

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
September

GOAT HILL
www.ocwheelmen.org

PARAMOUNT RACING
2012

GENERAL MEETING

Wednesday, September 12, 2012
Robert and Jill Kahler

PROFESSIONAL TRAINERS

Santiago Cycling and Mr. Jills Body Firm
Indoor Cycling Development & Training Clinic, Torture Clinic, Speed & Power
Clinic, Breathless Agony.

Robert & Jill share their views and experience on training and nutrition.

Show up at 6:30 for a light dinner, and conversation with your fellow cyclists. The Meeting will start 7:00 P.M. Door Prizes awarded through out the meeting.

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.

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CALENDAR OF EVENTS

Goat Hill	Sunday	@	9am
Ride Like a Pro	Saturday	@	8am
Holiday Ride	Monday	Sept.	3
Amtrak Century	Saturday	Sept.	8

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

President	Jim Brewer	714.525.9995
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Training	Open	

DIRECTORS

Saturday Rides	Bob Fairfield, LCI	714.508.7375
Paramount	Jason Gersting	949.303.8894
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Director at Large	Jeff Rich	714.998.5587
Director at Large	Doris Bingo	714.225.9091
Director at Large	Alan Daurer	714.846.0862

BOARD MEETING

Sunday, September 2, 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

Pace Sportswear

For hosting the
August Folding Party

FOLDING PARTY

Thursday, September 27, 7:00 pm

**Jim & Anita Brewer
1350 S. Walnut Street
La Habra 90631**

Directions: From the 57 frwy take Imperial Hwy west for 3.7 miles. Turn left on Euclid Street for .5 miles. Turn right on Parkwood Ave for .3 miles. Turn left on Walnut Street for .5 miles.

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact

Miguel Perea at 714.849.3519

(OCW reimburses up to \$100)

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President's Message

by Jim Brewer

The Buzz

4 a.m.? Yes, this lady is rudely awakened by the alarm clock every day of the week. She slips into her pitch black tights, bright red jersey, 60 degree gloves, Walmart canvas shoes, and a "Big Five" helmet. Yes, she is now ready to conquer the streets on her 10 mile journey. Her \$200.00 Schwinn hybrid is ready: Equipped with six LCD flashing taillights, a 800 lumen headlight, pepper spray and a warning bell. She mounts the bike after hearing her husband warn her to "be careful" then ushers her out into the neighborhood and observes when Mrs. Buckner house lights come on, when Mr. Tom is taking a shower preparing for his round of golf, when Bill goes to work, when "crazy" Jose is late for work by racing out of the driveway, and finally when the "acting like an idiot" paper delivery guy tries to "run her over." Typical morning? Yes, but there is more. Pot holes, skunks, weirdo's, and even an FBI guy spotted looking for some suspicious person.

This is a typical day for her, but it is not important who this lady is but it does point out that having a target or goal while cycling is what it takes to be successful. My point here is to aim high and more than anything, enjoy the ride. Like someone once said, "Don't forget to stop and smell the roses." "It is not the end result that counts, it is the experience along the way." By the way, her name is Anita.

Interruptions

Sometimes the "ride" gets interrupted by physical set-backs. OCW long-time member and close friend of mine will be getting a new "body part" September 6. **Bob Fieldhouse** (above, Rt.) amazingly finished 5 double centuries this year on a "bum" knee and he will be retrofitted with new one. **Bob's** absence leaves a "void" in the Tuesday and Saturday rides and his return will be welcomed.

David, of David and Mary Park (below, Rt.) tandem team, had surgery on his stomach but will be on the bike very soon. We all enjoy them and their upbeat attitude and sense of humor.

Training

The TS101 class had their all-time high attendance at the August 8th and 11th training session. We encourage everyone to take this wonderful training class offered by OCW. It refines your skills as a cyclist and reminds us all of the dangers of cycling and how to ride with more awareness.



Presidents Ride

By Jim Brewer

We had a great ride on Sunday. Our leader, **Lee Stebbins** showed us the way on this very warm Sunday.

Once each month, the President's Ride, starts at Carl's Jr., in Irvine on the corner of Campus and Von Karman and begins at 8:00 am. It is always a no drop 20-30 mile rides and is followed by the Board Meeting. We try to make the board meeting as exciting as the ride, but try to make up for it with friendly conversation and good refreshments. All members are invited to the Board Meeting to see how we make decisions regarding our club policies.

We have many club rides during the week, but two advantages of the Sunday Ride is that there is less traffic and starting locations vary from week to week. Come join us and meet new riders and have some fun.



Top Picture: David George

Middle Picture: Earl Kluth

Bottom Picture: Art Pressel

★ ★ ★
**LET'S
RIDE** ★ ★ ★



GOAT HILL

By Alan Vester - Goat Hill Rider Leader

The Dreaded M... Word Part II

Maintenance. Ok, here we go with part II. Learn how to check your brakes. Disc brakes are very popular on most of today's mountain bikes and they do require periodical inspection. Mountain bike disc brakes are an engineering marvel. Consider the size of the brake pad which is approximately 1 inch by 1 inch. The thickness of the pad is about 1 millimeter and yet they have the ability to bring a 35 pound mountain bike and a 200 pound rider to a safe stop on a long descent.

The best way to check for wear on the disc pads is to remove the brake pad and visually inspect them. It's really quite simple. There will be a small metric Allen head bolt, commonly a 3mm, which is used to secure the brake pad to the caliper. Put your bike on a work stand, for easy access, so you don't have to stoop down. Remove the bolt, and lift the pads straight up. There will probably be a thin U-Shaped anti-rattle clip in-between the pads. Do not squeeze the brake handle while the pads are removed.

This is a good time to practice this skill. You do not want to have to learn how to fix a disc brake while you are out on a trail with your biking friends.

So, how do you know when it's time to replace a pad? The best way is to go to a bike shop, and measure the thickness of the new brake pad for your bike. Let's say a new pad is 1 millimeter thick. Measure your pad and if it is worn more than 60%, time to replace the pads. Some manufactures will recommend replacement after 50%. Examine your brake pad for any signs of deep scrapes or obvious defects. It is also a good time to look at the disc rotor. It should be tight on the hub, no deep scratches and it should be straight and run true when you spin the wheel. If the pads are not too far worn, reinstall them in the caliper and test them by squeezing the brake handle and make sure they clamp and release the rotor.

Replacing worn pads with new ones requires a few more steps. The new pads will be thicker than the old worn out ones. It will require you to gently push the caliper piston back into the bore on both sides so the new pads fit correctly. Your local bike shop will sell you the lever tool that will safely compress the pistons without the risk of damage.

You will now gently apply the brake lever a few times until the pistons adjust in the bore and the brakes feel normal. All for this month.

Alan

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

OCW Hiking Corner

Submitted by Larry Linn

Hike to Bighorn and Cucamonga Peaks

Submitted by Larry Linn

Photos by Doris Bingo

For this weekend hike we relied on the Forest Service office to post our previously phone requested Adventure pass on the bulletin board in Baldy Village. I had never used this method of obtaining the pass and was somewhat apprehensive. Surprisingly, the permit was tacked to the bulletin board just like I had been assured it would be. This hiking group consisted of Doris Bingo, Victor Matloff, and Larry Linn. We got to the Icehouse Canyon trail head and got started with minimum time wasted. The trail was well worn from the hundreds of hikers that use it every month. The small stream that flows through the canyon was happily bubbling along below us. Once we reached Icehouse Saddle, we headed directly west to Bighorn Peak at 8,441 feet. The trail was quite steep. At the top we signed in on the peak register, enjoyed the view, and then headed down following a trail to the southeast approximately 1.5 miles toward Cucamonga Peak at 8,856 feet. A couple of Western Gray Squirrels entertained us along the way. Cucamonga Peak has probably the best view of the all the peaks in the Angeles National Forest. There was some haze, but we could still see the outline of Catalina Island. The top is fairly flat and is ideal for camping. We enjoyed our lunch in the shade and after a short break, we headed back down. We encountered some excitement on the way back to Icehouse Saddle. A couple with a small baby warned us that a rattle snake was curled up under a rock nearby. We found him and gave him all the space he wanted, plus a little bit. For some reason, he never did rattle at us. This particular Rattler was mostly black rather than the brown coloring usually seen.

Our hike covered 13 miles and 4,900 feet of gain. We really got a good workout on the steep trails for these two peaks. Even so, the magnificent view made it all worth while.



Top Photo: Doris at Cucamonga Peak
Bottom Photo: Larry on the edge of Cucamonga Peak



Top Left: Doris on the edge of Cucamonga Peak Top Right: Larry and Victor at the trail head
Bottom Left: Victor and Larry on the steep ridge to Cucamonga Peak Bottom Right: Mr. Black Rattlesnake

DID YOU KNOW?

By Frank Neal, LCI

Basic Bicycle Tools



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

For those new to cycling, here is a short list of “**Must Have**” items to carry on each ride.



ID and medical insurance card. An easy-to-find external ID, such as a RoadID necklace or wristband, with an emergency contact listed.

Cell phone or coin change for a phone call.



Tire levers. Even if you don't know how to change a tube, someone will help if you have the tools.



Spare tube and patch kit.

Tire pump or CO2 cartridge kit. Be sure they fit whichever type of tube valve you have: Schrader or Presta.



Allen wrenches of 4, 5, and 6mm.

A small roll of **black electrical tape** (the “duct tape” of bicycling).



In addition, a **multi-tool** designed specifically for bicycles can help fix most simple on-the-road repairs.

Happy Cycling!



This information is courtesy of the League of American Bicyclists.

Ride Safe out there! – Frank Neal, LCI #3386

Cool Breeze Century August 18, 2012

By Kevin Ivey

Once again a group of OCW riders left the stifling heat of Orange County and drove north to Ventura in search of Cool Breezes. The early start at 6.30 am for the double metric meant getting away in a cool 62 degrees. Photo 1 shows the original cool breeze devotee, **Alan Dauger** getting ready at 6 am in near dark to begin his double metric.

The rest of our group consisting of **Lee Stebbins, Ron Hearn, Steve Loughran**, Bill Larson and **Kevin Ivey**, got away a little later at 7 am. Wearing our distinctive and easily recognizable OCW outfits made it possible to find each other at the start and during the ride among the 1700 entrants for the ride. Our modified Century ride took us up past Lake Casitas and then up the higher elevation roads at the back of Montecito (past the Polo Club) and Santa Barbara.

Although the temperature warmed up later, the cool breeze from the North West of 8 mph sped us home in good spirits especially after the frozen popsicles at the last rest stop on Rincon Beach overlooking the ocean.

Our total climbing was 5,700 feet and we completed the ride in under 6 hours 30 minutes. First timers on this route, Lee, Steve and Bill gave it a thumbs up and loved the views of the lake as we circumnavigated it.



The Hungry Cyclist



Best Ever Barbecued Ribs

Ingredients

2 1/2 tablespoons kosher salt

1 tablespoon dry mustard

1 tablespoon paprika

1/2 teaspoon cayenne pepper

1/2 teaspoon freshly ground black pepper

8 pounds baby back pork ribs (8 racks) or St. Louis-style spareribs (4 racks)

Low-salt chicken broth (optional)

1 1/2 cups store-bought or homemade barbecue sauce plus more

Preparation

Preheat oven to 350°. Combine first 5 ingredients in a small bowl. Place each rack of ribs on a double layer of foil; sprinkle rub all over ribs. Wrap racks individually and divide between 2 baking sheets.

Bake ribs until very tender but not falling apart, about 2 hours for baby backs and 3 hours for spareribs. Carefully unwrap ribs; pour any juices from foil into a 4-cup heatproof measuring cup; reserve juices. Let ribs cool completely. DO AHEAD: Ribs can be baked up to 3 days ahead (the flavor will be more developed, and the cold ribs will hold together better on the grill as they heat through). Cover and chill juices. Rewrap ribs in foil and chill.

Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Add broth or water to rib juices, if needed, to measure 1 1/2 cups. Whisk in barbecue sauce to blend.

Grill ribs, basting with barbecue sauce mixture and turning frequently, until lacquered and charred in places and heated through, 7-10 minutes. Transfer to a cutting board; cut between ribs to separate. Transfer to a platter and serve with additional barbecue sauce.

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 actively 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!

The 2012 Koastal Kruise

By Terri Kessler

Dan Gauldin had an idea, a desire, to ride from the Golden Gate Bridge to the Huntington Beach Pier. That idea grew into a plan with the help of his riding friend Paul Defeo, who had participated in the similar Amgen ride, and the wheels were set in motion. They invited a couple of friends, who invited a couple of friends, and a group of seven riders, **Dan Gauldin, Paul Defeo, Ron Lehman, Ron Hearn, David and Mary Park** (tandem), and **Terry Kessler** were committed to the adventure!

Dan said, "This trip will be what we make it. My vision is one of keeping it simple and fun, no rush, no worries."

Dan was meticulous about the details. He had researched hotels in San Francisco, booked the campsites along the way, and made incredible route slips from ridewithgps.com with Google Satellite maps, elevations maps, and detailed cues. It was time-consuming work, but the group was so grateful for the planning precision! Two cars were packed full with all the necessary gear for camping, biking, and refueling. Sue "the Sag Stop Savior" Gauldin and Cindy "the Camp Fairy" Tomkinson were the two esteemed drivers. They were awesome in helping to make each day run smoothly so the riders could just focus on the biking adventure. On "San Francisco Saturday", after arriving and checking into a hotel downtown, the riders hopped on their bikes to cross the Golden Gate Bridge. The crossing of the immense bridge was quite remarkable, despite the multitude of riders and strong crosswinds. Lady Bug Luck (thanks to Cindy) was with the group from day one!

The morning tour and departure of downtown San Francisco on "Santa Cruz Sunday" had the group cruising on Hwy 1 within 20 miles. Later, they were riding by Half Moon Bay and ended at New Brighton State Beach in Santa Cruz. Although this day was the longest ride with over 90 miles and about a 6,000' elevation gain, it was quite exciting to finally be pedaling away after all those months of anticipation.

"Monterey Monday" was an epic ride, which included the 17 Mile Scenic Route along Monterey Bay and a dramatic journey along the Carmel coast. After 90 miles (and over 5,000' elevation gain) the group stopped to camp at the Pfeiffer Big Sur Campground. **Mary Park** said that this was her favorite route of the week. "The scenery I will never forget...it was a visual splendor." The breathtaking vistas and winding hills were endless as the route continued from Big Sur on "Two Turn Tuesday". After 70 miles, an 8,488' elevation gain, and a Ben and Jerry's stop for **Mary** (She had earned it!), the group stopped for the night at San Simeon State Park. After laundry duty (Yes, the guys did their own laundry!), showers, and recharging and refilling for the next morning, the campfire became the center of great story telling, fun, and sharing of Advil.

By “Where Were We Wednesday”, the group had their routines set. Despite the miles, the long days, and the sleeping in tents on the ground, the riders were enthusiastically tackling each day’s new adventure. On the way to Pismo Beach and past Morro Bay, the group even added a little extra climbing to the day’s metric miles. They rode from Los Osos, up the valley, then they tackled Prefumo Canyon Road (with an 18% incline) for a spectacular view back up the coast.

The trip was going safely and smoothly. There had been only two flats and one mechanical problem, but **David Park** fixed his chain within ten minutes and the tandem was back on the road! There was only one minor injury, which was actually a campsite mishap by the rider now known as “Hot Legs” **Ron Lehman**. With much of the hardest riding done, **Ron Hearn** took the role of Post-Ride Hydration Captain (with help from the Camp Fairy and Sag Savior) and dutifully made sure that everyone got their proper fluid intake following each day’s hard ride!

“Tostada Thursday” was another full day with 81 miles and a mile’s worth of climbing as they worked their way inland around California’s elbow at Pt Conception from Pismo to Refugio Beach State Park. This was essentially a Hwy 1 day of riding hard. That evening they enjoyed a delicious fireside tostada bar! Yum!

As the route continued south on “Finally Friday”, there were fewer open roads and farmland, but the 80 miles of scenery around Santa Barbara’s hillsides and coastland continued to be inspiring. Everyone continued to ride safe and strong and was a little sad that the adventure was soon to be over. That night’s spectacular beachfront campsite at Point Magu was a perfect backdrop for a special campfire night of awards and laughter.

“Sad Saturday’s” morning ride was a great tailwind sprint down the Malibu coast, but slowed down drastically through the beach trails near Manhattan Beach. It was a great surprise to be welcomed by fellow OCWheelmen, **Miguel Perea** and **Jim Brewer** in Long Beach. After posing for photos and sharing some tales, the group continued home. They finally arrived in Huntington Beach 90 miles later amid thousands of bikini-clad youth enjoying the U.S. Surf Open at the pier. The riders managed to regroup for the final Koastal Kruise photo at the Huntington Beach Pier. They were welcomed by friends and family, including the wonderful **Bob Fieldhouse**, who brought a sparkling toast and champagne glasses to celebrate the epic moment.

After 576 miles and over 26K feet of climbing in a week, these OCW riders were proud of their accomplishment. This magnificent bike trip was a perfect combination of the right people, the right weather, and a world-class bike route right here in our own state! More importantly, it reminds us that the journey is what brings us happiness, not the destination! What a great journey!



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. 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".

RIDES START AT 8:00AM

September 1, 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.

27 Miles. Flat to rolling ride thru Irvine & Lake Forest.

35 Miles. Flat to rolling ride thru Santa Ana, Fountain Valley, Huntington Beach returning thru Newport Beach & Irvine. 600 Feet Elevation Gain.

55 Miles. Flat ride thru western Orange County to Long Beach and returning thru Seal Beach and PCH.

September 8, 2012 NO RIDE - Amtrak Century

September 15, 2012 The Square, Irvine

28 Miles. Flat to rolling ride thru Irvine & Lake Forest.

36 Miles. Flat to Rolling ride thru Irvine, Laguna Beach & Newport Beach. 1000 Feet Elevation Gain.

50 Miles. Hilly ride thru Irvine, Lake Forest, Santiago Cyn & Orange. 3500 Feet Elevation Gain.

September 22, 2012 The Square, Irvine

23 Miles. Flat to rolling ride thru Irvine.

33 Miles. Rolling ride thru Irvine, Lake Forest & Mission Viejo. 810 Feet Elevation Gain.

58 Miles. Hilly ride thru Irvine, Mission Viejo, Dana Point with a little climb up Stone Hill returning on Crown Valley, Moulton / Irvine Center Dr. 2900 Feet Elevation Gain.

September 29, 2012 The Square, Irvine.

23 Miles. Flat to rolling ride thru Irvine, Costa Mesa & Newport Beach.

37 Miles. Rolling to Hilly ride thru Irvine, Newport Beach continuing south to Laguna Beach returning up Laguna Canyon. 1000 Feet Elevation Gain.

45 Miles. Hilly ride thru Irvine, Newport Beach Lake Forest with climbs up Spyglass, Newport Coast and Turtle Rock.

Holiday Ride

RIDE STARTS AT 9:00 A.M.

September 3, 2012 Bonita Canyon Sports Park, Newport Beach. Take the 55 Freeway south to the 73 Freeway and exit on MacArthur Blvd. Go south on MacArthur for 0.9 miles and the turn left on Bonita Canyon Rd. Go 0.4 miles and turn right on Mesa View. Turn left at end of street onto Ford Rd. The Park is located on the left at the first stop sign.

34 Miles. Rolling ride thru Newport Beach, up Shady Cyn & Turtle Rock, Irvine & Tustin.

Sunday 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. Also it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET.

Earphones are illegal and unsafe. Please remember that the California Vehicle Code applies to bicycles.

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

RIDES START AT 8:00AM

September 2, 2012 Carl's Jr. Newport Beach. (Board meeting scheduled at 11:00 AM). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.

27 Miles. Flat ride thru Irvine & Tustin.

33 Miles. Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach. 550 Feet Elevation Gain.

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

September 9, 2012 Peppertree Park, Tustin. Take 55 Freeway north, to 4th Street exit East. Go 0.3 mile and turn right on "B" Street. Go 0.2 mile to the Park. Pepper Tree Park is located at the corner of 1st Street & "B" Street.

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

33 Miles. Flat to Rolling ride thru Tustin, Costa Mesa, Newport Beach, Huntington Beach & Irvine. 530 Feet Elevation Gain.

42 Miles. Rolling to Hilly ride thru Tustin, Irvine, Newport Beach & Costa Mesa.

September 16, 2012 Pavilions, Seal Beach. Take the 405 Freeway to Seal Beach Blvd exit South. Go 3.0 miles on Seal Beach Blvd to Pacific Coast Hwy and turn right. Go 0.3 mile, turn right into the Pavilions parking lot. Park closest to PCH.

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

35 Miles. Flat ride thru Seal Beach, Huntington Beach & Newport Beach.

45 Miles. Flat to Rolling ride thru Seal Beach, Huntington Beach, Fountain Valley & Newport Beach. 920 Feet Elevation Gain.

September 23, 2012 Heritage Park, Irvine. Take the 5 Freeway to Culver Dr exit South. Go 0.3 mile to Walnut and turn left. Go 0.8 mile to Yale and turn left. Go 0.1 mile, turn left into parking lot.

28 Miles. Flat to Rolling ride thru Irvine, Newport Beach & Costa Mesa.

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

56 Miles. Hilly ride thru Irvine, Mission Viejo Aliso Viejo, Laguna Beach with the last climbs up Newport Coast & Spyglass.

September 30, 2012 Mile Square Park, Fountain Valley. Take the 405 freeway north to Brookhurst exit north. Go 1.1 mile and turn right at Heil. Follow road 0.4 mile to tennis courts and field 12. Park in lot in front of restrooms.

23 Miles. Flat ride thru Fountain Valley, Santa Ana River Trail & Huntington Beach.

39 Miles. Hilly ride down the Santa Ana River Trail thru Newport Beach, up Newport Coast & returning on the Santa Ana River Trail.

42 Miles. Flat to hilly ride thru Huntington Beach, Newport Beach, up Newport Coast returning thru Fountain Valley. 1100 Feet Elevation Gain.

Weekday Rides

TUESDAY

Albertson's Center, Orange. Take the 55 Freeway to the Chapman Avenue exit East. Go 4.1 miles and turn right into the Albertson's shopping center (Jamboree & Chapman). Park near Taco Bell. Ride leader Jim Walker, 562 943-9403 or email at teamwalker@ocwheelmen.org.

30 Miles. This is a moderate paced ride intended for hill training.
1500 Feet Elevation Gain. RIDE STARTS AT 8:30 A.M.

WEDNESDAY

Irvine Cyclery, Irvine. Take the 405 Freeway to Sand Cyn/Shady Cyn exit North. Go 1.2 miles to Irvine Center Dr and turn right. Go 0.1 mile to parking lot and turn right. Park in near Sand Canyon Cyclery in middle of lot. Ride leader Steve Loughran, 949-348-9332 or email at loughransc@yahoo.com.

28 Miles. Rolling ride up Shady Cyn thru Irvine, Corona Del Mar & Newport Beach returning on the West side of Back Bay. RIDE STARTS AT 5:30 P.M.

THURSDAY

Rock n Road Cyclery, Mission Viejo. Take 5 Freeway to El Toro Rd exit. Left on El Toro for 4.6 miles. Right on Santa Margarita Pkwy for .6 miles. Rock n Road Cyclery is 1st left signal after Los Alisos Blvd. Ride leader Max Kaldenberg, 949 857-4355 or email at max.kaldenberg@cox.net.

35 Miles. This is a moderate paced ride for fun & exercise. RIDE STARTS AT 8:30 A.M.

FRIDAY

Deerfield Park, Irvine. Take the 405 Freeway to Culver Dr exit North. Go 2.1 miles to Irvine Center Dr. and turn right. Go 0.4 mile to Deerwood and turn left. Park on nearby residential streets. Ride leader Dan Gorman, 714-771-7741 or email at dgorman@aol.com.

40 Miles. This is moderate to fast paced ride with a food stop at the end. RIDE STARTS AT 9:00 A.M.



FIELD FIXES

By Frank Neal

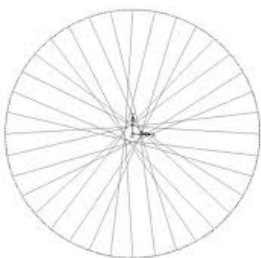
Spoke Failure

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

Spoke failure can be minimized by a simple check about once-a-month before you ride.

Take a minute to squeeze each overlapping pair of spokes on both sides and on both wheels. Squeeze them gently about half way between the rim and hub. If the tension of all of them feels about the same, you are generally okay. If they are different and especially if you feel loose ones, the wheel needs attention. The second feeling you may get is a bit of friction coming from where the spokes overlap and cross each other. A little friction is normal. If you feel a "pop", then the spokes may be wearing into each other. If you feel this "pop", look at where they cross. If they are worn, then they need attention. These may get you by on most roads. But if you hit a bad pothole or a bad railroad track, all of a sudden they mean a phone call to get a lift home. I prefer to bicycle home.

Ride Safe! – **Frank Neal**, CTCDDataGuy@Verizon.net



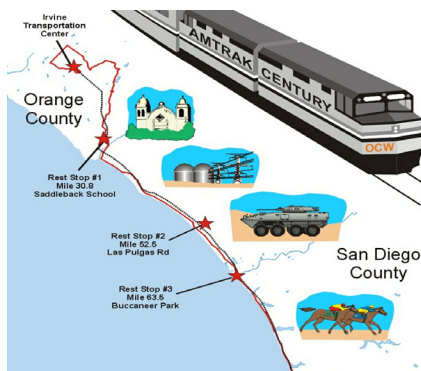
Next Board of Directors Meeting
is
September 2, 2012
11:00am

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.

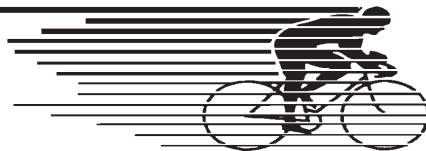


Amtrak Century
September 8, 2012





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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Paramount Race Report

Paramount Grand Prix – Master’s District Criterium Championships

Paramount hosted the Master’s District Criterium Championships on July 15, 2012 and awarded championships in eight different categories. Monty Pettus had the best result for a Paramount racer, placing 4th in the 60+ race. Howard Miller was 10th in the same race. Monty, John Sinz and Howard also raced the 55+ race and finished 8, 27th and 29th, respectively. Monty and Howard competed in the 50+ race, as well.

Former Paramount racer and current Chain Reaction contributor, Hilary Crowley, won the championship in the Women’s 35+ race. Hilary was also 4th in the Women’s pro race.

Marcos Corona raced the Pro1-3 race and made the main breakaway, which was unfortunately reeled in with just a couple of laps to go. Marcos hung tough to get back into the field and finished 29th.

The race was a great success overall. Registration ran smoothly and we had only 2 crashes all day. The turnout was very good and resulted in a higher profit for the club than the past few years. Thank you to all the volunteers that made it happen.

Paramount’s Ben Everton Finishes the Leadville 100

Congratulations to Paramount’s Ben Everton for finishing his very first Leadville 100 in under 9 hours (8:36:48 to be exact). Leadville is one of the most popular endurance mountain bike races in the country. The race is 100 miles, all of which is between 10,000-14,000 feet of elevation. Ben had been putting in 90 mile training rides on the mountain bike in the weeks leading up to the event, including a mid-ride foot ascent of Harding Truck Trail. Ben finished 172 overall (out of nearly 1500 finishers) and 59th in the Men 30-39 category.

OCW Board Meeting Minutes

Sunday, August 5, 2012 at 11:00 a.m.

Carl's Jr – Irvine

1. APPROVAL OF MINUTES – July 2012
 - a. Minutes approved
2. TREASURER REPORT – Jim W.
 - a. Bear ride – profit of \$10,755, primarily due to one less CHP car. \$1000 less in jersey orders. Ride was not sold out.
3. OCW PARAMOUNT CORPORATION REPORT – Jim W.
 - a. Profit of \$6175
4. BOARD MEMBER REPORTS
 - A. President –
 - a. Jim Brewer requested that Miguel Perea be added to the board as assistant web master. Approved.
 - B. Amtrak – Comments: clips, numbers, finish
 - a. 2000 clips ordered, to be silkscreened with OCW. Cost is \$2.00 each.
 - b. Numbers/names will not be used this year on jerseys
 - c. Consideration for presentation of medals to finishers; Jim to follow up
 - C. Jersey Ride 2nd Sat. of month + Raffle
 - a. Moved and seconded, passed to continue Jersey day/raffle though end of year
 - D. Vice President – Paul (Banquet date, speaker)
 - a. Normally banquet end of February. Will be February 23, 2013. Discussion regarding moving to beginning of February; motion withdrawn due to time constraints in summarizing data, ordering/obtaining plaques, etc.
 - E. Membership: New, Total, Paramount – Irene
 - a. Approx 450 members
 - F. Paramount – Jason Gersting
 - a. Not present, no report
5. COMMITTEE REPORTS
 - a. LCI'S – TS 101 August Date - Michelle
 1. Two new LCI's
 2. 20 students signed up for upcoming TS 101 class, approx 8 are non-members.
 - a. Discussion regarding offering to non-members, charging, who receives payment;
 - i. Option to join OCW and take at member rate or \$35.00 for the course
 - ii. Monies collected to OCW general fund

- b. Public Relations: Max – Membership
 - 1. Motion to encourage more activity by members (increase rider turnout)
 - a. For members who ride more than 40 rides per calendar year, will be offered early registration for Amtrak at normal/full charge
 - b. Seconded by Mike Lee, Motion passed.
 - c. Website: Content Needs – Mike Lee
 - i. No needs at this time
 - d. Ride Captain – Lee
 - i. Calendar up to date
 - e. Goat Hill/Hiking – Alan Vester
 - i. Rides on hiatus for now until October
- 6. CTC Report – Frank
 - A. There are 15 OCW members riding doubles this year
 - B. Thirteen have completed his/her triple crown, six are gold members
- 7. OLD BUSINESS
 - A. Amtrak – Volunteers, car assignments, etc. – Mike Lee
 - B. Jersey Orders – Inventory numbers -Art Pressel
 - C. Picnic – Sign-ups - Irene
- 8. NEW BUSINESS
 - A. Mike Lovegren proposal – Paul D'Aquanni
 - a. Mike offered to provide OCW with clinic; "Ready to Ride" clinic for \$500 total; not dependent upon number of attendees.
 - b. Discussion that this course appears similar to the TS 101 course offered through OCW at no charge. No action is taken as we already offer this to our members
 - c. Paul will investigate whether Mike would consider offering a biomechanics course and get back to the committee
 - B. How to improve attendance for TS 101
 - a. Signing up OCW with the California Bike Coalition has helped attendance
 - C. Birth dates – Jim B.
 - a. Jim requested adding birth date, both month and date on the announcements. Discussion regarding privacy ensued. Decision NOT to include date, only month of birthday in announcement in Chain Reaction
 - D. Submitting photos – Jim B.
 - a. Jim reminded all to please include the names of persons in photos submitted for publication in Chain Reaction.
 - E. Ron Hearn contacted attorney regarding giving away bikes held through Irvine Police. He received verbal reply to the affect that, if we simply give away the bikes, this action carries no liability on the part of OCW. Discussion recommended that we have this in writing from our insurance carrier.
- 9. OTHER BUSINESS
 - A. Mike Lee asked for \$160.00 for knife rolls to protect club knives; no vote required for this.
- 10. Meeting adjourned at 1216

WESTERN STATES RIDE CALENDAR

9/1/2012 Monterey Bay 400k Brevet Santa Cruz Randonneurs
9/1/2012 The Legacy Century Ride the Ranch 2012 Legacy Family Services
9/2/2012 Campovida Granfondo Campovida Granfondo
9/2/2012 Tour of Southern Utah Planet Ultra
9/3/2012 Classic Climbs of the Sierras Cycling Escapes
9/5/2012 Markleeville Base Camp Bicycle Tour Wayne Martin
9/7/2012 Emigrant Trails Bike Trek Breathe California of Sacramento-Emigrant Trails
9/8/2012 Amtrak Century Orange County Wheelmen
9/8/2012 Bike MS 2012 Inland Northwest Chapter of the National Multiple Sclerosis Society
9/8/2012 Bike MS 2012 Inland Northwest Chapter of the National Multiple Sclerosis Society
9/8/2012 High Sierra Fall Century Sierra Cycling Foundation
9/8/2012 Race Across America Cyclin Challenge Northern California Soul Events, LLC
9/8/2012 Ride Westcliffe Ride Westcliffe
9/8/2012 Santa Cruz Metric Centuries Grimes Getaways Bicycle Tours
9/8/2012 Siskiyou Century Yreka Rotary Club
9/8/2012 The Fruit Yard Century Stanislaus County Bicycle Club
9/8/2012 The Fruit Yard Century Stanislaus County Bicycle Club
9/9/2012 12th Annual California Coast Classic Arthritis Foundation
9/15/2012 1st Annual Mini-California Coast Classic Arthritis Foundation
9/15/2012 Huckleberry 100 Fresh Life Radio
9/15/2012 Huckleberry 100 Fresh Life Radio
9/15/2012 Ride the Rogue Rogue River Greenway
9/15/2012 White Mountain Double Century NdZONE Inc
9/16/2012 Edible Pedal 100 Rotary Club of Reno Sunrise
9/16/2012 Giro di San Diego Gran Fondo and MTB Gran Fondo Events
9/16/2012 Utah Color Country to Canyonlands Cycling Escapes
9/22/2012 Angeles Crest Century Planet Ultra
9/22/2012 Tahoe Sierra Century Tahoe Sierra Century
9/22/2012 Tour de Fresno Tour de Fresno
9/22/2012 Waves to Wine Northern California Chapter NMSS
9/23/2012 Peach of a Century Salem Bicycle Club
9/29/2012 31st Annual Whitney Classic Summit Adventure
9/29/2012 ALS Napa Trek ALS TDI

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

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

OCW MEMBERS CAN POST ADS BY SIGNING IN AT OCWHEELMEN.ORG AND CLICK ON CLASSIFIEDS. FOLLOW INSTRUCTIONS TO PLACE YOUR AD WITH PICTURES. ADS WILL APPEAR ON WEBSITE AND CHAIN REACTION.



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
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714.267.2193
C-27 Lic. #584990



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Trails End Cycling
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949.525.6070

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

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



FIRST CLASS MAIL

