

CHAIN REACTION

TANDEM TIME
February

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

PARAMOUNT RACING
2012

2011 Awards Banquet

Saturday, February 25th, 2012

No General Meeting in February

The Awards Banquet is here. Come out and enjoy a pleasant evening with your bicycling buddies, friends and family. See the article inside for more details on page 19.

IN THIS ISSUE

6-12-24 Hour World Time Trial	Page	7
November General Meeting	Page	9
Paramount	Pages	17-18
Spring Metric	Page	20
2011 Stats	Pages	23-26

CALENDAR OF EVENTS

Tandem Time	Sat.	Feb.	4
Awards Banquet	Sat.	Feb.	25
General Meeting	Wed.	Mar.	14
Spring Metric	Sat.	Mar.	31
Ride around the Bear	Sat.	Jun.	9

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

President	Michael Lee	949.458.0205 President@ocw.org
Vice President	Jim Brewer	714.525.9995 Vpresident@ocw.org
Treasurer	Jim Walker	562.943.9403 Treasurer@ocw.org
Secretary	Alan Dager	714.846.0862 Secretary@ocw.org
Events	Paul D'Aquanni	949.766.2951 Events@ocw.org
Ride Captain	Lee Stebbins	714.593.9226 RideCaptain@ocw.org
Membership	Irene Walker	562.943.9403 Membership@ocw.org
Editor	Doris Bingo	714.282.0949 Editor@ocw.org
Statistician	Jim Pugh	714.680.4828 Stats@ocw.org
Public Relations	Dennis Thomas	951.340.0144 PubRelations@ocw.org
Training	Michelle Vester	714.368.1315 Training@ocw.org

DIRECTORS

WEB Master	Willie Hunt	714.309.2192 willie@surefire.com
Tandem Time	Open	
GoatHill	Alan Vester	714.231.3164 alan@idyllwildcycling.com
Insurance	Open	
Paramount	Curt Dosier	949.721.7613 cdosier@kmbob.com
Director	Debi Butz	714.996.4366 rdbutz@earthlink.net
Director	Paul Defeo	714.552.3966 pmdefeo@yahoo.com
Director	Bob Fairfield	714.508.7375 mobile412@ca.rr.com
Director	Dan Gorman	714.771.7741 dmgorman@aol.com
Director	Max Kalenberg	949.857.4355 max.kalenberg@cox.net
Director	Randy Kiefer	949.653.6346 rkayuga@sbcglobal.net
Director	Steve Loughran	949.348.9332 loughransc@yahoo.com
Director	Frank Neal	909.592.2727 CTCDataGuy@Verizon.net
Director	Art Pressel	714.914.9300 presselhome@earthlink.net
Director	John Rowe	714.313.3116 john@rowenet.us
Director	Alvin Trafton	

BOARD MEETING

Sunday, February 5th, 10:30 am

Carl's Jr., Irvine. Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

FOLDING PARTY

Thursday, February 23rd, 7:00 pm

Hosted by:

TBD

Folding Party location will be announced on the OCW website.

SPECIAL THANKS TO

Jim & Irene Walker

**for Hosting the
January Folding Party**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Doris Bingo** at **Editor@ocw.org**.

(OCW reimburses up to \$100)

Chain Reaction is published 11 times a year by the Orange County Wheelmen, a bicycle club. Current circulation is 500.

Copyright 2012; Orange County Wheelmen. Permission hereby granted to republish if credit is given to the author and OCW. All items submitted become property of OCW. Opinions of authors do not necessarily reflect the views of OCW.

FROM THE PRESIDENT...

By Mike Lee

February 2012

End of Term:

This is my last message as President for Orange County Wheelmen. It been a great ride and when I started my term was not quite sure what I was going to do. I knew from past presidencies I have held, that there becomes a goal, a focus that you work towards. I have even had to decide on a slogan, a motto that characterizes your term. Well that seems premature since many times you're still trying to figure it out.

This time I had some clues; my observation of the chasm between OCW and Paramount seemed that it needed to be remedied. I saw the jersey as a unifying symbol of our relationship. Hence picking up the phone and talking with **Curt Dosier**. Initially there was some resistance to the change from a red, white and blue color scheme but now that it is on the street it is very distinctive and recognizable from afar. So that was my first success so what next? I always try to keep my eyes open for major complaints and griping since the role of a president is first to lead and then a change agent. Change agent is a slippery slope as many will resist since the change is unknown and it is not what has been done in the past.

I have always been aware of that since most people don't like change especially when someone other themselves is causing the change. I have always tried to be sensitive to those that are resisting the change. But of course there is the flip side of those that are looking for change but may not be in a position to affect such change. Thank you to those that look for change as we are always changing. Without change OCW would have been stuck in a rut until someone came along and shook the tree to dislodge the bad apples. I look back at the technology that has affected



my industry, my career, the way I do business, and a lot of it has been beneficial, some of it has been awful.

Look at OCW for example; having a web presence led us to having four very successful rides. The Internet helped to catapult our rides to a successful venture that cyclists anticipate every year. I have even received emails from other ride organizers on the east coast to copy our ride. That makes me think that maybe we might look at trade marking "Amtrak Century". However there are complications since "Amtrak" is trade marked already. But the

"Ride around the Bear" is certainly something that is possible and may have some merit to being Trade Marked. I think talking with **Curt Dosier** who is an intellectual property lawyer might have some insight into this. **Curt** lets talk about this and see if there is merit with this.

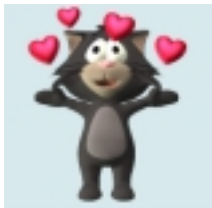
The last item that has rocked our world is the notion of riding safely. What did OCW do? With **Michelle Vester**, we took a dozen members and sent them to the League of American Bicyclists and they graduated finishing the course. Then only two years later there was the opportunity for those graduates to take the next step and become LCI's. That has now led us to training our own members and to knowing how to ride safely with traffic and hopefully avoiding major disasters. Looking back over my short time with OCW I feel that I did my part to elevate the organization to another level and be recognized in the cycling community as a club that stands for Advocacy, Safe riding habits, Community awareness by teaming with non-profits and charitable organizations, (Spring Metric with JDRF, Hannah's House) and our primary purpose to ride for fitness and fun.

So the journey down memory lane is good and satisfies my ego, there is always something to improve on. This goes to my life as a journey, what I chose as my slogan for my term as President of Professional Photographers of California. "Evolution of Change, the Journey". I even had Bicycle water bottles with that printed on them since I returned to cycling just before my presidency and rode into my installation on my Bike. I guess I have a little flair for the dramatic and wanted to do something different. So as I travel in my life with its trials and tribulations I keep reminding myself of the Journey. It's the people that are important that become friends. It's the time we're here on this planet and what we do in this time. Have Fun be positive and always look for improvement in your personal and professional life.

Hey by the way this is not a goodbye but what is on my plate for the next round. I'm not going far so stay tuned.

Ride Safe, Ride Predictable,

Mike



February OCW President's Ride February 5, 2012

By **Mike Lee**

Sunday, February 5, 2012 - Please join **Mike Lee**, OCW President, for a friendly introductory ride. New and beginning riders are encouraged to join us. We'll meet for the OCW Sunday Ride at Carl's Jr. in Irvine (Campus & Von Karman) at 9:00 am and we'll follow the Short-Ride course. Questions? Please send an e-mail message to president@ocw.org or call 949-458-0205.

February Birthdays

Gregg, Stuart	2/4
Nelson, A.J.	2/4
Matsuda, Beverly	2/5
Nordenstam, John	2/7
Duck, Mike	2/8
Kralick, Chris	2/10
Reid, Jayne	2/10
Fong, Luis	2/10
Porras, Fred	2/11
Christoffersen, Dennis	2/12
Thomas, Dennis	2/12
Hayman, Gary	2/13
DeWitt, Greg	2/13
Clanton, Diane	2/16
Van Nuys, Lynn	2/16
Laugen, Michael	2/19
Ferrari, Wes	2/20
Danzi, Barbara	2/20
Painter, Cathy	2/21
Mumma, Rik	2/21
Spitt, Michael	2/22
Murphy, William	2/22
McDonnell, Mary Ann	2/22
Sandburg, Nils	2/22
Pilcher, Henry	2/23
Rich, Jeff	2/23
Wolzmuth, John	2/23
Corona, Marcos	2/23
Barrera, Jesus	2/23
Larson, William	2/25
Urman, Karen	2/26
Kordich, Sherry	2/28
Zellers, Steve	2/28

New Year's Resolution

By Paul DAquanni

Did you make a New Year's Resolution to get out on that bicycle that is in the garage collecting dust? Are you new to riding a road bicycle? Are you interested in honing your road skills to feel safer riding on the roads? What ever the inspiration, come ride with one of OCW's League Certified Instructors. We have been trained and certified by the League of American Bicyclists. We can show you the best way to work with traffic, negotiate changing lanes, and the all too familiar challenge of getting into the left hand turn pocket quickly and safely and even have motorist acknowledge you and give you the right of way to complete the maneuver. Every Saturday, RLP ride will be the short or medium distance ride, it's your call. We will have a LCI available every Saturday for you to ride with. We rotate our LCI's weekly throughout the year for this ride. Show up to the Saturday ride at the Square and mention to the ride captains that you want to take advantage of the Ride Like a Pro group ride.

OCW wants to educate all cyclists in the proper operation of your bicycle, and to be safe and courteous on the road. This is a reflection to all cyclists and motorists alike in how we can "share the road". Check the web site Ride Calendar for a description of the RLP rides coming up. Hope to see you Saturday.



FIELD FIXES

By Frank Neal

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

WARMUP. During this cold weather, you can prevent a costly mistake that will haunt you after you are miles from home! At the beginning of your ride, your muscles are cold and tight. Give them a casual Warmup time to let them get warm and stretch to what they are used to when riding. If you do not do this; you are risking strains, pulled muscles and possibly even torn muscles. SO WARMUP at the beginning of your rides during this cold weather!

Traffic Skills 101 in February!

By Michelle Vester

Every cyclist, no matter their ability, can benefit from Traffic Skills 101.

TS 101 is a great way to fine tune your riding abilities in traffic, groups and on bike trails. TS 101 also keeps you up to date on laws and regulations involving cyclists and motorists around you.

TS 101 is offered for free to OCW members and taught by OCW League Certified Instructors.

The next TS 101 class will be held Wednesday evening, February 8 at the Irvine Ranch Water District and Saturday February 11 for on-road skills located in a parking lot near the Water District. You must complete both classes to earn your TS 101 certificate.

Take advantage of this free course and help Share the Road!

Please email **Michelle Vester** if you would like to sign up for this very important road skills class at: kashvester@gmail.com

Please note that class size is limited to ten (10) participants so sign up soon.

DID YOU KNOW?

By **Frank Neal**

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

Did you know: 50% of all bicycle accidents are classed as "solo"? That means they were not involved with anyone, except the cyclists.

They are due to a wide variety of reasons: Debris, potholes, rocks, swerving around parked cars, turning on wet steel plates, RR tracks, wet manhole covers, too fast down hills, sand, gravel, surface cracks, uneven road surfaces and a whole bunch more. You know them and have to be more aware around them.

These are mostly avoidable. Cyclists need to be most aware of what is in front of them and, where possible, steer around them without swerving into traffic.

If unavoidably going through them: Control your bike. That means: Do not try to turn or hit the brakes. Steer straight and keep a light pedaling stroke which keeps control on the front wheel which helps to control the bike in a straight line. By the way, this goes when crossing cattle grates.

The exception is diagonal RR tracks. Before you get to them, do the best you can to use as much of the road as you can and cross them at a right angle.

We can be safe if we are more aware of what is in front of us and deal with it before it becomes a problem. If not, control your bike through them.

Stay tuned next month for more about accident avoidance tips.

Ride Safe out there! – **Frank Neal**



THANK YOU

Thanks to all who attended the OCW Holiday Party and brought a gift for the foster children of Hannah's Home. We were amazed at the quality of the lovely toys and gifts given by OCW members!

Hannah's is a small, private agency which places children age birth to 18 into foster care. Children often come to Hannah's with only the clothes on their backs and are usually brought in by Child Protective Services. The situations vary per child, but usually it is because their biological parents are on drugs, in prison, abuse them or just completely abandon them. Many of the children are separated from their siblings and are very lonely. Because of your generosity the foster children of Hannah's Home enjoyed the holidays with their new toys and gifts.

The OCW has always been so kind to us and we appreciate your support more than words can say.

Best wishes,

Judy Aronson

Volunteer for Hannah's Childrens Home

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

Cousins, Steven	Stone Mountain, GA
Dunlap, Ellen	Anaheim
Dunlap, Ron	Anaheim
Legrady, Skip	Phoenix, AZ
Simonsen, Kimmarie	Rancho Santa Margarita
Smith, Scott	Mission Viejo

The 6-12-24 Hr World TT Championships 11/4-11/5/2011

By **Bob Davidson**

I signed up for this race because it was the inaugural 6-12 and 24 Hour World Time Trial Championships as well as a RAAM qualifier. This event is hosted and organized by RAAM. What intrigued me most about this race is it begins my quest to discover whether I have the mental and physical capacity to complete RAAM solo.

The race took place on Nov 4th and 5th around the Salton Sea near Indio which is within driving distance from home. It started at 6pm Friday and ended at 6pm Sat evening. The course consisted of two 121 miles loops and then a continuous loop of 22 miles. Seven signed up for the 24 Hr but only 4 toed the line in the pouring rain and strong headwinds. The rain and wind lasted 8 hours. Fortunately I survived the soggy conditions thanks to my fantastic crew captain Jon Shellenbarger and my loving wife **Carol**. I've never done 24 hours on a bike before and if it weren't for Jon who offered to crew I wouldn't have been able to accomplish this test of endurance. Jon has crewed and completed the Furnace Creek 508 three times as a solo rider and qualified for RAAM. He set my bikes

up to keep me highly visible and comfortably aero to handle the long distance. He handed me 550 calorie bottles of a Sustained Energy brew every hour along with changing wheels, batteries, lights, tires and bikes all while offering words of encouragement. **Carol** did a great job keeping Jon awake while they followed me at a steady 15 miles per hour around the Salton Sea. My only solid food came in the form of **Carol** feeding me three of my favorite bean and rice Burritos from El Pollo Loco.

The race was for second place overall because a young Canadian was already 2 hrs ahead at 242 miles. I finally caught the 57 year old second place rider after about 160 miles and then the game really got underway. We became each other's inspiration and leapfrogged one another for many, many miles. Drafting was not allowed so we had to stay at least 100 ft apart. He finally fell back but I knew he was there and holding strong. My goal was to ride over 300 miles and win the 60 to 69 age division. After completing four 22 mile loops I stopped with 330.6 miles and 51 minutes remaining. I didn't want to ride in the dark again. The 57 year old finished with the same distance but 51 minutes behind. At the awards ceremony I learned that the three other riders I started with were seasoned RAAM finishers. My goal for next year is to qualify for RAAM by completing 400 miles in 24 hours.



The Miracle Shift

By **Michelle Kashima**

Roadies who excel on rolling hills don't sprint like mad at the bottom and then blow to the moon before the top.

To do it right, you need to take a careful reading of your energy on the given ride. You also need to accurately size up the climb's length and grade.

As you approach a hill that'll take 15-60 seconds to get over, shift to a gear that's a bit lower (easier) than you'd normally use.

Stay seated and spin fast for about two-thirds of the climb. If you're with others, they'll probably be standing and pedaling slower in a bigger gear. Maybe they'll pull ahead. Don't worry, because in the last third of the climb you'll have more left than they will.

You've saved your legs, and now you can cash in!

In the final third of the climb, shift to the next smaller cog or two (higher, harder gear), stand, and apply the pressure. Your legs will have some snap, thanks to the spinning that got you to this point.

You'll roll right by your companions, who are bogging down in the relatively big gears they've used for the whole hill. It'll cost them plenty to accelerate and match your speed.

Time this shift right and you'll be amazed at how much you improve your short-hill climbing. You'll be calling it a miracle, too!

Adapted from cycling coach John Teaford for RoadBikeRider.com



CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By **Frank Neal**

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

Congratulations to the 13 OCW Members who braved the harsh 2011 Spring weather and continued through better weather during the Fall series to complete at least one Double Century. Special congratulations to the 10 OCW Members who completed three or more Doubles and are 2011 California Triple Crown winners.

It is time to start making plans for the Spring Series 2012! It is time to get back in shape and work off all of those holiday calories.

Upcoming are the first events of the 2012 Spring Series:

2/18, Camino Real Double
3/3, Death Valley Spring Double
3/24, Solvang Spring Double
4/14, Hemet Double
4/14, Mulholland Double
4/28, Devil Mountain Double

To see the full CTC Schedule, with details, see:
www.caltriplecrown.com/schedule.htm

Ride Safe out there! - **Frank Neal**, CTC Data Guy
CTCDataGuy@Verizon.net



“More Matches to Burn”

Michael Lovegren Kinetic Loop Training System

by **Jim Brewer**

The meeting was started with a few announcements and a safety talk by **Lee Stebins**. All 36 attendees of the general meeting were then entertained by Michael Lovegren. He gave us a very interesting and informative talk about exercise for cyclists.

Michael has trained many athletes around the world to help them prepare for racing by using his techniques he has developed over the years. Mike's vast knowledge of biomechanics, functional movement, and the true physiological training zones showed immediately when he demonstrated how bicycle fitting has made good cyclist even better by just a few adjustments with the seat position and crank length. He explained how biomechanics bicycle fitting allows one to increase power, flexibility and improvement of form. In his presentation, Mike pointed out that these exercises help sprinting, climbing and building endurance for century rides. He had the audience participate in some stretching exercises that helped prepare cyclists for casual or racing events.

Everyone in attendance was thrilled with his presentation and enjoyed the fun filled evening.

Door prizes were given out including a free Optimal Bike Fit donated by Michael Lovegren.

To contact Mike, go to mlovegren@kineticloop.org
Kinetic Loop Training System



Judee Wickersham



Michael Lovegren &
Lee Stebins

2011 HOLIDAY PARTY PHOTOS





WESTERN STATES RIDE CALENDAR

2/4/2012	Saguaro National Park 300k	Arizona Randonneurs	
2/6/2012	CCSD 5 day Winter Base Training Camp	CCSD	
2/10/2012	Tour de Palm Springs	GTE Directories	
2/12/2012	Rice Valley Tandem Rally	Chico Velo Cycling Club	
2/13/2012	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
2/18/2012	Camino Real Double Century	Planet Ultra	
2/20/2012	Lake Mead and Valley of Fire	Cycling Escapes	714.267.4591
2/25/2012	Pedaling Paths to Independence	Community Center for the Blind	209.466.3836
2/26/2012	Chilly Hilly	Cascade Bicycle Club	
2/27/2012	Tour of Joshua Tree & Palm Springs	Cycling Escapes	714.267.4591
3/3/2012	Pedal Thru the Pines	Family Crisis Center	
3/3/2012	Death Vly Cent, Ultra and Double Cent	AdventureCORPS, Inc.	
3/3/2012	Kings River Blossom Bike Ride	Reedley Lions Club	
3/5/2012	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
3/10/2012	Solvang Century & Half Century	SCOR Cardiac Cyclists Club	
3/11/2012	Tour of Death Valley	Cycling Escapes	714.267.4591
3/17/2012	Tour of Borrega	R&B Bicycle Club	
3/17/2012	St Paddy's Palomar Punishments	CCSD	
3/24/2012	Run To Camachos Century	Ramona Fun Riders	760.271.1251
3/24/2012	Owl Head Buttes 200k	Arizona Randonneurs	
3/24/2012	Solvang Double Century (Spring)	Planet Ultra	

Official IMBA Mountain Bike Rules of the Trail

From Kevin Tisue, former About.com Guide

Submitted by **Alan Vester**

The following is the official list of mountain biking rules of the trail from IMBA, otherwise known as the International Mountain Bicycling Association.

These mountain bike rules are designed to minimize our impact on our environment as well as promote friendly relationships between all trail users by creating a safe environment for us all. By following these rules we help ensure our access to trails in our local communities will continue and hopefully grow.

Every mountain biker should know and live by these mountain biking rules from IMBA:

Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association. These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

1. Ride On Open Trails Only.

Respect trail and road closures - ask if uncertain; avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and state Wilderness areas are closed to cycling. The way you ride will influence trail management decisions and policies.

2. Leave No Trace.

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trailbed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3. Control Your Bicycle!

Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.

4. Always Yield Trail.

Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely.

5. Never Scare Animals.

All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from the horseback riders - ask if uncertain. Running cattle and disturbing wildlife is a serious offense. Leave gates as you found them, or as marked.

6. Plan Ahead.

Know your equipment, your ability, and the area in which you are riding — and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.



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 e-mail him at teamwalker@bbcnet.com.

THURSDAY

Morning Ride - 8:30 am, Rock n Road Cyclery, Mission Viejo. Take 5 Freeway to El Toro Rd exit. Left on El Toro for 4.6 miles. Right on Santa Margarita Pkwy for 6 miles. Rock n Road Cyclery is 1st left signal after Los Alisos. Moderate paced ride of 35-40 miles for fun & exercise (M0). Ride Leader **Max Kaldenberg**, 949-857-4355 or e-mail at max.kaldenberg@cox.net.

FRIDAY

Morning Ride - 9:00 am, Deerfield Park, Irvine. 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 **Dan Gorman**, dmorgman@aol.com.

SATURDAY

Saturday Rides - 9:00 am, The Square, Irvine (Main and MacArthur). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. See Saturday Rides in the center pages of the Newsletter. Ride Leader **Bob Fairfield**, mobile412@ca.rr.com and **Jim Pugh**, in-line@pacbell.net.

CENTURY SERIES

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

SUNDAY

Sunday Rides - 9:00 am, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader **Lee Stebbins**, ridecaptain@ocw.org.

Tandem Time



Please join us for the next Tandem Time ride:

When: Saturday, February 4, 2012 starting at 9:00 am.

Where: The Square located at Main and MacArthur in Irvine near the John Wayne Airport.

The ride is approximately 30 miles in length.

Stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders. Please contact **Bob Fairfield** or **Jim Pugh** for further information.

Saturday Rides

Ride Leaders-**Bob Fairfield and Jim Pugh**

The Saturday Rides are offered to improve individual and group riding skills and to promote the sport of bike riding. There are three rides scheduled each Saturday-Short, Medium and Long. We do not ride when weather conditions are unsafe or if there is an **OCW** Special Event that day. The rides start at The Square, (formerly called Food Park), located at the NW corner of Main and MacArthur, in the city of Irvine. We park in the lot behind Starbucks. If you are new to **OCW** rides or are just returning to cycling, let us know, so we can suggest a group that fits your present riding ability. **The rides start at 9:00am.**

February 2012 Schedule

All rides start promptly at 9:00 am

All rides Slow to Fast

February 4, 2012

- 21.1 Miles Rollies - Main, Bike Trail, Back Bay, Dover, Galaxy, Bike Trail, Main, MacArthur
- 30.0 Miles 530 Feet of climbing Flat - Red Hill, Alton, Quail Hill, Alton, Irvine Blvd, Portola, Tustin Ranch, Walnut, Harvard, Warner, Von Karman, Main, MacArthur
- 51.3 Miles 1960 Feet of climbing Hilly ride from Irvine to Laguna Niguel, Ladera Ranch, Rancho Santa Margarita, Mission Viejo, Lake Forest, and back

February 11, 2012

- 25.0 Miles 500 Feet of climbing Mostly Flat - Red Hill, Alton, Irvine Blvd., Portola, Jeffrey, Yale, W. Yale Loop, Main, MacArthur
- 37.0 Miles 1200 Feet of climbing Hilly - Ride through Tustin, Laguna Cyn then over Newport Coast and back through Irvine
- 58.5 Miles 1200 Feet of climbing Rollies - Red Hill, Hewes, Wanda/ Santiago Cyn, Gypsum Cyn, S.A. River Trail, PCH, Dover, Highland, Irvine/ Campus, Mesa/ Birch, Von Karman, Main, MacArthur

February 18, 2012

- 27.0 Miles Rollies - MacArthur, Main, Jamboree, Harvard, Irvine Ctr/ Moulton, Lake Forest, Irvine Blvd, Jeffrey, Irvine Ctr, Harvard, Barranca, Von Karman, Main, MacArthur
- 36.4 Miles Hilly- Red Hill, Alton, Bake, Portola, Marguerite, Trabuco/ Irvine Blvd, Alton, Red Hill, MacArthur
- 54.0 Miles Flat - Main, Sunflower, S.A. River Trail, Slater, Springdale, Westminster/ 2nd, Appian, 2nd, Beach Bike Trail, Marina, Ocean, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur

February 25, 2012

- 23.0 Miles Flat - Red Hill, Barranca, Harvard, University/ East Bluff, Vista Del Oro, East Bluff/ Ford/ Bonita Cyn, Shady Cyn, Turtle Rock, Harvard, Main, MacArthur
- 33.5 Miles 700 Feet of climbing Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Toledo, Trabuco/ Irvine Blvd, Jeffrey, Portola, Tustin Ranch, Walnut, Harvard, Main, MacArthur
- 52.4 Miles Very Hilly – Main, Harvard, Barranca, Jeffrey/ University, Ridgeline, Turtle Rock, Newport Coast, PCH, Poppy, Marguerite, San Joaquin Hills, Pelican Hill, PCH, Laguna Cyn, Aliso Creek, Muirlands/ Barranca, Von Karman, Main, MacArthur

Sunday Rides

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

Rides start promptly at 9:00 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 9:00 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.*

February 2012 Schedule

All rides start promptly at 9:00 am

February 5, 2012 Carl's Jr., Newport Beach. (Board meeting scheduled at 10:30 am). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.
29 Miles. Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine .
35 Miles. Rolling to Hilly ride thru Irvine, Shady Cyn Trail & Tustin.
45 Miles. Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach.

February 12, 2012 Lions Park, Costa Mesa. Take the 55 Freeway south to end. Continue south on Newport Blvd. for 0.4 mile to 18th Street. Turn right and go 0.1 mile to Park Ave. Turn right and park on street in front of Park.
23 Miles. Flat ride thru Costa Mesa, Huntington Beach & Newport Beach.
34 Miles. Hilly ride thru Costa Mesa, Irvine, climbing Turtle Rock & Shady Cyn Trail and returning thru Laguna Beach & Newport Beach.
56 Miles. Hilly ride thru Costa Mesa, Irvine, Lake Forest, Santiago Cyn & Tustin.

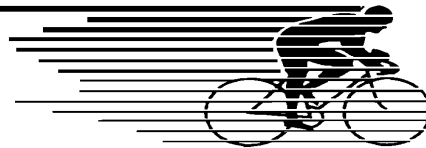
February 19, 2012 University Park, Irvine. Take the 55 Freeway south to end. Continue south on Newport Blvd. for 0.4 mile to 18th Street. Turn right and go 0.1 mile to Park Ave. Turn right and park on street in front of Park.
24 Miles. Rolling ride thru Irvine.
34 Miles. Rolling ride thru Irvine, Laguna Hills, Laguna Beach & Newport Beach.
58 Miles. Hilly ride thru Irvine, Lake Forest with a little climb up Live Oak returning thru Santa Margarita, San Juan Capistrano, Laguna Niguel, Laguna Hills & Lake Forest.

February 26, 2012 Bonita Canyon Sports Park, Newport Beach. Take the 55 Freeway south to the 73 Freeway and exit on MacArthur Blvd. Go south on MacArthur for 0.9 miles and the turn left on Bonita Canyon Rd. Go 0.4 miles and turn right on Mesa View. Turn left at end of street onto Ford Rd. The Park is located on the left at the first stop sign.
29 Miles. Flat to Rolling ride thru Newport Beach, Shady Cyn Trail, Irvine & Tustin.
38 Miles. Rolling to Hilly ride thru Newport Beach, up Newport Coast, north to Huntington Beach returning thru Costa Mesa.
50 Miles. Hilly ride thru Irvine, Lake Forest, Mission Viejo, Laguna Niguel, Laguna Beach & Newport Beach.

March 4, 2012 Carl's Jr, Newport Beach. (Board meeting scheduled at 10:30 am). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.
27 Miles. Flat ride thru Irvine & Tustin.
30 Miles. Hilly ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills.
46 Miles. Hilly ride thru Newport Beach with a climbs up San Joaquin Hills, Spy Glass & Turtle Rock returning thru Irvine & Tustin.



PARAMOUNT RACING



TEAM MEETING

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

President	Curtiss Dosier	cdosier@kmob.com
Vice President	John McKee	ajmckee@sbcglobal.net
Secretary	Jeff Carchidi	jcarchidi2001@yahoo.com
Race Director	Monty Pettus	sngltrkguy@yahoo.com
Rider Advocate/Recruitment Director	Marcos Corona	coronam@uci.edu
Sponsorship Coordinator/OCW Liaison	Michelle Vester	kashvester@gmail.com
Women's Race Director	Hilary Crowley	hilarynv@yahoo.com

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

Saturday: 8:00 am. Meets at Jax Bicycles Irvine (14280 Culver Drive). Route, pace and distance will change based on the racing season. E-mail us for information on the current ride.

Sunday: "Old Como". The ride meets at 8:00 am, Tustin Market Place, in the parking lot near the Red Robin Restaurant off Jamboree (34 miles fast paced through Santiago Canyon).

Once the racing season starts, the weekend rides may change or be cancelled due to races. Please e-mail us for further information. We encourage anyone with an interest in racing next season to join us for this ride.

RACE TEAM SPONSORS

ORANGE COUNTY WHEELMEN

TUSTIN TOYOTA

CRANKY'S BIKE SHOP

INKSPOT GRAPHICS

STARLIGHT PHOTOGRAPHY

BIKELICIOUS

2011 SoCal Cup Final Standings

By John McKee

The SoCal Cup in 2011 was dominated in 55+ by Swami's Mike Birditt and Dale Luedtke. Kal Szkalak was 3rd and lost part of the season due to a bad crash and injury at Ontario. Kal was 2nd at the time of his accident and out too long to challenge for the top spot and was passed by Dale. Dale had good form at the end of the season and Swami's worked to help him secure the 2nd spot. Kal was able to come back but no one could come back from that kind of injury and be in top form. Fred Hoblit showed consistently good form through the season and secured the 4th spot. Steve Hensler was 5th and the last paying spot in SoCal Cup. The SCNCA paid out to 5 spots in both 55+ and 60+. The podium ceremony was Dec. 4th, 2011 in downtown LA during a SoCal Cross race.

The 60+ SoCal Cup lead changed hands a number of times. Bob Wright and myself traded time in the 1st slot with David Lang right there. Mike Marotta definitely had the best form and once Mike started racing consistently he took over the 1st spot. I was 2nd with Bob taking 3rd place. Bob gave up some SoCal Cup points to secure the BAR series lead in 60+ with CBR. David Lang was 4th and fellow OCW/Paramount racer **Monty Pettus** was 5th.



Rwandan Thanksgiving

By Hilary Crowley

Six short weeks ago, the third annual UCI sanctioned Tour of Rwanda took place and I was along for the ride. This was actually the second Tour of Rwanda I've helped out with. Basically I was a Team Rwanda groupie, supporting the Akagera team.

The Tour ran from Sunday, November 20 – Saturday

November 27, and went through the stunning landscape of the *Switzerland of Africa*, the *Land of a Thousand Hills*, Rwanda. Located in land-locked east-Africa, Rwanda is tucked into the Virunga Mountains, home to seven volcanoes and the endangered Silverback Mountain Gorillas. Known for its delicate bourbon coffee beans, Rwanda is the most densely populated country in Africa.

Team Rwanda, the Rwandan National Cycling Team, is composed of former potato-hauling farm laborers, bike-taxi drivers, some street kids and orphans.

Despite the racers' collective humble backgrounds, their dedicated Directeur Sportif, Jock Boyer—the first American to race in the Tour de France—has identified and cultivated some world-class talent like Adrien Niyonshuti who will represent Rwanda in the 2012 Olympics in mountain biking.

By the time I reached my destination, Kigali—Rwanda's capitol, I had touched seven cities over 36-hours and of course, sans bags. Why do I have to travel with my bags if my bags don't have to travel with me? Most of it was gear for the team anyway.

I arrived in time to assist with the Team's final training camp leading up to the Tour. Once the Tour started, the real fun began. My role was to coordinate loading the vehicle each morning and driving ahead of the peloton in a caravan of two remarkable American volunteers, to secure rooms for our party of 23. We had 12 racers, 2 mechanics, 2 masseurs, coaches, volunteers and 6 moto bike drivers. This was an adventure as I do not speak French or Kinyarwanda and let's

just say Google maps doesn't really work in Rwanda, not that it would matter since street signs are few and far between.

The stages took racers (and us groupies) through breath-taking coffee and tea plantations on surprisingly good roads, over mountain passes and villages. All in all, it was an experience money can't buy from lodging in different Catholic guest houses, to a carb-heavy diet, to watching Joseph Biziarymye win the final stage—the first time a member of Team Rwanda has ever won a stage at the Tour of Rwanda. This young man had only been on the team four months and was previously a bike taxi driver. Each day and stage warrants its own article (which Cyclingnews.com did cover), so catch me on the road and I'll give you a colorful long version. While it's nice to be back in beautiful Southern California, there are experiences one has in Rwanda that cannot be touched.



Climbing pelaton



Dashboard View of the Tour or Rwanda



Stage 5

Annual Awards Banquet Installation of Officer's and Directors

February 25, 2012

6:00 - 10 pm
Tustin Banquet Center

Hans Rey
Guest Speaker



We have a very entertaining evening prepared for you. Hans "No Way" Rey is considered the world's leader in extreme mountain biking. He is a former trials riding world champion, a showman, a stuntman and an adventure mountain biker. He has traveled the world extensively; riding his GT mountain bikes, over and through areas previously considered unrideable. All the while, capturing the cultural, scenic, and spiritual aspects of these exotic locations; and always in search of something mystical or historical.

Hans will entertain us by demonstrations he has performed for many groups around the world. You won't be disappointed by his presentation.

To reserve your spot at this year's banquet visit the website and sign up. There is a \$20.00 fee to confirm your spot. There is a maximum number of seats available, so sign up early.

Dinner will be prepared and served by Azarra's Catering. Prime rib and other meats along with a variety of salads, deserts and drinks will be offered.

Door prizes will be drawn during the evening.

Membership effort and individual awards will be presented followed by the installation of the 2012 officers and directors.

Jim Brewer OCW Vice President



Juvenile Diabetes Research Foundation

By **Paul DAquanni**

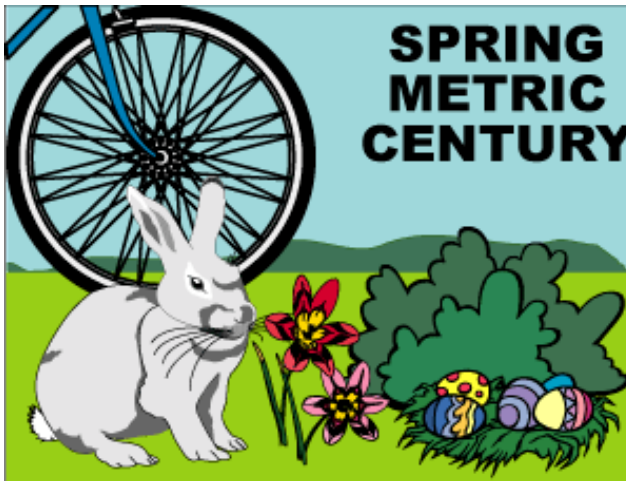
This year's Spring Metric and 40 Miler will be a Members Only Ride. What this means is, the ride is **FREE** to OCW Members. As always it will be a fully supported ride with 2 rest stops, roving SAG, and a delicious Pollo Loco Chicken Dinner at the finish. The routes will be the same as last year. Both rides will start at Yorba Regional Park, with a 7 mile warm up down the Santa Ana River Trail, where you will then head through Santa Ana Canyon into Irvine. After a rest stop at Jax Cycle Shop, the 40 mile group will return towards the start with a stop in Orange, at Santiago Hills Park. The Metric group will leave Jax and head out through El Toro Marine Base toward Mission Viejo, and then back through beautiful Santiago Canyon. A rest stop at mile 52 is just prior to the last climb of the day. Then you will get to enjoy the final 10 miles of flats along Santa Ana Canyon Road where back at Yorba Regional Park the volunteers are waiting to feed and congratulate you on a job well done. Please encourage non-member friends that this is a great time to join OCW. Join the Club for \$29.00 and you will get this great event free, as well as all the privileges that we all enjoy as OCW Members.

This year we are again partnering with JDRF to help raise donations for the cause. Details will be forthcoming on the OCW web site as well as JDRFOC.ORG

So, please choose to sign up and join the fun by either riding or volunteering.

Sign up for the ride at ocwwheelmen.org, or if you would like to volunteer, please contact PDAquanni@cox.net

Ride safe & share the road,
Paul



BOARD MEETING MINUTES

December 4, 2011

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Alan Dauger, Jim Pugh, Lee Stebbins, Doris Bingo, Dan Gorman, Max Kalenberg, Frank Neal, Steve Loughran, Randy Kiefer, Paul D'Aquanni, Bob Fairfield, Frank Neal, Debi Butz, Willie Hunt, Paul DeFeo, Art Pressel .

Members and guests present: **Marcos Corona.**

CALL TO ORDER

The meeting was called to order by President **Mike Lee** at 10:37 am.

MINUTES

A motion was made and seconded to approve minutes of the November 2011 Board Meeting. The motion to approve the November minutes was carried.

DIRECTOR APPROVAL: **Mike** asked the Board for approval of the following new directors: **Paul DeFeo** and **Jeff Driscoll**. **Paul DeFeo** was approved by a vote of the officers. After discussion on **Jeff**, the recommendation was to ask that he volunteer for some events first.

TREASURER'S REPORT No report.

OCW PARAMOUNT CORPORATION REPORT No report.

BOARD MEMBER REPORTS

President: No report.

Membership: No report.

Vice-President: **Jim Brewer** thanked those who helped him get speakers for the meetings.

Paramount: **Marcos** reported that **John McKee** and **Monty Pettus** will receive the Socal Cup Award for their superb racing performance in 2011.

OCW COMMITTEE REPORTS

Bylaws/ Policies and Procedures: No report.

OCW/Paramount Relationship: No report.

LCI: No report.

Website: **Mike Lee** said the new website is coming along well. All directors and officers are asked to review it. He said that we do need a webmaster. The anticipated launch is January 1, 2012. It is hoped that the old website will be phased out by the end of January.

Public Relations: No report.

Ride captain: **Lee Stebbins** said the rides for the balance of 2011 are on the new website.

Statistician: **Jim Pugh** asked for a format to allow members to enter their own statistics in the new website in place of the statistician having to enter them in the program that he uses now. The board consensus was to allow this to be done.

CTC: **Frank Neal** said OCW had ten Triple Crown winners this year.

OLD BUSINESS

Nominating Committee: **Mike** said the ballots have gone out.

Holiday Party: **Mike** said that more than 100 have signed up.

NEW BUSINESS

Banquet: **Jim Brewer** said that Hans Rey will speak and perform at the banquet. **Jim** asked for names of members who have done special things that deserve an award. Registration for the banquet will be opened shortly after the first of 2012.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 11:27 am.

Respectfully submitted by **Alan Dauger**.

BOARD MEETING MINUTES

January 8, 2012

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Jim Walker, Irene Walker, Alan Dager, Jim Pugh, Lee Stebbins, Doris Bingo, Dan Gorman, Max Kaldenberg, Frank Neal, Steve Loughran, Randy Kiefer, Alvin Trafton, Paul D'Aquanni, Frank Neal, Debi Butz, Paul DeFeo, Dennis Thomas, Alan Vester, Michelle Vester.

Members and guests present: **Jeff Rich, Monty Pettus, Scott Sharp.**

CALL TO ORDER

The meeting was called to order by President **Mike Lee** at 10:34 am.

MINUTES

A motion was made and seconded to approve minutes of the December 2011 Board Meeting. The motion to approve the December minutes was carried.

TREASURER'S REPORT **Jim Walker** said that OCW is solvent. **Mike Lee** then presented the proposed budget for 2012. It was moved and seconded to approve the 2012 budget. Motion passes.

OCW PARAMOUNT CORPORATION REPORT **Jim Walker** said that OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Mike** thanked all for their help and cooperation in the many activities of this past year.

Vice-President: **Jim Brewer** described the program of the January meeting. He also said that Hans Rey will entertain at the Annual Banquet on February 25.

Membership: **Irene Walker** said OCW has 454 members and Paramount has 53 members.

Paramount: **Monty Pettus** reported that the racing season begins next month. He said pro deals are planned for mid-February. **Jim Pugh** said that volunteers will be needed for the Paramount sponsored races on Sunday, July 15, 2012.

Clothing: There was discussion about the OCW and Paramount clothing for 2011 and 2012. There also was discussion about discounting the remaining 2011 clothing. A motion was made and seconded to immediately discount the clothing. Motion failed. **Mike** will ask **Art Pressel**, who is in charge of clothing inventory, to make a report at the February board meeting.

OCW COMMITTEE REPORTS

Bylaws/ Policies and Procedures: No report.

OCW/Paramount Relationship: No report.

LCI: **Michelle** stated that the date for the next Road 101 class will be February 8 at the Irvine Ranch Water District Offices.

Website: **Mike Lee** said the January general meeting will have a few minutes for Website instruction. We need all the members to sign up on the new website. As of this date, about 25 percent of members have done so. There was some discussion about the difficulty of getting all the members to sign up. **Mike** will contact TST to assist in this process. **Mike** and **Lee** conducted a website training session at Mike's home. About 10 board members were also in attendance. The banquet registration has been launched. Spring metric registration will be launched soon.

Public Relations: **Dennis** said that it would be good to put some of our newsletters at the bike shops to help recruit members.

Ride captain: **Lee Stebbins** said all routes for January are on both the old and new websites.

Statistician: **Jim Pugh** said that the old statistics program is dead, so four rides near the end of 2011 will not be entered. He will send an email asking for the numbers of days members have ridden to work.

CTC: **Frank Neal** passed out brochures for Road ID, which he recommends.

OLD BUSINESS

Nominating Committee: **Irene** said we received 110

ballots out of 407 sent out. The balloting deadline is January 31.

Holiday Party: **Mike** said that 115 people attended. Hanna House is grateful for the toys that were given.

Ride for the Prize: There was some discussion that this plan, approved by the Board in early 2011, was not followed through and also may be in violation of the OCW Bylaws and IRS rules for non-profit corporations. It was moved and seconded to cancel the Ride for the Prize for the year 2011. Motion carried.

Banquet: See the Vice President's report above.

NEW BUSINESS

Spring Metric: Registration will be launched soon.

Bear Jersey proposed artwork: The board liked the design that was presented. **Jeff Rich** asked for a new bear design. **Mike** will ask the artist to make a design with a new bear for presentation at the next Board meeting.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 11:57 am.

Respectfully submitted by **Alan Dager**.



President's Day

CLUB RIDE TOTALS FOR 2011

Minimum 100 miles or 100 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act
Acuna, John	0	0	0	0	0	300
Allred, Alan	121	4195	985	5180	35	25
Ansel, Kevin	9	361	20	381	40	225
Ansel, Ximena	9	343	10	353	38	300
Beaty, Brenda	0	0	0	0	0	100
Bessee, Dee	0	0	0	0	0	250
Bianco, Renee	10	396	0	396	40	0
Billie, Lynne	1	43	0	43	43	150
Bingo, Doris	24	787	469	1256	33	*
Black, Larry	95	3398	14	3412	36	0
Borden, Orlando	1	100	0	100	100	0
Boyd, Kenneth	0	0	0	0	0	100
Bradley, Patrick	20	1001	7	1008	50	0
Bramwell, Chuck	1	105	0	105	105	0
Brewer, Anita	0	0	0	0	0	200
Brewer, Jim	64	2397	2498	4895	37	*
Brown, Joel	56	1809	10	1819	32	0
Burns, Mike	0	0	0	0	0	100
Butz, Debi	38	1319	48	1367	35	425
Butz, Rick	6	259	19	278	43	225
Camarena, Edward	15	495	0	495	33	0
Campbell, Bud	8	406	23	429	51	0
Cawthon, James	15	579	514	1093	39	0
Clanton, Diane	17	424	0	424	25	75
Clark, Dan	1	43	0	43	43	200
Clark, Sara	1	43	0	43	43	150
Clarke, Greg	14	549	8	557	39	50
Conmy, Philip	1	105	0	105	105	0
Cook, John	0	0	0	0	0	100
Corona, Marcos	0	0	0	0	0	125
Council, Tanya	2	164	0	164	82	100
Cozza, Alison	0	0	0	0	0	100
Cozza, Greg	0	0	0	0	0	100
Crider, Wilson	1	62	0	62	62	100
D Aquanni, Peter	2	121	2	123	60	0
Daley, Laura	17	515	0	515	30	50
DAquanni, Paul	58	1904	2	1906	33	*
Dager, Alan	35	1262	700	1962	36	*
Davidson, Bob	4	204	0	204	51	0
Davidson, Carol	3	146	0	146	49	100
Defeo, Paul	24	1242	515	1757	52	400
Deyarmie, Tim	2	126	0	126	63	0

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Dosier, Curt	1	22	0	22	22	300	Jordaan, Dave	0	0	0	0	0	100
Driscoll, Jeffery	36	1427	4	1431	40	50	Kaldenberg, Max	171	5911	1618	7529	35	1550
Dudaniec, Andrew	20	595	0	595	30	0	Kaufman, Mark	5	107	7	114	21	100
Dutcher, Barbara	2	68	0	68	34	100	Kessler, Terry	30	1351	7	1358	45	0
Engel, Peter	9	376	0	376	42	0	Keyes, Robert	0	0	0	0	0	100
Engle, Diedre	28	890	11	901	32	175	Kibble, Greg	57	2133	188	2321	37	75
Esser, Steve	13	457	0	457	35	25	Kiefer, Randy	9	419	0	419	47	500
Fairfield, Bob	74	3181	633	3814	43	1625	Klages, Scott	24	940	0	940	39	25
Farrell, Joseph	1	100	0	100	100	0	Kline, Greg	3	188	0	188	63	200
Ferrari, Wes	1	100	0	100	100	0	Kline, Stacy	2	162	0	162	81	175
Fieldhouse, Bob	65	2522	2659	5181	39	250	Klinedinst, Tom	3	166	0	166	55	100
Fisher, Juergen	7	341	74	415	49	0	Kluth, Earl	14	696	89	785	50	50
Fong, Luis	11	450	0	450	41	0	Knight, Kip	1	100	0	100	100	0
Fowler, Brad	2	158	0	158	79	0	Kuemerle, Denis	23	1132	2	1134	49	150
Fry, Ken	16	535	13	548	33	0	Larson, William	27	1323	2	1325	49	0
Galvez, Mary Jean	22	646	0	646	29	25	Laugen, Alex	0	0	0	0	0	125
Garcia, Crystal	0	0	0	0	0	100	Laugen, Lorna	29	1028	192	1220	35	275
Gaston, Liz	0	0	0	0	0	175	Laugen, Michael	3	102	0	102	34	100
Gaston, Stuart	30	1376	219	1595	46	250	Le, Lien	2	126	0	126	63	0
Gate, Chris	2	126	0	126	63	0	Lee, Michael	86	3237	26	3263	38	*
Gate, Margaret	2	126	0	126	63	150	Lehman, Ron	17	792	0	792	47	25
Gate, Tom	2	126	0	126	63	150	Lepper, Craig	23	1199	18	1217	52	0
Gauldin, Dan	36	1956	609	2565	54	200	Levitsky, Boris	24	958	0	958	40	0
Geister, Peter	22	776	212	988	35	0	Lindquist, Link	16	511	0	511	32	125
George, Susan	18	717	68	785	40	225	Lindsey, Gary	2	126	0	126	63	0
Gibson, Connie	5	163	0	163	33	0	Loughran, Steve	79	3105	5	3110	39	550
Given, Suzan	1	39	10	49	39	100	Lueras, Dan	3	161	0	161	54	25
Gonzalez, Bernardo	8	338	18	356	42	0	Mac Barron, Rick	8	313	18	331	39	0
Gorman, Dan	139	4681	2599	7280	34	2150	Mack, Kenneth	3	118	0	118	39	0
Gowing, Larry	3	141	0	141	47	100	Madden, Tom	34	1394	44	1438	41	300
Gross, Bret	0	0	0	0	0	200	Marino, John	10	573	7	580	57	0
Gunther, Harry	21	694	0	694	33	0	Mashaw, David	23	1279	0	1279	56	125
Guttentag, Fred	14	505	0	505	36	0	McKee, John	2	78	16	94	39	225
Han, Edward	8	227	0	227	28	0	McNelly, Mike	2	162	0	162	81	0
Hancock, Therese	20	595	0	595	30	200	Menendez, Juan	45	1839	0	1839	41	0
Hansen, Ralph	0	0	0	0	0	175	Meyer, Marc	2	122	0	122	61	0
Hanson, Michael	16	569	0	569	36	0	Morrison, Ken	8	215	0	215	27	200
Hearn, Ron	70	3185	296	3481	46	375	Morrison, Ollie	8	215	0	215	27	200
Hickman, Michael	1	100	0	100	100	0	Mulligan, Steve	4	141	0	141	35	100
Irwin, Charlie	19	655	11	666	34	300	Nafel, Gloria	29	1014	552	1566	35	100
Irwin, Elise	13	546	36	582	42	100	Nally, Martin	30	1515	20	1535	50	0
Ivey, Kevin	21	833	31	864	40	225	Neal, Frank	3	73	0	73	24	875
Jackson, Todd	0	0	0	0	0	100	Nelson, Steve	2	133	0	133	66	0
Jimenez, Lou	13	559	0	559	43	0	Nelson, Theresa	3	157	0	157	52	100

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Nonberg, David	8	382	0	382	48	200	Stebbins, Lee	75	3118	103	3221	42	*
Nordenstam, C.	25	862	0	862	34	100	Stechert, John	7	299	165	464	43	100
Nordenstam, John	25	862	0	862	34	100	Stechert, Judy	7	299	165	464	43	200
Orem, Marv	2	126	0	126	63	100	Stein, Richard	32	911	0	911	28	0
Osterfeld, Hank	3	224	0	224	75	25	Stephens, Rick	3	176	0	176	59	50
Painter, Cathy	1	6	0	6	6	200	Stover, Peter	19	884	10	894	47	0
Painter, Lee	1	6	0	6	6	200	suh, Jae	3	162	0	162	54	0
Parish, Donna	7	195	3	198	28	0	Taylor, Kathy	5	193	0	193	39	125
Parish, Kent	7	195	3	198	28	0	Thomas, Dennis	21	623	102	725	30	*
Park, David	26	1446	144	1590	56	150	Thorpe, Karen	56	2014	2	2016	36	125
Park, Mary	25	1373	144	1517	55	150	Tomita, Barbara	16	496	13	509	31	0
Perea, Miguel	60	2344	24	2368	39	100	Trafton, Alvin	127	5075	7	5082	40	275
Perez, Peter	11	312	110	422	28	0	Tripp, Rob	40	1593	45	1638	40	125
Pero, Mark	10	382	125	507	38	0	Trudell, Alan	29	1203	0	1203	41	0
Pilcher, Henry	28	794	0	794	28	50	Vester, Alan	17	836	0	836	49	425
Pilcher, Kathy	28	797	0	797	28	50	Vester, Michelle	15	824	0	824	55	*
Porras, Fred	0	0	0	0	0	100	Villarreal, David	1	100	0	100	100	0
Pressel, Art	70	3384	36	3420	48	800	Viloria, Ron	20	361	45	406	18	100
Pugh, Jim	55	2387	108	2495	43	*	Walker, Irene	11	315	0	315	29	*
Ramos, Adrian	4	229	0	229	57	100	Walker, Jim	50	1453	0	1453	29	*
Ramos, Jayne	3	205	0	205	68	100	Wedekind, Patricia	0	0	0	0	0	100
Reguero, E. Anthony	7	317	0	317	45	0	Weindling, Brent	1	40	5	45	40	100
Reid, Jayne	4	266	0	266	66	0	Whitney, David	3	198	0	198	66	0
Renowden, John	49	2336	775	3111	48	0	Whitworth, Phil	3	227	0	227	76	0
Rich, Jeff	0	0	0	0	0	225	Wickersham, Art	0	0	0	0	0	450
Richman, Matt	13	536	0	536	41	0	Wickersham, Judee	0	0	0	0	0	450
Rinker, Ted	41	2115	360	2475	52	100	Wilson, Guy	25	917	461	1378	37	0
Robinson, Scott	3	226	0	226	75	0	Yu, Ye	4	198	36	234	50	0
Rue, Jonathan	6	361	2	363	60	0	* Officers do not receive activity points.						
Rusher, David	3	91	34	125	30	100							
Rutherford, Andrew	0	0	0	0	0	100							
Ryder, John	35	1062	0	1062	30	100							
Sandburg, Nils	58	2230	355	2585	38	0							
Saradeth, Pon	15	451	0	451	30	25							
Sargeant, Bruce	3	103	0	103	34	0							
Schapel, Alan	28	1297	2	1299	46	0							
Scott, Joe	10	409	0	409	41	0							
Sepulveda, Margie	4	126	0	126	32	50							
Shapiro, Mickie	0	0	0	0	0	100							
Sharp, Scott	3	199	0	199	66	225							
Shintani, Dennis	9	249	14	263	28	0							
Smith, Pamala	3	134	0	134	45	0							
Sorem, Terry	0	0	0	0	0	100							
Steadry, Rick	11	345	0	345	31	125							

COMMUTER DAYS

Member	No. of Days
Jason Gersting	223 Days
Jeff Rich	182 Days
Doris Bingo	166 Days
Kevin Ansel	131 Days
Ximena Ansel	121 Days
Ervin Gasperlin	121 Days
Paul DeFeo	94 Days
Scott Sharp	59 Days
Bob Fairfield	36 Days

TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Kaldenberg, Max	171	5911	1618	7529	35	1550
Trafton, Alvin	127	5075	7	5082	40	275
Gorman, Dan	139	4681	2599	7280	34	2150
Allred, Alan	121	4195	985	5180	35	25
Black, Larry	95	3398	14	3412	36	0
Pressel, Art	70	3384	36	3420	48	800
Lee, Michael	86	3237	26	3263	38	*
Hearn, Ron	70	3185	296	3481	46	375
Fairfield, Bob	74	3181	633	3814	43	1625
Stebbins, Lee	75	3118	103	3221	42	*
Loughran, Steve	79	3105	5	3110	39	550
Fieldhouse, Bob	65	2522	2659	5181	39	250
Brewer, Jim	64	2397	2498	4895	37	*
Pugh, Jim	55	2387	108	2495	43	*
Perea, Miguel	60	2344	24	2368	39	100
Renowden, John	49	2336	775	3111	48	0
Sandburg, Nils	58	2230	355	2585	38	0
Kibble, Greg	57	2133	188	2321	37	75
Rinker, Ted	41	2115	360	2475	52	100
Thorpe, Karen	56	2014	2	2016	36	125

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Kaldenberg, Max	171	5911	1618	7529	35	1550
Gorman, Dan	139	4681	2599	7280	34	2150
Trafton, Alvin	127	5075	7	5082	40	275
Allred, Alan	121	4195	985	5180	35	25
Black, Larry	95	3398	14	3412	36	0
Lee, Michael	86	3237	26	3263	38	*
Loughran, Steve	79	3105	5	3110	39	550
Stebbins, Lee	75	3118	103	3221	42	*
Fairfield, Bob	74	3181	633	3814	43	1625
Pressel, Art	70	3384	36	3420	48	800
Hearn, Ron	70	3185	296	3481	46	375
Fieldhouse, Bob	65	2522	2659	5181	39	250
Brewer, Jim	64	2397	2498	4895	37	*
Perea, Miguel	60	2344	24	2368	39	100
Sandburg, Nils	58	2230	355	2585	38	0
DAquanni, Paul	58	1904	2	1906	33	*
Kibble, Greg	57	2133	188	2321	37	75
Thorpe, Karen	56	2014	2	2016	36	125
Brown, Joel	56	1809	10	1819	32	0
Pugh, Jim	55	2387	108	2495	43	*

TOP TO/FROM MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Fieldhouse, Bob	65	2522	2659	5181	39	250
Gorman, Dan	139	4681	2599	7280	34	2150
Brewer, Jim	64	2397	2498	4895	37	*
Kaldenberg, Max	171	5911	1618	7529	35	1550
Allred, Alan	121	4195	985	5180	35	25
Renowden, John	49	2336	775	3111	48	0
Dauger, Alan	35	1262	700	1962	36	*
Fairfield, Bob	74	3181	633	3814	43	1625
Gauldin, Dan	36	1956	609	2565	54	200
Nafel, Gloria	29	1014	552	1566	35	100
Defeo, Paul	24	1242	515	1757	52	400
Cawthon, James	15	579	514	1093	39	0
Bingo, Doris	24	787	469	1256	33	*
Wilson, Guy	25	917	461	1378	37	0
Rinker, Ted	41	2115	360	2475	52	100
Sandburg, Nils	58	2230	355	2585	38	0
Hearn, Ron	70	3185	296	3481	46	375
Gaston, Stuart	30	1376	219	1595	46	250
Geister, Peter	22	776	212	988	35	0
Laugen, Lorna	29	1028	192	1220	35	275

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	139	4681	2599	7280	34	2150
Fairfield, Bob	74	3181	633	3814	43	1625
Kaldenberg, Max	171	5911	1618	7529	35	1550
Neal, Frank	3	73	0	73	24	875
Pressel, Art	70	3384	36	3420	48	800
Loughran, Steve	79	3105	5	3110	39	550
Kiefer, Randy	9	419	0	419	47	500
Wickersham, Art	0	0	0	0	0	450
Wickersham, Judee	0	0	0	0	0	450
Butz, Debi	38	1319	48	1367	35	425
Vester, Alan	17	836	0	836	49	425
Defeo, Paul	24	1242	515	1757	52	400
Hearn, Ron	70	3185	296	3481	46	375
Madden, Tom	34	1394	44	1438	41	300
Irwin, Charlie	19	655	11	666	34	300
Ansel, Ximena	9	343	10	353	38	300
Dosier, Curt	1	22	0	22	22	300
Acuna, John	0	0	0	0	0	300
Laugen, Lorna	29	1028	192	1220	35	275
Trafton, Alvin	127	5075	7	5082	40	275

CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Members Only Page" area of the website 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: New, never ridden- Women's Fuji Finest 1.0 Does it fit you? 50 cm size = 29.2 inch stand-over. \$450 off! And this is the Last One! Asking \$799 Orig. \$1,249. * FREE - top-of-bar brake levers installed at no charge * Women specific geometry fits comfortably * Carbon fork for a smooth ride * Light: 20-21 lb. Custom drawn 6061 heat treated frame * Shimano's 105 rear derailleur * FSA Omega triple crankset with 27 gears (including a 30:26 low!) to tame any terrain. - See the full description at: <http://www.urbanbicycleoutfitters.com/on-sale/> Contact Pete Van Nuys at petevannuys@cox.net or 949.492.5737

FOR RENT: Mountain Cabin in Arrowbear Lake Mountain Cabin in Arrowbear Lake available by the week or weekend. Halfway between Big Bear and Lake Arrowhead, Weekend rate for 3 nights is 95/night. Week is 7 nights 85/night. 2 Bdrm, Loft, Sleeps 6+, Large Lot with sled area, 10 minutes from Snow Valley, Large Main room, Cable TV, wireless internet, fireplace, Full Bath, Complete Kitchen, Dishwasher, Microwave, etc. Call for more details Contact Michael Lee at ocwheelmen@cox.net or 949.458.0205

FOR RENT: San Clemente Vacation Beach House Near Bike Route. Cozy up by the fireplace and relax in this awesome San Clemente beach home. Take in the sunset every night off your private balcony. Book any week in October for the low price of \$995/week. Or plan a long weekend getaway that includes romantic walks on the beach, dinner on the pier and shopping at the Sunday Farmer's Market/street fair on Del Mar. Stay any three nights during October for \$595. 1/2 block from bike route. BretsBeachHouse.com Contact Bret Howe at bret@ieee.org or 949.733.3705

FOR SALE: Giant OCR Touring, aluminum frame, size medium. Giant built this bike for long distance touring. 27 speeds, Avid disc brakes for great stopping in dry or wet. Loaded with braze-ons for items such as water bottles (3), front and rear racks and even braze-ons on chain stay to hold extra spokes if needed on long tour. Shimano Deore derailleurs and hubs. Brake/shift levers are Shimano Dura Ace. 36 spoke Mavic A319 rims, low mileage, includes Cateye computer, seat bag and pump. Purchased new in 2005. Asking \$700 Contact Peter Perez at ptperez@csu.fullerton.edu or 714.731.2481

FOR SALE: Adam's Trail-a-bike with twist shifter. Take your 3 to 8 year old along for the ride. Perfect condition. No scratches. 5 Speed Shimano. Adjustable bars and seat. Red. Attaches to seatpost of lead bike. Child can pedal at their own pace. Quick release hitch. Only 250 miles. \$95. Contact Scott Klages at saklages@aol.com or 714.318.1400

FOR SALE: 07 Sram Carbon Force Excellent Condition '07 Sram Force drivetrain; Compact carbon 50/34 with english integrated BB, 170mm (BB fit Trek Madone), carbon rear derailleur, front braze-on derailleur. Approximately 2k well maintained miles. \$450. Contact Michelle Kashima at kashima@cox.net or 714.368.1315

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!

A Road Bike 4U
Irvine, CA 92614
(949) 752-2080
sales@aroadbike4u
www.aroadbike4u.com

Emergent Success
Laguna Hills, CA 92653
(949) 885-6467
www.emergentsuccess.com

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

Allegro Property Inspections
Fountain Valley, CA 92708-3516
(714) 916-0110

Matloff and Associates
Landscaping
Mission Viejo, CA 92692
(714) 267-2193
www.matloffandassociates.com

Springdale Villa Apartments
6000 Garden Grove Boulevard
Westminster, CA 92683-1976
(714) 894-5718

Dee Bessee Massage Therapist
In the comfort of your own home
Call for an appointment
(949) 548-4595

MVP Massage Therapy
Lake Forest, CA 92630
(949) 439-0673
www.MVP.MassageTherapy.com

Yorba Linda Physical Therapy
Yorba Linda, CA 92886
(714) 577-0745
http://www.yorbalindapt.com

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested

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



FIRST CLASS MAIL

