

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME

August

GOAT HILL

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

PARAMOUNT RACING

2007

General Meeting

Wednesday August 8th, 7:00 pm

Rob Templin, formerly a partner of Burley Design Cooperative, holder of a number of long-distance records with tandem partner Pete Penseyres and four time RAAM competitor will be presenting a program on some of the upcoming tours that his company, Second Summer Tours, will be running in 2008 - including the Maui Triple Challenge that was featured in Adventure Cyclist magazine. Along with Maui, Rob will also be showing slides of trips to Argentina/Chile, Oregon, New Zealand, and Tasmania. As you may surmise from Rob's background, these tours are challenging to say the least. Rob has been involved in the tandem scene for over 35 years, so he'll also be happy to talk 'bikes built for two' with those thinking about getting into tandeming.

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 Meeting	Sun.	Aug.	5
General Meeting	Wed.	Aug.	8
Folding Party	Thu.	Aug.	28
Labor Day Ride	Mon.	Sept.	3
Amtrak Century	Sat.	Sept.	8

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BOARD MEETING

Sunday, August 5th, 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

Tuesday, August 28th, 7:00 pm

Hosted by:

Penny Poorman & Tommie Kozlov

26456 La Scala

Laguna Hills, CA 92653

949.348.1134

tommiek@cox.net

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

DIRECTIONS: 5 freeway south. Exit Oso Parkway - turn right (west). Go 2 lights to Bridlewood- turn left. Up hill to first complex on the left - Bella Vista. Enter gate - code: 6543 - turn right - then left at La Scala. Parking across from unit, or around next corner.

SPECIAL THANKS TO

John & Sylvia Grotz

**for Hosting the
July Folding Party**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact! **Cheryl McMurray at cherylswan@earthlink.net.**

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By **Barbara Tomita**

Recently, my attention has been diverted from improving my cycling strength and speed (even senior citizens like me want to improve) to cycling safety. Consequently, I was energized when the OCW Board authorized up to \$2000 on a new safety program for cyclists.

The program will begin with an initial training of approximately 10 people and may ultimately result in some OCW members becoming certified trainers. OCW is the first club in Southern California to participate in training on this scale and I am proud our club is leading the effort to provide top-notch training on cycling safety.

Some of you may recall the presentation made by **Dan Gutierrez** and **Brian DeSousa** from the California Association of Bicycling Organizations (CABO) at our General Membership meeting in May. Using a PowerPoint presentation including taped footage of cyclists riding in traffic, **Dan** and **Brian** demonstrated safe cycling techniques. The video taped footage was so powerful that I actually changed my riding behavior after seeing just a few minutes of the video clips.

There are still a lot of unanswered questions about the best way to pursue this program. However, the OCW Board recommended we begin by training OCW Ride Leaders. Once they are trained, the ride leaders will be asked to help us create a program to share their cycling safety knowledge and skill with members.

The Road I training course authorized by the Board focuses on basic traffic skills when riding on 4-lane roads. Participants in Road I will receive 12 hours of instruction. The instruction may be done in two to four days over several weeks depending upon the availability of the instructors and the schedules of the participants.

In addition to classroom instruction, participants will receive skills training on the road. While on the road, participants will be taped using specialized "dual chase" equipment developed by **Dan** and **Brian**. Following the



on-road training, participants will have the opportunity to learn by reviewing the video footage.

Michelle Kashima, Chair of the OCW Share the Road Committee, deserves a lot of credit for making this possible. She has invested a great deal of time and effort to pursue programs such as this to help OCW members ride safely.

This special cycling safety training program will mean a lot of time and effort on our part, but I believe that many members will benefit from our participation. Moreover, several local area clubs have expressed interest in the program and may benefit from our experience. Finally, I'm hopeful that our cycling safety program will recruit new members and new cyclists to our club.

Recognition

Hats off to the **OCW Picnic Committee**. Imagine a committee that pays such close attention to detail they held a meeting to taste-test their homemade dishes. Our committee provided homemade cuisine for over 90 people. Now, that's dedication! Thank you, **Sylvia Grotz** (Chair), **Peg Bauer**, **Debbie Myers**, and **Irene Walker**. Also, a special thank-you is extended to our celebrity grill chef, **John Grotz** (he's actually an authentic Barbeque Judge).

The Paramount Racing Criterium was a great success! Paramount's event was designated as the 2007 SCNCA Master's Championship. As a result, our event attracted a lot of interest with more than 650 entries including some Pro team riders. Many volunteers were vital to this event and they will be recognized in the Paramount Racing report. I'd like to give special recognition to the efforts of **John McKee**, Paramount President, and **John Bergman**, Race Director. Through their vision and commitment, our criterium has evolved into a premiere event for Southern California racing.



**OCW Wishes
You
A Happy Birthday!**

August Babies

Patricia Wedekind	8/1
Sarah Ellis	8/1
Michelle Kashima	8/1
Kim Vollner	8/2
Dutch Stapelbroek	8/3
Sue Tisler	8/3
Ryan Perry	8/4
Debi Butz	8/5
Sarah Jackson	8/6
Rick Stephens	8/7
Dana Silver	8/7
Rob Tripp	8/7
Ken Petersen	8/8
Stephen Davis	8/9
Alan Nishio	8/9
Norma Guerra	8/10
Todd Barker	8/11
Dave Gibson	8/11
Joseph Moore	8/12
Isabelita Stelzner	8/12
Therese Hancock	8/14
Nathan Lassanske	8/15
Ken Brant	8/15
David Hofflich	8/16
Roger Morgan	8/16
Sammy Alqaisi	8/16
Becky Stephens	8/19
Peg Bauer	8/19
Tom Daley	8/19
Steven Fink	8/21
Dodie Nelson	8/21
Devin Stribich	8/22
Brenda Hanson	8/22
Ken Klein	8/24
Ed Burnett	8/26
Ken Fry	8/26
Judy Bloom	8/29
Gloria Nafel	8/30
John McKee	8/30
Christopher Raby	8/31
James Woodland	8/31
Thomas Sly	8/31



**SUMMERTIME, AND THE LIVIN' WAS
EASY**

By **Sylvia Grotz**

The OCW Annual Picnic was held on July 8th and a good time was had by all. Kudos to OCW members for showing up in huge numbers! There were at least 85 members and family at Central Park in Huntington Beach and this doesn't even count all the dogs and puppies who came along for the party. The weather was perfect, with a cool ocean breeze keeping things



from heating up.

Special thanks to our committee which consisted of **Peg Bauer, Debbie Meyers and Irene Walker**. Seems that when one person in a family volunteers, others follow! So, thank you also to **Fred Bauer, John**

Grotz and Jim Walker. Sally Rich and Jeff Rich gave up their Sunday ride and came early to help set up. Thank you all!

The delicious homemade burgers and juicy hotdogs, grilled to perfection by **John Grotz** and **John Miller**, scored a big homerun! And speaking of homeruns, one of the highlights of the picnic was the “stickball” game



played in the adjacent grassy area. Using masking tape wadded up into a ball and a tube of cardboard, a rousing game went on throughout the afternoon.

Back to the food (it's always about the food at OCW!),



thank you, **Linda Stebbins**, for making your world famous baked beans. They were a huge hit and everyone agreed they were the best baked beans



ever.

Clean-up was a breeze with everyone pitching in (are we noticing a “stickball” theme here?) to help. In typical OCW fashion, the park was left cleaner than when we arrived.

Maybe next year, we'll use a real wiffle ball



CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By Frank Neal

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

3/31/07: Solvang Double. In my May article reporting on the Solvang Double, my humble apologies that I failed to list our OCW Members, **Rene Rodarte** and **Ron Williams**, as Finishers.

5/19/07: Davis Double. Last month I reported on the Davis Double. My humble apologies that I failed to mention that **Mark Parish** and **Rene Rodarte** joined **Tom Parkes** with a Finish!

The California Triple Crown (CTC) Double Century Series for 2007 continued in June with Terrible Two and Grand Tour Double Centuries.

6/16/07: Terrible Two Double. Arguably the toughest Double on the CTC Schedule, this Double boasts awesome scenery, many 15% climbs, and some climbs up to 22%. The total gain is just over 16,000ft.! Starting near Santa Rosa, this course travels from the Napa Valley wine country to scenic Hwy 1 along the coastline. That means crossing two coastal mountain ranges and returning back over them! Its defining features have always been its four big climbs: Trinity Grade, the Geysers, Skaggs Springs, and Fort Ross. This year the weather favored the riders. What a break after last year's Thermonuclear Meltdown and 110* temps! This year, the temps never topped 101*. Are we just nuts, or what, to think 100* on a 20% climb is a GOOD DAY?! Congratulations to the following OCW Members who completed this MOST difficult Double: **Chuck Bramwell**, **Bill Murphy**, and **Doug Patterson**.

5/23/07: Grand Tour Double, Triple, and Quad. In its 49th year, the Grand Tour is the Grand Daddy of Doubles! It offers options for all types of Riders: Lowland Course, Highland Course, Century Challenge, Double Century, Triple Century, and the famed QUAD! Starting in Malibu, GT travels north on the PCH to Port Hueneme where the courses diverge. The Lowland travels along the coast and up to Ojai from the coast.

The Highland travels inland to Santa Paula, through the scenic Los Padres National Forest on Ojai Rd, and over the Sulphur Springs Pass into Ojai from the east. All courses then travel to the coast at Rincon. The Triple and Quad continue north to Gaviota Beach and back. From Rincon, all courses then return south along the coast and back to Malibu. This year the weather was the best it has been in several years. The coast was overcast in the morning, but there was no drizzle. On the inland part of the course, the usual high heat did not appear on the climb to Ojai. Congratulations to the following OCW Members who completed the Grand Tour: **Doris Bingo**, **Jim Cawthon**, **Charles Chen**, **Paul D'Aquanni**, **Mark Kaufman**, **Bill Murphy**, **Mark Parish**, **Tom Parkes**, **Doug Patterson**, **Brian Rapp**, **Jeff Rich**, **Rene Rodarte**, **Jorge Saavedra**, and **Ron Williams**.

Grand Tour Special Notes: Kudos' to four OCW Veteran Double Century Riders:

We saw some veteran OCW Double Riders we have missed on the CTC Circuit since 2002 and 2004:

Jeff Rich. Jeff has completed 28 career CTC Doubles. Before 2007, his last Double Finish was Grand Tour 2002. This year he is back! With the Finish of Grand Tour Highland, **Jeff** Finished his third 2007 CTC Double and earned his 2007 California Triple Crown Award. Welcome back to **Jeff**!

Doris Bingo. In 2004, Doris Finished her 36th CTC Event with her sixth 2004 Finish; the Grand Tour TRIPLE Century. In 2004, she also captured Second Place in the prestigious California Triple Crown Women's Stage Race! After taking a "breather" she is back in 2007 with the Finish of the Grand Tour Highland! Welcome back to **Doris**!

Then, there are the Veterans who are just too awesome:

Doug Patterson. Doug completed his 90th career CTC Event with the Finish of the 2007 Grand Tour Highland TRIPLE Century on a tandem with stoker **Lynn Katano** (87th career CTC Finish). This is his ninth CTC Finish in 2007. **Doug** and **Lynn** are planning to ride Paris-Brest-Paris (750 miles with a 90-hour time limit) this month.

AND THEN, there are the Awesome Cycling Comebacks:

Mark Parish. Mark was an accomplished bike commuter and Double Century rider before a pre-dawn collision with a coyote and you will have to read next month's CTC Update to get the full story! Stay tuned to the Chain Reaction!

California Triple Crown 2007 Awards:

Special Congratulations to our OCW Members who completed three 2007 CTC Double Centuries to capture their 2007 Triple Crown Awards: With this third CTC Double Finish, **Mark Parish, Jeff Rich and Rene Rodarte** join OCW Triple Crown Winners: **Chuck Bramwell, Jim Cawthon, Jim Kehr, Andrew Melczer, Bill Murphy, Tom Parkes, Doug Patterson, and Brian Rapp!**

Additional Recognition: With his fifth 2007 Finish, **Chuck Bramwell** joins **Andrew Melczer, Bill Murphy, Tom Parkes, Doug Patterson, and Brian Rapp** who have completed five Doubles this year to achieve the Thousand Mile Award! That is 1,000 miles in five days!

Special Kudos' to our GOLD Thousand Mile Award Winners! This Award goes to a Thousand Mile Award winner who volunteers (or provides a volunteer) for a CTC Event. Congratulations, OCW Members: **Tom Parkes and Doug Patterson.**

"Over-The-Top" Recognition goes to the following OCW Members:

Andrew Melczer: Six 2007 CTC Doubles completed.

Brian Rapp: Seven 2007 CTC Doubles completed.

Bill Murphy: Eight 2007 CTC Doubles completed.

Tom Parkes: Nine 2007 CTC Doubles completed.

Doug Patterson: Nine 2007 CTC Doubles completed.

Super Recognition to OCW's newest member to be inducted into the CTC Hall of Fame: **Andrew Melczer** after completing his 50th CTC Event at the Eastern Sierra Double!

For complete year-to-date CTC results, go to: www.caltriplecrown.org Click directly on "2007".

Upcoming CTC Events:

8/4/07, Mt. Tam Double: See:

www.sextonarts.com/marincentury/

9/29/07, Knoxville Fall Classic Double: See:

www.quackcyclists.com/

9/30/07, CTC Awards Breakfast, Vacaville, CA:

www.quackcyclists.com/

10/13/07, Bass Lake Powerhouse Double: See:

www.fresnocycling.com/powerhouse/2006/

10/20/07, Solvang Autumn Double: See:

www.planetultra.com/solvangfall/index.html

10/27/07, Death Valley Fall Double: See:

www.adventurecorps.com/dvfall/index.html

Non-CTC Upcoming Events:

There are plenty of really great "distance" Events in California that are MUCH shorter than 200 miles! Here is a list of some of the best. You can get more info on any of these Events at:

www.bbcnet.com/RideCalendar/RideListDate.asp

8/4: Marin Century - Marin, CA.

8/4: Santa Cruz 100 - Scotts Valley, CA.

8/4: Desperado Dual 200 - Panguitch, UT.

8/5: Mt Shasta Century - Shasta, CA.

8/18: Cool Breeze 122 - Ventura, CA.

8/19: Tour of Napa Valley 100 - Yountville, CA.

9/8: Siskiyou Century - Yreka, CA.

9/15: Auburn Century - Auburn, CA.

9/29: Lighthouse Century - SLO, CA.

9/29: Inland Express STS 100 - Riverside, CA.

9/29: Moonlight Magic 100 - Lone Pine, CA.

10/6: Harvest Ride for Literacy 100 - Ventura, CA.

10/6: Grizzly Century - North Fork, CA.

10/6: Angeles Crest Century - La Crescenta, CA.

10/7: Tour de Poway - Poway, CA.

10/20: Salton Sea Century - Borrego Springs, CA.

10/20: Spooktacular 107 - Bakersfield, CA.

11/3: Solvang Prelude - Solvang, CA.

If you are interested and have questions about riding ultradistance events, you have to go no further than OCW for answers. Contact the folks named above. They are OCW Members and always happy to answer your questions!

Ride Safe out there! -

Frank Neal, Cycleman@BigPlanet.com



ATTENTION!

The Folding Party will be held on Tuesday August 28th instead of the usual Thursday only for the month of August. See page 2 for details.



PASSING OF DAVE EVANS WIFE, EDNA

By **Chuck Bramwell**

“Big Ring” **Dave Evans** is one of the true heroes of California Cycling. He’s helped so many people in so many ways on so many rides. It has been said that “Behind every great man, there is a great woman.” It is with sadness that I report that **Edna Evans**, Dave’s incredibly supportive wife of nearly 50 years, passed away at home Monday morning after bravely battling cancer for several years. Edna was a truly great woman. She was a real big part of the California Triple Crown family. So supportive. So nice. So fun. So kind. “Big Ring” Dave’s incredible California Triple Crown Cycling Record can be seen at <http://www.caltriplecrown.org/DoublesbyName/RiderHistoryReport.asp?Rider ID=1548>. Edna was ALWAYS supportive of Dave’s Cal Triple Crown events, as well as his numerous Brevets and Desperado Duals. (How else could a married man complete well over 112 Double Centuries?!) She was one of the kindest, most loving and classiest people that you could ever hope to meet. Dave and Edna have two daughters that are both professional stunt women.



CHOOO....CHOOO.....AMTRAK VOLUNTEER REQUEST LINE

This is your personal invitation to participate as a volunteer in the 33rd annual Amtrak Century.

If you were not fortunate enough to make the cut on June 15th or if you prefer to participate in this very popular Southern California Century by volunteering now is your chance to jump on board. The Amtrak Century is one of Southern California’s most popular century rides. This year registration filled up in a record 39 minutes. The main reason this ride remains one of the premier rides is due to OCW’s fantastic support system. I am offering each one of you the opportunity to help make the 2007 Amtrak Century another outstanding event. Please let me know if you would like to spend September 9th encouraging 1,100 riders’ travel down Southern California’s coastline from Irvine to San Diego.

You can find me at rdbutz@earthlink.net or log onto www.Events@ocw.org and leave me a note. If you have a specific duty or rest stop you would like to be placed at please include that information in your reply, otherwise I will assume I can place you where I need you most.

Thanks in advance for your positive response to this request!

Debi
OCW Events

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 **Greg Kibble**, 949.586.9562 or kib4011@cox.net

WEDNESDAY

Wednesday Night 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 ride. 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. 15 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 **Greg Kibble**, 949.586.9562 or kib4011@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 Dager**, abiker@socal.rr.com.

SATURDAY

Training - 8:00 am, The Square, Irvine (Main and MacArthur TBM 859-G4/28-C3). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. **See Saturday Rides in the center pages of the Newsletter.** Ride Leader **Ross Ritari**, 714.968.6270.

CENTURY SERIES

If you're interested in doing centuries or double centuries, this is a great training tool. **Chuck Bramwell** is here to help you reach your personal goals. Sign up for email notification of rides at <http://www.CalTripleCrown.com/EMailLists.htm>.

SUNDAY

Sunday Rides - 8:00 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 Leader-Ross Ritari

The Saturday Training Rides are offered to improve individual and group riding skills and to promote the sport of bike riding. There are four rides scheduled each Saturday-Short, Medium, Long and Extra Long. We do not ride when weather conditions are unsafe or there is an **OCW** Special Event that day. The Training Rides start at The Square, (formally called Food Park), located at the NW corner of Main and MacArthur, in the city of Irvine. We park in the lot behind Starbucks. If you are new to **OCW** rides or are just returning to cycling, let me know, so I can find a group that fits your present riding ability. **Rides start at 8:00am. This is a new starting time and begins July 7th!**

August 4th

- S 27 Mi., Rollies, 525 Ft. Gain-Mesa, Barranca, Eastbluff, Harvard
- M 34 Mi., Rollies, 900 Ft. Gain-Jeffrey, Turtle Rock, Eastbluff, Dover
- L 53 Mi. Hilly, 2,130 Ft. -Alton, Los Alisos, Santa Margarita, Antonio Pkwy, Ortega Hwy, Moulton
- XL 70 Mi., Hilly, 4,400 Ft. -Santiago Cyn.(CW), Live Oak, Antonio Pkwy., Pacific Pk.

August 11th

- S 29 Miles, Rollies-Edinger, Irvine Blvd., Serrano, Alton
- M 38 Miles, Rollies, 1,360 Ft. Gain-Irvine Ctr., Los Alisos, Marguerite, Jeronimo
- L 42 Miles, Some Hills, 1,250 Ft. Gain-Irvine Blvd., Moulton, Laguna Cyn., PCH, Irvine Ave.
- XL 61 Miles, Flat-PCH, S.A. River Trail, Gypsum Cyn., Hewes, Tustin Ranch Rd.

August 18th

- S 21 Miles, Rollies-Back Bay, PCH, Dover, Galaxy, Main
- M 33 Miles, Rollies, 430 Ft. Gain-Eastbluff, PCH, Palm, S.A. River Trail, Sunflower
- L 43 Miles, Hilly-Edinger, Bake, Santiago Cyn.(CCW), Tustin Ranch
- XL 59 Miles, Hilly, 3,000 Ft. Gain-Tustin Ranch, Santiago Cyn.(CW), Bake, Laguna Cyn., PCH

August 25th

- S 23 Miles, Rollies-Red Hill, Portola, Jeffrey, University
- M 35 Miles, Hilly, 1,200 Ft. Gain-Campus, Bayside, San Joaquin, Turtle Rock
- L 49 Miles, Hilly-Jeronimo, La Paz, Olympiad, Vista Del Lago, Moulton
- XL 73 Miles, "Graduation Ride", 2,900 Ft. Gain-Bake, Marguerite, El Camino Real, Niguel, Golden Lantern

September 1st

- S 24 Miles, Flat-Michelson, Alton, Irvine Blvd., Main
- M 37 Miles, Rollies, 1,000 Ft. Gain-Irvine Ctr., Los Alisos, Marguerite, Jeronimo
- L 43 Miles, Hilly, 1,800 Ft. Gain-Tustin Ranch, Irvine Blvd., Los Alisos, Moulton
- L 55 Miles, Hilly, 2,700 Ft. Gain-Bake, Olympiad, Junipera Serra, Del Obispo, Golden Lantern

Greetings! I have included some challenging routes to prepare for the Amtrak Century on September 8th. Enjoy the rides and have a great August.

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, August 4, 2007, starting at 8:00 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 after the ride to enjoy dessert treats courtesy of the OrangeCountyWheelmen.

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.

Sunday Rides

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

Rides start promptly at 8:00 am.

S=Short M=Medium L=Long

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

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

August 2007 Schedule

August 5, 2007 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:00AM). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

S 27 Miles. Michelson, Culver, Barranca, Irvine Blvd., Tustin Ranch, Harvard.
M 31 Miles. PCH, Bayside, Poppy, Laguna Cyn., Quail Hill, Alton, Jeffrey.
L 45 Miles. Von Karman, Alton, Muirlands, Alicia, Pacific Is, Golden Lantern, Jeffrey.

August 12, 2007 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 24 Miles. Irvine Blvd., Tustin Ranch, Red Hill, Alton, Muirlands, Bake, Irvine Blvd.
M 34 Miles. Irvine Blvd., Bake, Moulton, Quail Hill Trail, Eastbluff/University, Harvard, Tustin Ranch.
L 43 Miles. Irvine Blvd., Alicia, Glenwood, Aliso Creek, El Toro, Laguna Cyn., PCH, Marguerite, San Miguel, California, Culver.

August 19, 2007 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 27 Miles. Culver, Irvine Ctr., Alton, Irvine Blvd., Tustin Ranch, Bryan, Jeffrey.
M 36 Miles. Jeffrey, Irvine Ctr., Muirlands, Irvine Blvd., Portola, Tustin Ranch, Red Hill, Birch.
L 43 Miles. Harvard, Jamboree, Santiago Cyn., Marguerite, Jeronimo, Alton, Jeffrey.

August 26, 2007 Heritage Park, Irvine. Take the Santa Ana Fwy (5) to Culver. South on Culver 0.3 miles to Walnut. Turn left and go 0.8 miles to Yale. Left on Yale 0.1 miles, then left into parking lot.

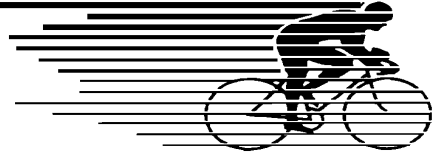
S 26 Miles. Jeffrey Irvine Ctr., Alton, Irvine Blvd., Tustin Ranch, Red Hill, Edinger.
M 32 Miles. Yale, University, UCI, Turtle Rock, Campus, Red Hill, Walnut.
L 43 Miles. Yale, University, UCI, Turtle Rock, Alton, Jeronimo, Olympiad, Barranca, Irvine Ctr.

September 2, 2007 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).

S 27 Miles. Von Karman, Moulton, Bake, Irvine Blvd., Jeffrey/University, Campus.
M 34 Miles. Red Hill, Bryan, Muirlands, Los Alisos, Ridge Route, Irvine Ctr., Michelson.
L 48 Miles. Alton, Laguna Cyn., PCH, Poppy, Seapoint, Palm, PCH, Dover, Campus.



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

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PROFILE DESIGN

You Never Know “Grand Tour” My First Double

By Paul D’Aquanni

Who would have thought 2 years ago, that I would ever have an interest in riding 200 miles in one day! You never know! Considering, that back then, the longest distance I had ridden a bicycle was 40 miles in the 5 Boro Bike Ride, a fun event in the city of New York. Just accomplishing that was quite a feat at the time. It was my first taste of the sport of cycling. Family, friends and about 30,000 other cyclists accompanied me. What an experience that was! The day was cold and wet, but that did not dampen the spirit of the ride. Our group was lucky to be able to start toward the front of the main contingency. What a sight to look back and see 30,000 cyclists lining the streets of New York. We finished the ride in Staten Island after the toughest “climb of the day”, the Verrazano Narrows Bridge.

Something happened along the way that day that inspired me to pursue cycling further. I don’t know if it was the camaraderie, the challenge, or the beer we enjoyed at the end of the ride. Maybe it was all three. I know it wasn’t the silly looking spandex shorts on the guys, but I was motivated on my return home to purchase my first road bike.

I quickly sought out a club to ride with and OCW seemed like it offered club rides that suited my schedule and a bunch of friendly folks. After riding Tuesday and Saturday rides for few weeks, I joined the club.

Since the sign up for the Amtrak was closed, I chose “Tour de Tahoe”, which was 72 miles with some climbing as my 1st, or I should say my 2nd cycling challenge. I participated in all the OCW Amtrak training rides on Saturdays to get ready for the Tour de Tahoe. I started to seek out the experienced riders in the club for tips and hints to improve my skills. It’s amazing the hints on training, equipment, seat positions, clothes, nutrition, and of course road etiquette, that all come for free, when you just tap the vast resources of experience and knowledge of our fellow OCW members. I am also amazed at the cycling accomplishments of some of our members.

I have found enjoyment as my weekly training miles have increased and taken me to roads and places that are off the beaten path, some unfamiliar, and in some cases not even known to me. Places like East Fork,

West Fork, Cogswell Dam, Mt Baldy ski lifts, Mt Palomar, Turnbull Canyon, Foxen Canyon, Potrero Road, Onyx Summit, Red Rock Canyon, and Oak Glen, all are beautiful areas, right in our back yard. How lucky we are!

The list would be too long if I tried to mention all those that have helped me realize the enjoyment of cycling and feeling of accomplishment having just completed the Grand Tour Double Century. I did it with 2 club members and very accomplished Double riders, Doris Bingo and Jeff Rich. What a great day and experience. I hope it will be the first of many more Doubles for me in the future.

I look forward to the future camaraderie and training rides, and maybe doing a First Double with someone reading this.

You never know!

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

Brenda Veit	Rancho Santa Margarita
Bruce Bendrees	Newport Beach
Judy Burton	San Dimas
Ralph Burton	San Dimas
Bret Gross	San Clemente
Tom Iwata	La Palma

BOARD MEETING MINUTES

July 1, 2007

ATTENDANCE

Officers and Directors Present

Barb Tomita, Dan Gorman, Jim Walker, Debi Butz, Irene Walker, Cheryl McMurray, Lee Stebbins, Lorna Laugan, Ken Fry, Peg Bauer, Paul D'Aquanni, Sylvia Grotz, Charlie Irwin, Michelle Kashima, Mike Laugen, Debbie Myers, Jeff Rich

MEMBERS PRESENT

Alex Laugen, Bob Fairfield.

CALL to ORDER

The meeting was called to order by President **Barb Tomita** at 11:00 am

MINUTES

Motion made by **Irene Walker** and seconded by **Sylvia Grotz** to approve the Minutes from the June 2007 Board Meeting. Motion carried.

TREASURER'S REPORT

Treasurer passed the report on the Ride Around The Bear expenses. Income was up over last year due to selling more jerseys, no patches given to the riders, and an increase in entry fee.

Debi Butz motioned and seconded by **Debbie Myers** to approve Treasurer's Report. Motion carried.

STATUS REPORTS

No Officers had a report to status the Board on.

OCW COMMITTEE REPORTS

2008 Annual Awards Dinner: **Dan Gorman** reported that Crown Plaza charges \$10 parking fee. He's putting together a spreadsheet to document costs.

Picnic Committee: **Sylvia Grotz** reported that over seventy people had RSVP'd for the picnic. Another Bulk e-mail will be sent to the members as a reminder. She felt that she might overrun her budget. **Debi Butz** motioned and **Lee Stebbins** seconded to request additional funds of \$150 for the event. Motioned carried.

OCW/PARAMOUNT CORPORATION REPORT

Paramount thanked OCW for their \$500 donation. Over 620 entries participated in the Dominguez Hills event. Race Director, **John Bergman** will not be running for the Paramount Board next year. Women's team is doing well. Money from Dominguez Hills event was just given to the Treasurer. So, at this time, it is not known if the event made any money or not.

OLD BUSINESS

None

NEW BUSINESS

Amtrak Century ride is coming along. Registration for "With Train" was sold out in 39 minutes and the "Without Train" sold out by noon. No hiccups at this time. San Onofre State Park wants \$250 for a permit. Documentation for permit calls for financial information which the Board is unwilling to provide. Question about the free gift("gimmie") for the Amtrak riders came up. **Charlie Irwin** motioned and seconded by **Debi Butz** to allocate \$250 for a gift to be given to the event riders.

Share the Road: Brian DeSousa and Dan Guitierrez from CABO attended the meeting to answer questions about the Road Trainer Certification. First step is Road 1 Training(Basic Traffic Skills). Course is 12 hours long broken into two six hour days. Cost is \$200 per person. **Michelle Kashima** motioned that OCW fund up to ten members to take the Road 1 Training at a cost of \$2000. **Lee Stebbins** seconded. Discussion was why would we need this training? We're all experienced riders. Ride Captains would be the first ones trained. After much discussion motion was amended by **Peg Bauer** and seconded by **Debi Butz** that a "PLAN" be created to educate members from what they learned in the Road 1 Training course. After much discussion, amended motion was carried. Initial motion also carried.

Events Policy:

- Waiting List: OCW events that sell out will have a "Waiting List" where individuals can place their name. Once there is an opening in the event, an e-mail will be sent to the first person notifying them that they have 24 hours in which to register. After that, it becomes

void. If the opening is not filled, the option goes to the next person. Riders using the Waiting List must pay by credit card. No links are sent out after ten days prior to the event.

- Ride Transfer Policy: Ride transfers (between two riders) are allowed up to ten days before the event and must be done online. All transfers would include the ride fee, t-shirt, and jersey (size originally ordered). Exchange of money must take place between the riders. Making a transfer online requires:
 - Transferring rider name, e-mail address, and password
 - Transfer recipient's rider name and e-mail address.
- Refund Policy: OCW will refund all ride registration fees less \$10.00 only after the ride is full. If the ride does not fill to 100%, no refunds will be allowed. OCW will refund t-shirt and jersey money if we are able to sell the merchandise either before or after the event. Refunds will be issued on a first come first served basis. All requests for refunds must be received ten days before the event date. Requests for refunds must be made online. Making a Refund Request online requires:
 - Rider Name
 - E-mail address
 - Password



HIKE TO CUCAMONGA PEAK

By Alan Dauger

Cucamonga Peak, elevation 8859 feet, was the attraction for these OCW hikers in June: Alan Allred, Donna Allred, Dave Rusher, Robyn Stein, Cheryl McMurray, and Alan Dauger. This peak is the highest free-standing mountain overlooking the Los Angeles basin, and the views were spectacular in all directions. The total hiking distance was 12 miles round trip with about 4400 feet of climbing, via the Ice House Canyon Trail from Mt. Baldy Village. Please see the photos by Cheryl McMurray.



Committee recommendations were approved by the Board.

2008 Bear Date: Question came up about the date for the 2008 Ride Around The Bear. Eastern Sierra will be held June 7th, Grand tour on June 21st, and Terrible Two on June 28th. Should the Bear be held on June 7th or June 14th? June 15th is Father's Day. **Lee Stebbins** motioned that the Bear be held on June 7th. **Debbie Myers** seconded. Motion carried.

ADJOURNMENT

Ken Fry motioned **Sylvia Grotz** seconded to adjourn the July 1, 2007 OCW Board Meeting. Motion carried. The meeting was adjourned at 12:42 pm.

Respectfully submitted by **Jeff Rich**

YOU ARE WHAT YOU EAT

By Dan Gorman

The June General Meeting delivered by Clinical Nutritionist, **Peg Bauer**, was a real eye opener. Peg explained that while Nutrition is an exact science, the application of nutrition is not. Each individual through the process of elimination and trial and error, must determine what works for them. While the formula appears simple on the surface, input equal to output and a balance of protein, carbohydrates and fat, the application of the formula is not..

All foods are definitely not created equal, with highly processed foods and 'white foods', sugars, enriched flours and white rice being increasingly invasive in the American diet, whole new areas of concern are emerging. When too much sugar is ingested, the body becomes unable to cope with the excess which can lead to hypoglycemia and ultimately Type II diabetes. Diabetes threatens to become a bigger problem than heart disease and cancer by 2010.

The question of Tums as a calcium source for the prevention of cramping during extended exercise was also addressed. Tums is an antacid and is not a good source of calcium (Calcium Carbonate). Using Tums may also by virtue of its acid reduction, actually hinder the metabolizing of minerals.

Ideal ratios of Sodium, Potassium, Magnesium and Calcium in sports drinks was also addressed. Particularly the ratio of Sodium to Potassium should be about one to two. Most sports drinks have this ratio reversed.

The conclusion is to match your calorie intake with the amount you are burning on a daily basis, watch those processed foods and keep your sugar intake down. Thanks to **Peg Bauer** for an enlightening evening.



WESTERN STATES RIDE CALENDAR

8/4/2007	Desperado Dual	Color Country Cycling Club	435.559.0895
8/4/2007	Marin Century	Marin Cyclists	415.721.4337
8/4/2007	Mt. Tam Double	Marin Cyclists	415.721.4337
8/4/2007	Santa Cruz Mountain Challenge	Santa Cruz County Cycling Club	
8/11/2007	Bicycle Tour of Volcanic Scenic Byway	Cycling Escapes	714.267.4591
8/11/2007	Palomar Challenge	R&B Bicycle Club	760.765.2200
8/11/2007	ULCER / Utah Lake Century Epic Ride		801.943.2117
8/12/2007	Covered Bridge Bicycle Tour	Mid-Valley Bicycle Club	541.967.8199
8/18/2007	Alpine Half Century	Alpine Community Center	541.847.6028
8/18/2007	Cool Breeze	Channel Islands Bicycle Club	
8/18/2007	Holstein Hundred	West Marin Senior Services	415.721.4433
8/18/2007	Hot August Days	Hot August Days	509.666.3461
8/18/2007	Stonewall Century	Spanish Peaks Cycling	
8/19/2007	Tour of Napa Valley	Eagle Cycling Club, Inc.	707.226.7066
8/19/2007	Yaquina Lighthouse Century	Yaquina Wheels Bicycle Club	541.867.7123
8/25/2007	The Cache Valley Century	Cache Valley Veloists	435.752.2253
8/25/2007	Tour d Organics Santa Cruz	OrganicAthlete	707.360.8511

STRONG OCW SUPPORT FOR "RIDE OF SILENCE"



Scott and Tracy Sharp, Jim Walker and...Hey Irene, where are you?



Bill Selin gives a pre-ride talk



LABOR DAY RIDE SEPTEMBER 03, 2007

It's a 41-mile mostly flat ride to Balboa Island. Bring some change for the ferry to continue the ride to Balboa Peninsula and have lunch. The ride returns via PCH and Dover.

Meet at "The Square" at 8:00 am on the NW corner of Main and MacArthur in Irvine.



Bob Fairfield, Debi Butz, Barb Tomita, and Dan Gorman listen up



WEDNESDAY LUNCH IN.... RIVERSIDE



The group starts out from the Irvine Amtrak station



Jeff Rich and Wayne Broadhag are well on their way



Everyone enjoys a long awaited lunch in Riverside

OCEANSIDE



Bob Fairfield and Dave Rusher enjoy their lunch



Jeff Rich chats with Ron Brown visiting from the Sacramento Wheelmen



Dan Gorman's wondering where the train is

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: Klein Q-Carbon (2003) 58cm Road Bike ZR-9000 Alloy, Carbon seat stays & fork, Dura Ace derailleurs, 9 speed, FSA Compact Carbon 50/34 Crankset (175), Ritchey Biomax II short drop road bar, Specialized computer, beautiful Klein paint, ready to ride, \$750 Contact Thomas Sly at 949.249.5410

FOR SALE: Scattante XRL AL frame 57cm carbon fork 105 triple FSA80 whls Vit slicks, speedo, pump, Stelle saddle 2x bottle holders. A lot of bike for only \$350, but not used now as I have 3 other bikes. Contact Bill Kindel at 949.492.8843

FOR SALE: Trek Cruiser Classic 21" Men's aluminum frame. Bike is brand new, won it in a raffle, never ridden. Color is blue with white seat, single speed. \$150 Contact Denis Kuemerle at 714.871.8788

FOR SALE: Custom Robert Zinn bike 62cm frame with 57cm top tube, Time carbon fiber forks, Campe mirage equipped, Mavic axles, Call for information \$250.00 Contact A.J. Nelson at 949.297.4944

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

FOR SALE: 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. E-mail for pictures Clynnspn@netscape.com \$2200. **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: Shimano Ultegra STI Shifters/Brake Levers Brand new 10 speed Shimano 6600 Shifters. MSRP \$394. Sell for \$200. Contact Wayne Broadhag at 949.583.7811

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

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 too 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. **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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www.athleticunlimied.com

Pace Sportswear
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(714)891-8716 X108
www.pacesportswear.com

THE ORANGE COUNTY WHEELMEN

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