

CHAIN REACTION

TANDEM TIME

December/January

GOAT HILL

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

PARAMOUNT RACING

2011/2012

General Meeting

Wednesday, January 11, 7:00 pm

Gary Brustin ***Cycling Attorney***

See page 18 for details.

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

Tandem Time	Sat.	Dec.	3
Jersey Day	Sat.	Dec.	10
Holiday Party	Sun.	Dec.	11
January General Meeting	Wed.	Jan.	11
Awards Banquet	Sat.	Feb.	25

ORANGE COUNTY WHEELMEN BOARD

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Director	Art Pressel	714.914.9300 presselhome@earthlink.net
Director	John Rowe	714.313.3116 john@rowenet.us
Director	Alvin Trafton	

BOARD MEETING

Sunday, December 4th, 10:30 am

Sunday, January 8th, 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, January 26th, 7:00 pm

Hosted by:

TBD

Folding Party location will be announced on the OCW website.

SPECIAL THANKS TO Art & Judee Wickersham for Hosting the November 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)

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FROM THE PRESIDENT...

By Mike Lee

December 2011 – January 2012

Transitions

I have only one more message at this time at the helm.

I was recently renting workbench time over at the **OC Bicycle Garage** and speaking with **Cory and Kelly**. The business model they have created is unique in the cycling industry, or at least I think so. As I am writing this message I am in the midst of building Terri's new bike and needed to press the crown race and headset bearings in and I don't own the tools. I thought, well I could make the tools, they're not hard to make, or buy them, if you're only doing this for a few bikes. But I remembered they rented bench time. So I stopped in prior to showing up with the bike and parts to check on how it works. I thought I needed an hour or less which was right and Cory even checked on things or gave me his opinion on the work and fit. For those DIY's he and Kelly have a great thing going and I hope they stay around for a long time. Cory is really easy to work with and from the looks of things he loves to fix and ride bikes. Check them out on the web, www.ocbikegarage.com or better yet stop in and say Hi.

A new president will soon be taking over at the lead spot for the club and I am soon to be the has been, relinquishing the position with some trepidation as I will no longer be the man in charge. I guess I will miss the spotlight and power but not as if I really had much, since we are governed by a board of directors. The club is evolving, its members are evolving and the club needs are changing. As much as I have dreaded this message every month, I have loved writing it, once I sat down with an idea in my head to write about. With the passing of the baton you will all be reading another member's activities, passions, and love of the sport of cycling. I won't be going far I have still put my name in the hat for a position. As with any volunteer organization



there is always the 10 percent that are willing to do this for the love of the organization, cause, or self satisfaction that it brings to them. For me it was about giving back to an organization that provides me with what I needed when I joined. Not to mention working and getting to know so many people that I now treasure. I have no plans to leave the club or not help unless I move out of the area.

The future of the club in my opinion is for the new and existing BOD to keep a finger on the needs of its members. If we deviate from that model it will only cause a breakdown, loss of members, and a shrinking support group that financially allows us to do what we do. I started, or maybe more

accurately, the board started many new programs under my watch, the Ride like a Pro (soon to be renamed?), and the TS101 classes for all members. Seven league certified instructors, and a new consciousness of riders to safely ride the roads wherever they may be riding. This has taken time but I won't give up on this as well as the rest of the ride captains and leaders. Let's not add any more to the death rate of cyclists in Orange County. Rather, I would like the club to be known for its safe riding practices, and we practice what we preach. This will keep us in the good graces of local law enforcement and when you see the OCW riders you will know they may ride fast but they ride safe. You say safe and fast does not go together? In this case yes. Fast and careless, as we all know what can and will happen.

So to keep OCW in the forefront, watch for the ballot arriving in the mail soon and cast your vote. We will be announcing the new officers at the annual banquet in February.

Ride Safe, Ride Predictable...

Mike

December OCW President's Ride

December 4, 2011

By Mike Lee

Sunday, December 4, 2011 - 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.

January OCW President's Ride

January 8, 2011

By Mike Lee

Sunday, January 8, 2011 - 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.



December Birthdays

McNelly, Mike	12/1
Vaughan, Greg	12/2
Nelson, Donna	12/6
Beaty, Alan	12/7
Hansen, Jan	12/7
Paulsen, Steven	12/7
Hansen, Ralph	12/9
Gaston, Liz	12/10
Wells, Joe	12/11
Patterson, Steven	12/11
Nelson, Steve	12/12
Nelson, Theresa	12/12
DAquanni, Paul	12/13
Navarro, Joe	12/14
Marshall, Bruce	12/14
Byrne, Jim	12/15
Bell, Denise	12/15
Major, Nancy	12/17
Suh, Jae	12/17
Acuna, John	12/21
May, Andrew	12/21
Gregg, Andrew	12/21
Jorgensen, J. J.	12/22
LeBlanc, Michael	12/22
Kompaniez, Peter	12/22
Burns, Mike	12/23
Castleman, Vern	12/24
Packer, Cary	12/24
Bernstein, John	12/24
Irwin, Elise	12/25
Kindel, Bill	12/26
Armstrong, Laura	12/28
Goldstein, Sarah	12/29
Dosier, Curt	12/29
Wells, Mark	12/30

January Birthdays

De Mars, Jill	1/1
Gate, Tom	1/1
Gate, Margaret	1/1
Bubis, Elliott	1/1
Neal, Frank	1/1
Dauger, Marlene	1/1
Gate, Chris	1/1
Gate, Richard	1/1
Abrego, Rosemary	1/1
Glaser, Annie	1/1
Polance, Joe	1/1
Polance, Margaret	1/1
Perez, Brenda	1/2
Taylor, Kathy	1/2
Perez, Peter	1/3
Tentler, Don	1/4
Harvey, Don	1/5
Mashaw, David	1/5
Nally, Martin	1/5
Ortmayer, Rob	1/5
Dosier, Susan	1/6
D Aquanni, Peter	1/6
Garcia, Crystal	1/8
Wignall, Alan	1/9
Burns, David	1/9
Cozza, Alison	1/9

Kobata, Dennis	1/10
Leichnitz, Leonard	1/11
Sprague, Beth	1/11
Mesmer, Bibi Anna	1/12
Bruney, Joseph	1/13
Morrison, Ollie	1/15
Lueras, Dan	1/15
Lueras, Pat	1/15
Gauldin, Dan	1/16
Mesmer, Paul	1/16
Mack, Dione	1/17
Hauptert, Tom	1/17
Chen, Peter	1/17
Caley, Dick	1/18
Engle, Diedre	1/20
Reguero, E. Anthony	1/20
Moussa-Matloff, Nevine	1/22
Deyarmie, Tim	1/22
Smith, Pamala	1/22
Shuler, Ed	1/24
Buck, Janet	1/27
Giles, Stephen	1/27
Sabo, Scott	1/27
Stechert, Judy	1/28
Gonzalez, Bernardo	1/29
Pronk, Frank	1/30
Kuemerle, Marcia	1/30
Ortmayer, Maria	1/30
Whitney, David	1/31

ARTICLES WANTED

If you have anything you would like to write about for the OCW Chain Reaction Newsletter on any bicycling or bicycle-related subject, please submit your articles to the OCW editor. We love to publish photos also. Please e-mail all articles and photos to the OCW editor at Editor@ocw.org.



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

Baker, Darren	Fullerton
Chi, Dean	Rancho Cucamonga
Gregg, Andrew	Huntington Beach
Hatounian, Keith	
Nordberg, Selina	La Habra
Olson, Theresia	
Polance, Margaret	
Ronay, Marianne	Riverside
Sabo, Scott	Placentia
Scott, Joe	Huntington Beach
Sinz, John	La Mirada



FIELD FIXES

By **Frank Neal**

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

Worn Tires. Current economic conditions demand that you get all you can from what you have. What about a worn bicycle tire? If your tires are well-worn, you need to inspect them before each ride. Look at the "wear zone". On this thin rubber, if you see a small diagonal line; then you are almost into the interior cord! This tire **SHOULD NOT** be ridden one more mile! **BE SMART AND POSSIBLY SAVE A LIFE!** Turn this tire into a "tire boot" (see my previous Field Fixes).

Ride Safe out there! – **Frank Neal**, CTCDataGuy

Ride Like A Pro

By **Paul DAquanni**

If you are new to riding on the road, new to cycling or just want to hone your road skills and feel safer riding on the roads, come ride with one of OCW's League Certified Cycling 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 an LCI available every Saturday for you to ride with. We rotate our LCI's 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 our members in proper operation of your bicycle and to be courteous on the road as this is a reflection on all cyclists and members of OCW. Check the web site Ride Calendar for a description of the RLP rides coming up. Hope to see you Saturday.



OCW HOLIDAY PARTY

Come and join in the fun at the Huntington Harbour Yacht Club. Sunday December 11th. It's a beautiful setting and really done up for the holidays.

Party starts at 5 pm with a no host bar and hors d'oeuvres. Dinner will be at 7 pm. The Boat Parade will be going on during the evening with lots of decorated boats passing by. Reservations will open November 1st.

SIGN UP BY DECEMBER 5th

There will be a \$10.00 per person fee that will include a catered dinner with lots of desserts.

**Huntington Harbour Yacht Club
3821 Warner Ave.
Huntington Beach
562-592-2186
(Next to the Fire Station, just east of PCH)**

Please bring an unwrapped toy for a foster child. The toys will be taken to Hannah's House in Orange. They are extremely grateful for our donations.

If you have any questions please call **Irene Walker** at 562-943-9403.



Is Your Seat Height Right?

By **Michelle Vester**

It's not uncommon for seat posts to slip down over time.

Too low a seat is a problem because it can cause knee pain, or even injury, fairly quickly, especially if you climb hills or push the pace. It also reduces your pedaling efficiency, since you aren't able to use the full power of your legs. Also, as the seat drops, the distance to the handlebars changes, possibly causing back or neck discomfort or pain as well.

With the rainy season here you may be planning to ride indoors on a trainer. It's even more important to have the right seat height on a trainer because you're more likely to sit in one position for extended periods, which can lead to injury faster if your seat's not right.

Know your seat height

The easiest way to be prepared to check your seat height is to mark it and/or memorize it by measuring. That way, you can routinely check your seat with a tape measure or look at your mark. Some riders put a wrap of electrical tape around the seat post to mark it. Black electrical tape blends in well with many seat posts and can hardly be seen. It's also there if you ever need it for any on-the-road repair. But if tape clashes with your seat post, or you simply don't want a piece of tape junking up the look of your bike, a line or dot from a Sharpie marker will last a long time, too.

Measure your seat height by taking it from the top of the seat to the center of the bottom bracket. These two reference points are relatively easy to measure from.

It's tempting to want to scratch or notch your seat post to mark it. But **don't do it** because it will likely damage your seat post and may even cause it to break.

Resetting your seat height

If your seat post is marked or you know the measurement, it's simple to raise it if you're home with your tools. If you notice it on a ride, as long as you have the right wrench and have it marked, you can raise it right there. If you only know the measurement and don't carry a small tape measure, you can ballpark it with the steps that follow, or look for an old mark since a post that has been in one spot for a while usually had some line or blemish on it.

To prevent a seat post from freezing, make sure it's lubricated. If it's steel or aluminum, use grease. For carbon seat posts and frames use what's called "carbon assembly paste," which is made just for carbon and has grit in it because plain grease would allow the post to slip.

Finding the right seat height can be difficult and different for each cyclist, so it's usually advised to go to your trusted LBS or coach and then once you've been properly measured keep these measurements in a safe place and check your seat post height often.



OCW October General Meeting with Saul Blau

By Paul DeFeo

Report and pictures from general meeting -

Whether it's being first over the hill or just making it over the hill, we all want to be a better cyclist. We put in a lot of hours training and accumulate many miles. Ever wonder if you are getting the most benefit out of your effort? This month's general meeting speaker was Saul Blau from Power to the Pedals, who gave a great demonstration on how to maximize your training by understanding your VO2 max. **Mary Jean** was gracious enough to participate in the test, donning head gear, mouth piece and nose clip. On the trainer Saul gradually took her to her limit, 10 watts at a time, as her vitals were monitored. A lot of information was recorded and Saul explained the different data points and how she could improve her VO2 max. Surprisingly, one of the facts he pointed out was that most of us need to do more riding in a lower heart rate zone. After the test Saul discusses the results and sets up a training schedule to achieve your goal, whether it be distance, speed, weight loss, etc. There was a lot of information but Saul broke it down on an individual basis and extracts the important data such as max heart rate, lactic acid threshold and max wattage and puts it in a useful format. The big winner of the night was Ron Hearn who won a free VO2 max test at Power to the Pedals. If this sounds good to you contact Saul here in Irvine at 714-270-1320. Be sure to mention the OCW meeting to get a discount.



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.

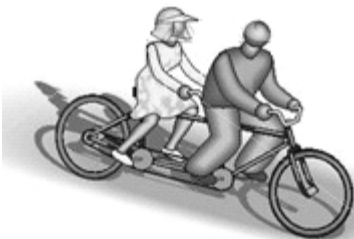
CENTURY SERIES

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, December 3, 2011 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.**

December 2011 Schedule

All rides start promptly at 9:00 am. All rides Slow to Fast

December 3, 2011

- 23.2 Miles 400 Feet of climbing Flat - Main, Harvard, Walnut, Yale, E Yale Loop, University, Campus, Bonita/ Ford/ Eastbluff / University, Campus, Von Karman, Main, MacArthur
- 46.0 Miles Hilly - Ride through Irvine, Lake Forest, Santiago Canyon, Orange and back through Tustin Tandem Time
- 33.4 Miles Flat - Red Hill, Edinger/ Irvine Ctr, Barranca, Toledo, Trabuco/ Irvine Blvd, Portola, Tustin Ranch, Walnut, Harvard, Main, MacArthur

December 10, 2011

- 24.0 Miles Mostly Flat - Red Hill, Barranca, Harvard, Irvine Ctr, Sand Cyn, Portola, Tustin Ranch, Walnut, Red Hill, Von Karman, Main, MacArthur
- 34.0 Miles 900 Feet of climbing Rollies - Red Hill, Barranca, Harvard, Walnut, Jeffrey/ University, Anteater/ Shady Cyn, Ridgeline, University/ Eastbluff, Jamboree, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur
- 62.9 Miles 700 Feet of climbing Flat/Rolling - Main, Sunflower, Greenville, S.A. River Trail, Lampson, St. Cloud/ Monticeto. Katella/ Willow, L.A. River Trail, Beach Bike Trail, PCH, Dover, Irvine/Campus, Santa Ana/ Red Hill, Main, Sky Park Cir

December 17, 2011

- 26.8 Miles 525 Feet of climbing Rollies – Red Hill/ Santa Ana, Mesa/ Birch, Von Karman, Barranca, Jeffrey/ University/ East Bluff/ Ford/Bonita Cyn, Harvard, Main, MacArthur
- 34.6 Miles 900 Feet of climbing Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Toledo, El Toro, Los Alisos, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur
- 44.5 Miles Hilly - Ride up the Santa Ana River Trail to Anaheim Hills and back through Orange and Tustin

December 24, 2011

- 27.3 Miles 600 Feet of climbing Rollies – Red Hill/ Santa Ana, Mesa/ Birch, Von Karman, Barranca, Jeffrey/ University/ East Bluff/ Ford/Bonita Cyn, Campus, Von Karman, Main, MacArthur
- 36.8 Miles 1000 Feet of climbing Rollies – Red Hill, McGaw, Von Karman, Campus, Turtle Rock, University/ Jeffrey, Irvine Ctr, Sand Cyn, Irvine Blvd, Alton, Von Karman, Main
- 46.0 Miles Main, Jamboree, Spyglass Hill, San Joaquin Hills, Newport Coast, Bonita Cyn/Culver, Turtle Rock, Ridgeline, University/ Jeffrey, Alton, Bake, Portola, El Toro, Muirlands/ Barranca, Von Karman, Main, MacArthur

December 31, 2011

- 21.0 Miles Flat - MacArthur, Campus, University/Jeffrey, Irvine Blvd, Sand Cyn, Bike Trail, Harvard, Barranca, Von Karman, Main, MacArthur
- 37.1 Miles Moderate ride around western Irvine and Tustin.
- 49.6 Miles 3000 Feet of climbing Hilly - Red Hill, Edinger/ Irvine Ctr, Sand Cyn, Irvine Blvd/ Trabuco, Serrano, Toledo, Alton, Laguna Cyn, PCH, Ocean, Bayside, Dover, Irvine/ Campus, Von Karman, Main, MacArthur

Saturday Rides

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

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January 2012 Schedule

All rides start promptly at 9:00 am

All rides Slow to Fast

January 7, 2012

- 21.5 Miles 500 Feet of climbing Flat to Rolling - Red Hill, Tustin Ranch, Jeffrey/ University, Harvard, Main
- 31.3 Miles Rollies - Main, Von Karman, Campus, University/ Jeffrey, Alton, Bake, Serrano, Canada/ Newvale, Bake, Irvine Blvd, Yale, Walnut, Harvard, Main, MacArthur
- 49.7 Miles 1650 Feet of climbing Red Hill, Edinger, Irvine Blvd, Ridge Route, Moulton, Laguna Cyn, PCH, SA River Trail, Sunflower, Main, Sky Park Circle

January 14, 2012

- 27.1 Miles Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Serrano, Toledo, Alton, E Yale Loop, Main, MacArthur
- 37.2 Miles 1000 Feet of climbing Hilly - Ride through Irvine, El Toro, Laguna Cyn, PCH, Newport Coast and back
- 51.8 Miles 1750 Feet of climbing Hilly - Red Hill, Walnut, Tustin Ranch, Pioneer, Jamboree, Santiago Cyn, Cannon, Nohl Ranch, Santa Ana Cyn, Gypsum Cyn, S A River Trail, Sunflower, Main

January 21, 2012

- 28.0 Miles Hilly - Red Hill, Barranca, Harvard/ Bike Trail, Eastbluff, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Campus, Bike Path after University, Main, MacArthur
- 37.7 Miles 1000 Feet of climbing Hilly - Main, Red Hill/ Santa Ana, Irvine, 19th/ Dover, Bayside, Marguerite, Spy Glass, Bonita Cyn /Ford, Back Bay, Jamboree, Campus, Turtle Rock, Ridgeline, University/ Jeffrey, Bryan, Red Hill, MacArthur
- 62.0 Miles 900 Feet of climbing Flat/Rolling – Main, Sunflower, SA River Train, Slater, Springdale, Lampson, Katella/ Willow, LA River Trail, Beach Bike Trail, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur

January 28, 2012

- 21.6 Miles Flat - Red Hill, Alton, Von Karman, Michelson, University/ Jeffrey, Yale, Irvine Ctr, Harvard, Campus, Von Karman, Main, MacArthur
- 32.7 Miles 1000 Feet of climbing Hilly - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Bake, Portola, El Toro, Toledo, Alton, Main, MacArthur
- 51.0 Miles Hilly - Ride to Sunset Beach, Newport Beach (hilly part) then to Irvine and Tustin

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.

December 2011 Schedule

All rides start promptly at 9:00 am

December 4, 2011 Carl's Jr. Irvine. (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.

S-23 Miles Flat to Rolling ride thru Irvine & Tustin (S2).

M-35 Miles Rolling to Hilly ride thru Irvine, Shady Cyn Trail, Laguna Beach & Newport Beach (M9).

L-48 Miles Rolling to Hilly ride thru Irvine, Laguna Beach & Newport Beach (L3).

December 11, 2011 Heritage Park, Irvine. Take the 5 Freeway to Culver Dr exit South. Go 0.3 mile to Walnut and turn left. Go 0.8 mile to Yale and turn left. Go 0.1 mile, turn left into parking lot.

S-24 Miles Flat ride thru Irvine & Tustin (S2).

M-33 Miles Flat to Rolling ride thru Irvine, up Shady Cyn & Turtle Rock returning thru Newport Beach & Costa Mesa (M6).

L-41 Miles Hilly ride thru Irvine, Mission Viejo, Laguna Niguel & Aliso Viejo (L6).

December 18, 2011 Northpark Plaza, Irvine. Take the 5 Freeway to Culver exit North. Go 1 mile to Irvine Blvd. and turn left. Turn right at entrance right after Gas station. Park between Jack-in-the-Box and the French Bakery.

S-22 Miles Rolling ride thru Irvine, Tustin returning on Peters Cyn Trail (S3).

M-32 Miles Hilly ride thru Irvine, Tustin, Orange & Villa Park (M8).

L-40 Miles Rolling to Hilly ride thru Irvine, Mission Viejo, Santa Margarita & Lake Forest (L4).

December 25, 2011 Christmas day, No scheduled rides.



Sunday Rides

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.

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

OCW info.

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.*

January 2012 Schedule

All rides start promptly at 9:00 am

January 1, 2012 Tri-City Park, Placentia. Take the Orange Fwy (57) to Imperial Hwy exit. Go east 1.0 mile to Kraemer Blvd. and turn right. Go 0.5 mile to Golden Ave. and turn right into the park. Follow the park road to the left 0.3 miles to the parking lot.

S-26 Miles Flat to rolling ride thru Placentia & Yorba Linda returning on Santa Ana Cyn (S5).

M-33 Miles Hilly ride thru Brea, Diamond Bar to Cal Poly returning on Valley Blvd & Brea Cyn (M5).

L-43 Miles Hilly ride thru Yorba Linda, Orange, Villa Park, Tustin & Placentia (L3).

January 8, 2012 Carl's Jr., Irvine. (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.

S-25 Miles Flat to Rolling ride thru Irvine, Tustin & Peters Cyn Trail (S4).

M-36 Miles Hilly ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills (M1).

L-40 Miles Hilly ride thru Newport Beach with a climb up Spy Glass & Turtle Rock returning thru the flat lands of Irvine (L2).

January 15, 2012 Peppertree Park, Tustin. Take 55 Freeway North, to 4th Street exit East. Go 0.3 mile and turn right on "B" Street. Go 0.2 mile to the Park. Peppertree Park is located at the corner of 1st Street & "B" Street.

S-22 Miles Flat to Rolling thru Tustin & Irvine (S4).

M-34 Miles Flat to Rolling ride thru Tustin, Costa Mesa, Newport Beach, Huntington Beach & Irvine (M4).

L-41 Miles Hilly ride thru Tustin, Irvine, Lake Forest & Santiago Cyn (L4).

January 22, 2012 Alicia Park, Mission Viejo. Take the 5 Freeway to Alicia Pkwy. Go 1.4 miles NE to Via Linda. Turn left and the park is on the right.

S-21 Miles Rolling ride thru Mission Viejo, Lake Forest & Irvine (S1).

M-33 Miles Hilly ride thru Mission Viejo, Rancho Santa Margarita & San Juan Capistrano (M1).

L-41 Miles Hilly ride thru Mission Viejo, Rancho Santa Margarita, San Juan Capistrano & Laguna Niguel (L1).

January 29, 2012 Albertson's Center, Orange. Take the 55 Freeway to the Chapman Avenue exit East. Go 4.1 miles and turn right into the Albertson's shopping center (Jamboree & Chapman). Park near Taco Bell.

S-25 Miles Rolling ride thru North Irvine, Tustin & Orange (S3).

M-30 Miles Hilly ride thru Tustin, Irvine & Orange (M1).

L-43 Miles Hilly ride thru Santiago Cyn., Mission Viejo returning thru Tustin and up Jamboree Rd (L3).

February 5, 2012 Carl's Jr., Irvine. (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.

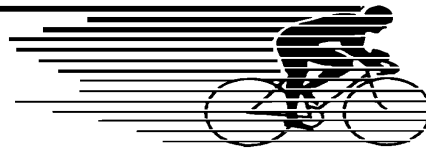
S-29 Miles Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine (S7).

M-35 Miles Rolling to Hilly ride thru Irvine, Shady Cyn Trail & Tustin (M10).

L-45 Miles Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach (L4).



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

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PARAMOUNT ELITE WOMEN'S TEAM

By **Hilary Crowley**

The 2011 season was quality over quantity for the elite women's team. The long, wet spring presented conditions too dangerous for comfort so we opted out of a lot of the classics to not add injury to insult. In the end, we represented Paramount and the OCW strong with a top 10 finish at Manhattan Beach and two podiums at Masters Nationals, one of which was the top in the Women 35-39 road race. For the 2012 season, the elite women's program will be mothballed but Paramount and the OCW's support for women's cycling is well known and highly regarded in the competitive SoCal peloton. Thanks for the support and memories, Paramount/OCW. Happy Holidays.

Paramount 2011 Season Review

By **Curt Dosier**

Once again, it seems like the season has flown by. Although the number of active racers was fairly small, Paramount racers (in their new OCW/Paramount team uniforms) made a big impact on the local and national bicycle racing scene this year. A big thank you goes out to OCW for its support. We look forward to another successful year in 2012. In the meantime, some of the highlights of 2011 are presented below.

In the 60+ category, **John McKee** and **Monty Pettus** started the 2011 season off on the right foot, with **John** taking the win and **Monty** third at the season-opening CBR criterium. The highlight of the season was **John's** second place in the 65-69 Masters National Championship criterium, followed closely by **Monty's** CBR State Criterium title. Overall, **John** and **Monty** had three wins apiece in races counting toward the

season-long SoCal Cup competition. In the SoCal Cup, **John McKee** was second overall and **Monty** was fifth. **John** and **Monty** were also second and third, respectively, in the Ontario overall race series.

In Category 3, **Marcos** had one win this year, but it was well-timed to occur at the Paramount Grand Prix. **Marcos** had 8 top-five finishes and a great sixth overall at the Tour of Murrieta. **Marcos Corona** was ninth overall in the SoCal Cup. **Corey Patterson** took third overall in the season-long CBR race series. **Jason Gersting** took tenth at the Sisquoc road race.

In the Elite/Masters Women, **Hilary Crowley** contributed another national championship to Paramount's resume when she won the Master's 35-39 National road race. **Hilary** was also second in the National criterium. **Hilary's** other season highlights include tenth at Manhattan Beach and fifth at Ontario's July race.

New racer **Ben Everton** had a successful season, starting off in February with seventeenth at the Poor College Kids road race in category 5. **Ben** improved quickly, finishing second at the Elite District road race championships in Bakersfield and eighth at the San Luis Rey road race.

In summary: 1 national title, 2 second place finishes at nationals, 1 state title, 3 in the top-ten in the SoCal Cup competition, and 3 in the top-three in various season-long race series (Ontario, CBR). Congratulations to all of the Paramount racers!

BOARD MEETING MINUTES

November 6, 2011

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Alan Dauger, Irene Walker, Jim Walker, Jim Pugh, Lee Stebbins, Doris Bingo, Dan Gorman, Max Kaldenberg, Steve Loughran, Michelle Vester, Alan Vester, Paul D'Aquanni, Bob Fairfield, Dennis Thomas.

Members and guests present: **Paul DeFeo.**

CALL TO ORDER

The meeting was called to order by President **Mike Lee** at 12:01 pm.

MINUTES

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

TREASURER'S REPORT

Jim Walker reported that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Jim Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Mike** said more jerseys are expected to arrive December 1.

Membership: **Irene Walker** stated there are 478 OCW members and Paramount has 68 members. There were 18 new OCW members for the month of October.

Vice-President: **Jim** thanked **Paul DeFeo** for handling the October membership meeting. Gary Brustin will be speaking in January. Also, more space is being allocated for the meetings.

Paramount: No report.

OCW COMMITTEE REPORTS

Bylaws/ Policies and Procedures: No report.

OCW/Paramount Relationship: No report.

LCI: No report.

Website: **Mike Lee** said the committee chose TST Media to create the new OCW website. He said the new website should be mostly up and running by January 1, 2012 and will run in parallel with the current site for the time being. The Board applauded **Mike** for his successful effort to help secure the new Web contractor. **Lee** described all the ongoing costs that we might expect with the new website. They will be well within budget.

Public Relations: **Dennis** was invited to a workshop in

Yorba Linda regarding bicycle and equestrian trails. He said the agencies do respond to comments and concerns expressed by bicycle riders.

Ride captain: **Lee Stebbins** again asked for volunteers to assist on the Sunday rides.

CTC: **Paul D'Aquanni** listed the OCW riders who finished doubles. Also several OCW riders were awarded the California Triple Crown.

OLD BUSINESS

Nominating Committee: **Irene** said the ballots will be out on December 1. We still need a candidate for training officer.

NEW BUSINESS

Holiday Party: **Irene** said signups for the 2011 party have begun. It was moved and seconded to budget \$12,000 for the party. Motion passed.

Fall Metric: **Paul** said the turnout was good. People enjoyed it. We got 15 new members.

Event dates for 2012: **Paul** presented the following list:

Spring Metric: Ride date March 31.

The Ride Around the Bear: Ride date June 9. Registration will be March 1.

Amtrak: The ride date will be the Saturday after Labor Day. Registration will be 2 weeks after the Bear.

Fall Metric: Ride date will be the last Saturday in October.

UCI Bike Club Budget: **Mike** said that the bike club at UCI requested a \$2000 donation from OCW. It was moved and seconded to do so. **Lee** asked to change the donation to \$3000 and the motion makers agreed. Motion passed.

Board meeting time change: A motion was made and seconded to fix the meeting time to 10:30 am year-round. Motion passed.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:58 pm.

Respectfully submitted by **Alan Dauger**.

CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By **Frank Neal**

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

Congratulations to all who braved the harsh Spring weather conditions this year to complete at least one Double Century. The Fall Series is now complete.

The Final Results for 2011 Double Century Finishes:

Paul Defeo: One Finish.

Mark Kaufman: One Finish.

Doug Patterson: Two Finishes.

Tom Parkes: Two Finishes.

A shout out to the following OCW Members for Winning the coveted 2011 CA Double Century Triple Crown:

Chuck Bramwell: Three Finishes.

Bob Fieldhouse: Three Finishes.

Gary Heidner: Three Finishes.

Lou Jimenez: Three Finishes.

David Park: Three Finishes.

Mayr Lee Park: Three Finishes.



With four Double Finishes, a special shout out:

Jim Brewer: Four Finishes.

Special Congratulations for a great year!:

Willie Hunt: Five Finishes!

Our star this year was **Jim Cawthon:** Six Finishes!

Awesome Congratulations to our fearless leader, OCW Member and Executive Director of the CTC!:

This person was recognized at the Vacaville/Knoxville Annual CTC Awards Breakfast for completing 100 Double Centuries...**YES!** 100 Double Centuries!

Hearty Congratulations: **Chuck Bramwell!**

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

General Meeting Wednesday, January 11th, 7:00 pm

By **Jim Brewer**



Gary Brustin, Cycling Attorney
Avid cyclist for forty years specializing in
Protecting the rights of injured cyclists.

Speaker for January 11th General Meeting

Gary Brustin has been an avid cyclist for over forty years. He is an accident lawyer who specializes in protecting the rights of injured cyclists. His entire law practice has been limited to cycling cases for the last twenty years. He has handled over 1,000 bicycle accident cases. He continues to personally represent each client.

Gary's philosophy is simple and parallels virtually every Vehicle Code in the country... "Bicyclists have the same rights and responsibilities as motor vehicles". For some reason motorists are generally unaware of this concept and this is where Mr. Brustin's will explain to us how his experience is called into play.

His unique perspective allows him to fully understand all points of view. Sometimes, he rides the accident route to personally appreciate the rider's perspective. He also drives the road in a motor vehicle to evaluate the defendant's view. Ultimately, he can make balanced recommendations so we can decide the most reasonable course of action.

Mr. Brustin clearly sympathizes with us regarding our injuries. He has been involved in several cycling accidents that prevented him from riding for extended periods. He feels that damages relating to "loss of enjoyment of cycling" can best be explained by a fellow cyclist.

Meeting will start at 7:00 pm with **Anita's** dinner served at 6:30 pm. Door prizes will be drawn.

Annual Awards Banquet Installation of Officer's and Directors

February 27, 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





Fall Metric Wrap-Up

By Paul DAquanni

OCW members were treated to a spectacular day out in the Redlands / Oak Glen area as we held our Fall Metric. Those 72 riders who took the challenge of riding 60 miles with 4500 feet of elevation gain were treated to a special day. The weather and views out into the Los Angeles basin were spectacular. **Stuart Gaston, Randy Keifer,** and Susan Benton supported the riders at a water stop at mile 23, seven miles from the top of Oak Glen Blvd. At the top, at Los Rios, **Jim** and Sharon **Pugh,** Esther Fieldhouse, Connie, **Stacy Kline's** mom, and **John Acuna** treated the riders to the normal OCW rest stop fare of PB&J, fresh fruit, cookies, cold water and Gatorade. Some of the riders purchased apple crisps, pies, cider, or



apples and we transported those goodies down to the finish. Speaking of Finish, **Jim Walker** and **Greg Kibble** had Sylvan Park ready to receive the worthy riders coming in. We served up pizza, cold drinks, chips, with salsa, and guacamole, oh yes apple crisps, Halloween candy, and cookies. After completing this ride there were no guilty feelings about indulging in the offerings! Much thanks to **Bob** and **Gus Fieldhouse** for taking care of SAG and helping out with quite a few flat tires along the route. **Stuart** and **John** also helped with some SAG duties as well.

Thanks to the volunteers for giving up your day to support your fellow members on this OCW Members Only Event.

Hope you all had fun, riders and volunteers alike!



How to Climb Hills

By Alan Vester

If you're a beginner mountain biker, there's a good chance you're having trouble learning how to climb hills on a mountain bike. All that struggling and walking to the top can get very frustrating.

Yes, you are going to get better. You just need a bit of help learning how to climb on a mountain bike successfully. And once you do that you'll find plenty more fun.

That frustration will be replaced by a sense of achievement. Climbing on a mountain bike will become easier and more enjoyable and you'll be able to ride higher and tougher hills than ever before.

There are many ways to improve your mountain bike climbing skill, but to be honest there are only two things you need to know. No technicalities. No long list of do's and don'ts pumping through your head as you're pushing those pedals.

Two Simple Rules

From now on, when you're hill climbing on a mountain bike, don't think about too much else. Only these two things matter:

1. Staying Seated and 2. Trying Again

As a beginner, these are the two things that can really help grow both your leg strength and your mental tenacity for hills. And while you're focusing on those two rules your hill climbing technical ability will fall into place.

Remember that the goal is simply to get you to the top of more hills. Never mind the speed at which you get there. Pedal patiently. Just focus on growing those legs and growing your desire to push on.

2. To Succeed, First You Must Arrive

First, build the strength to get you to the top, then work on how fast you get to the top later. Here's how to practice those two simple rules:

Stay Seated

As much as possible, resist the temptation to stand while pedaling. Why stay seated? Because seated pedaling

- develops your leg strength much faster
- teaches you the importance of body position / center of gravity; and
- teaches you how to find traction

And whenever you lose traction and can't climb any further, go back down to the bottom of the hill and...

Try Again

That's right. If at first you don't succeed, try again. Go back down and **give it another go**. Adopt an attitude of success. A real desire to become better at hills.

You don't have to give every hill a second go, just start giving some hills a second, or even a third attempt. Sure, there'll be some hills that you won't reach the top of, even after many attempts, but **the point is** that all this perseverance will be making you stronger in both body and mind. And mountain bike climbing is just as much about mental ability as it is about physical ability.

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 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

WANTED: Buddy For Century Ride My name is David and I am doing an Iron Man July 31st. Before then I would love to get in a couple century rides. Would anyone be willing to ride the 100 miles with me. My Sunday's and Monday's are wide open. Any help would be greatly appreciated. Contact David Nonberg at dnonberg@gmail.com or 310.874.7708

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

FOR SALE: Bob Jackson, '88 531c Reynolds 56cm frame with carbon forks painted in British racing green by Joe Bell. Chromed lugs and chainstays. Easton EC70 carbon seatpost. New Shimano 105 front derail and BB. New Chris King headset. Ibis polished Ti stem. Easton EA90SLX wheels. Dura Ace 9 spd triple crankset (53/39/30). photo on request. \$900 OCW member Contact Cliff Nimrod at cnimrod@verizon.net or 562.428.1096

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

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