

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
June

GOAT HILL
www.ocwheelmen.org

PARAMOUNT RACING
2012

General Meeting

Wednesday June 13, 7:00pm

Pete Van Nuys

Executive Director of Orange County Bicycle Coalition

Pete's held almost every job in the bike biz at one time or another, including European tour leader, tour organizer, tour leader trainer, retail and wholesale ad director, and marketing director. Whatever career he's pursued, he's always been a bicycling advocate.

But what does that mean? What exactly does a bicycle advocate do, and to whom?

Since he's now Executive Director of the Orange County Bicycle Coalition, perhaps he can tell us...

Meeting to be held at: Irvine Ranch Water District Board Meeting Room

Directions: Take the 405 FWY to Sand Canyon North, or take 5 FWY to Sand Canyon South. Turn East on Water Works Way. Go Left into parking lot and park behind building.

Come at 6:30 for dinner and conversation with your fellow cyclists. We will start the meeting at 7:00. Guests welcome.

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CALENDAR OF EVENTS

Goat Hill	Sunday	@	9am
Ride Like a Pro	Saturday	@	8am
Ride around the Bear	Saturday	June	9
OCW-BCI Bike Rally	Saturday	June	30
OCW Picnic	Sunday	Aug.	26

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

President	Jim Brewer	714.525.9995
Vice President	Paul D'Aquanni	562.943.9403
Treasurer	Jim Walker	562.943.9403
Secretary	Susan Benton	702.575.3780
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Ride Captain	Lee Stebbins, LCI	714.404.1985
Membership	Irene Walker	562.943.9403
Editor	Michelle Vester, LCI	714.914.2778
Statistician	Jim Pugh	714.680.4828
Public Relations	Max Kaldenberg	949.857.4355
Training	Open	

DIRECTORS

Saturday Rides	Bob Fairfield, LCI	714.508.7375
Paramount	Jason Gersting	949.303.8894
Goat Hill	Alan Vester	714.231.3164
Web Master	Paul Defeo	714.552.3966
Friday Rides	Dan Gorman	714.771.7741
Insurance	Ron Hearn	310.567.2922
Club Clothing	Art Pressel	714.914.9300
Director at Large	Dennis Thomas	941.340.0144
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 Loughram	949.348.9332
Director at Large	Doris Bingo	714.225.9091
Director at Large	Alan Dauger	714.846.0862
Director at Large	Jeff Rich	714.998.5587

BOARD MEETING

Sunday, June 3, 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

Scott & Tracy Sharp

For hosting the
May Folding Party

FOLDING PARTY

Thursday, June 28, 7:00 pm

Hosted by:

Mike & Terri Lee

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

23676 Via El Rocio, Mission Viejo, 92691
From the North: South on 5 fwy, exit Alicia Pkwy, turn left on Alicia, travel approx. 2.5 miles, right on Trabuco Rd (McDonalds on corner), left on Via Victoria (first street), left on Via El Rocio, 3rd house on right.
From the South: North on 5 fwy, exit Alicia Pkwy, turn right on Alicia, travel approx. 2.5 miles, right on Trabuco Rd (McDonalds on corner), left on Via Victoria (first street), left on Via El Rocio, 3rd house on right.

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

June 2012

Attack of the Cat

Last week an OCW member was eating a turkey sandwich with Alvin Trafton, at the turn-a-round point, high in the local mountains on a casual 8,000 foot climb ride, when a “vicious” cat snuck up and took a huge bite from his turkey sandwich. No harm done, but the rude critter could have at least “meowed” first.

We might have live turkeys to deal with down here in the city but they drive two ton vehicles. We might suggest to them to dial to a “non road-rage melody radio station” to calm them down. We dread the fact that some of them want to take a bite out of us. These things were discussed at our latest General Meeting by a non-turkey, Jeff Rich.

May was “ride to work month” but somehow only us cyclists knew this. Jeff entertained us at the May General Meeting and he pointed out that riding defensively was the best way to avoid confrontations and that having a rear view mirror was the second most important piece of equipment for commuting. Guess what was first?

Jeff will be in charge of timing the Around the Bear ride this year. He has been busy learning the new techniques of timing and the Board approved the purchase of the necessary software and hardware. If you find a propensity for helping Jeff, let him know and he will gladly oblige. We don’t want the “paid customers” to be the guinea pigs of for our new timing system.

Mike Lee has been working on a map of the Around the Bear Ride so participants and volunteers can visibly see the route and all the distances. Hopefully Mike does not show the profile of the ride because it looks like a heart attack EKG. This new map will give riders a new sense of direction and an understanding of how difficult it is to finish before dark.

Our membership drive is in the large chain ring. The Board members agreed with Max Kaldenberg’s program to give people the option of pre-register entry into our most popular ride Amtrak, by requiring them to join OCW and purchase a club jersey. There is a limit of 100 spots. Spread the word because these entrees will go fast. Check the Website ocwheelmen.org for all the details.

Jeff and Ximena Ansel dominated the raffle prize drawings during the month of May by winning three times. The biggest take was a \$50.00 gift certificate on the Saturday ride. If you want a chance to win a jersey or cash prizes, just show up on the designated Saturday and sign-up for a ride or attend the monthly General Meeting.

Just a reminder. Don’t be turkey by not getting involved. Check the calendar and do something for yourself. It is very impressive to see club members helping themselves but also assisting other cyclists enjoy their biking experience.

Have fun but remember, don’t get gobbled up. Be safe out there.

May General Meeting Wrap-Up



Jeff Rich



Kelley Laxamana



Alan Dager, Kevin Ivy, Lee Stebbins

Bike Commuting

After riding 26 miles with his "Riding Buddy" from work, our own Jeff Rich treated OCW members to tips on how to best survive commuting to and from work. Jeff had a great presentation, with tips on everything from safety & equipment, to personal hygiene. Other commuters present got a chance to share their experiences and tips as well. I think that those who might have been considering a commuting life style, will now take what Jeff offered up, and try it out. Thanks Jeff! Mexican food, in celebration of Cinco de Mayo, was the fare for the evening, and we had enough to feed all! Raffle prizes were donated and awarded. Thanks to all those who help at these meetings to have them run so smoothly, and be an entertaining and informative evening out. Next month bring a friend, and join in.

Paul DAquanni, LCI
OCW VP

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 News

OCW Website HELP! Session will be held before the the June folding party from 3-7pm. Contact Mike Lee for questions at ocwheelmen@cox.net

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)



President's Ride

Sunday June 3, 2012
Jim Brewer - President
714.525.9995

For those that want a nice casual ride on a warm spring day come out and join us Sunday, June 3, 2012. The ride begins at Carl's Jr. in Irvine (Campus & Von Karman) at 9:00 am. New and beginner riders are encouraged to join us. It is always a no-drop 20-30 mile ride. Please send an e-mail message to lazydazebiker@sbcglobal.net or call me at 714.525.9995. Bring a camera and we will see to it that your photo will appear on page 6 of the next newsletter.





FIELD FIXES

By Frank Neal, LCI

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

Wear a helmet. Here is a little known fact that most cyclists do not know. If you fall from your feet, you can control your fall to a hip or your shoulder. None of these are good, but you can protect your head. If you fall from a bike, this is not the case. Your center of gravity is much higher. Even if you are not moving, falling on a bike is like falling on ice. Your head hits first. Save your noggin! Wear a helmet!



Next Board of Directors Meeting is June 3, 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, LCI

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

Did you know that 50% of all bike crashes are what is called "solo" and do not involve anyone but the rider?

Here are ways to avoid the most common causes of solo accidents.

Steel Plates. Understand that if the plates are wet, they are like riding on ice. Do not attempt to turn. Pedal lightly and go directly over them. Turn after you are past them and back on the road surface.

Drainage grates. Do not attempt to ride through them. Go around them. Look ahead, be aware, and don't be a victim.

Railroad tracks. Always cross them at a right angle and keep a light pedal stroke to stay in control of your bike. If they are diagonal, go as far as you can safely into the traffic lane so that you can cross them as near as you can to a right angle. Keep a light pedal stroke which keeps you in control of your bike.

Cattle grates. Don't hit the brakes! Keep a light pedal stroke, control your bike, and go straight over them. You will be fine.

Uneven road surfaces. These are harder to negotiate. You have to be aware and react. If your front tire gets caught in a rut...Bunny Hop! Hop! Pull your front tire out of the rut and get back out of the rut and onto the road. Your rear wheel will follow. That will save a crash. It is hard to learn, but you need to practice it.

Control your bike. It doesn't matter if it is wind, sand, gravel, or any other reason. Control your bike and you can avoid most solo crashes.

This information is provided from the League of American Bicyclists.

FRANK'S SAFE CYCLING BOOTH HAPPENINGS

In case you want to know what I do for Community Service, here is a pix from my latest booth at the Alzheimer's Benefit Walk at the District in Tustin in April 2012.

I cannot do it without your help and support.

Thank YOU! – Frank Neal, LCI



OCW Hiking Corner

Mt. Islip April 22, 2012

By Larry Linn

This hike was a second attempt to reach Mt. Islip. The first attempt on April 15 was prevented because of the heavy snow covering from an unusually cold storm that dumped nearly two feet of snow on the trails. On this followup attempt a week later, nearly all the snow had melted and the trail was easy to follow. The hiking group included **Doris Bingo, Alan Dauger**, Pete Demos, and Larry Linn. We started the hike at the Crystal Lake Recreation Area (5,830') which just happens to be the location of the Crystal Lake Café, a great place to get a snack after returning from a day on the slopes. From the Trail Head located on the north east side of the campground parking area, we headed up hill for 2.5 miles on the Windy Gap Trail to Windy Gap (7,588'). Lucky for us, the weather at Windy Gap was cool and surprisingly calm. At Windy Gap, we connected briefly with the Pacific Crest Trail (PCT) going north which took us to the Islip Ridge Trail. At this junction, we headed west toward Mt. Islip (8,250') for about 1.5 miles. On the summit, we found the still standing walls of an old, roofless, stone cabin and the footings of a fire lookout tower that stood guard on Mt. Islip from 1927 until 1937. The lookout tower was dismantled and moved in 1937 to a better site, South Mt. Hawkins, only to be destroyed by the Curve Fire in 2002. The view of Crystal Lake Basin to the southwest and the San Gabriel Wilderness to the northeast was incredible. The wilderness is slowly recovering from that fire, but the totality of the forest destruction is just unbelievable. Miraculously the Crystal Lake Basin itself, was not burned. **Doris** chose the return trip following the Islip Ridge and Big Cienega trails. The gradual down hill hike of 3 miles brought us back to the Windy Gap Trail and a quick return to the Trail Head. Lunch was the Café specialty, Frito pie and hamburgers. Our total hike was 8.5 miles with 2,560' of gain, another perfect hiking day.



Larry Linn and Alan Dauger



Alan Dauger



Doris Bingo



Pete Demos



Alan Dauger



Doris Bingo





Alan Vester

GOAT HILL

Mountain Biking and the Marlboro Man

By Alan Vester - Goat Hill Rider Leader

I had been riding for about 7 hours in the San Jacinto Mountains just below Idyllwild, CA, in May of 2007. I was riding my mountain bike, course marking our annual 28 mile, off-road mountain bike race. Marking the course means pounding 3 ft stakes with arrow signs on them in the ground, putting up caution tape and building chutes. I was at the end of my ride, and I looked up at the road ahead and stared in disbelief of what I saw. I kept thinking I must be hallucinating because what I think I see is John Wayne on a horse, in full rodeo roping gear. Hat, chaps, boots, side arm pistol, twirling a lasso and heading towards me. Ok, so it looks like it's going to be a stand-off, me on my mountain bike vs. cowboy guy on his Appaloosa.

As he was riding towards me, he is actually lassoing my course sign stakes that I had just put in the ground a few hours ago, one at a time. I was totally impressed with the precision way he snagged and yanked them out of the ground while not breaking stride. The dude was a perfect 10 for 10 not missing a single stake as he approached me. It then occurred to me, I was his next target, a real life mountain biker in motion, not a boring stationary course marker.

I had this vision of myself being lassoed off my mountain bike, legs and arms roped together just like they do to those helpless calves in rodeo shows. Of course, my friends would eventually find me 6 months later with my mountain bike strung up next to my lifeless body.

I was thinking there is no way to out run Marlboro Man and his horse, so I decided to speed up and ride directly towards him hoping to throw off his timing. As I approached him head-on, he started spinning his lasso faster. I was about 4 ft from him when I shouted out "Good afternoon, how's it going." It was perfect. It completely caught him off guard, and his rope suddenly dropped limply by his side. It was not what he expected, so unfortunately he missed his target, but 10 out of 11 is not bad for one afternoon.

I high-tailed it out of there, never looked back to see if Marlboro Man was in pursuit.

I have ridden the course many times since our encounter, but I never have seen him again. I'm glad because maybe he won't miss his mark next time.

Goat Hill rides: We have ridden Peter's Canyon, Chino Hills, Black Star Canyon and Skyline Drive in the last few weeks, with El Morro Canyon and Aliso Woods coming up. Goat Hill has moved to Sunday's with ride start time at 9am. All rides are typically 2 to 3 hours in length and 10 to 20 miles.

If you would like to be added to the Goat Hill e-mail me at: alanvester7@gmail.com.



Lee Painter



Alan Dauger



Kathy and Lee Painter



Michelle Vester



Alan Vester



Kahty Painter



Kathy and Lee Painter, Alan Vester



Alan Vester



Kathy, Alan V. and Lee



Michelle Vester

**Top six pictures are Skyline
and next three are Black Star**

**Pictures left and right are El
Morro**



Alan Vester

Saturday Rides

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

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

June 2, 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.

26 Miles. Flat ride thru Irvine.

37 Miles. Rolling to Hilly ride thru Irvine and Mission Viejo.

46 Miles. Flat to rolling ride thru Irvine and Tustin.

June 9, 2012 Ride Around the Bear

No Jersey Day Raffle Due to NO Saturday Ride

June 16, 2012 The Square, Irvine

21 Miles. Flat ride thru Irvine.

37 Miles. Flat to rolling thru Irvine and Tustin.

75 Miles. Flat ride thru western OC and Long Beach riding on SART, San Gabriel River Trail, LA River Trail, Long Beach Bike Trail (along beach), and returning on PCH.

June 23, 2012 The Square, Irvine

22 Miles. Flat to rolling thru Irvine and Tustin.

37 Miles. Rolling to hilly ride thru Irvine and Mission Viejo.

54 Miles. Hilly ride thru Irvine, Lake Forest, Mission Viejo, San Juan Capistrano, Laguna Niguel and Laguna Hills.

June 30, 2012 OCW - BCI Bike Rally, Deerfield Park, Irvine. Take the San Diego Fwy (405) to Culver Drive and exit north. Go 2.1 miles to Irvine Center Drive and turn right. Go 0.4 miles to Deerwood and turn left. Park on nearby residential streets.



Sunday Rides

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

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. **Rides start promptly at 9:00 am.** Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. A helmet is legally required for all minors and OCW **REQUIRES THAT ALL ADULTS WEAR A HELMET!!** *Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.*

June 3, 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.

23 Miles. Flat to rolling ride thru Irvine and Tustin.

35 Miles. Hilly ride thru Irvine, Laguna Beach, Newport Beach, with a final climb up Newport Coast.

48 Miles. Rolling to hilly ride thru Irvine, Laguna Beach and Newport Beach.

June 10, 2012 Pepper Tree Park, Tustin. Take 55 Fwy north, to 4th Street exit east. Go 0.3 miles and turn right onto B Street. Go 0.2 miles to Pepper Tree Park. Pepper Tree Park is located on the corner of First Street and B Street.

22 Miles. Flat ride thru Tustin and Irvine.

38 Miles. Hilly ride thru Tustin, Orange, Santiago Canyon, Lake Forest and Irvine.

44 Miles. Hilly ride thru Tustin, Orange, Villa Park, Santiago Canyon and Lake Forest.

June 17, 2012 Pavillion's, Seal Beach. Take the San Diego Fwy (405) to Seal Beach Blvd. exit south, go 3.0 miles on Seal Beach Blvd. to PCH and turn right. Go 0.3 miles and turn right into Pavillions parking lot. Park close to PCH.

29 Miles. Flat ride thru Seal Beach, Huntington Beach and SART.

35 Miles. Flat ride thru Seal Beach, Huntington Beach, SART, and Newport Beach.

46 Miles. Flat to rolling ride thru Seal Beach, Huntington Beach, Costa Mesa and Newport Beach.

June 24, 2012 Bonita Canyon Sport Park, Newport Beach. Take 55 Fwy south to 73 Fwy and exit on MacArthur Blvd. Go south on MacArthur for 0.9 miles and turn left on Bonita Canyon Road. Go 0.4 miles and turn right on Mesa View. Turn left at end of street onto Ford Road. The park is located on the left at the first stop sign.

23 Miles. Flat to rolling ride thru Newport Beach, Irvine and UCI.

38 Miles. Hilly ride thru Newport Beach, Newport Coast, Laguna Beach, Laguna Hills, Lake Forest and Irvine.

50 Miles. Hilly ride thru Irvine, Lake Forest, Mission Viejo, Laguna Niguel, Laguna Beach and Newport Beach.



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	sngtrkguy@yahoo.com
Secretary	Curt Dosier	cdosier@kmob.com
Race Director	John McKee	ajmckee@sbcglobal.net
Rider Advocate/Recruitment	Ben Everton	Ben.Everton@kmob.com
Sponsorship Coordinator/Web	Scott Sharp	scsharp@yahoo.com
Elite Squad/Recruitment	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 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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Paramount Race Report

The Paramount Master's team has continued its strong season with 3 victories in the past five weeks, all thanks to Monty Pettus. In two races - Easter Sunday GP and Velo Allegro Criterium - Paramount went 1-2-3. At each of these races, Monty took the win, followed by Howard Miller in second and John McKee in third. In addition, Monty won the LA Circuit Race with John McKee in third and Howard Miller in fourth. Howard also had a great 3rd place finish at the San Luis Rey road race. Monty, John and Howard are 1-2-3 in the 60+ SoCal Cup standings and Paramount currently sits in 5th place in the overall Masters SoCal Cup competition out of 111 ranked teams.

Monty Pettus race results

- 1 Easter Sunday GP 3**
- 2 SoCal Cup Crit Series 4**
- 1 LA Circuit Race**
- 3 Chuck Pontius**
- 3 Barrio Logan Grand Prix**
- 9 SCNCA ITT Championships**
- 1 Velo Allegro Crit**

John McKee race results

- 3 Easter Sunday GP 3**
- 6 SoCal Cup Crit Series 4**
- 3 LA Circuit Race**
- 5 Chuck Pontius**
- 7 Barrio Logan Grand Prix**
- 3 Velo Allegro Crit**

Howard Miller race results

- 2 Easter Sunday GP 3**
- 3 San Luis Rey RR**
- 3 SoCal Cup Crit Series 4**
- 4 LA Circuit Race**
- 10 Devils Punchbowl RR**
- 4 Chuck Pontius**
- 5 Barrio Logan Grand Prix**
- 2 Velo Allegro Crit**

Women's Cycling Scene

By Hilary Crowley

Future of the Sport – Junior (dirty) Girls in the IE

When did you start cycling competitively? For me it was at the ripe old age of 30 and as I staged alongside juniors like Coryn Rivera when we were both Cat 3's, I couldn't help but wonder what it would be like to have started sooner.

Meet Madelaine and McKenzie Melcher, ages 16 and 17 respectively. These sophomore and senior siblings are putting themselves on the map regionally and nationally in three disciplines of the sport: road, cyclo-cross and cross-country mountain biking. Since they started racing in 2011, they have completed more than 30 races from the SoCal region to Idaho and Monteray.

Here's what's so special about these talented youth: Madelaine was a Level 8 gymnast who began cycling last year due to consecutive ankle injuries. Last month, she podiumed (3rd) at Sea Otter in the Women's Cat 3-4 circuit race. She is also the State Cyclo-Cross Champion in the women's B division. She's also a Cheerleader at Redlands East Valley H.S. – quite the combo.

In 2011, her sister McKenzie placed second as a Cat 3 mountain biker at Junior Nationals in Sun Valley, Idaho. McKenzie was a tournament softball player for half her life, also lettering in band, before diving into the sport.

This type of talent can be groomed into the next Georgia Gould and Katie Comptons' of the world and is happening for these two. While we're dropping names, when asked who the girls look up to, they both answered Dorothy Wong and their parent, in particular, their mom Stacey Melcher who also used to race. Maddy also mentioned local mentor Colleen Friis and McKenzie plugged Catharine Pendrel.

This talent doesn't happen on its own, and first year team RICO (Redlands Interscholastic Cycling Organization) has had a lot to do with developing these young racers. In fact, out of 28 teams in the southern California region, RICO's women's team placed 3rd. "The coaches are phenomenal and make cycling a fun group experience" says McKenzie, who will attend San Diego State University next fall and hopes to continue racing on their collegiate squad.

McKenzie has gained tremendous confidence through cycling and believes that all disciplines of the sport transfer into one another. She sees cycling as playing a role in shaping her into the person she's becoming and hopes to get more women and girls involved in the sport. She's also ready to explore Downhill and Super-D. Maddie appreciates the support from the boys on the RICO team and intends to go as far as she can while having fun. Her advice is to, "Never give up. You think it's so hard, but it's really not. It's all in your head. Don't let guys tell you you're bad or be intimidated by them because you could be just as good if not better."

Add these two to your list of up and comers and watch for them on the SoCal circuit.



Madelaine Melcher On Her Way To A Podium Placing At Sea Otter



McKenzie Melcher Showing Her Skills On The Dirt



Team RICO's Melcher Sisters Taking 3rd Out Of 28 Teams In The SoCal High School Cycling League

How To Fuel for Really Long Rides



If you've ever wondered why 43-year-old endurance star Rebecca Rusch is often called the "queen of pain," just look at her record: Three-time winner and current record-holder of the Leadville 100, 2011 singlespeed national champion, three-time 24 Hour Solo world champion and competitor in legendary endurance events like the Eco Challenge and Primal Quest.

But as Rusch explains it, success in grueling events involves more than enduring pain and training hard—a lot depends on learning how to fuel your body like the performance machine that it is. "You don't have to be obsessive about it or have a Ph.D.," she says, "but you do need to approach your fueling with intention." Whether you're racing Leadville, or heading out on an all-day ride, here's her advice on how to eat and drink right.

Know the Basics. Rusch's numbers are easy to remember: 20 to 24 ounces of fluid per hour, and approximately 200 calories per hour. These are estimates that will vary depending on how hot it is (read: how much you sweat) and how much you weigh, but if you consume much more than that, you're going to overload your system. Beyond that? "Race fueling starts 10 minutes before the gun goes off and continues at very regular intervals for the duration," Rusch says. If you're an hour in before you eat or drink, you're going to be playing catch-up the entire event.

Adjust as Necessary. "It's not just about straight calories and hydration," Rusch says. "During training, you should start with the calories you'll need, then read labels and try different things to find what works. By the time race day rolls around, you should have a system dialed."

Don't Forget Electrolytes. Sodium, potassium, calcium and other electrolytes help the body absorb fluids and assist with a number of other important functions, like muscle function. Include a source of electrolytes, either from a sports drink or supplement, in your race nutrition plan. "Someone once explained it to me like this," Rusch says. "Your calories are like the gas in the car. The electrolytes are like the oil. You need both for the car to run efficiently."



CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT By Frank Neal

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

The Spring Double Century Series is in full swing!

After only five 2012 CTC Events, OCW already has six proud Winners of the prestigious California Triple Crown. To be a Winner, you must complete three CTC Double Centuries within one calendar year. Congratulations to Jim Brewer, Bob Fieldhouse, Ron Hearn, Greg Kline, Stacy Kline, and Doug Patterson!

Special congratulations to: Ron Hearn, Greg Kline and Stacy Kline as this is their first time as CA Triple Crown Winners!

OCW is having a great showing this year with 13 Double Century Finishers, after just five events: Chuck Bramwell, Jim Brewer, Bob Davidson, Paul Defeo, Bob Fieldhouse, Ron Hearn, Willie Hunt, Jim Kehr, Greg Kline, Stacy Kline, Kelley Laxamana, Tom Parkes, and Doug Patterson.

Special Congratulations to Kelley Laxamana for her first CTC Double Century Finish! You are awesome!

Upcoming Events for the 2012 Spring Series:

6/9, Tour of Two Forests

6/16, Terrible Two

6/23, Grand Tour: Options: 200, 300, or 400 miles.

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



RECYCLE TIRES AND TUBES: OCW NEEDS YOUR HELP By Frank Neal, LCI

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

In this dismal economy, OCW is always looking at keeping expenses down to give our Members as much as we can and keep the Membership costs down for our events.

Here is our plan: Bring any patchable tubes and used/useable tires to any OCW Ride. The Ride Leader will collect them and pass them on to the OCW Board.

Tubes will be patched and tested to be sure they are useable. Tires will be fully inspected. Then, they will go to the OCW SAGS and Rest Stops for use by our riders at OCW events.

We are in particular need of 650 tubes and tires and 700X28c+ tandem tires and patchable tubes. They are still out there and the Amtrak is a great example of folks who still use both of them.

I guarantee my work. If one of my patches fails, I will eat it! That is my promise!

So clean out your garage, be green, help OCW riders, and help a rider in need!

Give your used tubes and tires to an OCW Ride Leader at any OCW Ride. They will be forwarded to the OCW Board (ah?, me.).

Ride Safe out there! – Frank Neal, OCW Board

WESTERN STATES RIDE CALENDAR

6/02/2012 Eastern Sierra Double Planet Ultra
6/02/2012 Ojai Valley Century Ojai Valley Rides Inc
6/02/2012 The Dirty Devil and The Dirty Double CCSD
6/02/2012 Two Worlds Connect Ride For Africa Two Worlds Connect
6/03/2012 Sequoia Century Western Wheelers Bicycle Club
6/04/2012 Central Oregon 500 Mt Bachelor Sports Education Foundation
6/04/2012 Classic Climbs of the Sierras Cycling Escapes
6/08/2012 DEATH RIDE Tour Ride For Life Tour of the 300 Spartans DEATH RIDE Tour Ride For Life
6/09/2012 4th Annual Fiesta Metric Century Shadow Tour, LLC
6/09/2012 Canyon Classic Century Modesto Rotary Clubs
6/09/2012 Gold Rush Century Rides Capitol Adventure
6/09/2012 Hayfork Century Ride Hayfork Rotary
6/09/2012 Ride Around the Bear Orange County Wheelmen
6/09/2012 Tour of Two Forests (Classic Route) Planet Ultra
6/10/2012 Classic Climbs Lake Tahoe and North Sierras Cycling Escapes
6/10/2012 Mendocino Monster Century Rotary Club of Ukiah
6/13/2012 Race Across America Race Across America
6/13/2012 Race Across the West Race Across America
6/14/2012 CYCLEFIT High Altitude DR Training Camp GetonyourMark CYCLEFIT Biking Adventures
6/16/2012 2nd annual G'Knight Ride Bicycle Longmont
6/16/2012 Bicycle Tour of Colorado BTC
6/16/2012 Mile High 100 Lake Almanor Area Chamber of Commerce
6/16/2012 Sierra Century Sacramento Wheelmen
6/16/2012 Terrible Two Santa Rosa Cycling Club
6/16/2012 The Best of The Bay Cherry City Cyclists
6/16/2012 Tour de Manure / Sierra Valley Metric Century Sierraville Volunteer Fire & Rescue
6/23/2012 Big Ring Century Big Ring Century Series
6/23/2012 Country Coast Classic Slabtown Rollers
6/23/2012 CYCLE THE SIERRA Cycle The Sierra
6/23/2012 Mountain Lakes Challenge Siskiyou Velo
6/23/2012 The Grand Tour Double Century Los Angeles Wheelmen
6/23/2012 Truckee River Gran Fun-Do Tour de Nez Outreach
6/28/2012 CYCLEFIT Womens Biking Adventure Retreat GetonyourMark CYCLEFIT Biking Adventures
6/30/2012 8th Annual Napa Ride to Defeat ALS ALS Association of California
6/30/2012 Alta Alpina Challenge Riding the Wild Sierra Alta Alpina Cycling Club
6/30/2012 Alta Alpina Wild Sierra Century Alta Alpina Cycling Club
6/30/2012 Climb to Kaiser Fresno Cycling Club

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

Events June 2012

Event Dedication

I am going to depart from the usual rhetoric of the events Chair and write an article, that although will be on the event but be another side of the event. I find that I like to push the envelope, or push to the edge. A little opinion, a little event, but I'll find the middle ground.

OCW events are the backbone of this organization. Our events would not be as successful without the dedicated efforts of our members and NON-MEMBER Volunteers. It's now early May and the 28th edition of the Bear is pretty much filled to capacity with volunteers with over 4 weeks to go, it is a pretty impressive statement for OCW. So to understand this dedication I suggest not. Accept it for the social, camaraderie, love of cycling, or, and I think this is the big part, is to help fellow cyclists enjoy the sport and the challenge of this event or Amtrak.

I have spent many hours preparing for the event by organizing and reorganizing the list of volunteers, shopping lists, and to be sure that when this enters it final week we are set and ready to go shopping, send out the waivers, and check the riders in then send them up the mountain.

This year we have many new volunteers and I am sure that this will be the case every year. There is the core group of volunteer and there are some that want to ride the event instead of working the event, and there is always scheduling conflicts. But at any extent it's great that we can do this.

So as this edition of Chain Reaction is in your email or in your mailbox. Know that I and the entire organization appreciates your dedicated efforts for making this happen for our sport of choice.

Next up for July edition is the search for Amtrak Volunteers. That will be the 38th Annual edition of the Amtrak.

Ride Safe – Ride Predictable

Mike Lee, LCI

OCW PICNIC

August 26, 2012



Central Park in Huntington Beach
Ride start at park location

Lots of food and desserts
Sorry no alcohol

Dogs are welcome (the four legged variety!)

More information to follow or call

Irene Walker
562.943.9403
teamwalker@ocwheelmen.org



AMTRAK PRE-REGISTRATION (Qualifications)

Do you want a guaranteed spot for the coveted Amtrak ride? Here is all that you have to do:

Effective May 8, 2012 - June 15, 2012 only
Join OCW (NEW MEMBERS ONLY - Full membership, Ind, Family or support levels)

(only one early Amtrak registration allowed per (Family and support membership)

Purchase the 2012 OCW club Jersey in registration
You will be emailed a link that allows you to register
early June 17 - June 23, 2012

This is limited to the first 100 registrations

ABOUT 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).

Following are highlights of many of the activities, events, and happenings supported by the **Orange County Wheelmen**:

Monthly Happenings

Monthly general meetings provide a forum for speakers to address bike care, maintenance, training, speed and nutrition in addition to diet, safety, and travel related cycling adventures. The meetings are well attended by members and nonmembers interested in the variety of bike related topics.

OCW's monthly newsletter, the Chain Reaction, is mailed and/or emailed to all members and can also be seen on the club's Website. Each issue includes information regarding the ride schedule, board minutes, and special articles by club members on cycling tips, activities, travels, and the highlights of our major cycling events.

Ride Like a Pro - Novice Rider Training

OCW has developed their own brand of training for the novice or beginning rider. we call it Ride Like A Pro (RLAP) Every Saturday one of our members is available who has been certified as an LCI will take you out on a short ride to help you in navigating the roads, traffic, lane position, group riding, equipment and safety on the bike. And if you want to know more about the club we'll answer those questions.

Special Events

OCW is well-known for its four (4) major cycling events held throughout the year including the Spring Metric Century, the Ride Around the Bear, the Amtrak Century and the Fall Metric Century. Each event is unique and attracts hundreds of riders throughout California and from the Western United States.

Special Activities

OCW is also involved in a variety of activities beyond riding the roads. Each August members attend the Annual Picnic which includes 3 rides originating out of Huntington Beach Central Park. Dogs are welcome at the park. With plenty of Refuel and drinks when you get back. In February the club's Annual Awards Banquet honors and celebrates accomplishments by individual members and introduces the new board members for the coming year. Our Holiday party in December generates a large amount of items for the less fortunate in Orange County.

Contributions

OCW's ongoing charitable donations benefit many children in Orange County. The club donates bicycles and helmets in addition to members donating numerous toys and gifts to children of Orange County. Our club is also activity involved with the Orange County Bicycle Coalition (OCBC) and the California Association of Bicycling Organizations (CABO) and other organizations that the Board of Directors deems appropriate. 2011 included Cystic Fibrosis, Other past donations have included Alzheimers Association, Project 999, and Juvenile Diabetes Research Foundation. If you have a worthy charitable organization that qualifies, develop a proposal to the Board of Directors for consideration. We budget every year for contributions. They must be a 501c3 to qualify.

We look forward to you joining us for a bike ride!

BOARD MEETING MINUTES May 6, 2012

ATTENDANCE

Officers & Directors Present: **Jim Brewer, Paul D'Aquanni, Irene Walker, Susan George, Jim Walker, Lee Stebbins, Max Kaldenberg, Steve Loughran, Bob Fairfield, Art Pressel, Dan Gorman, Alvan Trafton, Frank Neal, Ron Hearn, Jeff Rich, Doris Bingo, Alan Dauger**

Members and guests present: none

CALL TO ORDER

The meeting was called to order by President **Jim Brewer** at 11:04 AM.

Jim Brewer reported that Mei Long is doing well with a cracked vertebra.

MINUTES

Jim Walker moved to approve the minutes of the April 2012 Board Meeting. The motion was seconded by **Alan Dauger** and approved.

TREASURER'S REPORT **Jim Walker** reported a \$5136 loss. \$4000 was paying off the banquet and a donation to Team Paramount.

OCW PARAMOUNT CORPORATION REPORT **Jim Walker** reported a Profit of \$331

BOARD MEMBER REPORTS

President: **Jim Brewer** said the Bear is coming soon and the website is coming along nicely.

Vice-President: **Paul D'Aquanni** said good turnout at the April meeting. The food was good, but there wasn't enough of it. **Jeff Rich** is the speaker at the May meeting. Any feedback is welcome.

Membership: **Irene Walker** said 13 new members for the month of April. We have approximately 400 members.

Jim Brewer said paramount is offering a discount on last year's gear anyone can buy them. Discussed if Paramount should not sell similar items for less than what we sell them for. **Paul D'Aquanni** motioned that we not sell like items (jersey, shorts, bibs) that we have in stock for less than what OCW sells them for. The motion was seconded, and approved.

OCW COMMITTEE REPORTS

LCI: **Michelle Vester** is not here today. **Jim Brewer** said nothing new and next LCI is in August.

Public Relations: **Max Kaldenberg** proposed to get 100 new members by September we do the following; we offer early registration for the Amtrak (limited to the first 100). Do these things:

1. They must be an Orange County Resident
2. Buy a Jersey
3. Join OCW
4. Advertise in Bicycle Shops sending them to the website

Possible complaints this isn't fair to OCW members, life isn't fair you should have volunteered for the Bear. Limited to one early entry per family if you registered as a family membership.

Max Kaldenberg asked for no discussion until next month, but handed out a hand out. **Paul D'Aquanni** was concerned that this doesn't give us much time. **Max Kaldenberg** wanted people to have time to think about it. Irene proposed that we just vote at the end of the meeting. It was decided to vote on it at the end of the meeting. Ride captain: **Lee Stebbins** reported nothing new. There will be a Memorial Day ride on May 28th.

CTC Report: **Frank Neal** reported OCW already had six triple crown winners. **Jim Brewer** and **Ron Hearn** both already have their triple crown. He has another busy month coming up. Yesterday was Breathless Agony, 114 miles and 12 thousand feet of climbing. Safety booth was at the Alzheimer's Benefit walk and Orange Country Transit kicked off Bike Month at the Huntington Pier was probably best booth ever.

OLD BUSINESS

Amtrak Jersey: **Jim Brewer** showed the pictures of the three proposed jerseys. Some people had not seen them before. It was decided to vote at the end of the meeting so they would have a chance to look at them.

RAB Timing Status: **Jim Brewer** asked do we want to spend money to spend money to buy equipment for one time. **Jim** motioned spending \$2000 to buy equipment for timing the bear ride. **Lee Stebbins** seconded. **Jeff Rich** discussed options either a label on the helmet or wristbands with bar codes. We need to buy the scanner, ink, printer and all the hardware.

CONTINUED NEXT PAGE

For helmet it is approximately \$1400. For wristbands it is \$1500, this gives us enough wristbands for three years. Irene mentioned that is usually damp so hard to get the labels to stick. Grand Tour has borrowed **Charlie Irwin's** equipment, but last year they bought their own. Maybe we could borrow theirs. Grand Tour went with the barcode on the helmet. **Jeff Rich** would like to motion to purchase this software and hardware not exceeding \$2000. The motion was seconded by Irene. None opposed, motion passed.

Mike Lee needs money for the bulk e-mail we will put on hold until we know more.

Amtrak Jersey: Vote - A (with orange): 9 votes. B: 4 votes. C: 3 votes. A with orange passed.

NEW BUSINESS

Ride Stats: Jim Pugh is not here today. Some people want more than the four items currently there. We will discuss next meeting.

Amtrak: Lee Stebbins the parking lot we normally used will be under construction. We will move from the south parking lot to the north parking lot. It will be on the north side of the county administration building. There isn't an address for the parking lot. He will give the cross streets. No change through Camp Pendleton and San Onofre State Park. We will have Friday night registration, hopefully at La Quinta again. **Jim Brewer** said Bristol Farms will be supporting us again. The website is about 90% complete. **Mike Lee** will need up to \$600 for the bulk email, a Google program.

Donations: Jim Brewer asked if an option for donations should be on the website. When people register for a ride they could click a box saying they want the money to go to a specific charity. **Paul D'Aquanni** asked if the website is friendly to this idea. **Lee Stebbins** said no. **Paul** suggested sidelining this idea for the year, because there are other problems with the website. This idea is sidelined for now.

Safety Booth: Did see OC Bicycle Coalition.

Ride of Silence: Will be held Wednesday, May 16th at 6pm with a couple of speeches. This was started in Austin, TX. BCI and OCW will start at city hall in Irvine. Our normal Wednesday ride will be canceled.

Bulk Email: **Lee Stebbins** said we have learned that the bulk email isn't friendly as we thought. We can go with an addition from Google; there is a \$650 fee. He is not sure if this is a one time or annual fee. We are trying contact our prior riders so they know they need to make an account with TSI Media we can't contact them with our current system. Lee motioned approving up to \$700 for the Google bulk email system. Alan seconded the motion. None opposed motion passed.

BCI Bike Rally: The BCI Bike Rally will be June 30th. There will be some expenses. **Paul D'Aquanni** said last year we approved \$500. Alan moved that we authorize up to \$500 for lunches for OCW members only. Seconded by **Paul**. No discussion. All in where in favor, none opposed. Motion passed.

Membership Drive: **Alan Dauger** made a motion to have those who are a new member of OCW get a priority registration (one per family if a family registration, OC residents only) and they must at the time of registration purchase one OCW jersey. Irene mentioned we need to have them register prior to the Amtrak and have a cutoff date. Then these people will be sent an email with a link to early registration. **Lee Stebbins** said they need to be a member no later than the 15th of June. Alan said add the date to his motion. Alan discussed that we should not limit to Orange County residents. **Max Kaldenberg** said the intent is to help OCW. **Alan** modified the motion to remove the Orange County residents. This will be advertised at our local bike shops so the people who find out will be relatively local. **Alan** asked Jim and Irene do you see a problem with enforcing new member only. Lee clarified this is new as opposed to renewal, if you were a member three years ago they would be new.

Alan's final motion was for those who are new members (non-renewal) of OCW to get a priority registration (one per family if a family registration) who at the time of registration purchase one OCW jersey no later than June 15 to get an early registration for Amtrak. They will be sent an email with the early registration link in it. **Jeff Rich** opposed, everyone else was in favor. The motion passed.

ADJOURNMENT **Jim Brewer** motioned to adjourn. The motion was seconded. The meeting was adjourned at 12:11PM

Respectfully submitted by Susan George.

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
4 U**

17985 Sky Park Circle
Suite E
Irvine, CA 92614
949.752.2080



**Matloff and
Associates
Landscaping**

130 South Prospect Ave.
Tustin, CA 92730
714.267.2193
C-27 Lic. #584990



**Yorba Linda
Physical
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Yorba Linda, CA 92886
714.577.0745

Emergent Success
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Suite 600
Laguna Hills, CA 92653
949.885.6467

Allegro Property Inspections
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714.916.0110

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Irvine, CA 92618
949.439.0673

Pace Sportswear
12781 Monarch Street
Garden Grove, CA 92841
714.891.8716

Dee Bessee Massage Therapist
Costa Mesa, CA 92627
In the comfort of your own home
call for an appointment
949.548.4595

Trails End Cycling
1920 E. Warner Ave.
Suite 3C
Santa Ana, CA 92705
949.525.6070

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested
<http://www.ocwwheelmen.org>



FIRST CLASS MAIL

