

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
July

GOAT HILL
www.ocwheelmen.org

PARAMOUNT RACING
2012

General Meeting

Wednesday July 11, 7:00pm

Michael Lovegren
Biomechanist and USA Cycling Coach

Mike Lovegren will be back again to share some bicycle skills that maybe you have a hard time with, but are very important, cornering and descending. Mike has talked to us before and has delivered a very entertaining and informative evening. His extensive knowledge of exercise science is at the core of his coaching success.

Check out Mike's bio at http://www.kineticloop.org/coach_michael_lovegren.html
So come on out and see what Mike has for us this year.

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.

IN THIS ISSUE

From The President	Page	3
June General Meeting	Page	4
Ride Around The Bear	Page	6
Paramount Racing	Page	18
Goat Hill	Page	24

CALENDAR OF EVENTS

Goat Hill	Sunday	@	9am
Ride Like a Pro	Saturday	@	8am
Palos Verdes Rides	Sunday	July	8
OCW Picnic	Sunday	Aug.	26
Amtrak Century	Saturday	Sept.	8

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
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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	Mike Lee, LCI	949.458.0205
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, LCI	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, July 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

Mike & Terri Lee

For hosting the
June Folding Party

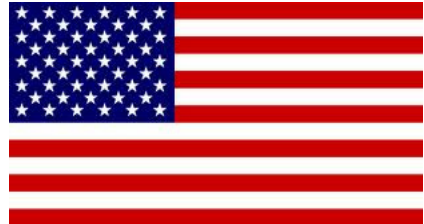
FOLDING PARTY

Thursday, July 26, 7:00 pm

Hosted by:

TBD

www.ocwheelmen.org for updates



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

July 2012

What a Ride!

Don't underestimate the value of a dollar bill! Broken glass was quickly swept up at twelfth mile but not until a cyclist flatted. To his rescue, was a OC Wheelmen in his "Bat-mobile" stopping and expediting the fix by providing him with a "dollar bill boot" and a floor pump. It made "cents" to him that a little money could save the day.

Why do we come so far to participate in this event? "The answer is easy! Great ride, really neat jersey to wear then go home and brag about it. How could you ask for anything more?" Quotes like these were common and outweighed the uncertainties of registration and timing.

There are many facets of our club, but what really shines are the Bear and Amtrak riding events. Improving these events are a result of listening to the participants and reading what is posted on the comment board of the website and what volunteers hear while on duty. Some of my observations: Nurture the good things by having folding chairs at each rest stop, serving great fresh fruit provided by Whole Foods Marketing Team, having situational awareness and supplying trained bicycle mechanics prepared to fix any problem and providing one hundred energetic volunteers.

What is on the wish list for me and many riders is to serve more caffeinated ice cold Coke at the rest stops, clean portable toilets at the starting point and to have rider numbers with their first name located above the number on each jersey.

Frank Neil's idea of having an unofficial rest stop half way between Big Bear Lake and Onyx Summit was very helpful for riders struggling at the 6,000' to 7,000' level. Frank provided water and ice for those that needed a boost.

Some folks were affected by the altitude when ascending to the 8,000' level. A suggestion to potential riders might be to carry medicine for altitude sickness or have the OCW SAG vehicles make it available for those riders.

Finally, Kudos to those volunteers and to Mike Lee for making this the best possible riding event that a cyclist can experience. Let's keep the "wheels turning" by staying out there and having fun.

Ride Safe

June General Meeting Wrap-Up



Pictures: Center: Pete Van Nuys - Right Top: Art Pressel - Right Bottom: Ximena and Kevin Ansel - Left Top: Paul D'Aquanni - Left Bottom: Jim Pugh, Jim and Irene Walker

Pete Van Nuys, Executive Director of Orange County Bicycling Coalition, was our featured speaker in June. Pete shared with the group, the not so pleasant statistics, of injuries, deaths, faults, and reasons for accidents for the state and local cities. Lots of data! If any of us would like to better understand the details OCBC gets this data updated quarterly.

Pete also gave the 33 in attendance a very good perspective of the type of activities he is involved in, as he tries to protect the rights of cyclists. It was obvious the interest, as after the presentation, Pete was surrounded with those who wanted to know more. Please feel free to visit the OCBC web site ocbike.org. and see the activities of this great organization. Thanks Pete!

As always I must thank those who help with the small but very helpful tasks of getting the meeting to go smoothly, you know who you are, thanks. Thanks to Jim Brewer, and Frank Neal for donations to the monthly raffle. Looking forward to seeing you again next month.

Paul DAquanni LCI
OCW VP

President's Ride

**Sunday July 1, 2012
Jim Brewer - President
714.525.9995**



Those in attendance at the June 3rd President's Ride

We had a great turnout for the Sunday Ride in June, with all riders being challenged to ride a faster pace, as we were treated with wonderful Southern California weather and great attitudes.

I invite all riders to the Sunday rides to check out a variety of routes and distances. July 1, 2012, will be the next President's ride and I look forward to riding with you.

I will once again bring my little black camera and take pictures of first time riders to our club, and you never know you might even see yourself in the next Chain Reaction newsletter.

I encourage all new and beginner riders to join us.

Please email me at: lazydazebiker@sbcglobal.net or call me at 714-525-9995.

**Jim Brewer
President - Orange County Wheelmen**



Ride Around The Bear 2012 Wrap Up

Mantone Beach Giant, Mountains, Boulders, Flowers, Streams, Old Bridges, Ron Paul Sign, Roosters, Bee Farms were some of the sights enjoyed by all the cyclists. The Around the Bear race was more like the Onyx Challenge. It was so inviting that riders from Tucson got bored with Mt. Lemon, near Tucson, and decided to be real studs and get their endorphins from the Orange County Wheelmen men AND women by being the first riders on the sign up list.

It was also a great ride for the OCW volunteers. This was an example of everyone working together for three days doing what was necessary for this outstanding event. Mike Lee's first big event was an enormous achievement, but without the support of all the volunteers, this would not have been "pulled off."

Some quotes: "Beautiful ride," "Neat Jersey," "Love it," "Great Ride," "Awesome support," and the list goes on. We could not have done this without the wonderful help from the "Tactical Rovers." They are a volunteer group from Big Bear and they love what they do. We owe them much gratitude.

Jim Brewer, OCW President





OCW Hiking Corner

Exciting Hike to Red Tahquitz Peak and the Pinnacles Beyond

May 28, 2012

by Larry Linn with Photos by Doris Bingo

Red Tahquitz is the peak that began this author's real interest in mountain hiking. I vividly remember the intense burning leg pains I suffered years ago to get to the 8,756 foot summit, while all my hiking companions were anxiously hopping around, ready to get to the two pinnacles just a little further away. "Are They Nutz?" I thought! This time the hike was different. I was up here on Red Tahquitz with my hiking friends and I was ready to keep going. What a great day. The hikers included **Doris Bingo, Lorna Laugen, Alan Dager, Victor Matloff, Larry Linn, Pete Demos and Robyn Stein.** We began the hike at Humber Park, and would you believe the first person to introduce himself to us was a FS Ranger who wanted to see our permits, right there in the parking lot. **Alan** produced the necessary documents and the hike began at the Devils Slide Trailhead at about 8:30 am on Memorial Day. We hiked 2.5 miles to the Saddle Junction where we took the southeast fork to Little Tahquitz Valley and Tahquitz Meadow. Here we connected with the east bound Pacific Crest Trail (PCT). We followed the PCT approximately 1.4 miles where we located a use trail at the base of Red Tahquitz peak that took us steadily upward to the summit of the peak. At the summit, Doris located the Peak Register and we all signed in. After a quick snack, it was time for a little exploring around the peak to find the easiest route to the two pinnacles jutting out a short distance below where we were standing. Our first choice was the pinnacle on the west side of the peak. It was narrow and full of loose rocks. In comparison, this pinnacle made the Devil's Backbone on Mt. Baldy look like a 6 lane freeway. Reaching the high point of this rocky outcropping pinnacle was thrilling. The view of the valley and Lake Hemet just a few thousand feet nearly straight down below us was incredible. Full of confidence and bravado from this climb, **Alan, Victor, Doris** and Pete scrambled up the south pinnacle for an equally breath taking view of the peaks of the great Desert Divide. Our trip also provided several great views of Lily Rock and Suicide Rock and covered 11 miles with 3,166 ft. of gain. No hike in the Idyllwild area is complete without a stop at the La Casita restaurant. It was another great hike for our log books.

To view the pictures of this hike to Red Tahquitz, please copy and paste this link in your browser:

share.shutterstock.com/action/welcome?sid=0AZMWTRm4aN2LGZA

Alan Dauger and Lorna Laugen



Doris Bingo



Larry Linn



Pete Demos and Larry Linn



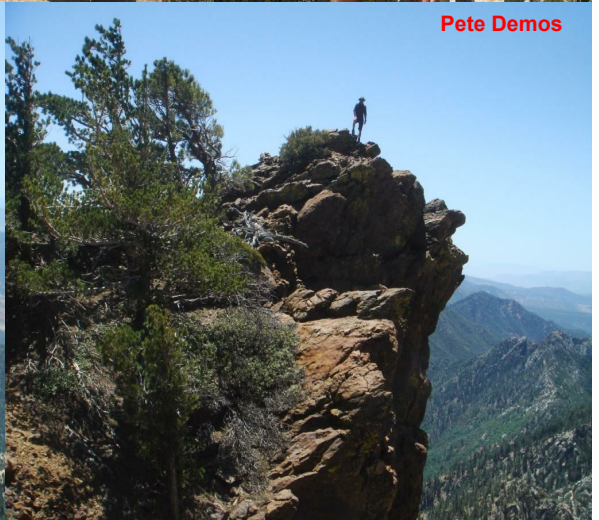
Robyn Stein, Larry and Lorna



Victor Matloff



Pete Demos





One for the Centuries - WCC Sonoma 2012

By Kevin Ivy

One of the most popular centuries in California is the annual Wine Country Century (WCC) in Sonoma County, and this year proved no different. The May 5, 2012 event was sold out by 9 a.m. with several thousand entrants. It may have helped that the first stage of the just-completed Amgen Bike Tour of California covered much of the same route.

I want to give you my perspective from doing the Metric Century in 2010 and the 100-mile ride in 2012. The particular fun for me this year was to have my oldest son, Thomas, and two of his friends from Palo Alto join me on their first centuries of any kind. Some may also be interested in the wining and dining experiences available in the area, particularly where we stayed at beautiful

Healdsburg in the heart of Sonoma County. For bike riding, in my opinion, the area we rode in Sonoma County surpasses both Napa and Sonoma farther to the south both in beauty and variety. It also has less traffic and is less commercial. The only drawback for Orange County residents is the long, though lovely, 9-hour, 460-mile drive to reach the area!

My wife and I drove up on the Thursday before the race and stopped overnight in Palo Alto after cruising through Los Angeles on the carpool lane and enjoying lunch at the Harris Ranch in Coalinga. On Friday, we drove scenic Highway 101, crossing the Golden Gate Bridge in San Francisco en route to our destination of Healdsburg, which we chose to stay in because of its charm and its proximity to the race's start/finish line in Santa Rosa.

Upon arriving at this beautiful, small and restful city, we checked into the very up-to-date and relaxing Hotel Healdsburg located in the center of town. Our top floor room had view over the town's historic park, and we immediately felt compelled to walk around and enjoy its trees, especially many tall redwoods. We followed this with a nice lunch at the Oakville Grocery, a gourmet self-service restaurant, where we enjoyed delicious food and wine pairings – we had indeed arrived in wine country!

We spent the afternoon further exploring the quaint town and discovered a bike shop (which proved important later, as one of our group made a last minute visit for water bottles), a Chamber of Commerce for local maps and the only museum in America dedicated to decorative fans. Around 5 p.m., we drove the short eight miles south on Highway 101 to the ride start/finish area at the Wells Fargo Center in north Santa Rosa to pick up registration packets for next day's ride.

That night, we met up with Thomas and his friends Bob and Leif in Healdsburg at Dry Creek Kitchen, a Charlie Palmer-signature restaurant that offered excellent food and wines from the surrounding areas, including greens grown in their own gardens, and wines from the Russian River Valley, Dry Creek Valley, Alexander Valley and Chalk Hill regions – a delightful and appropriate menu considering we would ride through the regions from end-to-end the next day. We also made our battle plan for the next day's ride: to start slow and keep getting faster as we proceeded without emptying the gas tank before the end. Although the guys had not ridden in a paceline before, we decided to ride as a group and draft off each other.

The next day, after a 6 a.m. breakfast in the hotel, we drove together to Santa Rosa. Our Century ride was a blast! We got started at 7:10 a.m. (the earliest start time was 7 a.m.); this turned out well for us as there were nearly always riders ahead of us to follow on the route. We followed our plan and rode in a paceline pulled mainly by Thomas with help from Bob. Thomas and Bob, both strong riders, had to be restrained every time someone rode by us but we maintained a steady tempo of 18-20 miles on the flat.

This first part of the ride took us west through lovely vineyards of the Russian River Valley wine country and then up through redwood country with a turn north on down to the lush Russian River for our first rest stop. We made our first and only error of the day here. The long climb up to the top of the ridge to the redwoods was quickly followed by a steep long descent of 6.5 miles; at the top we saw some people stopped waiting for others but we went straight over the top and down without stopping to put on our wind jackets. Big mistake! Redwoods grow in cool, moist areas -- the temperature had dropped to 44 degrees – probably 34 with the wind chill factor. We were going too fast and the roads were too wet to try to put our jackets on or to stop. Brr! It was an exhilaratingly beautiful descent but we were all numb at the first rest stop. We felt better after the stop, which featured food of all types, water, electrolyte drinks and porta-potties and a feeling of camaraderie among the other riders.

We got away in about 10 minutes and crossed the Russian River and rode east along the river for four scenic river miles, then back south across the river and climbed up through the redwoods. We then turned north again and back north to the next rest stop at the next crossing of the Russian River at Wohler Bridge, a beautiful wide part of the river. After a 10-15 minute quick rest stop and we rode over the bridge north into the Dry Creek Valley wine region. We had left the redwoods and entered into the flat wide open wine growing regions. Here the scenery was even more beautiful with sweeping views of the valley and first class wineries each outdoing each other with their beautiful flower gardens and grounds; organic farming is the order of the day now and roads were lined by beautiful blooming flowers including roses for the bees to pollinate the grapes.

By now, we had passed the half way mark and were going a bit faster now as planned. We had kept riding in a paceline as a group and were starting to feel the benefit. The road now led us due north to Lake Sonoma and the lunch stop but not before one of the harder climbs of the day due to a headwind up to the dam, at the 70-mile mark.

The lunch rest stop was situated among redwoods and we sat in the welcome shade as the day now was warming up to 80 degrees -- those grapes need heat to ripen! Lunch was excellent with volunteers making up individual sandwiches -- just right. There was even gluten-free bread, which made one of our group very happy. We probably lingered 20 minutes here putting on fresh sunscreen and setting off.

The last 30 miles of the day completed the loop taking us southeast into the Alexander Valley and Chalk Hill winery areas. Thomas, a wine connoisseur, delighted in pointing out the famous wineries that we passed and the wines they were noted for. Now we were going much faster than others; our initial restraint paid off as we passed many in front to the final rest stop at Alexander Valley School just before the infamous Chalk Hill climb. This climb is known more for its 8 mile length than its height and for coming after 87 miles of riding. My co-riders, hailing from the Santa Cruz mountain county flew up this climb. Thomas tied the fastest Strava speed of the day -- 13.3 miles average up the hill -- while the rest of us did a respectable 9.4 mph. Needless to say we passed others who had not paced themselves as if they were standing still. In fact, to our astonishment one poor rider literally came to a stand still at a steep section and toppled over!

The rest of the ride was a victory ride into Santa Rosa. Thomas, Bob and Leif finished their first centuries in six hours flat at 16.5 mph., one hour better than the average time of seven hours for a first century! And thanks to my drafting off of Thomas, from the half way mark at the second lunch stop to the finish, all my times on Strava were the fastest in my age group! Everywhere I looked at the finish riders were celebrating their own great rides and personal victories. The post-ride recovery meal awaiting us at the start/finish line at the Wells Fargo Center was first class -- one of the best meals I have ever had on a century: fresh produce for salad and a medium-rare, tasty tri-tip sandwich.

The Wine County volunteers did a wonderful job all day. The route was easy to follow. There were volunteers and/or police at tricky turns or crossings. The food and drinks were good and plentiful. We drove home elated and celebrated over a lovely dinner at the Bistro Ralph on the Healdsburg plaza, complete with wines from the areas we had ridden through. I was so proud to have ridden with my son for his first century. In my case, at age 73, it was indeed "one for the centuries."

Though it is a long drive, I would highly recommend this century because of its beautiful countryside, redwoods, river crossings, and wineries and for the generosity and attitude of the volunteers and the quality of the organization. A link to the route is below. For those who do not want to do the full century, the Metric Century is also very beautiful and covers the same course, omitting the hillier beginning of the 100-mile ride through the redwoods.

<http://www.srcc.memberlodge.com/Resources/Documents/WCC12/WCC-100M2012.map.pdf>



DID YOU KNOW?

By Frank Neal, LCI

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

Did you know that 90% of the pain caused on a bicycle is because of poor bike/saddle fit? I guess you can call that the fault of the bike, but it is really the lack of the rider getting a proper bike fit.

If you have pain while riding, it is most likely due to a poor bike fit.

Knee pain, foot pain, back pain, shoulder pain, and neck pain are directly affected by improper bike fit.

Here are a few common factors: Seat height, seat (forward or backward over the pedals), reach to the handlebars, width of the handlebars, position of the bike shoe over the pedals, and many more.

If you have butt pain, you have the wrong saddle. Everyone has a different bone structure in their pelvis. You have to find a saddle that fits your pelvis size if you want to be pain free. What works for one does not necessarily work for anyone else.

If you are experiencing pain, see your local bike shop for a bike fit. If that does not work, seek a professional bike fit specialist. You will be glad you did!

Ride Safe out there! – Frank Neal, LCI

Events June 2012

Ride for a prize

So the 28th annual Ride around the Bear is in the history books. We sent 400 riders up the mountain with all 400 returning to our BBQ feast in Sylvan Park. I can't thank our volunteers enough for how much the riders appreciate their efforts and their unselfishness to give a day of training/riding to assist fellow cyclists.

Since this was my first major event to manage I still had the training wheels on and I thank Jim and Irene Walker and Paul D'Aquanni for getting me over the hump of the event logistics. Hours go into every event we put on, but lucky for me there are many in the club that are more than willing to help you out when you might feel lost.

So the call is out now for our premier event Amtrak. This will be the 38th Annual edition of this ride. I'm looking for volunteers for Amtrak. The emails will start going out and I may go back and try the "DIBS" function again in our website. The first attempt was at the Spring metric and many people had problems trying to utilize it. I went back to our hosting company and complained and they found bugs in the system that were supposed to be fixed.

With our new website and the many emails sent out to help riders create their "ngin" account, I have become sort of the IT man to help those that are having problems in creating their account. A couple of weeks ago I had to do the same thing with a vendor that I work with and I found myself calling for technical support because I couldn't get through the website account creation process. I thought that was an interesting dilemma since I am involved with the same thing with the OCW site. Ironical! So for our premier event this September we are busy getting ready and the registration launch will have already been and gone.

As I am writing this notice I am in the midst of juggling way too many balls, The Bear, Amtrak, the OCW-BCI bike rally, and my business and personal life. Not that I'm any different than many others but there are times that everything seems to come together at one time for a period and then it moves on.

Ride Safe – Ride Predictable
Mike Lee, LCI

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".

July 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.

21 Miles. Flat ride thru Irvine.

38 Miles. Rolling to Hilly ride thru Irvine, Lake Forest & Mission Viejo. 1360 Feet Elevation Gain.

55 Miles. Hilly ride thru Santiago Cyn, Mission Viejo, Laguna Hills, Laguna Beach with a final climb up Newport Coast.

July 14, 2012 The Square, Irvine

22 Miles. Flat to rolling ride thru Irvine.

35 Miles. Flat ride thru Tustin & Irvine.

63 Miles. Rolling ride thru western Orange County, Los Alamitos, Long Beach, Seal Beach returning on PCH to Newport Beach & Irvine. 900 Feet Elevation Gain.

July 21, 2012 The Square, Irvine

25 Miles. Flat to rolling ride thru Irvine & Tustin. 500 Feet Elevation Gain.

36 Miles. Flat to Rolling ride thru Irvine, Mission Viejo & Laguna Hills. 800 Feet Elevation Gain.

49 Miles. Hilly ride thru Irvine & Mission Viejo with a little climb up Vista Del Lago. 1600 Feet Elevation Gain.

46 Miles. Rolling ride thru Irvine, Lake Forest & Mission Viejo.

July 28, 2012 The Square, Irvine

27 Miles. Flat to rolling ride thru Irvine.

37 Miles. Rolling to Hilly ride thru Irvine, Lake Forest & Mission Viejo. 1000 Feet Elevation Gain.

Tuesday rides start at 8:30am until October 2012

Friday rides start at 9:00am year round

Thursday rides start at 8:30am

Goat Hill (mountain Bike) rides are Sunday's and start at 9:00am. For more information on Goat Hill email Alan Vester at alanvester7@gmail.com

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.*

July 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.

24 Miles. Flat to Rolling ride thru Irvine & Tustin.

37 Miles. Hilly ride thru Irvine with climb up Turtle Rock heading south to Lake Forest & Mission Viejo.

40 Miles. Hilly ride thru Newport Beach with a climb up Spy Glass & Turtle Rock returning thru the flat lands of Irvine. 1460 Feet Elevation Gain.

July 8, 2012 Peck Park, San Pedro. Take 110 Freeway south to Gaffey St N. Make an immediate left on W. Summerland Av for 1.0 mile. Turn right on N. Western Av for 0.2 mile and turn right on Crestwood St. Go 0.2 mile and park at end by Gym.

22 Miles. Rolling ride traveling in a counter clockwise direction around Palos Verdes Peninsula on P.V. North, P.V. West, P.V. South returning on S. Western Ave. 1300 Feet Elevation Gain.

35 Miles. Rolling ride with one hill traveling in a counter clockwise direction around Palos Verdes Peninsula. This route takes you up & down Hawthorne, rolling along P.V. North, P.V. West & returning on P.V. South and S. Western Ave. 2400 Feet Elevation Gain.

53 Miles. Hilly ride traveling in a counter clockwise direction around Palos Verdes Peninsula. This route takes you up & down P.V. East & Hawthorne with a fast downhill on Crenshaw returning on P.V. South and S. Western Ave. 3400 Feet Elevation Gain.

July 15, 2012 Heritage Park, Irvine. Take the 5 Freeway to Culver Dr exit South. Go 0.3 mile to Walnut and turn left. Go 0.8 mile to Yale and turn left. Go 0.1 mile, turn left into parking lot.

26 Miles. Flat ride thru Irvine & Tustin.

32 Miles. Flat to Rolling ride thru Irvine with climbs up Shady Cyn & Turtle Rock returning on Galaxy overlooking Back Bay.

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

July 22, 2012 Lions Park, Costa Mesa. Take the 55 Freeway south to end. Continue south on Newport Blvd. for 0.4 mile to 18th Street. Turn right and go 0.1 mile to Park Ave. Turn right and park on street in front of Park.

22 Miles. Flat ride thru Costa Mesa & Huntington Beach.

34 Miles. Rolling to Hilly ride thru Costa Mesa, Irvine, climbing Turtle Rock & Shady Cyn Trail and returning thru the flatlands of Irvine.

40 Miles. Rolling to Hilly ride thru Costa Mesa, Irvine & Newport Beach with the final climb up Newport Coast.

July 29, 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.

35 Miles. Rolling ride thru Irvine up Shady Cyn Trail, Newport Beach & Tustin.

43 Miles. Hilly ride thru Irvine, Lake Forest, Costa Mesa & Tustin.

August 5, 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.

29 Miles. Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine.

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

45 Miles. Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach. 500 Feet Elevation Gain.

Bucket List Hike

By Miguel Perea

It all started at the Christmas banquet last December, when Ron Hearn started talking to our table about this epic 16 mile hike in Yosemite, that culminated with a 400 ft climb hanging out from cables installed seasonally by the National Park Service. He wanted to do it at least once in his life and was looking for more people to come along. "It sounds dangerous", I said to him, but he assured me that while it was not for the faint of heart, it was a hike done every day by hundreds of people. In fact, the National Park Service required everyone to apply for a permit in order to limit the number of hikers doing the final climb to the top of Half Dome. I was sold, and we picked June 11 to get a permit, so as to beat the summer crowd.

Ron continued promoting the idea during weekend rides, and soon Kevin Ivey signed up as well. As we got closer to the date Lee Stebbins also jumped in, and along with Kevin's daughter, Catherine, and my wife, Karla, we ended with a poorly trained but determined group of six. Karla and I went to Idaho, to visit her sister and do a few hikes at slightly higher altitude than Huntington Beach, and came back confident that we could do this. Meanwhile, Kevin did a lot of research and came up with all sorts of suggestions as to what to pack, how much water we should bring, and a myriad of good advice. On Sunday evening, June 10, we all met at Curry Village, the closest point to camp near Happy Isles, where the trail begins, and planned our strategy for the hike over pizza and beer – final carbo-loading. Spirits were high and everyone was pumped.

June 11, we met at 5:15 AM, as the night darkness was beginning to transition into a clear sky, and started walking accompanied by a gray fox which came within 20 feet of us, seemingly unconcerned by our presence. We took this as sign of good luck and a preamble to more beautiful things to see and experience.

The Half Dome Cables Route hike runs from the valley floor to the top of the dome in 8.2 miles, via the Mist Trail, with 4,800 feet of elevation gain. The length and difficulty of the trail used to keep it less crowded than other park trails, but in recent years the trail traffic has grown to as many as 800 people a day, which is why in 2010 the National Park Service (NPS) announced that permits would be required to hike the cable route, citing safety concerns and increased crowding on the route as reasons for the new regulations.

Soon we got to the Vernal Falls Bridge and made our way to the Mist Trail section. Along the trail, the Merced River is a tumultuous mountain stream, providing us with an early mist shower from the adjacent waterfalls. Enormous boulders were dwarfed by the sheer faces of exfoliating granite, which rise 3,000 feet from the river. The sheer contrast in altitude from the trail to the surrounding peaks is such that even though we walked in complete daylight, we did not feel the sun on our shoulders until 8 AM. The actual air temp was in the 60s, which was welcomed knowing that it would get much warmer later in the day.

The trail climbs past Vernal Falls and then continues up the river to Nevada Falls, 3.4 miles from the trail head. By then we had already seen so many picture-worthy corners, that we realized we needed to move along if we wanted to complete the hike in a day. About a mile later the trail continued into Little Yosemite Valley, where many people break up the hike by camping overnight. Until then we didn't need to drink too much, but this would be the point where we re-filled our bottles in the descent, using Lee's trusted water filter. The first real challenge, when fatigue was beginning to really set in, was the Sub Dome section. Only half a mile long, but extraordinarily steep in several sections requiring steps crafted into the granite by the NPS. Finally we got to the base of the dome at 11:30 AM, and our exhilaration was only tempered by the view of the steep section that we still had to climb, using the cables, to reach the summit. The ascent with the aid of cables is rated as a Class 3 climb, which in rock climbing is defined as "steeper scrambling with increased exposure and a greater chance of severe injury, but falls are not always fatal". Without the assistance of the cables, the same ascent is a Class 5 climb, which "is considered true rock climbing, predominantly on vertical or near vertical rock, and requires skill and a rope to

proceed safely. Un-roped falls would result in severe injury or death”.

We knew that there had been fatalities in the past so we took this quite seriously. Five of us started the climb, me going first so that I could take photos of each of the arrivals, and Ron going last so that he could film the climb with the Go-Pro camera on his head. It was a greater challenge, certainly than I had expected, requiring a fair amount of upper body strength, and a good grip on the cables in the steeper sections, while trying to avoid looking back at the emptiness of space. One by one, we got to the top of the Half Dome, and we were able to catch our breath at 8,842 feet of altitude. We were greeted by the sheer grandiosity of the surrounding mountains, and the breathtaking beauty of the Yosemite Valley, 4,800 feet below from where we stood.

After an hour of photos and eating some lunch, we started the descent through the cables, now facing the apprehension of the steep rock in front of us. The descent took longer than the climb, mostly because by then there were more people climbing and the paralyzing fear of some people in front of our group. After a while I think we all got used to the wait hanging from the cables, and it seemed almost normal to be there. The death grip around the cables remained unchanged, however. Eventually we made it to the bottom with a sense of relief. We had spent nearly two hours between going up and down the cables, and the time at the top, and we still had an 8 plus mile hike to get back to camp. After what seemed like an interminable climb, the descent was a welcomed relief for about the first hour, but the long hours on the trail were taking a toll, and the temps were now much higher. I thought we were carrying too much water on the way up, forgetting that we would need it mostly on the way down. In Little Yosemite camp we stopped by the Merced River, and Lee did a lot of pumping with his filter to refill our bottles and camelbacks. Later, following Kevin's advice we took the John Muir Trail, so as to avoid the slippery wetness of the Mist Trail, where apparently a lot of accidents occur after a log day of hiking. Even so, everyone's legs were hurting, blisters were flaring, and toes were squeezed by the downward pressure of the continuous descent. I think we all discovered pains that we never had before, but were exhilarated by the sense of accomplishment. Everyone in the group performed like a champ, and we could not have asked for a more supporting group of people with whom to do this. The hike took 14 hours in total and truly was an unforgettable experience for all of us. Like Ron said back in December, “once in a lifetime...”

Photos from the hike can be seen using the link below.

<https://www.dropbox.com/sh/gb9fzy1f5d7xrlj/DjcHV-81b4>



RIDE PALOS VERDES PENINSULA

By Lee Stebbins, LCI

On July 8, 2012 come join OCW and ride the beautiful and scenic Palos Verdes Peninsula. The ride will start at Peck Park at the corner of N. Western Ave and Crestwood St. in San Pedro. Roll out time is 8:00 am with three (3) rides planned. See the OCW calendar for details of the routes. After the ride plan on enjoying lunch at any of the local food eateries. For those that are interested we will meet at Mile Square Park near the tennis courts at 7:00 am and car/truck pool to the ride start. It is approximately 30 miles to Peck Park from Mile Square.



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

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CRANKY'S

Paramount Race Report

The Paramount Master's team continues to achieve great results. Monty Pettus got another 1st place finish at the SoCal Cup #5 followed by Howard Miller in second and John McKee in ninth. In addition, Howard Miller represented the team well at the challenging Master Road Race Championships in Bakersfield. Monty, John and Howard continue to dominate the 60+ SoCal Cup standings. Our elite ride, Marcos Corona has also been racing well among the extremely strong Category 1 and 2 racers.

Monty Pettus race results

4 Barry Wolfe GP

1 SoCal Cup Crit 5

3 SoCal Cup Crit 6

John McKee race results

5 Barry Wolfe GP

9 SoCal Cup Crit 5

Howard Miller race results

7 Barry Wolf GP

2 So Cal Cup Crit 5

12 SCNCA Masters RR Championships

5 SoCal Cup Crit 6

Marcos Corona

Pack finish - Barry Wolfe GP

Pack finish - SoCal Cup Crit 5



Women's Cycling Scene

By Hilary Crowley

Staying Power
June 2012

Forgiving and cycling...not words you often hear in the same sentence but with women's cycling and age, the sport is in fact, forgiving.

This dawned on me a few years ago when I entered the sport as a masters aged rider, but it was in my face yesterday while climbing Oak Glen with fellow teammate Andrea Hensler. Andrea is in her early 50's and zipped by me on some pitchy intervals I made her do with me. What is it with that age range? At the SCNCA State Championship Road Race, the race predictor dubbed Ruth Clemence—same age as Andrea—to finish 3rd behind two women who are racing at the Nature Valley Grand Prix! (Ruth went on to win the 45+ Masters State Road Racing Championship then hopped into the Pro 1-3 race on that hot Bakersfield afternoon. While I'm at it, she is also the current Masters National 50-54 criterium champion and former masters WORLD time-trial champion, among other accolades. Congratulations, again, Ruthie!)

The 50-54 age range was arguably the most competitive category at Nationals last September in Bend. Between Ruth and Ski Utah racer Laura Howett (former pro teammate of Pamela Schuster and rider of the women's Tour de France back in the day), that category would have annihilated the 35-39 group I was in. I know this because I raced in Utah last season and Laura flogged me every weekend.

Then take Primal's Nicky Wangsgard who single handedly won the prestigious Presbyterian Hospital Invitational Criterium earlier this year against teams of young talent. While Nicky has announced her retirement, having just turned 40, it is clear that she could continue racing professionally for years to come if she wanted to. The Presbyterian crit win was her most recent wow, but the woman has won Superweek for the last three years straight! Orange County darling Amber Neben is another one who defies the misguided stereotype of age. Few can touch her consistent dominant time trial performance, which explains her 2008 world time-trial championship. Amber is 37 and will likely represent the US in the Olympics this summer. Aspire away, young 20 something's.

Earlier this year I was on a little spin with Tibco pro Lindsay Meyers, who I have the good fortune of living near, and as we engaged in zone 2 small talk the topic of age came up. When Lindsay volunteered being in her early 20's I thought out loud, "You could race professionally for the next 20 years if you wanted to. What other sport affords that?"

For the past year, I have had the joy of riding, racing and traveling with Joy Joy (Joy McCulloch). For the first time in Nature Valley Grand Prix Pro Chase history, Joy was selected by the race director to join the national composite team that others had to compete for. While she has learned from mentors, she doesn't give herself enough credit in having taught herself how to stage race at the NRC level. Her background is in mountain biking but you'd never know it now as she's converted herself into a prime pro road racing recruit. Joy's in her early 30's and if she's not picked up by a pro team, will continue to contend with them on composite teams for the foreseeable future.

What other sport affords such a competitive range if not cycling? Pretty forgiving. Pretty inviting. Call to action ladies. No time like the present to enter the sport or up your game. There's more time than you think.



Pictures Top To Bottom:

Andrea: 3rd Place Podium at the Masters State Championship Road Race (2012)

Ruth: Ruthie with her game face on

Nicky: A threat in any sprint

Joy: Worth 1,000 words

OCW Picnic

August 26, 2012



Central Park in Huntington Beach
Ride starts at park location

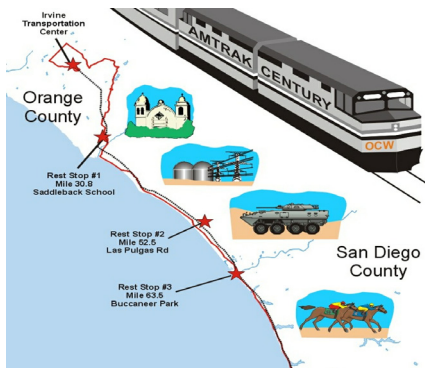
Lots of food and desserts
Sorry no alcohol

Dogs are welcome!!

Please RSVP:

Irene Walker
562.943.9403
teamwalker@ocwheelmen.org

**Amtrak Century
September 8, 2012**



*Next Board of Directors
Meeting
is
July 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.





CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By Frank Neal, LCI

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

The Spring Double Century Series is almost complete.

So sorry to those who Finished at Davis and are not reported here: but, Official Finishers are not yet posted by the Davis Bike Club. I will report on those Finishers in the August CR.

OCW members are having a stellar year in the CTC!

After only 9-of-20 2012 CTC Events, OCW already has eight 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, Jim Cawthon, Bob Fieldhouse, Ron Hearn, Willie Hunt, Greg Kline, Stacy Kline, and Doug Patterson!

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 16 Double Century Finishers, after just the Spring events. Congratulations to all of them: Chuck Bramwell, Jim Brewer, Jim Cawthon, Bob Davidson, Paul Defeo, Bob Fieldhouse, Ron Hearn, Willie Hunt, Jim Kehr, Greg Kline, Stacy Kline, Earl Kluth, Kelley Laxamana, Tom Parkes, Doug Patterson, and Rene Rodarte.

Special Congratulations to Kelley Laxamana and Earl Kluth for their first CTC Double Century Finishes! You both are awesome!

Upcoming Events for the 2012 CTC Series:

July is quiet due to the heat. We don't need to bake!
8/4, Mt. Tam Double Century, Marin County.
9/15, White Mountain Double, Bishop, CA.

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

Ride Safe out there! - Frank Neal, CTC Data Guy, 2004 CTC Hall of Fame, OCW Board Member, LCI #3386.
CTCDataGuy@Verizon.net



FIELD FIXES By Frank Neal, LCI

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

Stem caps get a bad name as being useless. They actually serve a couple of useful purposes. On a wheel, they keep dust and grit out of your valve stem. It takes only a small amount of dust or grit to give you a slow leak from your valve stem. In your bike bag, a raw metal stem can wear a hole in your spare tube. A stem cap will prevent that.



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



GOAT HILL

The Case For Tubeless Tires

By Alan Vester - Goat Hill Rider Leader

I'm probably one of the last hold-outs in my inner circle of mountain bike buddies to make the transition from inner tubes to tubeless tires. I always thought it was somewhat of a gimmick, but I was finally convinced by the guys at Rock N' Road Cyclery in Anaheim Hills it was a good thing, so I did it.

So, what's the big deal about going tubeless you may be asking yourself? Instead of running a conventional tire with a tube in it, at 35–40 pounds of air (psi) you can run tubeless tires as low as 25 psi. The lower pressure makes a positive difference in the handling of a mountain bike off road in the dirt. Currently, I am running 32 psi in the rear tire and 30 psi in the front tire. I think this is a good base line pressure to start with.

The lower pressure allows for more of the tire tread to come in contact with the road surface. The two conditions where I noticed the biggest difference, was riding through loose sand and climbing on steep inclines. It was a noticeable improvement in handling and traction.

Tubeless tires also are nearly impervious to flats and I find the overall ride quality much better. After 3 weeks of riding on tubeless tires, I am sold and glad I finally made the conversion.

A few observations about tubeless tires that are worth noting. There are 3 components to making the conversion. The tire and wheel must be tubeless compatible. A tubeless sealant kit is needed to seal the tire and rim since there is no longer a tube. I am going to recommend you have this procedure done by a professional bike mechanic who is well versed in the process. The mechanics at Rock N' Road in Anaheim Hill have done this many times and know what they doing. If you have a bike mechanic whom you like working with, by all means consult with him or her about going tubeless.

I have not experienced any negatives since going tubeless. There is the initial sealing period right after the sealant is installed. You need to ride the bike almost immediately for at least 20 minutes for about 3 days consecutively, to allow the sealant to work into the tire. I did not ride my bike the next day after the conversion was made, and the tires were almost flat the next day. They have since sealed and do not go flat over night. I noticed I need to check the tire pressure every time I ride, which is a minor inconvenience, as the tubeless tires seem to loose air pressure quicker than when I had tubes in them.

I am completely satisfied with the decision to go tubeless, and I am not going back to tubes again. See ya on the trails.

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

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!

WESTERN STATES RIDE CALENDAR

7/7/2012 Giro Bello Rotary Club of Santa Rosa
7/7/2012 Moss Beach 200k Brevet Santa Cruz Randonneurs
7/8/2012 Epic Tour of Colorado and Rocky Mtns Cycling Escapes
7/9/2012 NewRide Bear Valley Bike
7/14/2012 ALS Central Coast Century Muscular Dystrophy Association
7/14/2012 Bike 4 Breath 2012 Breathe California, Golden Gate Public Health Partnership
7/14/2012 RACER CENTURY RACER CENTURY
7/14/2012 Tour des Chutes Tour des Chutes Cancer Bike Ride
7/15/2012 Tour of Yellowstone, Tetons and Beartooth Cycling Escapes
7/21/2012 Fall River Century Fall River Century
7/21/2012 Oregon Bicycle Ride Bicycle Rides NW
7/21/2012 Windmill Century Tailwinds Bicycle Club
7/22/2012 Epic Tour of Glacier, Banff and Jasper Cycling Escapes
7/23/2012 CCSD High Altitude, Endurance and Everest Challenge Training Camp CCSD
7/27/2012 Saints to Sinners Bike Relay Cycling Events
7/28/2012 Bike 2 Build SLV Habitat for Humanity
7/28/2012 Comcast Colorado-Eagle River Ride SOS Outreach
7/28/2012 Hot Hundred, The Hottest Ride in the South Druid City Bicycle Club
7/28/2012 Race Across America Cycling Challenge Colorado Soul Events, LLC
7/28/2012 Ride 4US 4US Organization
7/28/2012 Santa Cruz Mountains Challenge Santa Cruz County Cycling Club

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

ORANGE COUNTY WHEELMEN CLASSIFIED ADS

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

TREK MOUNTAIN BIKE FOR SALE

2010 Trek Fuel EX8 Women's Full Suspension Mountain Bike

\$1,599.00 or best offer

Excellent condition, very few miles.

Frame: Women's Specific Design

Frame Size: Women's Small, 15.5 inch.

Color: Black with Silver and Blue accents

Drive Train: Shimano 27 speed, triple chain ring, Deore LX rear derailer, Shimano SLX front derailer

Brakes: Avid Elixir 5, Front and Rear Disc Brakes

Tires: WTB 2.1 Velociraptors front and rear

Wheels: Bontrager Rhythm Comp 26".

Front Fork: Fox RL F-Series

Rear Shock: Fox Float RP2

Contact Alan Vester

714-231-3164

alanvester7@gmail.com

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

FOR SALE - 1995 SANTANA SOVEREIGN TANDEM

Tandem, 1995 Santana Sovereign. Aluminum doubled butted, "Blueberry Swirl". Low rider for panniers on front included. Set up for touring. Tall captain and short stoker.

\$2000 OBO. Call Bob or Judy Aronson 714-960-5459

Please Support the Sustaining Members of the Orange County Wheelmen

**Many Sustaining Members offer discounts to OCW members.
Tell them you're from OCW and continue to support those who support us!**



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949.752.2080



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949.885.6467

Allegro Property Inspections
Fountain Valley, CA 92708
714.916.0110

MVP Massage Therapy
15375 Barranca Parkway
Suite J-104
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

