

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME

March

GOAT HILL

<http://www.ocwheelmen.org>

PARAMOUNT RACING

2012

General Meeting

Wednesday, March 14th, 7:00 pm

Wayne Stetina

**VP and Road Product Specialist
Shimano**

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.	Mar.	3
Presidents Ride	Sun.	Mar.	4
General Meeting	Wed.	Mar.	14
Spring Metric	Sat.	Mar.	31
Ride around the Bear	Sat.	Jun.	9

ORANGE COUNTY WHEELMEN BOARD OFFICERS

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NEW!! Board of Directors for 2012



BOARD MEETING

Sunday, March 4, 11:00 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, March 22, 7:00 pm

Hosted by:

To Be Announced

Folding Party location will be announced on
www.ocwheelmen.org



SPECIAL THANKS TO

Mike & Terri Lee
for Hosting the
February Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Mike Lee** at ocwheelmen@cox.net

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By Jim Brewer

March 2012

Wow. What a year. New Website, stronger ties with Paramount Racing, emphasizing safety with the 101 classes, more interest in General Meetings, large weekly ride turn-outs, more sign-ups on Amtrak, Around the Bear, and both Spring and Fall Metric rides.

OCW is not about the President, Board Members or any particular member. As you all know, OCW is about it's members, volunteers, and creating an atmosphere providing wonderful experiences for all cyclists and having fun through all our rides and activities. It is my goal to keep our club at the "top its game" and continue our service to the bicycle community by supplying the necessary tools for quality weekly rides and providing our members the best experience possible through cycling. Our continued success and reputation depends on strong unselfish contributions of all members.

In the past we have had superior leadership by all members stepping up when necessary.



We were a very active and productive club last year because of great leadership commitments from President **Mike Lee**, Board Members and all the fantastic volunteers that spent 100's of hours behind the scenes to make sure that OCW works smoothly.

Because of my passion for cycling and everything the OCW stands for, it is my goal to keep our club healthy by implementing and building on all projects started by my predecessors.

Before being asked to be vice president a couple years ago, it was my goal to be an active member by attending the Tuesday rides, but after a year or so, the urge to get more involved with the club began to sink in. Involvement soon became routine and having fun was followed by meeting people that were friendly and loved cycling. Hopefully, our club will grow and more members will get involved and help keep OCW the best cycling club in Southern California.

January Meeting Summary

By Jim Brewer



Gary Brustin *"We are Ghosts out there"*

The General Meeting was attended by 38 lively bicyclists eager to find out what their rights are as cyclists. Gary was very interesting and shared several cases that apply to bicycle law.

Anita's pulled pork sandwiches were a big hit and was enjoyed by most meat eating people and vegetarian cyclists were delighted with the spinach and cold-slaw and no-meat sandwiches.

Mike Lee started the night with "How to register on the new website." This was followed by "New to the Meeting" people that were introduced and then **Paul DeFeo** drew door prizes. **Alan Dauger** briefly spoke and **Lee Stebbins** gave us a safety tip.

Gary used traffics graphic to show the many ways crashes occur. Gary emphasized that most bike accidents are bike-only and you rarely have a fatality. These are caused from lack of judgement. To list a few: Pine cones, holes, debris, following too close, equipment failure and not paying attention. Many accidents with cars are caused by opening of the drivers door, right turn vehicles (pinching off cyclists), left turning in from of you, road rage, only one cyclist (not riding with a group), not judging speed of oncoming and approaching cars from behind.

The most common reason that a motorist has when involved in car/bicycle accident is that they did not see you!

Gary says to always carry a pen, pencil, paper and to write down any suspicious activities and record license plate numbers when you are in an accident or to record dangerous behavior. He also mentioned that Irvine is the safest place to ride in Southern California.

Gary C. Brustin,
Attorney at Law

Ride like A Pro

Attention new members, Every Saturday at the Square there is one of our LCI's ready to take you on the road with instruction on how to better navigate and negotiate with vehicles. This is extremely valuable help for all those new to road riding. If you just started to ride this is a great help so you can ride safely and confidently on the road. Check the Ride calendar on the website, www.ocwheelmen.org for who the LCI will be for that Saturday. We follow the short route and ride at your pace.

Mike Lee, LCI 2765

Spring Metric

March 31, 2012 is the date for the Spring Metric. At this writing we have over 60 club members riding this totally supported ride. Get to the website and sign up if you haven't done so already. There are 2 distances to accommodate both riders, a 40 mile and a full metric century, 62 miles. You must be a member to participate in the ride. If you are not a member go to the new site www.ocwheelmen.org and follow the directions in the home page or the FAQ area of the site to get yourself registered as a member and then register for the ride. This ride is also a charity fundraising with JD RF. If you secure \$500.00 or more of donations to JD RF you will receive access to preregistration for our coveted Amtrak ride in September. All the details and links are in the spring metric area of the website.

I am still in need of volunteers of the Spring Metric. Contact me if you would like to help your fellow members complete their ride around Orange County.

Mike Lee

ocwheelmen@cox.net

949-458-0205

Website

There are many questions regarding the website and how it works. We have created a FAQ area for the most important areas that members have questions. We will be posting regular updates to the website and how to access many of those features. Full access to all the data is reserved for regular members only. If you have any suggestions post them to the comment board in the FAQ area and we'll look them over to include them.

Mike Lee



March OCW President's Ride March 4, 2012

By **Jim Brewer**

Please join **Jim Brewer**, 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 lazydazebiker@sbcglobal.net or call 714.525.9995.





FIELD FIXES

By Frank Neal

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

COMPUTER RAINCOAT. Unfortunately, you could be caught riding in the rain this next couple of months. This can affect your bike computer connections. On rides during the more-likely-to-rain days, carry one side of a quart plastic bag and a rubber band. When it drizzles or pours, put this plastic around your bike computer and seal it at the base of the computer mount with the rubber band to keep out the moisture and keep your computer operating properly.

IMPORTANT: Remember that if the sun comes out, remove the plastic quickly as direct sunlight will create a hot-house environment inside this bag and cook your computer!



***Next Board of Directors
Meeting
is
March 4, 2012***

DIRECTIONS: Carl's Jr Newport Beach

**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.

DID YOU KNOW?

By **Frank Neal**

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

Continued from the Chain Reaction February Edition.

Did you know that beyond the 50% of bicycle accidents that are solo (detailed last month in the Feb. OCW CR)...

32% of all bicycle accidents involve a collision with something other than a motor vehicle? They include: Bumping other bikes, pedestrians, animals, roller bladders, skate boarders, unpredictable child riders, dog walkers, and other ways that you can think of.

These are less avoidable and more unpredictable than solo accidents. Still: You can lessen the collision chances by staying aware of your surroundings. Be aware of what is around you. Know that these are mostly avoidable if you stay aware of those around you.

The above two types of collisions account for 82% of all bicycle crashes and I still have not mentioned a motor vehicle. Look ahead and avoid 82% of all bicycle crashes. I am awake! I hope you are.

Stay tuned next month for some startling stats about car-bike collisions. You will be amazed.

Ride Safe out there! – Frank Neal



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 !!

Can Pedaling Style Cause Calf Cramps?

For some reason, leg cramps seem more prevalent in athletes who have a high percentage of fast-twitch muscle fibers.

Endurance training on the bike for several seasons will convert potentially cramp-prone fast-twitch fibers to endurance-oriented fibers. But even muscles that have prevailed over more than 35 years of riding completely get the message.

Maintaining sufficient sodium levels is the key to preventing cramps, at least for most. Sufficient hydration is usually essential, too. However, most studies indicate that cramps are multi-factorial and remedies that work for one person may not work for the next. (**Coach John Hughes** wrote an eArticle last year for RoadBikeRider.com, Preventing and Treating Cramps, that is an excellent resource.)

Too much emphasis on “ankling” (trying to exert pressure on the pedal all the way around the stroke) might be part of the problem. Fit factors, such as a saddle that’s too high, can play a role as well.

Also, check the location of your cleats. If they’re forward, you may be pedaling too much “on your toes,” which can unduly stress calf muscles. Try moving the cleats rearward to see if it helps.

Taken from Coach Fred Matheny, RoadBikeRider.com



CALIFORNIA TRIPLE CROWN

DOUBLE CENTURY REPORT

By Frank Neal

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

It is time to gear up and increase training for the 2012 CTC Spring Series! The 2012 CTC Season started on Feb. 18th with the Camino Real Double. Results are not posted, yet.

Upcoming are the next events of the 2012 Spring Series:

3/3, Death Valley Spring Double
3/24, Solvang Spring Double
4/14, Hemet Double
4/14, Mulholland Double
4/28, Devil Mountain Double
5/12, Central Coast Double
5/19, Davis Double
5/19, Heartbreak Double
5/26, Borrego 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



LOOK WHAT OUR OCW TREKING GROUP IS DOING

OCW members **Doris Bingo**, **Victor Matloff**, **Alan Dauger**, **Debi Butz** and fellow trekker **Larry Linn** all went out for a fun day to hike Windy Gap, Mt. Hawkins and Throop Peak.

As told by **Larry Linn**, "It was GREAT!"

Temps ranged in the 30's with snow on the ground throught their trek. All hikers were dressed for the occasion which made their trip a huge success.



Traffic Skills 101

Another great Traffic Skills 101 course was taught by our own League of American Bicyclists certified instructors.

Classroom instruction started out the course with 8 students ready to learn Wednesday evening February 8th.

We welcomed the students to a dinner of pizza, salad, drinks and cookies and then the learning began with our eight instructors each presenting their PowerPoint module.

Kevin Ansel started the evening with his presentation of The Basics; choosing your bicycle, adjusting your bicycle, parts identification and pre-ride safety check.

Mike Lee then followed with Maintenance Basics; tire repair, routine maintenance, adjusting brakes and derailleurs, along with tools for the road.

Ximena Ansel talked about Clothing and Equipment Basics; helmet fit, clothing and accessories.

Bob Fairfield brought forth Bicycle Handling Basics; gears and gear selection, starting/stopping, steering a straight line and scanning and signalling.

Lee Stebbins taught everyone about Avoiding Crashes, why they happen and how to prevent them.

Paul D'Aquanni taught Riding Enjoyment with cadence and smooth shifting, along with nutrition and hydration basics.

Michelle Vester then explained Ride Etiquette on streets, paths and trails, also touching on riding in groups.

Frank Neal explained to our students Helping Motorists Share the Road, along with driving around cyclists and common cyclists errors.

Saturday, February 11th we then meet in a parking lot next to the Irvine Ranch Water District and had students learn bicycle handling skills through a series of obstacles while riding their bikes. Later we went out on road for a short 10 mile route to test skills learned in the obstacle course. After lunch break the students were then tested on the same 10 mile course of their knowledge.

Orange County Wheelmen is seeing a real interest in TS 101 so we look forward to our next class in August. Sign up. It's free to our members, and you'll learn things you probably didn't even know!



What's Up With 29 Inch Mountain Bikes?- Do You Want 29 Inch Wheels?

There are certainly some benefits to the 29 inch wheels over the standard 26 inchers, less rolling friction, more comfortable ride, better obstacle rollover, and even better traction. These are some significant benefits that bike designers are always trying to achieve.

On the other hand, looking at the some of the other current trends in the industry, 29 inch wheels are headed in the opposite direction. They have more rotating mass, they certainly aren't lighter, they have a higher center of gravity(just slightly), and designing a 29 inch bike with more than XC travel can pose some serious problems.

Furthermore, for those of us who aren't exactly tall, 29 inch bikes can require some sacrifices such as higher headset/handlebar height, and longer top tubes. Because of this, we will also find a smaller selection of models to choose from.

An interesting fact that proponents of the 29 inch trend like to point out is that the 26" wheel standard has somewhat arbitrarily beginnings. This is true. The 26" wheels and tires used in the early days were simply used because that was a convenient size found on adult and cruiser bikes of the time. However, using this as an argument in support of 29" wheels downplays the fact that those 26" wheels of the day were that size for already good reasons.

I think by far, the biggest argument against the 29 inch category is that it creates some issues with longer suspension travel and it seems that is the way the industry is moving these days.

Some will argue that because of the bigger wheels, not as much suspension is needed, but this only applies to certain circumstances and only to a certain level.

On the other hand, 29 inch mountain bikes are creating some undeniable benefits. For larger to normal sized people who know they don't want more than XC travel (80mm-100mm), these bikes may have some serious merit.

I don't think the debate over Wheel size is going to go away anytime soon. There is no reason why there won't be room for both 26 and 29 inch wheels in the future, or any other size for that matter.

The real trick here is finding a bike that works for you. If it has 29 inch wheels, great.

Either way, 29 inch bikes deserve some credit. Questioning the norm is never really a bad idea.



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 March 3, 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.

For more information on Tandem Time rides log onto www.ocwheelmen.org and click on Rides and then click on Tandem Time.

SATURDAY RIDES
9:00AM
LOCATION: THE SQUARE, IRVINE

GENERAL INFORMATION:

Please arrive at the ride location with enough time to have your bike ready to roll at the scheduled time. 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 California Vehicle Code applies to bicycles.

If the ride is cancelled, the calendar will be updated at least 1 hour prior to the ride start time with the word "CANCELLED".

Go to www.ocwheelmen.org and click on "Rides" for ride dates, times and distances

YOUR SATURDAY RIDE LEADERS:

Bob Fairfield, LCI
DIRECTOR SATURDAY RIDES
Phone: 714-508-7375
Email Bob: mobile412@ca.rr.com

Jim Pugh
STATISTICIAN, SATURDAY CO-RIDE LEADER
Phone: 714-680-4828
Email Jim: in-line@pacbell.net



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.*

March 2012 Schedule

March 4, 2012 Carl's Jr, Newport Beach. (Board meeting scheduled at 11:00 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.

March 11, 2012 Pavilions, Seal Beach. Take the 405 Freeway to Seal Beach Blvd exit South. Go 3.0 miles on Seal Beach Blvd to Pacific Coast Hwy and turn right. Go 0.3 mile, turn right into the Pavilions parking lot. Park closest to PCH.

26 Miles. Flat ride thru Seal Beach, Garden Grove & Huntington Beach.

35 Miles. Flat to Rolling ride thru Seal Beach, Huntington Beach, Costa Mesa & Newport Beach.

44 Miles. Flat to Rolling ride thru Seal Beach, Huntington Beach, Newport Beach.

March 18, 2012 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.

28 Miles. Flat ride thru Irvine & Tustin.

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

45 Miles. Rolling to Hilly ride thru Irvine, UCI, up Shady Cyn & Jeronimo returning thru Mission Viejo & Tustin.

March 25, 2012 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.

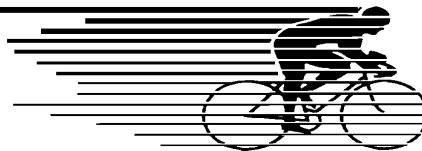
21 Miles. Flat ride on Hicks Cyn Trail, Irvine & Tustin.

34 Miles. Hilly ride thru Irvine, Mission Viejo & Lake Forest.

43 Miles. Hilly ride thru Irvine, Mission Viejo, Aliso Viejo, Laguna Beach, Newport Beach & UCI.
1950 Feet Elevation Gain.



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 of 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

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HAMMER NUTRITION

CRANKY'S

2012 Paramount Racing Early Season Race Report

The 2012 road racing season in Southern California began especially early this year with the Ontario Grand Prix (Ontario race #1) on January 15th. The OCW/Paramount 60+ squad got the ball rolling on what will surely be another great season by finishing 1st, 2nd and 4th. Monty Pettus took the win, with John McKee taking 2nd and Howard Miller finishing 4th. One week later at the CBR criterium #1, Monty made it two-for-two, with John finishing 3rd and Howard 6th.

Weekend number 3 of early season racing was a double-header in Santa Barbara: the Poor College Kids road race on Saturday and the Mothballs criterium on Sunday. The tough final climb on the road race course provided Howard with a chance to use the fitness gained from a winter full of cyclocross racing and he didn't disappoint with an excellent 2nd place. Monty and John finished 7th and 8th. At Sunday's criterium, Monty racked up his 3rd victory of the season and OCW/Paramount again went one-two with John finishing 2nd.

It wasn't until the fourth weekend of racing that another team was able to overcome OCW/Paramount's stranglehold on 60+ criterium racing. UCC/JW Flooring's John Rubcic got the win, but Monty, John and Howard displayed OCW/Paramount's overall team strength by finishing 2nd through 4th.

Category 5 racer Ben Everton also started off the season strong with two top 10 finishes at two very tough road races. At Poor College Kids, Ben finished 7th after his late breakaway group was brought back before the finish line. Ben followed that up with a 6th place finish at the Boulevard road race, just inches away from fifth. Boulevard marked Ben's last race in the 5's. He will toe the line at the Tour of Murrieta in the Category 4's.

Because it is only February and the season is long, the Elite team of Marcos Corona and John Wolzmuth and the Category 3 team will start their racing seasons in March. Category 3 racers Curt Dosier and Jason Gersting raced a heavy cyclocross schedule during the winter and are taking a well-deserved break before starting the road season. In the 22 race cyclocross series, Curt finished 7th overall in the 35+B category and Jason was 29th overall in the Men's Category 3.

Piriformis Syndrome and Cycling



Piriformis Syndrome involves a constellation of symptoms including low back/buttock pain that may radiate down the back of the thigh, pain that is worse with prolonged sitting and tends to be exacerbated by activities involving forward lean at the hips (cycling/running). Recent data suggest that it may account for up to 6-8 percent of lowback/buttock pain in the United States. There still exists debate as to if Piriformis Syndrome is a really a distinct clinical entity and if it is secondary to actual compression/irritation of the sciatic nerve as it passes in the vicinity and or through the piriformis muscle or if it's related simply to myofascial pain that originates from the muscle body itself.

From an anatomic standpoint the piriformis muscle originates from the second through fourth segments of the sacrum and travels inferior-laterally to insert on the superior aspect of the greater trochanter of the femur. When the leg is extended the piriformis acts more as an external rotator of the hip; with the leg flexed it contributes more to hip abduction.

Many clinicians voice concern that piriformis syndrome is being over diagnosed and a patient's symptoms may relate to other issues such as lumbar disk disease, facet arthropathy, sacro-iliitis, ischial bursitis, and or proximal hamstring syndrome among other things. Assuming your doctor has done a thorough assessment and is correct with his/her diagnosis, cycling has been known to manifest piriformis syndrome symptoms. Some cyclists may present with symptoms after falls from pelvic muscle/joint imbalance and dysfunction. Others present with symptoms more related to an overuse phenomenon.

Bike fit is an important evaluation step in the plan to pinpoint causes of Piriformis Syndrome and to help elicit relief. Two common issues with fit that may relate are the saddle itself and the hip angle the rider carries. A saddle that is ill-fitting and does not support the sit bones properly can irritate the piriformis/sciatic nerve as can a saddle that initially worked well but has become worn. The acute hip angles seen with a rider in the drops or an aggressive aerodynamic position on a time trial bike can also work to aggravate the piriformis, especially with higher intensities.

From a functional standpoint, tightness in the hip flexors may occur from excessive volumes of forward lean from sitting/riding and can contribute to muscular imbalance, in particular weakened gluteal muscles. Many clinicians believe that with weakened gluteals the piriformis may tend to be overworked as it tries to compensate and may over time become aggravated.

Your road to recovery should include a bike fit evaluation by a professional who is adept in musculoskeletal issues, NSAIDs and/or medications suited to decrease nerve pain (e.g. gabapentin) for acute/severe pain and the guidance of a well-qualified physical therapist.

With physical therapy stretching of the piriformis, working out core muscle weakness/imbalance issues and myofascial release will be some of the main things you will get started with. In recalcitrant cases dry needling, corticosteroid injection and more recently even botox injections are being used to help relieve symptoms.

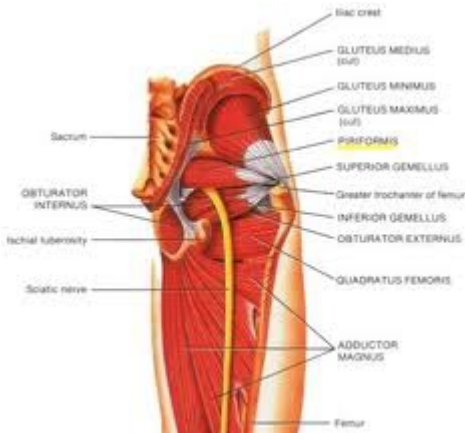
For do-it-yourself at home suggestions, I would sit on a tennis ball and find the tender point of the piriformis body and press deeply into it and move up and down slightly by one inch or so for 30-45 seconds. Doing this too aggressively or for too long can cause lasting soreness, so be careful.

From a stretching standpoint you will want to mimic flexion, adduction and internal rotation at the hip to elongate the piriformis. The way I show my patients to do this is to sit on the floor, flex the affected hip to 45 degrees, flex affected knee to about 100 degrees, abduct the non-affected leg about 20 degrees from midline, internally rotate the affected leg so the foot flairs out and inner aspect rests on the floor, shift the weight of your torso over to the affected side and apply slight pressure to the outside of the knee in a medial direction. CONTINUED NEXT PAGE.....

Totally relax the muscles of the buttock and you will start to feel the piriformis stretch deeply when done properly. (See photo!) Go lightly as this will put some slight strain on the medial ligaments of the knee if done too aggressively.

This is a very different stretch from the piriformis stretch that many do, where patients are on their backs with legs in a figure-four position. This one will actually abduct the hip and externally rotate it, causing the muscle to likely shorten instead of elongate as the piriformis is really more of an external rotator/abductor of the hip.

Article by: Jason Glowney, MD, CAQSM
Boulder Center for Sports Medicine



TECH CORNER

FOR THE IPHONE AND ANDROID APP SAVVY

There's some new apps for iPhone and Android that are sure to please the most discerning cyclist. Check these out:

BIKENAV: Get to Work Without Breaking a Sweat

With few bells and whistles, BikeNav gets you between two points, on bike-friendly routes when possible. Elevation maps let you plan the path of least resistance and arrive presentable at your destination. Touchscreen turn-by-turn cues are helpful—if you can spare a hand (or two). Free; iPhone

MAPMYRIDE: Go for a Ride Anywhere

With a database of millions of routes, MapMyRide can find a premapped ride in almost any location on the planet. Record new routes as you pedal, analyze ride data, then share it on Facebook and Twitter. The app syncs with fitness devices via ANT+ technology (available for iPhone

STRAVA: Race Virtually

Record a ride on Strava and see how you stack up to other users. Analyze speed, distance, and elevation gain. Brag about your position on the app's leaderboard or broadcast your Suffer Score via Twitter and Facebook. Download the app to a smartphone, or sync your account directly to a Garmin Edge or Forerunner. Free and



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.

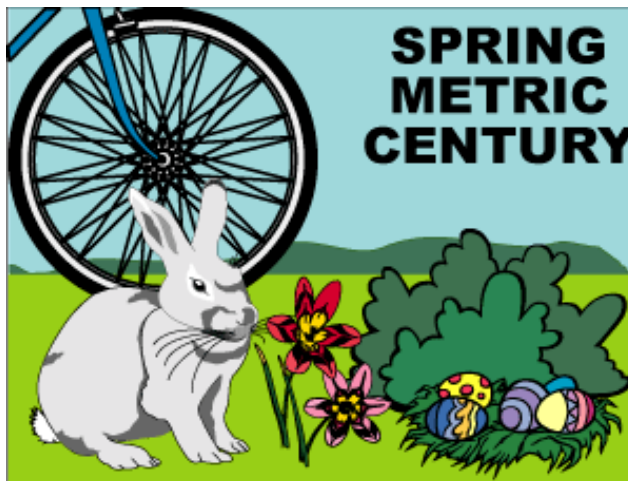
This year we are again partnering with JDRF to help raise donations for the cause. Details will be forthcoming on the OCW web site as well as JDRFOC.ORG

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

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

Ride safe & share the road,

Paul



BOARD MEETING MINUTES

February 5, 2012

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Jim Walker, Irene Walker, Alan Dauger, Jim Pugh, Lee Stebbins, Doris Bingo, Dan Gorman, Frank Neal, Steve Loughran, Alvin Trafton, Frank Neal, Debi Butz, Dennis Thomas, Bob Fairfield, Curt Dosier.

Members and guests present: **Jeff Driscoll, Kevin Hertfelder.**

CALL TO ORDER

The meeting was called to order by President **Mike Lee** at 10:40 am.

MINUTES

It was moved and seconded to approve the minutes of the January 2012 Board Meeting. The motion to approve the January minutes passed.

TREASURER'S REPORT Jim Walker said that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Jim Walker said that OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Mike** said the Club has accomplished a lot during the past two years. There have

been some changes for the better.

Vice-President: **Jim Brewer** said it appears that 45 signed up for the banquet but **Mike** said there

are really 58 coming right now. Shimano will be coming to the March membership meeting.

Membership: **Irene Walker** said OCW has 157 members signed up using the new website. Paramount had 53 members.

Paramount: **Curt** reported the race season is off to a good start. Racers will have an option to get a subsidized price on clothing provided they make a pledge to sign up for a minimum of six races during the year.

OCW COMMITTEE REPORTS

Bylaws/ Policies and Procedures: **Mike** said that this item is to be removed from the agenda for the time being.

OCW/Paramount Relationship: **Mike** said communications are good and continuing well.

LCI: **Mike** said there are 8 signed up for the next TS101 course at this time.

Website: **Mike Lee** said there will be a Virtual Training Meeting.

He discussed the membership registration issues. Two invitations for account creation were made but failed. The third invitation was successful. The membership is in two parts, just like the old site: Login account creation and then membership registration.

He said that there is a "to do" list in assets, which are the OCW document file system/repository. Any member of the board can access the Assets by logging in. Also, each board member can select "Administration" to do bulk emails. The consensus was to re-point OCW.org to the new website.

The numbered waiver email process is ready for the Bear and Amtrak and has been tested.

Public Relations: **Dennis** said we are in discussions with the California Department of Public

Health about reviving the "Share the Road" automobile license plate. **Dennis** will re-send the petition that **Michelle** has for this purpose.

Ride captain: **Lee Stebbins** asked to move the Board meeting to three hours after the Sunday ride. It was moved and seconded to do so. There was lively discussion on this proposal. The motion was changed to set the meeting time to 11:00 am year-round, starting March 2012.

Motion passed.

Statistician: No report.

CTC: **Frank Neal** said that the rides that qualify for the Triple Crown begin this month.

OLD BUSINESS

Nominating Committee: **Irene** said the votes are still yet to be formally counted.

Clothing: It was agreed that the 2012 jerseys would have a ¾ length hidden zipper.

NEW BUSINESS

Jersey Day Raffle: **Mike** asked the Board whether we should continue the raffle. It was moved and seconded to continue the raffle through June 2012. Motion carried.

CONTINUED NEXT PAGE

Spring Metric: **Mike** said registration is continuing. **Mike** asked for a donation to JDRF who is a co-sponsor of this event. It was moved and seconded to donate \$1000 to JDRF. Motion passed. He asked for volunteers for this event. Bear Jersey proposed artwork: Two different designs by Kevin Hertfelder, labeled A and B, were presented for a vote of the Board. They are similar except for the design of the bear itself. The consensus was for design A, the angry bear that shows his teeth. Business Cards for Officers: **Mike** asked if we wish to print business cards for officers. Those who need them may ask **Mike**.
ADJOURNMENT
A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 11:32 am.
Respectfully submitted by Alan Dauger.



March Birthdays!

**Ximena Ansel
Doris Bingo
Bob Eames
Bret Howe
Kevin Ivey
Scott Klages
Tom Klinedinst
Michael Lee
Alan Trudell**



One for the Ladies.....

The Southern California/Nevada Cycling Association's Women's Pelaton

The mild winter weather has the women's pelaton primed for competition and with the season underway, the ladies have been fast out of the gate! In addition to the impressive caliber of competition, the field sizes have been noticeably larger, as seen by the Poor College Kid's road race separating the Pro 1-2, 3 women from the 45+ men, as originally posted. Who are these ladies and their teams? This month's article gives a quick glimpse of the major teams – but is by no means exhaustive (please see disclaimer).

Each team boasts a national champion or two in either time-trialing, road racing, criterium, or track, and most have at least one former professional racer on their squad— one team even has an Olympian! The depth of talent and experience in the southern California women's pelaton makes it one of the most competitive regions in the country for amateur bicycle racing.

Team Revolution /SkyFlash Racing

9th Season

Director: Todd Willis

Manager/Captain: Simone Morissette

11 racers, 8 of whom are elite

The whole team returned last season, which was not only key, but a triumph, according to Todd Willis who directs both the women and men's programs. Key pick-up's include Hilary Crowley, Karen Meske, Patricia Ortiz, Crystal Howard, Kelly Wilson, Kelley Henderson, and Andrea Hensler.

The team's goals and objectives are to be the highest placed women's team in Southern California; to defend Dianna DelFante's 3rd place finish in the So Cal Cup and add other women into the top 10; defend Hilary Crowley's Masters National Road Race title; win the Tour of Murietta team trophy; defend Trina Jacobson's Masters State Criterium championship; and podium at all state championship.

InCycle SC Velo / Empower Coaching

3rd Season

Directors: Pamela Schuster and Bonnie Breeze

Manager/Captain: Lea Adams

11 elite racers

The whole team returned, with the exception of Kathryn Donovan, who has taken the next step in her cycling career and joined the Pro ranks (FCS|ROUSE: p/b Mr. Restore) where she will be competing in more NRC races. Key additions to the team are Jenny Rios, Amber Gaffney, and Holly Breck.

The team's goals are to "...take younger riders and prepare them for the bigger picture...a bigger team, the NRC calendar," says Bonnie Breeze. InCycle's goals have always been to cultivate talent in younger riders. Their sights are also set on district road race, time-trials and criterium titles. They will have a strong presence at the SDSR and Ontario Series in addition to fielding a team at the Redlands and Cascade Classic's.

CONTINUED NEXT PAGE

Velo Club LaGrange

43rd Season (women's team has varied over the years)

Director: Amy Hunter

Manager: Stu Press

8 elite racers

Key returning riders include Melina Bernecker and Nicole Brandt with notable pick-ups Anna Lang and Julie Cutts.

The primary team goal is to win the So Cal Cup team, elite and overall categories. This goal is collective with the other LaGrange squads. Specific goals are to win the So Cal Cup women's individual title, and the SCNCA championships. They also seek to develop future professional racers.

Colavita / Outback Steakhouse Las Vegas

4th Season

Director: Eric Knutson

Manager/Captain: Keely Brooks

6 elite racers

Key returners include four of the team's founding members: Coleen Knutson, Kirsten Darley, Keely Brooks, and Michelle King. Leah Ballamy is the team's key pick-up.

The elite team's goals are top finishes at road races in southern California, specifically the SCNCA Masters and Elite road race championships.

The elite team's focus is on one-day road race events, whereas their team of 15 development racers will focus on criteriums. Colavita-Outback is the only Las Vegas based team, which added a club membership option to broaden the visibility of their local sponsors while providing another entry point for women in the community to try competitive cycling, or just to ride.

Team Helen's

15th Season

Manager and Captain: Suzanne Sonye

8 elite racers

Key returners include Suze Sonye, Michelle Ignash and Sarah Mattis. Key pickups are Brenda Lyons, Joy Duerksen McCulloch, Shelby Reynolds, Cynthia Maree, and Julie Riccardi.

Team Helen's will compete in at least 20 local races along with some on the NRC calendar. They are currently planning on San Dimas, and America's Tour of the Dairyland.

*Disclaimer: In addition to the teams listed above, there are many elite racers who show up to race throughout the season whose teams may be based elsewhere, or whose focus is exclusively the NRC series. No shops or clubs were intentionally excluded from coverage. The intent of this article is to highlight teams that compete in the Southern California region with established programs, management, and organization. Enlighten me at HilaryNV@yahoo.com for you team's inclusion in future articles and highlights.

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: Cannondale road bike! Raced at 2004 Collegiate Nationals with UCLA cycling team. Caad7, carbon fork, size 54 frame. HANDMADE in THE USA, what a relic!! Shimano 9 speed Dura-Ace shifters, Ultegra brakes. Well taken care of, stored indoors. Asking \$800. Please contact Suzan Given (310)570-5526 with any questions or offers.

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

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

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

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