Doris** and I would pick up Bob in Santa Clarita since finding another driver on short notice would just add to my woes. Besides that, there was still the cancellation clause. If Bob changed his mind at the last minute, I would have a head start in my getaway. **Mike Laugen** was also appraised of the situation and was asked to make sure that everything was set up properly at the banquet before the doors opened officially. Since I would, hopefully, be returning from Santa Clarita with Bob at that time. The ride was going just great until I missed the first turn, an announced detour to avoid construction on Edinger, that I didn't hear. Both **Doris** and I were a bit testy already and **Doris** let me know what she thought in no uncertain terms. I, of course, being a glutton for punishment, turned the tandem around and caught the group instead of just going home which is what **Doris** was leaning toward.

Flat number one, I didn't see a thing. Some tiny puncture. It wasn't my fault, I swear. The group waited patiently while we fixed the flat and we were off again. Heading up Sand Canyon to Portola on **Henry** and **Kathy's** wheel. I saw it, a 3/4 inch piece of crushed rock. I brushed it with the front tire, darn. No flat yet. It was just teasing me. It blew spectacularly tearing a good sized slit in the sidewall. By this time, I was in a downright bad mood. Flat number three. This time a bolt. I saw it too, but couldn't avoid it. We had to borrow a tube from **Alan Dauger**. The **Pilchers** had to go on to get the desserts ready. Thankfully, no more incidents back to the Square. I just sat there wondering what else could go wrong, not feeling very talkative. **Rick Butz** offered us a spare tube, since we still had to ride home. **Mike Laugen** rode back with us and we managed to get home without further incident.

Time for a quick shower and we would be on our way. Bob calls. Are you on your way yet? Just about to step out the door and we'll be there after we gas up. Heading up the 57 (the I-5 though L.A. is to be avoided at all cost) traffic slows to a crawl. We finally pass some expert demolition derby driver who has managed to flip their SUV across an onramp. It's a good thing I don't believe in omens. Traffic is still heavy, but we get to Santa Clarita in time. Bob calls again. Where are you? Did you pass the Macy's? He told us to meet him at the Starbucks in the mall. Good news! Both **Doris** and I can find Starbucks with our eyes closed. Better news, Bob is there and it's early! After a quick introduction, we bolt for the car. Traffic is extremely heavy leaving Santa Clarita and there is another wreck this time on the I-5. **Barb Tomita** calls. Where are you? We are on our way back and we have acquired the "package". The trip should take just over an hour according to Mapquest. Not this night. Speaking briefly with Bob, I find out he doesn't have internet access and his cell phone is not working since he lost his charger. That explains a lot. Two hours later, we arrive at the banquet at 6:10 pm. I can return the paint thinner to Home Depot, there will be no tar and feathers tonight!! After a quick pit stop in an out of the way restroom, Bob makes his appearance. Everyone seems genuinely happy to see him. Life is good! Bob quickly settles in to signing autographs and posing for pictures with anyone who wanted one. Now I realize, I still have to get up and make Bob's introduction. I am not a member of Toastmasters for a good reason. I freak out in front of large or small groups, but I'll give it my best shot. I just finished reading Bobke II, so background information was plentiful. The introduction went OK, I guess, and the rest as they say is history. Circulation has returned to my extremities and I'm hoping to actually get some sleep.



OCW Wishes You A Happy Birthday!

April Babies

Michael Lanphere	4/1
Michael Lanphere	4/1
Steven Binns	4/1
Ken Petronis	4/1
Steve Gonzales	4/1
Julia Whiteside	4/2
Jeff Carchidi	4/2
Chuck Hoover	4/2
Jeff Wallace	4/4
Matt Whiteside	4/6
Don Van Horn	4/8
Charley Simons	4/9
Bob Huff	4/11
Mark Gunderson	4/11
Richard Holzer	4/12
Jayne Ramos	4/13
Don McNealy	4/14
Herb Johnson	4/16
Sara Clark	4/16
Robert Heister	4/19
Diane McConahay	4/20
Jim Walker	4/21
Matthew Vujovich	4/23
John Kalmikov	4/23
Fred Guttentag	4/24
Laura Daley	4/25
Emmie Heidner	4/25
Alicia Cook	4/26
Polin Ung	4/26
Terry Sorem	4/28
Robert Mills	4/29
Debby Kelly	4/29
Diana Burman	4/29
George Kuszytk	4/30
Dennis Despie	4/30
Reid Griffin	4/30
Lisa Urick	4/30

2006 SERVICE AWARD WINNERS

Gold Award 900 Activity Points

Lee Stebbins, Ken Morrison, Ollie Morrison, Alan Dauger, Dan Gorman, Greg Kibble

Silver Award 650 Activity Points

Rick Butz, Barbara Barrett, Michael Laugen

Bronze Award 450 Activity Points

Wayne Broadhag, Charlie Irwin, Cheryl McMurray, Alex Laugen, Lorna Laugen, John McKee, Debbie Myers, Scott Sharp

Expert Award 250 Activity Points

Edward Bates, John Bergman, Martin Bernstein, Ken Brant, Nancy Broadhag, Don Carson, Willie Ellis, Jeff Hofstetter, Patrick Huey, Scott Klages, Leo Longo, William MacVicar, Gil Mendoza, Roger Morgan, Frank Neal, Kent Peppard, Henry Pilcher, Kathy Pilcher, Steve Pohle, Jim Pugh, Brian Rapp, Ross Ritari, Charley Simons, Julia Whiteside, Matt Whiteside

Active Award 150 Activity Points

Fred Bauer, Peg Bauer, Lynne Billie, Richard Bird, Chuck Bramwell, Sue Buck, Angeal Carson, Wilson Crider, Paul D'Aquanni, Will Decker, Dianna Delfante, Curt Dosier, Diedre Engle, Stuart Gaston, John Grotz, Fred Guttentag, Brenda Hanson, Michael Hanson, Bret Howe, Kelli Jones, Dave Jordaan, Joe Mastro, Don McNealy, Howard Miller, A.J. Nelson, Donna Nelson, Jeremy Patapoff, Penny Poorman, Sally Rich, Harold Schneider, Tracy Sharp, Dutch Stapelbroek, Marlys Stapelbroek, David Whitney, C.J. Williams

2006 COMBINATION AWARD WINNERS

Gold Award 400 Activity Points and 2500 Miles

Doris Bingo, Alan Dauger, Ken Fry, Dan Gorman, Greg Kibble, Michael Laugen, Jim Walker

Silver Award 300 Activity Points and 1750 Miles

Martin Bernstein, Lorna Laugen, Ken Morrison, Kent Parish, Henry Pilcher, Ross Ritari, Lee Stebbins

Bronze Award 200 Activity Points and 1250 Miles

Ken Brant, Debi Butz, Wilson Crider, Willie Ellis, Diedre Engle, Brenda Hanson, Michael Hanson, Patrick Huey, Scott Klages, Alex Laugen, Ollie Morrison, Debbie Myers, Donna Parish, Steve Pohle, Jim Pugh, Brian Rapp, Jeff Rich, Dutch Stapelbroek, Barbara Tomita, Irene Walker

Expert Award 100 Activity Points and 750 Miles

Chuck Bramwell, Sue Buck, Paul D'Aquanni, Stuart Gaston, Fred Guttentag, Mark Kaufman, Cheryl McMurray, Kathy Pilcher, Margie Sepulveda, Marlys Stapelbroek, Ron Viloría

Active Award 50 Activity Points and 500 Miles

Kelly Agueffe, Martin Aguerre, Wayne Broadhag, Diane Clanton, Jeff Hofstetter, Michael Lee, William MacVicar, Tim Madigan, Joseph Moore, Frank Neal, Irineo Sepulveda, Don VanHorn

**MEMBER OF
THE YEAR**

**DAN GORMAN
& DORIS BINGO**



**TO/FROM
MILEAGE
WINNER
1566 MILES**

**ACTIVITY
AWARD
1295 POINTS**

ALAN DAUGER

2005 AWARD WINNERS

Photos by Doris Bingo



**HIGH MEN'S
MILEAGE
AWARD
4318 MILES**

**FRED
GUTTENTAG**

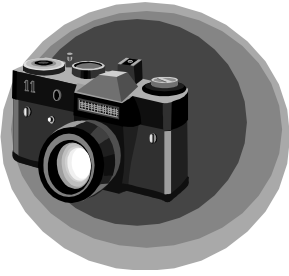


**HIGH
WOMEN'S
MILEAGE
AWARD
2217 MILES**

DORIS BINGO

**COMMUTER AWARD 237 DAYS
DAN LIPNISKY**





**Banquet
Photos
Courtesy
of Doris Bingo**





CINCO DE MAYO FIESTA 150

**Saturday & Sunday,
May 6 & 7, 2006**

By Debi Butz

Hola! Celebrate the Cinco de Mayo weekend with a fun, two-day scenic ride from Irvine to Del Mar hosted by Orange County Wheelmen/Paramount. The ride starts from the Irvine Amtrak Train Station on Saturday, May 5, 2007, when you check-in and drop off your overnight luggage between 8:00 a.m. and 9:00 a.m. The 75 mile coastal ride with two rest stops included travels from Irvine through Camp Pendleton (bring a picture ID) and continues on to Del Mar.

OCW/Paramount volunteers will have your luggage waiting in the parking lot behind the Marriott Hotel. (refer to www.ocw.org/Fiesta150/ for the list of the three event hotels, rates, and registration information). There will be a banquet with lots of great Mexican delights where you and your family can enjoy a fun party, great dinner (included with your registration), and an opportunity to win door prizes. Non-riders/guests may purchase dinner meal for an additional price (listed on the www.ocw.org website).

After a good night's sleep, you'll awaken bright and early Sunday morning, May, 6, 2007, for the 75 mile ride back to the Irvine Amtrak Train Station with two rest stops included. Again, OCW/Paramount volunteers will pick up the overnight luggage from the event hotels for transfer back to the Irvine Amtrak Train Station. Volunteers will be waiting for riders with chips & salsa and lots of cold soft drinks to welcome each of you back from your two day adventure.

Please refer to OCW's Website located at www.ocw.org/Fiesta150/ for further details and registration information. Register soon to reserve your space as the Cinco de Mayo Fiesta 150 is simply too good to miss!
Muy Bueno!

ORANGE COUNTY WHEELMEN TEAMED UP IN THE TOUR DE CURE!

By David Will

Tour de Cure is a series of cycling events held in more than 80 cities nationwide to benefit the American Diabetes Association. Since Tour de Cure's beginning in 1991, thousands of individual riders and teams have participated to support the Association's mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The Orange County Wheelmen has formed a team of individuals who are willing to make a difference in the lives of the 20.8 million Americans suffering from diabetes.

Event Info:

Date: May 19, 2007

Location: El Dorado Park , Long Beach

Ride Options:

65 mi/Metric Century: Newport Coast Balboa Island Adventure - A little challenge for the weekend warrior and sport fitness riders. Head south along Orange County 's coast line, get a birds-eye view atop the San Joaquin Hills and drop in on the Back Bay ecological preserve. Cross quaint Balboa Island and take a ferry ride on your way back to the park.

35 mi Huntington Beach Tour: Treat for the tourists. Sample North Orange County shoreline including " Surf City USA " (Huntington Beach), the Seal Beach Naval Weapons Station and aerospace giant Boeing. Mostly flat.

15 mi Ride around the Park: Short, sweet and flat for the novice. Complete the full two loops, or simply do 8.5 miles! Great for families!

All routes are fully supported with Rest Stops and Support Vehicles. Helmets required. Those crossing the Finish Line will be greeted by volunteers and treated to a delicious lunch, live music, health/bike Expo, entertainment, and soothing massage!

If you are interested in joining thousands of cyclists around the nation who are riding in Tour de Cure, visit www.socaltourdecure.com and click "Join a Team" or contact David Will at (714)360-0540 for more information

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 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 Night Ladies Ride- Beginning at 5:30 pm sharp at Sand Canyon Cyclery on the corner of Sand Canyon and Irvine Center Dr. There will be a Strong Riders ride and a No Drop Women's ride. Ride Leader is **Debi Butz**, 714.996.4366 or rdbutz@earthlink.net

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 Leader **Alan Dauger**, a_biker@dauger.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. 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. **Mike Burns** and **Chuck Bramwell** are 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 usually three rides scheduled each Saturday-Short, Medium and 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. **Rides start at 8:30 AM.**

April 7th

- S 24 Miles, Flat-Barranca, Tustin Bike Trail, Portola, Tustin Ranch Rd.
- M 35 Miles, Rollies, 900 Ft. Gain-Edinger, Toledo, Los Alisos, Jeronimo, Irvine Ctr.
(This ride is for both Tandem Time riders and single bike riders)
- L 43 Miles, Hilly, 1,800 Ft. Gain-Tustin Ranch, Irvine Blvd., Los Alisos, Moulton
- XL 61 Miles, Hilly-Alton, Bake, Antonio, Marguerite, Jeronimo

April 14th

- S 21 Miles, Flat-University, Sand Cyn., Harvard, Barranca
- M 33 Miles, Rollies-Alton, Laguna Cyn., Back Bay, University
- L 41 Miles, Hilly, 1,240 Ft. Gain-Eastbluff, Turtle Rock, Jeffrey, Tustin Ranch
- XL 62 Miles, Very Hilly-Irvine Ctr., La Paz, Stone Hill, Crown Valley, Moulton

April 21st

- S 23 Miles, Flat to Rolling-Walnut, Jeffrey, Eastbluff, Campus
- M 34 Miles, Rollies, 900 Ft. Gain-Jeffrey, Turtle Rock, Eastbluff, Dover
- L 47 Miles, Hilly, 1,700 Ft. Gain-Edinger, Trabuco, Jeronimo, Portola U-Turn, Jeffrey
- XL 74 Miles, Rollies, 1,600 Ft. Gain-Irvine Ctr., Laguna Cyn., Seapoint, SA River Trail, Hewes, Red Hill

April 28th

- S 27 Miles, Rollies-Edinger, Toledo, Serrano, Alton
- M 33 Miles, Rollies, 430 Ft. Gain-Eastbluff, PCH, Palm, SA River Trail, Sunflower
- L 41 Miles, Hilly, 1,600 Ft. Gain-Tustin Ranch, Santiago Cyn.(CW), Toledo, Alton
- XL 70 Miles, Hilly-Tustin Ranch, Santiago Cyn.(CW), Live Oak, Antonio Pkwy., Pacific Pk., Muirlands

May 5th

No scheduled ride due to Cinco de Mayo Fiesta 150

Hi to all Saturday riders. April 7th is the starting date for riders who want to train to do this year's Amtrak Century. Please give them your advice and encouragement! Happy cycling.



Tandem Time

Ride Directors

Henry & Kathy Pilcher

Please join us for a Tandem Time ride on Saturday, April 7, 2007, 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 35 miles. Remember to stay and enjoy the dessert treats courtesy of the Orange County Wheelmen.

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

Sunday Rides

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.

Call 714.956.BIKE for up-to-date OCW info.

Or: Internet Web: <http://www.ocw.org>

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.*

April 2007 Schedule

April 1, 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-29 Miles Irvine, PCH, Goldenwest, Lake, Atlanta, PCH, Dover, Campus.

M-36 Miles Irvine, PCH, Warner, Gothard, Lake, PCH, Dover, Campus.

L- 45 Miles Red Hill/Santa Ana, PCH, Seapoint, Bushard, PCH, Bayside, PCH, Dover.

April 8, 2007 Lions Park, Costa Mesa. Take the Costa Mesa Fwy (55) south to end. Continue south on Newport Blvd. for 0.4 miles to 18th St. Turn right and go 0.1 miles to Park Ave. Turn right and park on left in front of park.

S-22 Miles. Placentia, Hamilton, PCH, Seapoint, Lake, PCH, Dover, Orange.

M-34 Miles. Irvine/Campus, Irvine Ctr., Alton, Jeffrey, San Miguel, PCH, Dover.

L- 47 Miles. Irvine/Campus, Alton, Bake, Canada Rd., Lake Forest, Barranca, University, UCI, Newport Coast, PCH, Dover.

April 15, 2007 Tri-City Park, Placentia. Take the Orange Fwy (57) to Yorba Linda Blvd. Exit east and go 0.9 miles to Kraemer Blvd. Turn left and go 1.1 miles to Golden Ave. and turn left into the park. Follow park road left 0.3 miles to parking lot.

S-26 Miles. Chapman, Orangethrope, La Palma, River Trail, Lakeview, Bastanchury.

M-36 Miles. Rollies thru Cal Poly, newest route.

L- 42 Hilly Miles to Chino via Carbon Cyn.; return via Golden Springs/Colima, Lambert.

April 22, 2007 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, Portola, Jeffrey, Alton, Red Hill, Tustin Ranch, Bryan.

M-35 Miles. Bryan, Jeffrey, UCI, San Miguel, PCH, Dover, Von Karman, Red Hill.

L- 38 Miles. Newport Blvd., Santiago Cyn., Bake, Barranca, Edinger, Red Hill, Bryan.

April 29, 2007 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).

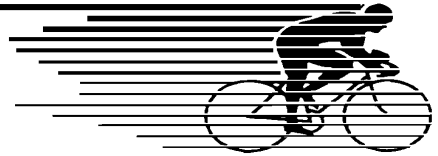
S-27 Miles. Michelson, Culver, Barranca, Alton, Irvine Blvd., Walnut, Harvard.

M-34 Miles. Red Hill, Bryan, Irvine Ctr., Muirlands, Valencia, Carlota, Ridge Route, Irvine Ctr., Alton, Jeffrey, Michelson.

L- 48 Miles. University/Jeffrey, Laguna Cyn., PCH, Poppy, PCH, Seapoint, PCH, Dover.



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	Ben Spurgeon	ben.d.spurgeon@kp.org
Webmaster	Matt Whiteside	matt@biketough.com
Public Relations	Joe Kelly	joe.kelly@maritz.com
Squad Director	Monty Pettus	sngltrkguy@yahoo.com
Race Director	John Bergman	jands.bergman@verizon.net

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

CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORTS

By Frank Neal

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

The California Triple Crown Double Century Series for 2007 is in full swing!

2/17/07: Butterfield Double. The CTC Double Century Series began with this epic Event which starts in Anaheim Hills. 2005 and 2006 brought rain. 2007 brought just the opposite. Strong winds were blowing off the desert. Along the Coast, in Oceanside, the temperatures reached 92*. It was actually cooler later in Escondido and Fallbrook. One rider commented at the Finish, "This weather was the BEST!" Congratulations to the following OCW Members who completed this challenge: **Chuck Bramwell, Jerry Brown, James Cawthon, Jim Kehr, Andrew Melczer, Bill Murphy, Tom Parkes, Doug Patterson, and Brian Rapp.**

3/3/07: Death Valley Spring Double. Always unpredictable, Death Valley Spring was fairly good to the riders this year. Temperatures were in the low 70's. But, DV is always a challenge. At mile-100, those tough Devil Headwinds started. Fortunately, the stiff headwinds subsided after 30 miles; but many of the riders were already struggling. The final miles were mild. Congratulations to the following OCW Members who completed this challenge: **Bill Murphy, Tom Parkes, and Doug Patterson.**

For complete year-to-date results, go to: www.caltriplecrown.org Click directly on "2007". After it loads, click on "Potential Winners" in the header.

Upcoming CTC Doubles:

3/31/07: Solvang Spring Double: See:

www.planetultra.com/solvang/index.html

4/14/07: Hemet Double: See:

www.inlandempirecycling.com/HemetDC/index.htm

4/14/07: Mulholland Double: See:

www.planetultra.com/mulholland/index.html

4/28/07: Devil Mountain Double: See:

www.quackcyclists.com/

5/12/07: Central Coast Double: See:

www.centralcoastdouble.com/

5/19/07: Davis Double Century: See:

www.davisbikeclub.org/ddc/2007/index.htm

5/26/07: Heartbreak Double: See:

www.planetultra.com/heartbreak/index.html

6/2/07: Eastern Sierra Double: See:

www.planetultra.com/easternsierra/index.html

Upcoming Non-CTC Events:

3/17/07: San Diego 400k Brevet.

4/22/07: The Wildflower Century. Sold Out!

5/5/07: Diehard Double Century.

5/5/07: OCW Fiesta 150.

5/5/07: Breathless Agony Century. Sold Out!

5/12/07: Crusin' the Conejo (21mi - 100mi).

5/12/07: Old Hwy 80 Century (San Diego area).

5/19/07: Mulholland Highway Century.

5/ 25-28 /07: Great Western Bicycle Rally.

6/9/07: OCW Ride Around the Bear.

If you are not ready to ride any of the Events listed above, you can always participate by volunteering your time! We always need helpful and friendly folks to help us along these journeys. You can find volunteer contact info for any of these events on the Internet on the Western States Ride Calendar: www.bbcnet.com/RideCalendar/RideListDate.asp

If you want more personal information about riding a Double Century, help is all around you in OCW. Contact any of these current OCW Members who have ridden a Double Century: **Fred Bauer, Peg Bauer, Lynne Billie, Doris Bingo, Ray Bradley, Chuck Bramwell, Ken Brant, Wayne Broadhag, Jerry Brown, Mike Burns, James Cawthon, Bob Davidson, Willie Ellis, Lorraine Gersitz, Dan Gorman, Charlie Irwin, Michelle Kashima, Mark Kaufman, Jim Kehr, Greg Kibble, Scott Klages, Cheryl McMurray, Andrew Melczer, Bill Murphy, Debbie Myers, Gloria Nafel, Frank Neal, Lee Painter, Tom Parkes, Doug Patterson, Mike Perone, Steve Pohle, Brian Rapp, Jeff Rich, Jorge Saavedra, Charley Simons, Sean Smith, Robert Turner, and Cindy VonTungeln.**

**BOARD MEETING MINUTES
March 4, 2007**

ATTENDANCE

Officers & Directors Present:

Barb Tomita, Dan Gorman, Doris Bingo, Debi Butz, Kent Parish, Cheryl McMurray, Donna Parish, Mike Lee, Ross Ritari, Lee Stebbins, Alan Dauger, Lorna Laugen, Ken Fry, Peg Bauer, Rick Butz, Paul D'Aquanni, Sylvia Grotz, Michelle Kashima, Scott Klages, Mike Laugen, Debbie Myers, Jeff Rich.

Members Present:

Steve Zellers, Patrick Huey, Alex Laugen, Fred Bauer, Bob Fairfield, David Will, Bill MacVicar.

CALL to ORDER

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

Appointment of 2007 Board of Directors

A motion was made by **Debi Butz** and seconded by **Dan Gorman** to accept the following members as the 2007 Board of Directors as amended: **Ken Fry, John McKee, Kathy Pilcher, Alan Dauger, Lee Stebbins, Lorna Laugen, Rick Butz, Sylvia Grotz, Paul D'Aquanni, Mike Laugen, Debbie Myers, Jeff Rich, Scott Klages, Michelle Kashima, Peg Bauer.** Motion carried.

MINUTES

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

TREASURER'S REPORT

Jim and **Irene Walker** are out of town, so no report today. **Jim** will bring both February and March books to the next meeting.

STATUS REPORTS

President: **Barb** is asking all the officers and board members to create a written log and time line of their activities. She would like to receive these logs at the end of the year to put into notebooks to hand to new officers. **Barb** asked about non members signing up for rides and becoming associate members. **Lee Stebbins** stated that associate memberships are good for six months, so they do not have to pay for associate membership again during that time period.

The six months starts from the event date. **Debi Butz** suggested just giving the rider his \$6 back. Every board member has access to the bulk e-mail system. We need a policy on what we can send and what we can't. We presently have a loose policy if a board member wants to send out a bulk e-mail and a couple of other board members say it's OK, then it's probably acceptable. **Debi** said that she asks other clubs to advertise our events, and we should do the same for them. **Lee** said that he is not adverse to do it for non profit organizations. **Barb** would like to create another committee for the use of the bulk e-mail system.

Vice President: The banquet is almost wrapped up. We still owe Bob Roll his last installment. **Dan** is looking for a guest speaker for the April General Meeting. He would like suggestions.

Secretary: No report.

Membership: Absent

Events: Cinco de Mayo registration has opened up. Forty riders have signed-up. There is a 150 and 100 mile option. The 100 mile option starts from rest stop 1. There will be a party in Del Mar, so please sign up. Bear registration also opened on March 1. The jersey is great this year. **Debi** is encouraging those who are not riding to volunteer for the Bear. **Angie Carlson** did the jersey.

Ride Captain: **Kent** is investigating the mystery ride.

Editor: **Cheryl** has been getting fewer e-mails about mistakes.

Statistician: No report.

Public Relations: **Mike** has brochures to pass out. He is looking for names of volunteers to take the brochures to bike shops.

Training: **Ross** has brochures about the Amtrak training which will kick-off on April 7. He wants to get them into bike shops, and he is looking for volunteers. **Barb** wants volunteers to take all three brochures at once to bike shops.

Paramount: **Scott Sharp** reported that the jerseys and team bikes will arrive soon. He had no report on the

Spring Metric or the Fiesta ride. **Dave Jordaan** was the speaker at the Paramount meeting. **Dave** will have an actual on the road climbing clinic. The team will continue to have team meetings at Jax. The website has been updated.

Tandem Time: Absent. The club had a successful Tandem Time last week with more tandems attending each time. Next Tandem Time is April 7.

Goat Hill: No report.

Web Master: The web site is up to date. **Mike** said the web site isn't working.

Inventory: **Paul D'Aquanni** volunteered for the inventory position. The position involves making a list of capital-type assets of the club.

Insurance: **Lorna** assumed the directors and officers insurance was paid. The general liability insurance is coming up for renewal, it will probably not increase. We need to put some additional events under the insurance. The total premium is \$2528 for the year and is due on April 1. Excess medical coverage is up for renewal in May and will be \$410.40. **Barb** wants to make this a new business item.

OCW COMMITTEE REPORTS

Share the Road Committee: **Michelle Kashima** thanked **Barb, Lorna, Alex Laugen** and **Frank Neal** for helping at the Amgen race. The petition has 6740 signatures. **Charlie** did a great job on the flyers. There was a boost in signatures after the race, and other groups wanted to hand out flyers. The Irvine city councilman is trying to push the special license plate through. 7500 signatures is the goal for DMV purposes.

Audit Committee: **Brent Weindling, Anne Wenninger** and **Tracy Sharp** are on the audit committee. They have all the information we had available, and we are hoping for a report either at the April or May Board Meeting. All three are CPAs.

OCW PARAMOUNT CORPORATION REPORT

Tabled.

NEW BUSINESS

Board Meeting Dates: The May Board Meeting is the same weekend as the Fiesta 150 ride. A motion was made by **Kent Parish** and seconded by **Dan Gorman** to move the May Board Meeting to April 29. Motion carried.

Survey Committee: **Barb** would like volunteers to be on the Survey Committee. It's been a year since the last survey. **Sylvia Grotz** and **Peg Bauer** volunteered. A motion was made by **Debi Butz** to approve the survey committee. Motion carried.

Board Assignments: **Ken Fry** is the Web Master, **John McKee** is the Paramount representative, **Kathy Pilcher** is Tandem Time, **Alan Dauger** is Goat Hill, **Lee Stebbins** is the Parliamentarian, **Lorna Laugen** is Insurance, **Paul D'Aquanni** is Inventory, **Mike Laugen** is the Awards Dinner, **Debbie Myers** is the Holiday Party and **Peg Bauer** is Donations.

Adoption of 2007-08 Calendar: **Barb** presented a calendar of all OCW events. A motion was made by **Debi Butz** and seconded by **Rick Butz** to eliminate the July 11 General Meeting. **Kent** stated that the New Year's Day ride has a low turn out and the ride is not listed on the calendar in 2008.

Membership in CABO and CBC: CABO can certify members of the club to teach bicycle safety to other members. The club needs to belong to two organizations to participate in the training. CABO costs \$82 and CBC costs \$52 a year. This will allow access to services. **Michelle** reported that the web site is cyclistview.com. They use helmet cams to give a bird's eye view of how cyclists look on the road. It's a good tool for education. The lower certification takes 12 hours dispersed over 4 days. A motion was made by **Kent Parish** and seconded by **Alan Dauger** to join the two organizations, CABO for \$82 and CBC for \$52. Motion carried.

American Diabetes Tour de Cure: **David Will** would like to form a fund raising group for the Tour de Cure in Long Beach on May 19. He would just like to use the OCW name to form a group on the Tour de Cure website. A motion was made by **Sylvia Grotz** and seconded by **Alan Dauger** to allow the OCW name to be used for a team for the Tour de Cure. **Kent** does

not want to advertise the ride. An amendment to the motion was made by **Lee Stebbins** and seconded by **Sylvia Grotz** to allow OCW to use resources to promote events. **Alan** disagreed with the amendment and wanted **David** to be the captain of the team. The amendment to the motion carried with 14 in favor and 5 against. Motion carried with 15 in favor and 6 against.

Paramount Water Bottles: **John McKee** would like to spend \$850 on water bottles. A motion was made by **Debi Butz** and seconded by **Rick Butz** to approve the acquisition of Paramount water bottles. **Scott** said that they will be sold at a small profit at club meetings and events. **Ken Fry** stated that he has never bought a water bottle in his life, so how would the team be able to sell them. It was clarified that Paramount can expend the money, but they need approval from the OCW board. Motion carried.

Insurance: A motion was made by **Lorna Laugen** and seconded by **Dan Gorman** to approve \$2600 for continuing the general liability insurance. Motion carried.

Awards Banquet Committee: **Dan Gorman** wanted to review the members of the 2008 Awards Banquet Committee. The committee now consists of **Dan Gorman, Charlie Irwin, Debi Butz, Jim Walker, Jeff Rich, Sylvia Grotz** and **Ken Fry**.

ADJOURNMENT

A motion was made by **Dan Gorman** and seconded by **Ken Fry** to adjourn. Motion carried. The meeting was adjourned at 12:58 pm.

Respectfully submitted by **Doris Bingo**.



A MAN WITH A PLAN

By Dan Gorman

Link Lindquist is a 79-year old freak. I mean that in a good way. Link has found through years of experience the key or keys to maintaining youthful fitness and attitude. Link caught my attention immediately at our January General Meeting when he said “you know all those diet books you have – get rid of them”. Link is a nationally renowned runner, being a six time finisher of the grueling Western States 100 Mile Endurance Race and one of the oldest finishers at age 71. He has discovered over his years of experience that the body will react favorably to exercise, but that rest is just as important as actually exercising. Link’s combination of exercises stresses the importance of convenience. Strength training is achieved using push-ups and pull-ups. Cycling is used for cardiovascular fitness. Jumping rope for ten minutes a day that Link believes is the best all around exercise being both weight bearing and cardiovascular as well as helping coordination, but being easier on the joints than running while still fighting osteoporosis. He uses meditation for mental health and wellness. All of these are immediately available at home or as easy as stepping out the front door. He actually has a couple of months off from running each year to allow his body to recuperate fully. During this time he is not dormant however, maintaining his fitness by cycling and jumping rope.

Link also obviously has a youthful spirit taking great joy in helping others to achieve their goals towards becoming more fit and having goals for himself as well. His short term goal is to continue running injury free. His long term goal is much more far reaching – to complete the Western States 100 Mile Endurance Race at 100 years of age.



FEBRUARY HIKE TO BEDFORD PK AND “MT. MUFFIN”

By Alan Dauger

Rain was predicted for our hike of February 10, but that did not deter our OCW hikers. We were all prepared to hike to well-known Bedford Peak and another nearby peak in OC’s own Santa Ana Mountains, rain or shine. The weather turned out to be perfect, and we enjoyed sunshine and fine views at 3800 feet, above the smog covering lower Orange and Riverside counties. The hike to the top of Bedford Peak, which starts just past the end of Silverado Canyon Road, is a favorite local training hike, with 2000 feet of climbing in its first three miles. Our total climbing for the day was about 3100 feet, for a distance of 11 miles. Please see the photo by Cheryl McMurray of our group, consisting of Barbara Tomita, Doris Bingo, Larry Linn, Debi Butz, Cheryl McMurray, Alan Dauger, and guests Susan and Christine.

Future hikes. We are planning to have one hike each month except December. To keep updated on the status of future hikes, and to obtain more detailed information, please email a_biker@dauger.com.

A THANK YOU TO VOLUNTEERS

By Dan Gorman

Our recent awards banquet, most people agree was a huge success. Bob Roll was absolutely hysterically funny, touted by some as a comic genius. The food and accommodations at the Turnip Rose were fabulous. As most of you probably don’t know, the banquet is a very expensive proposition being

underwritten in large part by OCW. This is only possible because of the hard work put in by our members who work at all of our fundraising events, particularly those honored that night for achieving Bronze, Silver and Gold Service award levels, putting in countless hours. Putting the banquet together is also a major undertaking from menu selection, **Henry and Kathy Pilcher**, to name tags, **Barb Tomita**, to registration, **Charlie Irwin** and the **Walkers**, to making sure everything is as it should be at the banquet, **Mike Laugen**, to the slide show, **Ken Brant** and **Charlie Irwin**, to **Jeff Rich** for creating the programs, to **Alan** and **Marlene Dauger** providing transportation for Bob Roll, getting him safely to his appointment in Long Beach, and finally to **Doris Bingo**, my confidant for living through a couple of weeks of insanity and personally chauffeuring Bob Roll to the banquet. OCW would not be what it is without all of the caring and sweat of our volunteers. We are lucky to have them.

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!....

- | | |
|--------------------|------------------------|
| Helen Conroy | Irvine |
| Kurt Eltz | Aliso Viejo |
| Joseph Farrell | San Clemente |
| Karan Franson | Rancho Santa Margarita |
| Lou Franson | Rancho Santa Margarita |
| Paul Garfield | Costa Mesa |
| John Golden | Long Beach |
| Michele Golden | Long Beach |
| Steve Gonzales | Tustin |
| Dave Jones | Aliso Viejo |
| Kris Jones | Aliso Viejo |
| Denis Kuemerle | Fullerton |
| Marcia Kuemerle | Fullerton |
| Kiril Kundurazieff | Santa Ana |
| John Renowden | Irvine |
| Suzan Given | Costa Mesa |

CLUB RIDE TOTALS FOR First Quarter of 2007

Minimum 100 miles or 50 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act					
Alqaisi, Sammy	2	83	0	83	41	0					
Bell, Denise	2	149	0	149	74	0					
Aguerre, Kelly	7	325	66	391	46	25					
Aguerre, Martin	8	380	88	468	47	25					
Alqaisi, Sammy	3	111	0	111	37	25					
Bernstein, Martin	11	346	0	346	31	75					
Bingo, Doris	7	323	163	486	46	*					
Bird, Arline	0	0	0	0	0	75					
Bird, Richard	0	0	0	0	0	75					
Bloom, Duane	4	136	0	136	34	0					
Bramwell, Chuck	2	198	8	206	99	50					
Brant, Ken	3	90	0	90	30	50					
Broadhag, Nancy	0	0	0	0	0	50					
Broadhag, Wayne	1	33	0	33	33	50					
Brown, Joel	11	378	0	378	34	0					
Buck, Sue	7	191	0	191	27	175					
Butz, Debi	8	289	0	289	36	*					
Butz, Rick	3	110	0	110	36	75					
Clanton, Diane	7	162	0	162	23	0					
Conroy, Helen	5	168	0	168	33	0					
Crider, Wilson	7	273	0	273	39	0					
DAquanni, Paul	17	839	4	843	49	150					
Dauger, Alan	14	518	197	715	37	345					
Davidson, Bob	1	106	14	120	106	0					
Decker, Brad	5	150	0	150	30	0					
Ellis, Willie	4	133	0	133	33	0					
Engle, Diedre	13	410	0	410	31	50					
Fairfield, Bob	10	407	81	488	40	25					
Fry, Ken	13	453	58	511	34	100					
Gibson, Dave	3	110	15	125	36	35					
Gorman, Dan	11	471	250	721	42	*					
Grotz, Sylvia	0	0	0	0	0	50					
Guttentag, Fred	25	904	0	904	36	0					
Huey, Patrick	12	423	0	423	35	0					
Hunter, Dick	7	167	0	167	23	0					
Jones, Kris	4	138	9	147	34	0					
Kashima, Michelle	0	0	0	0	0	60					
Kibble, Greg	13	508	0	508	39	0					
Klages, Scott	9	333	5	338	37	0					
Laugen, Alex	7	245	0	245	35	25					
Laugen, Lorna	7	269	24	293	38	25					
Laugen, Michael	10	351	33	384	35	25					
Laxamana, Kelley	22	904	47	951	41	50					
Lee, Michael	23	1012	215	1227	44	*					
Levenson, Alan	7	263	8	271	37	0					
Lindquist, Link	6	197	0	197	32	25					
Matsumoto, Joe	5	129	0	129	25	0					
McMurray, Cheryl	1	40	12	52	40	*					
Melczer, Andrew	5	181	76	257	36	0					
Moore, Joseph	4	150	32	182	37	0					
Morrison, Ken	5	96	0	96	19	100					
Morrison, Ollie	5	96	0	96	19	75					
Myers, Debbie	7	240	0	240	34	60					
Nafel, Gloria	4	139	95	234	34	0					
Nordenstam, Crystal	3	102	0	102	34	0					
Nordenstam, John	3	102	0	102	34	0					
Parish, Donna	9	266	23	289	29	*					
Parish, Kent	8	232	9	241	29	*					
Pilcher, Henry	8	288	0	288	36	0					
Pilcher, Kathy	6	210	0	210	35	60					
Pohle, Steve	14	550	0	550	39	0					
Pugh, Jim	10	661	0	661	66	0					
Rapp, Brian	6	218	0	218	36	0					
Renowden, John	3	141	0	141	47	0					
Rich, Jeff	8	295	216	511	36	75					
Rich, Sally	1	33	0	33	33	50					
Ritari, Ross	9	322	0	322	35	*					
Ryder, John	10	333	0	333	33	0					
Schapel, Alan	5	193	0	193	38	0					
Shuler, Ed	3	112	0	112	37	0					
Stapelbroek, Dutch	6	196	0	196	32	0					
Stapelbroek, Marlys	5	164	0	164	32	0					
Stebbins, Lee	6	213	0	213	35	25					
Tomita, Barbara	14	501	36	537	35	*					
Trudell, Alan	6	213	0	213	35	0					
Urlick, Lisa	6	261	0	261	43	0					
Walker, Irene	3	97	0	97	32	*					
Walker, Jim	4	130	0	130	32	*					
Will, David	4	145	0	145	36	0					
Willits, Lyle	3	118	79	197	39	0					
York, Steve	3	119	0	119	39	0					
Zellers, Steve	12	620	0	620	51	25					

TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Lee, Michael	23	1012	215	1227	44	*
Laxamana, Kelley	22	904	47	951	41	50
Guttentag, Fred	25	904	0	904	36	0
DAquanni, Paul	17	839	4	843	49	150
Pugh, Jim	10	661	0	661	66	0
Zellers, Steve	12	620	0	620	51	25
Pohle, Steve	14	550	0	550	39	0
Dauger, Alan	14	518	197	715	37	345
Kibble, Greg	13	508	0	508	39	0
Tomita, Barbara	14	501	36	537	35	*
Gorman, Dan	11	471	250	721	42	*
Fry, Ken	13	453	58	511	34	100
Huey, Patrick	12	423	0	423	35	0
Engle, Diedre	13	410	0	410	31	50
Fairfield, Bob	10	407	81	488	40	25
Aguerre, Martin	8	380	88	468	47	25
Brown, Joel	11	378	0	378	34	0

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Guttentag, Fred	25	904	0	904	36	0
Lee, Michael	23	1012	215	1227	44	*
Laxamana, Kelley	22	904	47	951	41	50
DAquanni, Paul	17	839	4	843	49	150
Pohle, Steve	14	550	0	550	39	0
Dauger, Alan	14	518	197	715	37	345
Tomita, Barbara	14	501	36	537	35	*
Fry, Ken	13	453	58	511	34	100
Kibble, Greg	13	508	0	508	39	0
Engle, Diedre	13	410	0	410	31	50
Zellers, Steve	12	620	0	620	51	25
Huey, Patrick	12	423	0	423	35	0
Bernstein, Martin	11	346	0	346	31	75
Brown, Joel	11	378	0	378	34	0
Gorman, Dan	11	471	250	721	42	*
Fairfield, Bob	10	407	81	488	40	25

TOP TO/FROM

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	11	471	250	721	42	*
Rich, Jeff	8	295	216	511	36	75
Lee, Michael	23	1012	215	1227	44	*
Dauger, Alan	14	518	197	715	37	345
Bingo, Doris	7	323	163	486	46	*
Nafel, Gloria	4	139	95	234	34	0
Aguerre, Martin	8	380	88	468	47	25
Fairfield, Bob	10	407	81	488	40	25
Willits, Lyle	3	118	79	197	39	0
Melczer, Andrew	5	181	76	257	36	0
Aguerre, Kelly	7	325	66	391	46	25
Fry, Ken	13	453	58	511	34	100
Laxamana, Kelley	22	904	47	951	41	50
Gaston, Stuart	2	73	36	109	36	25
Tomita, Barbara	14	501	36	537	35	*
Lipnisky, Dan	2	72	35	107	36	25
Laugen, Michael	10	351	33	384	35	25

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Dauger, Alan	14	518	197	715	37	345
Buck, Sue	7	191	0	191	27	175
DAquanni, Paul	17	839	4	843	49	150
Fry, Ken	13	453	58	511	34	100
Morrison, Ken	5	96	0	96	19	100
Morrison, Ollie	5	96	0	96	19	75
Bird, Richard	0	0	0	0	0	75
Rich, Jeff	8	295	216	511	36	75
Bernstein, Martin	11	346	0	346	31	75
Bird, Arline	0	0	0	0	0	75
Butz, Rick	3	110	0	110	36	75
Myers, Debbie	7	240	0	240	34	60
Pilcher, Kathy	6	210	0	210	35	60
Kashima, Michelle	0	0	0	0	0	60
Engle, Diedre	13	410	0	410	31	50
Grotz, Sylvia	0	0	0	0	0	50
Laxamana, Kelley	22	904	47	951	41	50

MONTHLY STATS

Month	Rides	Miles
Jan	283	10825
Feb	220	8209
Mar	110	4027
Totals	613	23061
Average	37.62	

DAY OF THE WEEK STATS

Day	Rides	Miles
Sun	185	6228
Mon	6	228
Tue	95	3085
Wed		
Thu	12	243
Fri	54	2134
Sat	261	11143
Totals	613	23061
Average	37.62	

GROUP RIDING SAFETY

(part 2 continued from Feb. Issue)

Activate Signals

Most signals in Irvine will respond to one bicycle wheel over the trigger loop in the pavement. When a group gets to a signal, the first rider on the right should move over to the white pedestrian cross walk button and push it. This button will hold the cross walk signal longer than the green bicycle button which may only allow a few bicyclists to cross before cycling back to red. **Watch For Traffic Coming From The Rear** Even when you are occupying the proper lane position, it often helps to know when a car is coming. Since those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying "car back." Around curves, on narrow roads, or when riding double, it is also helpful to warn of traffic approaching from ahead with "car up."

Bike Path and Multi-use Trail Riding

Recreational 'multi user' bike paths and trails have become quite popular. As a result, multi use trails have become very congested and safety is a major issue. Whether bicycling, skating, walking, or jogging, following the same rules as everyone else will help you have a safer, more enjoyable time. Trails have engineering and design limitations that require you to ride differently than you would on the road. If your preferred speed or style of cycling is inappropriate for trails, look for better-suited alternative street routes.

Be Alert

All trail users should remain alert to traffic; mirrors help see faster users coming from behind. Head sets eliminate important passing signals.

Be Predictable

Walk and ride straight. Indicate when you are turning. Warn other trail users of your intentions.

Be Courteous

All trail users, including bicyclists, joggers and wheelchair users, should be respectful of other users, regardless of their mode of travel, speed, or skill level.

Do Not Block the Trail

When riding in a group, use no more than half the trail. On many heavy use or narrow trails, this means that

all users will need to stay single file. And if you stop to regroup, or bird watch, always do it off the trail.

Keep Right

You should stay as close to the right side of the trail as is safe, except when passing another user. Many pedestrians walk facing traffic. This allows direct eye contact and reduces the surprise of a cyclist passing on their left, and allows them to step to their left and clear the trail. Others follow the keep-right rule and walk with traffic. Walkers should not walk right down the middle. Riders should take it slow when passing pedestrians, they can be unpredictable.

Pass on Left

Pass others, going your direction, on their left. Look ahead and behind to make sure the lane is clear before pulling out. Pass with ample separation. Do not move back to the right until safely passed. Fast moving users are responsible for yielding to slower moving users.

Give an Audible Signal Before Passing

Give a clear signal before when passing. This signal may be a bell, horn or voice. Warn well in advance so that the slower user has time to react and you have time to maneuver if necessary. "Passing on your left" is the most common signal used to alert other users of your approach. "Good morning" also does the trick. If you're with a group of riders it is courteous to mention that there are more riders right behind you as you pass. Watch for head sets. Users with headsets on may not hear your warning so pass gently.

Yield When Entering and Crossing Other Trails

When entering or crossing a trail at trail intersections, yield to traffic on the cross trail or road. This is often the most dangerous point on a trail.

Use Lights at Night

If the trail is open and you are using it between dusk and dawn you must be equipped with lights. Bikes need a white front light and a red rear light or reflector. Reflectors and reflective clothing are no help if there is no source of light.

Special Thanks to BCI Website and Bicycle USA

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: 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: Used Tommaso Capri road bike w/carbon fork 8 spd Sora shifters & triple crank...no hill too steep. Aero 700c wheelset. Hard to find 43cm sloping frame with a 27 inch stand-over height. Extra small frame size is well suited for a small woman or a jr rider. Some paint scratches on the right chain stay & crank arm. Includes an Echo F-7 cycle computer, water bottle cage, Wellgo clipless pedals. No mechanical issues. Will need a new set of tires soon. \$375.00 Contact George Kuszyk at 949.362.0767

FOR SALE: seven ti 56cm with 57 top tube camp corus 10 speed, itm bar and stem, mavic rims. 2000 Contact Howard Miller at 562.429.7915

FOR SALE: seven ti 56cm with 57 top tube camp corus 10 speed, itm bar and stem, mavic rims. 2000 Contact Howard Miller at 562.429.7915

FOR SALE: Park PCS-1 Home Repair Stand Park PCS-1 Home Repair Stand in excellent condition, \$95. Contact Roger Morgan at 714.997.4204

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 Clynnspin@netscape.com \$2200 Contact Carol Lynn Neal at 760.799.3856

FOR SALE: Shimano Ulterga STI Shifters/Brake Levers Brand new 10 speed Shimano 6600 Shifters. MSRP \$394. Sell for \$250. Contact Wayne Broadhag at 949.583.7811

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. Contact Kent Peppard at 714.734.3447

FOR SALE: 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

FOR SALE: Windsor 52 CM Frame with Carbon Fiber Fork and Seat Stays CF Forks, Head Set, and Seat Clamp included. All New. Turned out to be to big for my wife. \$200.00 Contact Michael Lanphere at 714.996.3445

FOR SALE: Inventory clearance: Dura Ace 9 sp bar-end shifters, like new \$35; Vision 250 mm carbon aero bars, used once \$75; Fi'zi:k Nisene saddle, like new \$20; Specialites 42-T Shimano 9 sp chain ring, new \$20; cow horn bars with dia compe brakes \$25 Contact Matt Kinder at 949.725.0586

FOR SALE: 2006 Paramount jersey Brand new, never worn, Men's size L & size M, hidden zip, short sleeve jerseys and Men's size M Cantara shorts \$50.00 each Contact Matt Kinder at 949.725.0586

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

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

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THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested
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