

CHAIN REACTION

TANDEM TIME
April

GOAT HILL
<http://www.ocwheelmen.org>

PARAMOUNT RACING
2012

General Meeting

Wednesday April 11, 7:00 pm

Pete Penseyres

and

Rob Templin

***RAAM Record Holder and Accomplished
Ultra Racer***

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.

Come for dinner and conversation at 6:30pm with meeting starting promptly at 7:00pm

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CALENDAR OF EVENTS

Goat Hill	Saturday @	9am
Ride Like a Pro	Saturday @	9am
Presidents Ride	Sun.	Apr. 1
General Meeting	Wed.	Apr. 11
Ride around the Bear	Sat.	Jun. 9

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DIRECTORS

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Director at Large	Frank Neal	909.592.2727
Director at Large	Alvan Trafton	310.489.1044
Director at Large	Randy Keifer	949.653.6346
Director at Large	Steve Loughran	949.348.9332
Director at Large	Doris Bingo	714.225.9091
Director at Large	Alan Dager	714.846.0862

BOARD MEETING

Sunday, April 1, 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.

SPECIAL THANKS TO

Jim & Irene Walker

**for Hosting the
March 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**

FOLDING PARTY

Thursday, April 26, 7:00 pm

Hosted by:

Art & Judee Wickersham

2725 Pine Creek Circle, Fullerton 92835 - 714.529.3912.
email:grnmach2@earthlink.net. From the 57 fwy, exit Imperial Hwy. go east. Turn right at 1st signal, Associated Rd. Proceed through next signal at Rolling Hills and turn left into first entrance drive way, Pine Creek Circle at Quail Ridge. HOA. Park in grassy area immediately on the right.

(OCW reimburses up to \$100)



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

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FROM THE PRESIDENT

By **Jim Brewer**

April 2012

A free ride. On Thursday, while cycling on Jamboree toward Portola on a century with my friends, Bob and Kelly, a big surprise greeted me. Somehow a little 4 inch critter jumped aboard and rode with me for about 4 miles. Being on my thigh, it just hung on and looked up at me and enjoyed the ride even if my up and down legs were pumping at 95 rpm's. At Jeffery Boulevard, this guy, a grasshopper hopped off without leaving me a tip. Guess he just wanted to visit his long lost relatives and not end up as road-kill!

This story is like many clubs and organizations. Many members are here just for the ride, but **GETTING INVOLVED** makes you appreciate our club and unlike the grasshopper does not "abandon the ship." OCW activities help make your rides really worthwhile. Hundreds of hours have gone into planning weekly rides, activities and events. Try to be part of it! Believe me, it is worth it.

Here is one suggestion for us to be a better club: Go to the Monthly meetings. You don't know what you are missing by not attending. If you do go, invite a friend. Maybe a person whom you do business with or an owner from your local bike shop. These meetings are fun, you eat, and door prizes are drawn.

Paul D'Aquanni started his term as vice president in style. His March monthly meeting was a huge success and very informative and entertaining with about 35 attendees. We are looking forward to the April meeting.

Mike Lee shot a great photo of all the Jersey Day riders. It is always a "hit" for us to be a unified group of 35 cyclists being photographed before a special Saturday Ride. This was an increase of 14 riders from the last photograph.

Art Pressel has been very busy selling jerseys and other OCW wares such as socks, arm warmers and pants. If you want to buy OCW merchandise, look for a blue pick-up truck at the Saturday or Sunday rides. Art will be glad to take care of your clothing needs.

Lee Stebbins does the calendar and plans the starting times for our rides. Times will be changing because of longer daylight times and the desire of members to get out earlier to save time for other obligations later in the day.

Max Kaldenberg has added tremendous energy to our club. His passion for cycling has rubbed off on many of us. His goal is to give OCW exposure to the biking community and he wants us to join him by inviting your favorite shop owner to OCW activities.

Your president would like to thank Alan Dauger, Doris Bingo and Steve Loughran for stepping up and volunteering to take notes during the Board Meetings.

Michelle Vester has one of the toughest jobs on the Board as Editor. Organizing and getting all the articles that make up "Chain Reaction" takes a lot of patience and keeps everyone on their toes with deadlines.

These are just a few members that were recognized here, but it is one of my goals to inform everyone in our large club "who does what," and in future issues more members will be and honored.

March General Meeting Wrap-Up

By Paul D'Aquanni



This was my first opportunity to chair the General Meeting and I have to give up some thanks to all who helped me out. Thanks to **Jim Brewer** for arranging the great speaker, Wayne Stetina from Shimano, who had the group dead silent listening intently to his words of wisdom and experience as he chatted about things from training, nutrition, racing, and yes he did talk a bit about product. It was great to have Wayne back.

Thanks to those who donated for our raffle, which helped make it fun. Peter Gerrard and Josh Peters from Irvine Bicycles, **Link Linquist** from Links Bike Tours, **Frank Neal** from “that’s what I do”, **Mike Lee** from Starlight Photography, and **Anita Brewer** who just felt the need to give in on another one of her awesome delights, with a bean dip. **Lee Stebbins** for his words of wisdom to try and keep us all safe out on the road, and **Kevin Ansel** for sharing with us his new toy, a fold up Dahon bike, very interesting. **Paul Defeo** assisted with an uncontested raffle throughout. Thanks to all.

We had a turn out of 35 people, and I will continue to try to provide speakers to always give the attendees an entertaining and informative evening. I am open to any thoughts or ideas on future speakers you might be interested in hearing from, just let me know and I will try to oblige.

Thanks, and hope to see you at the next General Meeting.

Paul DAquanni OCW VP

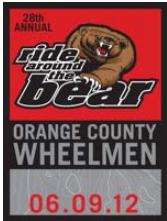
pdaquanni@cox.net

949.232.6485

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 whom the LCI will be for that Saturday. We follow the short route and ride at your pace.

Mike Lee, LCI 2765



One of the all time great centuries.

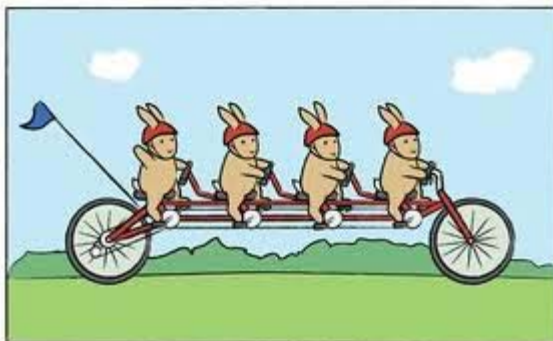
It is a little more satisfying than cruising nearly 40 miles down the 7000 foot descent from Onyx Summit to Redlands. Not to mention the OCW feast at the end of the ride. This is a glorious ride but there is a little matter of climbing to Running Springs at 6030 feet, Big Bear Lake at 6750 feet and to Onyx Summit at 8443 feet to start with. This ride has been rated "One of the top ten most difficult centuries in the country" as stated by Cyclist Magazine and California Cyclist 8 and is **NOT** for Beginners.

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 (aka, "BIG" website builder)





April OCW President's Ride April 1, 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!).

Who Are You? Did you know that in CA: If you have a solo crash and you are out-of-it, law enforcement and first medical responders are hesitant to go through your wallet to find out who you are because of future liability about what is missing from your wallet? In an emergency, they first look for "external" ID like; a necklace, dog tags, an ID bracelet, and ankle band, a helmet ID, shoe ID, or whatever they can find quickly. I know this by an unfortunate personal experience. Disclaimer: I do not work for the following company. However, I do know they are a great company who is excellent, prompt, accurate, and can provide whichever type of "external" ID you prefer. Check out www.RoadID.com. You don't have to get one from them, but get one! I wear my ankle RoadID even when I go out for a walk. Your life could depend on it.



Next Board of Directors Meeting is April 1, 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 March Edition.

In past articles you learned that 50% of all bike crashes are solo and are very avoidable. You also learned that 32% involve a collision with something other than a motor vehicle. They are somewhat avoidable. This month I am going to talk about the 18% of bicycle crashes that involve a motor vehicle.

50% of car/bike collisions (9% of total crashes) are due to the cyclist and 50% of car/bike crashes (9% of total crashes) are due to motor vehicle operators.

This month I am going to highlight those collisions where the cyclist is at fault. These are very avoidable if the cyclist obeys traffic laws and yields to traffic as they would do while driving a motor vehicle.

Almost all child car/bike collisions are caused by the child. Parents and guardians must closely supervise and correct children bike riders under the age of 10.

Adult riders:

#1. Highest cause: Riding while facing traffic. The law states you must ride with the traffic flow and not against it. This is the legal and safe way to ride.

#2. High cause: Left turn from the right side of the road. The law states that cyclists must merge to the left and yield to upcoming and oncoming traffic before making a left turn. By law, if there is a marked left turn lane, the cyclists must use it. The safe way is to yield until it is safe, signal with the left arm, merge, and turn when it is safe.

#3. High cause: Riding on the sidewalk. While legal in some areas and some cities, it is unsafe. Motorists backing out of driveways are not looking down the sidewalks for riders approaching at bicycle speeds. Cyclists have the right to ride in the street. That is the safest place to ride.

#4. Medium cause: Failure to yield when entering the roadway. This means coming out of driveways, alleys, and parking lots without yielding to oncoming traffic. You can figure out this one: Look first and then move.

#5. Medium cause: Running stop signs and signals. Duh!! Obey the traffic laws.

#6. Low cause: Serving in front of an oncoming car. This is about weaving in and out of parked cars without yielding. Do not weave. If there are parked cars, hold your line and ride straight where motorists can see you.

The above accounts for almost all of cyclist caused car/bike collisions. There are a few more, like inadequate night lights, etc. If we just follow the rules above, we eliminate most of cyclist caused accidents.

In summary about bicycle crashes:

50% solo crashes: Very avoidable.

32% collisions/non motor vehicle: Mostly avoidable.

9% car/bikes with cyclist at fault: Avoidable.

So, that accounts for 91% of all bike crashes. Notice: I do not call these "accidents". They are mostly avoidable crashes.

Stay tuned next month for information about car/bike accidents that are the fault of the motorist and some ways to avoid those, also.

Ride Safe out there! – **Frank Neal**





CALIFORNIA TRIPLE CROWN 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. The weather was absolutely perfect. The riders had a great day. OCW had a great showing with 12 Finishers: **Chuck Bramwell, Jim Brewer, Bob Davidson, Paul Defeo, Bob Fieldhouse, Ron Hearn** (first Double Finish), **Willie Hunt, Jim Kehr, Greg Kline, Stacy Kline, Tom Parkes, and Doug Patterson.**

Death Valley Double was held on 3/3. The weather was terrific for the riders! We have five OCW riders who now have Finished two Doubles already this year: **Willie Hunt, Jim Kehr, Greg Kline, Stacy Kline, and Doug Patterson.** Congratulations to ALL!

Upcoming are the next events of the 2012 Spring Series:

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



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 and introduce yourself, and say...

WELCOME !!

LOOK WHAT OUR OCW TREKING GROUP IS DOING

OCW members **Doris Bingo**, **Victor Matloff**, **Alan Dager**, **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.



Hike to Switzer Camp and Falls

February 19, 2012

By Larry Linn

Our hike began, as many hikes do, by driving right past the trail head parking area at about 8:15 am. This was only a short detour as driver and navigator got us turned around and back where the trail began, at the Switzer Picnic Area just off the Angeles Crest Highway (SH 2). The trail head area was very clean and freshly paved. Restrooms were also well kept. Our group consisted of **Alan Dager**, **Doris Bingo**, and Larry Linn. Our goal was to see as many of the waterfalls as we could, and also to locate the remains of the Switzer Chapel, perched high above the creek on a wall of Bear Canyon. We were rewarded by accomplishing both our goals. In the summer time, the pools below the many waterfalls will be very refreshing to soak in. We hiked south along the Bear Canyon trail which required several precarious creek crossings. Eventually the trail headed up out of the canyon, providing us an excellent view of several waterfalls far below. As we came around one curve in the trail, there on the other side of the canyon we could see the remains of the Switzer Chapel. A large portion of the arched windows wall had slid down the side of the steep canyon, but was still partially intact. Later, on the way back after our lunch break, we crossed the creek and climbed up the canyon to the actual foundation of Switzer Chapel. Nature has thrown everything at this area and soon there will not be enough left to even identify the foundation.

This enjoyable hike was approximately 9 miles with 1900' of elevation change.





Goat Hill is off to a great start in 2012. We are riding in Chino Hills State Park in North Orange County on Saturday mornings at 9:00 am. I welcome all OCW members who would like to take a break from road riding and enjoy mountain bike riding here in Orange County. OCW mountain bike rides are geared towards beginner and intermediate riders with stops and regrouping along the way.

I want to make sure everyone enjoys mountain bike riding, so we will avoid any technical trails and we'll stay primarily on fire roads.

Spring and early summer, in my opinion, are some of the best times of the year to ride in Southern California. Rains will help harden the trails and wash away the loose top sand that occurs during late summer and fall.

We will most likely have stream crossings, however they are not deep and are very fun.

Mountain bike riding is a very different experience from road riding, we rarely see cars, but we do encounter the occasional hikers, equestrians, and of course rabbits, squirrels and the resident bobcats of Chino Hills State Park.

Trail etiquette is a must out on the trail so always yield to horses, hikers and animals. It is very important to follow these rules since mountain bikes are quiet and often will startle hikers, horses and animals. Using a "Cow Bell" strapped onto your hydration pack or handlebars works very well and has also been known to bring a big "Thank You" from hikers and equestrians.

For clothing I recommend wearing long fingered gloves to help prevent scrapes and cuts in case of a fall or close encounter with a bush or branch. Long sleeves help prevent scratches and abrasions when riding single track. There are mountain bike specific shoes that have special soles you can "hike a bike" in, as you never know when you will be riding a trail that is too difficult, and you'll have to walk your bike. Hydration packs, instead of bottles, are a good idea as bottles tend to get dirty. Of course always wear a helmet!

See you out on the trails!

Alan Vester (alanvester7@gmail.com)
Goat Hill Mountain Bike Director



Saturday Rides

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.

The Saturday rides are offered to improve individual and group riding skills and to promote the sport of bicycling. We do not ride when weather conditions are unsafe or if there is an OCW special event on Saturday. 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 current riding ability.

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

April 7, 2012 The Square, Irvine. Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. The Square is located at Main and MacArthur in Irvine near the John Wayne Airport. Park in the lot West of Starbucks.
29 Miles. Rolling ride thru Irvine & Lake Forest. 600 Feet Elevation Gain.
38 Miles. Rolling to Hilly ride thru Irvine & Lake Forest. 1000 Feet Elevation Gain.
56 Miles. Hilly ride thru Irvine, Trabuco Canyon, Rancho Santa Margarita, Mission Viejo & Lake Forest. 3000 Feet Elevation Gain.

April 14, 2012 The Square, Irvine. Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. The Square is located at Main and MacArthur in Irvine near the John Wayne Airport. Park in the lot West of Starbucks.
25 Miles. Flat ride thru Irvine.
35 Miles. Flat to rolling ride thru Santa Ana, Fountain Valley, Huntington Beach returning thru Newport Beach & Irvine. 600 Feet Elevation Gain.
54 Miles. Hilly ride thru Irvine, Tustin, Newport Beach and returning on the Santa Ana river trail thru Santa Ana.

April 21, 2012 The Square, Irvine. Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. The Square is located at Main and MacArthur in Irvine near the John Wayne Airport. Park in the lot West of Starbucks.
28 Miles. Flat to rolling ride thru Irvine & Lake Forest.
38 Miles. Rolling to hilly ride thru Irvine & Mission Viejo.
63 Miles. Flat to rolling ride thru Santa Ana, Garden Grove, Seal Beach, Long Beach returning on PCH thru Huntington Beach & Newport Beach. 700 Feet Elevation Gain.

April 28, 2012 The Square, Irvine. Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. The Square is located at Main and MacArthur in Irvine near the John Wayne Airport. Park in the lot West of Starbucks.
23 Miles. Flat ride thru Irvine & Newport Beach. 400 Feet Elevation Gain.
35 Miles. Flat to rolling ride thru Irvine, Newport Beach & Laguna Beach.
64 Miles. Hilly ride thru Irvine, Mission Viejo, Rancho Santa Margarita, San Juan Capistrano, Dana Point & Laguna Niguel. 3500 Feet Elevation Gain.

Sunday Rides

Go to <http://www.ocwheelmen.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.*

April 1, 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.

31 Miles. Rolling to Hilly ride thru Newport Beach, Laguna Beach & Irvine.

45 Miles. Hilly ride thru Newport Beach with a climbs up San Joaquin Hills, Spy Glass & Turtle Rock returning thru Irvine & Tustin.

April 8, 2012 Mile Square Park, Fountain Valley. Take the 405 freeway north to Brookhurst exit north. Go 1.1 mile and turn right at Heil. Follow road 0.4 mile to tennis courts and field 12. Park in lot in front of restrooms.

25 Miles. Flat ride thru Huntington Beach, Santa Ana River Trail & Huntington Beach.

35 Miles. Flat ride on PCH thru Fountain Valley, Huntington Beach, Sunset Beach & Seal Beach.

40 Miles. Flat to rolling ride up the Santa Ana River Trail to Orange returning thru Tustin, Irvine, Costa Mesa, Newport Beach & Fountain Valley.

April 15, 2012 Tustin Sports Park, Tustin. Take the 5 Freeway to Jamboree and exit North. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.) Go 0.2 miles and turn left into the parking lot.

23 Miles. Flat ride thru Tustin & Irvine.

33 Miles. Rolling ride thru Irvine, Mission Viejo & Tustin.

43 Miles. Hilly ride thru Irvine, Mission Viejo, Santa Margarita & Tustin. 1800 Feet Elevation Gain.

April 22, 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. Park in the lot next to the restrooms.

15 Miles. Flat to rolling ride thru Placentia, Yorba Linda & Anaheim.

33 Miles. Hilly ride thru Placentia, Orange, Villa Park, Tustin & Anaheim.

53 Miles. Hilly ride up Brea Cyn thru Diamond Bar, Chino, Ontario, Corona & Yorba Linda.

April 29, 2012 Pepper Tree 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. Pepper Tree Park is located at the corner of 1st Street & "B" Street.

24 Miles. Flat ride thru Tustin & Irvine.

33 Miles. Flat to Rolling ride thru Tustin, Costa Mesa, Newport Beach & Irvine. 850 Feet Elevation Gain.

52 Miles. Hilly ride thru Tustin, Irvine, Mission Viejo & Laguna Hills & Lake Forest.



PARAMOUNT RACING



TEAM MEETING

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

President	Jason Gersting	Jason.Gersting@kmob.com
Vice President	Monty Pettus	sngltrkguy@yahoo.com
Secretary	Curt Dosier	cdosier@kmob.com
Race Director	John McKee	ajmckee@sbcglobal.net
Rider Advocate/Recruitment Director	Ben Everton	Ben.Everton@kmob.com
Sponsorship Coordinator/Web Director	Scott Sharp	scsharp@yahoo.com
Elite Squad Leader/Recruitment Director	Marcos Corona	coronam@uci.edu

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

SHIMANO

Fi'zi:k

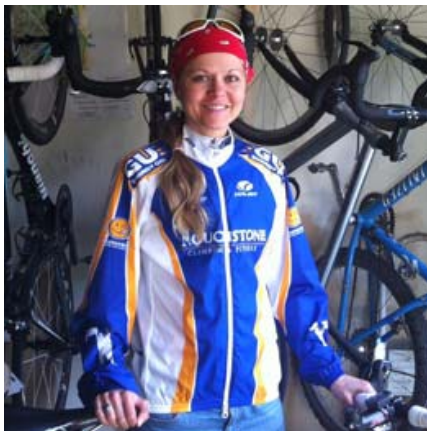
VITTORIA

HAMMER NUTRITION

CRANKY'S

North Cal VS South Cal

By Hilary Crowley



Women's racing is growing not just nationally, but here in southern California. Often times, the largest women's field is in the Category 3/4 field. Someday soon, I hope to see the Cat 4's with their own field and the Cat 3's too. In the mean time, the pro's have been in our neck of the woods for training camps and early season races like the Tour of Murrieta and San Dimas Stage Race (SDSR), which are fine tuning races for the National Race Calendar (NRC) season opener, the Redlands Classic.

At the SDSR, I caught up with one of the many talented women who came from out of town to race and had an opportunity to get her perspective on a few things.

Heather Nielson races for Touchstone Climbing which is based out of northern California and is in her fifth season as an elite racer. Back home in Nor Cal, she is a USAC Level 3 Coach and on the weekends she's predictably racing. When asked why the SDSR, she said because the competition is very NRC like without the NRC logistics, which complicate it for riders like herself who often race solo or with just another team mate or two. SDSR appealed to her for the same reason the Merco race in Merced did, which she competed in two weeks earlier.

So, I had to know what the perspective of So Cal was from a Nor Cal athlete...one who eats strictly on the Paleo Diet and trains 18-27 hours in the winter (October-January) and 15-20 hours during the season (February-September). "SoCal has a preponderance of crits...overall. Nor Cal competition is consistently tougher-generally speaking-because we have a lot more road races throughout the whole season. Road racers have to be able to TT, and crit racers have to be able to climb in order to contend" she said.

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Additionally, a lot of pro racers train and race in Nor Cal when they're not with their teams, which is one of the reasons she chose to live in Nor Cal over So Cal when she moved to the Golden State from Utah. The competition, she feels, is tougher in Nor Cal.

Heather hopes to compete in the Tulsa Tough and Cascade Classic later this season, in addition to a few more So Cal races – schedule permitting.

Since a lot of us visit Nor Cal, Heather recommends riding the Foothills of the Sierra Nevada's, specifically in Placer and El Dorado Counties, as well as Sonoma County and the King's Ridge Grand Fondo for second to none scenery.

Maybe we are "one-trick-pony" in So Cal with our crits. Regardless, we wish Heather and all of you a successful rest of the season!



<http://www.50mr.com>



Cycling and Knee Pain

By John Marsh Editor & Publisher of RoadBikeRider.com

For years, I suffered through chronic pain in my left knee. It was always there, in varying degrees, both on and off the bike. Post-ride icing and too much Ibuprofen (before, sometimes during, and almost always after rides) usually only made a temporal dent in the pain.

Finally, a couple of years ago, I had what can best be described as a “seat and cleat” semi-bike fitting by a physical therapist recommended by a cycling buddy. It really focused only on optimizing my knee position while riding. That visit, though, started me on the path to being nearly pain-free now. Along the way, I was diagnosed by an orthopedist as having a kneecap that easily slips out of the groove at the front of the femur – thus needing to be repeatedly (and sometimes loudly) popped back into place by flexing my knee.

That diagnosis led to a round of physical therapy and exercises to strengthen the knee, followed last summer by a comprehensive bike fitting when I got my new frame and bike build. That fitting uncovered a heretofore unknown leg-length discrepancy (in the other leg), addressed with a cleat shim, and really dialed in the optimal position for me. The eight months since have marked a renaissance of pain-free riding.

“Knee pain remains the most common overuse injury associated with cycling,” says **Alan Bragman, D.C.** “To understand why knee pain is so commonly associated with cycling, we need to first understand the structure and function of the knee joint.” It’s a complex joint, to be sure, and Dr. Bragman takes us through a tutorial as he begins the article.

“It’s likewise important to understand the common causes of knee pain.... Probably the most vexing aspect of knee problems associated with cycling is that they can be caused by a wide array of issues, including (but not limited to): improper bike fit or setup, improper cleat position, trauma, misalignment, overuse, degeneration or arthritic conditions.... Improper riding style and knee position can also contribute to or cause knee pain.”

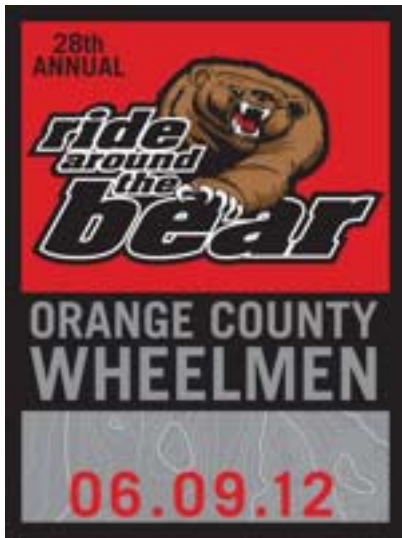
He provides guidance and tips in the article on how best to address these “common cause” issues, based on the roles they play in causing knee pain.

Another typical cause of knee pain is what might be called Spring Syndrome. When winter breaks and spring weather beckons us outdoors, we often start piling on the miles right away – without a “break-in” period. Or we put away our tights, knickers and knee warmers, exposing our knees to the elements too soon.

If you start suffering from knee pain, Dr. Bragman urges self-reflection: “Do an honest assessment, looking for any changes or factors that may have initiated this onset of new symptoms. Avoid significant changes in your training program, such as riding in cold weather without knee protection, reduced stretching or not warming up properly, resistance training with excessive weight, hill training in big gears, etc.

“Fortunately, Dr. Bragman says, “strengthening and stabilizing the knee through exercises can help prevent knee problems. And if they do arise, I provide tips for treating, and recovering from knee pain.” He provides a number of these strength-and-stabilization exercises in the article, and finishes with a section on treatment and recovery.

Enjoy your (pain-free) ride!



28th Annual Ride Around The Bear June 9, 2012

By Mike Lee
OCW Events Officer

Registration for the Bear began on March 1. Plans are now underway for this hill climbing challenge. This year, the plans are a return to the Highway 330 assault to Big Bear. If you are not training by now you have many miles to put in for this climbing extravaganza. The repaired Highway 330 has undergone many improvements in the wash out area plus other areas that they improved on. Better surface (smoother surfaces), wider turnouts in many places, those of you that are veterans to this ride will appreciate the work that was done to improve the road.

If you have not seen the jersey this year be sure to check out the new design this year by member, **Kevin Hertfelder**. Great inspiration and a cool looking Jersey for your wardrobe of Jersey. See it on the website. By the way the deadline to order the jersey is April 15 to have it for the ride.

As this is my first year for Events, I am taking over for **Paul D'Aquanni** I hope this event will run just as smoothly as he organized it in past years. I am already looking for volunteers and have sent out my first request and many of the long time volunteers are back again to support our climbers. If you want to volunteer email me at: events@ocwheelmen.org.

Western States Ride Calendar

4/7/2012 3rd Annual Farm to Forest Century Challenge Willows High School Boosters
4/7/2012 Party Pardee Century Sacramento Bike Hikers
4/7/2012 Race Across America Cycling Challenge Nevada Soul Events, LLC
4/7/2012 Santa Clarita Century Santa Clarita Child & Family Center
4/8/2012 Tour of Big Sur and CA Coast Cycling Escapes
4/12/2012 Ardennes Classics Challenges CCSD
4/14/2012 El Tour de Mesa Perimeter Bicycling Association of America
4/14/2012 Hemet Double Century and Single Century Watrous' Cycling Enterprises
4/14/2012 Julian Death March MTB Race R&B Bicycle Club
4/14/2012 Mr. Frogs Wild Training Ride GetonyourMark CYCLEFIT Biking Adventures
4/14/2012 Mulholland Challenge Planet Ultra
4/14/2012 Mulholland Double Planet Ultra
4/14/2012 RIDE FOR AIDS 10 The Laurel Foundation
4/14/2012 Tierra Bella Century Almaden Cycle Touring Club
4/14/2012 Woody Y Century & Family Fun Ride Woody Y Century & Family Fun Ride
4/14/2012 Woody Y Century and Family Fun Ride Asthma and COPD Education Center
4/15/2012 Diablo Century Contra Costa JCC
4/15/2012 Margot The Laurel Foundation
4/15/2012 Tour of Solvang Wine Country Cycling Escapes
4/19/2012 22nd Annual Sea Otter Classic Sea Otter Classic
4/19/2012 Sea Otter Classic Cypress Group
4/21/2012 Bike Around the Buttes Benefit ride for local Diabetes Society
4/21/2012 Cycle for Sight Rotary Club of Napa
4/21/2012 Mount Laguna Bicycle Classic, an epic San Diego County Century AdventureCORPS, Inc.
4/21/2012 Mr. Frogs Wild Ride Feeney Park Foundation
4/21/2012 Palos Verdes Ride For Habitat Habitat for Humanity
4/21/2012 The Temecula Challenge(Cancelled) Temecula Challenge
4/21/2012 Tour de Summerlin Great Rides LLC
4/22/2012 Evolution of Man Century Outdoor Adventures
4/22/2012 Primavera Century and Family Fun Ride Fremont Freewheelers
4/22/2012 Volkswagen City of Angels Fun Ride Heumann Powered Productions
4/23/2012 Santa Monica Mtns Climbing Camp Cycling Escapes
4/24/2012 Cycle for the Seniors 2012 Ranchos Hills Senior Center
4/28/2012 Covered Bridge Bike Classic Healing Nations
4/28/2012 Devil Mountain Double Century Quackcyclists
4/28/2012 L'Etape du California AEG
4/28/2012 Ride the Heart of the Valley Oregon State University College of Vet Med SCAVMA
4/28/2012 Tour of the Tucson Mountains Perimeter Bicycling Association of America
4/28/2012 Tour of the Tucson Mountains Perimeter Bicycling Association of America
4/28/2012 Wildflower Century San Luis Obispo Bicycle Club
4/29/2012 The Wildflower Chico Velo Cycling Club
4/29/2012 Tour de Cure Ship to Shore American Diabetes Association

To see complete calendar go to: www.bbcnet.com/RideCalendar/RideListDate.asp

2012 AWARDS BANQUET

By Jim Brewer

The 2012 Installation was a huge success. Hans Rey provided us some great entertainment with his slide show showing most of his achievements and endeavors capturing the cultural, scenic and spiritual aspects of his experiences. Hans demonstrated his trick cycling skills by jumping over the brave volunteer, **David Park**. Everyone was "awed" at the skillful way Hans performed these stunts with his GT Mountain bike. I'm sure David had his eyes shut when Hans came within inches of **David's** face. Everyone enjoyed the finale. We sure got our monies worth.

It was a great night to celebrate the achievements for Service and Combination Award winner members. Plaques for personal achievements were also given out to those whom had met their goals.

The beef, fish and pasta dinner was superb. There was plenty delicious desserts. Everyone was pleased with the food with no complaints.





ORANGE COUNTY WHEELMEN AWARDS BANQUET

February 25, 2012

SERVICE AWARDS

Active

Kevin Ansel
Lynn Billie
Anita Brewer
Rick Butz
Dan Clark
Sara Clark
Diedre Engle
Liz Gaston
Margaret Gate
Tom Gate
Dan Gauldin
Susan George
Bret Gross
Theresa Hancock

Active

Ralph Hansen
Kevin Ivey
Greg Klein
Stacy Klein
Denis Kuemerle
John McKee
Ken Morrison
Ollie Morrison
David Nonberg
Cathy Painter
Lee Painter
David Park
Mark Park
Jeff Rich
Scott Sharp
Judy Stechert

Expert

John Acuna
Ximena Ansel
Dee Bessee
Debi Butz
Paul Defeo
Curt Dosier
Bob Fieldhouse
Stuart Gaston
Ron Hearn
Charlie Irwin
Lorna Laugen
Tom Madden
Alvin Trafton
Alan Vester

Bronze

Randy Kiefer
Steve Loughran
Art Wickersham
Judee Wickersham

Silver

Frank Neal
Art Pressel

Platinum

Bob Fairfield
Dan Gorman
Max Kaldenburg

COMBINATION AWARDS

Active

Jim Brewer
Greg Clark
Laura Daley
Paul DAquanni
Jeffrey Driscoll
Theresa Hancock
Charlie Irwin
Elise Irwin
Greg Kibble
Earl Kluth
Michael Lee
Link Lindquist
Henry Pilcher
Kathy Pilcher
Lee Stebbins
Jim Walker

Expert

Doris Bingo
Alan Dager
Paul Defeo
Diedre Engle
Susan George
Kevin Ivey
Denis Kuemerle
Lorna Laugen
David Mashaw
Gloria Nafel
Crystal Nordenstam
John Nordenstam
David Park
Mary Park
Miguel Perea

Expert

Ted Rinker
John Ryder
Karen Thorpe
Rob Tripp
Alan Vester
Michelle Vester

Bronze

Debi Butz
Bob Fieldhouse
Stuart Gaston
Dan Gauldin
Tom Madden
Alvin Trafton

Silver

Ron Hearn

Gold

Dan Gorman
Bob Fairfield
Steve Loughran
Art Pressel

Platinum

Max Kaldenburg

BOARD MEETING MINUTES

March 4, 2012

ATTENDANCE

Officers & Directors Present (including the Directors appointed today):

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, Bob Fairfield, Curt Dosier, Alan Vester, Michelle Vester, Max Kaldenberg, Jeff Rich, Curt Dosier,

Ron Hearn, Art Pressel.

Members and guests present: **Jeff Driscoll, Bob Fieldhouse.**

CALL TO ORDER

The meeting was called to order by President **Jim Brewer** at 11:07 am.

MINUTES

It was moved and seconded to approve the minutes of the February 2012 Board Meeting. The motion to approve the February minutes passed. The following were appointed as directors by President **Jim Brewer: Paul DeFeo, Alan Vester,**

Dennis Thomas, Jason Gersting, Bob Fairfield, Dan Gorman, Randy Kiefer, Steve Loughran, Frank Neal, Art Pressel, Alvin Trafton, Ron Hearn, Jeff Rich, Curtiss Dosier. The officers voted to approve them.

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: **Jim Brewer** suggested that a vote of the riders be held at each ride start to recommend what time the ride should start. **Lee** pointed out that the Ride Captain does have the responsibility to set the ride times.

Vice-President: **Paul D'Aquanni** discussed the speakers for the March and April meeting.

Membership: **Irene Walker** reported that OCW has 199 members who signed up using the new website. Paramount had 53 members.

Paramount: **Curt** reported the race season is in full swing. **Monty** continues to win. There are training races at the Great Park every Thursday.

Editor: **Michelle** asked for an upgrade in software. She hopes to get rid of Pagemaker 7. She

suggests using InDesign from Adobe. She asked for an appropriation of \$165 to purchase that software. A motion was made and seconded to appropriate up to \$200 for that purpose. Motion carried.

OCW COMMITTEE REPORTS

OCW/Paramount Relationship: No report.

LCI: **Michelle** said that the 8 who attended gave a good review, enjoying instruction from the 8 instructors. **Mike** said that members **Greg** and **Stacy** asked for reimbursement of their costs to become an LCI. The Board consensus was not to offer reimbursement at this time.

Website: **Mike Lee** said the following about the Website: He and **Lee** are working the site on a daily basis. We are still waiting for the old site to point to the new site. We need to choose an on-line clothing store. He passed out some plan choices. He recommends the second plan, which will cost \$600 for the year. He recommends offering the option to buy club clothing during on-line registration.

Public Relations: **Max** has reviewed the bike club literature that the bike shops have on display. He suggested that we invite representatives from bike shops to come to the meetings to be introduced.

Ride captain: **Lee Stebbins** asked for us to review our assets that are in storage. **Lee** also suggested that the waivers be reviewed and that we select the best one. In response to the President's suggestion above, he pointed out that the Ride Captain has the responsibility to set the ride times.

CONTINUED NEXT PAGE

Statistician: No report.

CTC: **Frank Neal** said that 12 OCW members finished their first Double of the year. The weather was beautiful.

OLD BUSINESS

Banquet: **Jim Brewer** said it went really well and everyone had fun.

Spring Metric: **Mike** said 94 riders have signed up. There is a nearly full slate of volunteers.

NEW BUSINESS

Ride around the Bear: **Mike** said we have 94 registrations so far. Paul described some of the planning for the ride. We will get help from the *Big Bear* Cycling Club.

Ride times: **Max** asked that the riders be polled next Saturday about what time they would like the ride to start and to have the Board to agree to that time. The consensus of the Board was to present the result to the Ride Captain for him to evaluate.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:05 pm.

Respectfully submitted by **Alan Dauger**.



ORANGE COUNTY WHEELMEN

The Orange County Wheelmen (OCW) is the most diverse and oldest bicycle club in Orange County with over 400 members. Cycling subgroups within OCW include Paramount Racing, Goat Hill (off-road cycling), and Tandem Time. The club hosts several annual events, many special activities, and numerous weekly rides.

OCW was founded in Jun 1968. Beginning as a recreational cycling club, its focus has expanded to staging cycling events that attract hundreds of riders, to maintaining an active presence in the community through charitable donations, and to promoting safety and political advocacy through the club's training rides and support of the Orange County Bicycle Coalition (OCBC) and the California Association of Bicycling Organizations (CABO), and the League of American Bicyclists (LAB).



CLASSIFIEDS ADS

Classified Ads: Rules of Posting

Every post shall contain the date it was posted or it will be subject to removal.

Any form of illegal, unlawful activity, product or service will be removed.

If any objectional content in the opinion of the Orange County Wheelmen Board of Directors is posted, said posting will be removed without notice.

Posting left up for over a year the poster shall edit the date of posting otherwise it will be removed.

Posters will maintain current active status with OCW.

Posting of an ad shall be reviewed periodically to maintain the accuracy and to check on membership status level.

Although there is no limit to the length of your post keep it brief to describe your item or service adequately. Unnecessarily long posts may be subject to removal.

TANDEM WANTED

I am in need of a tandem to deliver in Baja as part of the Rosarito-Ensenada bike ride. Upon completion of this ride the bike will be left in Ensenada, then donated to a charity for local use. Check the Rosarito-Ensenada website for details. The next event is 5 May. The condition of the unit is not important; no wheels-got them, no gears-who needs them, frame broken-got gum. This is a low/no-cost undertaking, mostly a labor of love to leave a bike behind at the end of the ride. So if you see anything that fits this description in your garage, or your neighbors, please contact me, thanks. **Randy Kiefer**, 949-653-6346, or rkayuga@sbcglobal.net

Posted 14 Feb 2012

FOR RENT

Mountain Cabin in Arrowbear Lake: Mountain Home in Arrowbear Lake available by the week or weekend. Halfway between Big Bear and Lake Arrowhead, Weekend rate for 2 nights is 125/night. Week is 7 nights 95/night. 2 Bdrm, + Master Bedroom in Loft, Sleeps 6+, 1/2 + acre Lot with sled area, 10 minutes from Snow Valley, Large Main room, Cable TV, wireless internet, fireplace, Full Bath, Complete Kitchen, Dishwasher, Microwave, etc.

See Facebook page: www.facebook.com/ArrowbearLake

Webcam Conditions: <http://arrowbear.viewnetcam.com>

Login: renter

Password: arrowbear

Call or email for more details. Contact **Michael Lee** at 949.458.0205 or email arrowbearlake@cox.net

Posted 1/1/2012

UCI IN NEED OF PARTS

The collegiate racing season starts next week.

The team is in urgent need of road bike gruppo parts (especially shifters) and good used wheels. If any of your members have good used items e.g. if you upgraded from 9-speed to 10-speed or upgraded to Di2 electronic shifter and have your old parts gathering dust, please consider making a tax deductible donation to the UC Irvine Bike Club - your gruppo parts and/or wheels will be racing on a collegiate bike immediately. I can arrange collection if you send an email to me (address below).

Thanks very much for your continued support. Regards Dave

Dave Jordaan

<http://www.cybercyclecoach.com/>

head Coach UC Irvine Bike Club

USA Cycling 'Level 1' Coach

55 East Yale Loop, Irvine CA 92604

Cell: 714.720.5472

Posted 1/30/2012

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

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

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

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

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

Allegro Property Inspections
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THE ORANGE COUNTY WHEELMEN

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FIRST CLASS MAIL

