

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
October

GOAT HILL
www.ocwheelmen.org

PARAMOUNT RACING
2012

GENERAL MEETING

Wednesday, October 10, 2012

AROADBIKE4U

Barrett Brauer

F.I.S.T. Certified Fitter & Coach, USA Cycling, USAT

Barrett will share with us the latest technology available, "Bike Finder" a fit centric approach to buying your next new bike.

Barrett has been an active and competitive athlete in road racing, mountain biking, triathlon and running for 18 years.

Barrett specializes in training with a power meter and synchronizing current state-of-the-art physical training science with mental training methodology.

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

Ride Like a Pro	Saturday	@	8am
Goat Hill	Sunday	@	9am
Cystic Fibrosis Ride	Sunday	Oct.	7
Board Meeting	Sunday	Oct.	7
Fall Metric	Saturday	Oct.	27

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

President	Jim Brewer	714.525.9995
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Treasurer	Jim Walker	562.943.9403
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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
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Club Clothing	Art Pressel	714.914.9300
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Director at Large	Frank Neal, LCI	CTCDataGuy@verizon.net
Director at Large	Alvan Trafton	310.489.1044
Director at Large	Randy Keifer	949.653.6346
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, October 7, 11:00 am

Carl's Jr., Irvine. Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

SPECIAL THANKS TO

Jim & Anita Brewer

For hosting the
September Folding Party

FOLDING PARTY

Thursday, October 25, 7:00 pm

Hosted by John Renowden
957 Promontory Dr. West
Newport Beach

Please RSVP to jsrenowden@mac.com

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

Simple Pleasures

You never really know what is going to happen on a ride. On the bright side, meeting-up with the largest arachnid on earth can be exciting. Watching a mom deer trotting down the road showing her newly born the "ropes" can also be thrilling. Reaching the summit on an endless climb with energy to spare is always a great feeling. One of my favorite good feelings was to get passed by an old gray-haired guy in sandals, carrying a miniature dog in a front basket doing 22 mph on an antique single speed.

The Amtrak created many simple pleasures and brought out the best in everyone. Maybe. There are always "the less than one percent" whom never fail to complain. Some of those might be legitimate but most are "chronic complainers."

Spirits were high throughout the Amtrak ride and as a photographer, you get to witness "first hand" how great this beautiful ride was. Connecting a face with a name and actually talking to the new cyclist without the use of an Ipod or some other gadget makes for great PR. If you missed this event, you need to reconsider by either volunteering or riding next year because you will experience many simple pleasures.

Getting back to the arachnid. Cycling in the nearby mountains, Jay and Frank came across this huge hairy tarantula crossing the highway. They stopped and Jay explained to Frank that this guy was harmless. Frank said, "then go ahead and pick him up and I will even loan you my glove." Jay then reached down and grabbed this docile creature and carried him to safety. End of story? NO. After returning Frank's glove and mounting the bikes to continue riding, Frank yelled to Jay, what the *!#&% is this smell on my glove that you borrowed? Sometimes simple pleasures can turn ugly or "backfire!" Guess the large, hairy, monster had the last laugh and we discovered spiders do have "bladders" and also experience simple pleasures.

Fall Metric

The Fall Metric is "just around the corner." Why don't we sign-up or volunteer for this Fall ride. We need to encourage riders to do this especially locals that just want to join OCW and ride for free. Check the website for details.



Lee and Cathy keep it simple:
Eat, Sleep and Bike



Presidents Ride

By Jim Brewer

Once each month, the President's Ride, starts at Carl's Jr. located in Irvine on the corner of Campus and Von Karman and begins at 8:00 am.

The majority of discussion this time was making sure the end of the Amtrak was safer and assuring all riders that the century was measured accurately.

All members of OCW are invited to the Board Meeting to see how we make decisions regarding our club policies.

Come join us and meet new riders and have some fun.



Top: **Jim Pugh** and **Lee Stebbins** go over the Amtrak route sheet for final approval during the Board Meeting.

Above Right: Preparing to do the medium ride, **Dave and Masako Masuda** finish loading their bikes and prepare for another great day on their bikes.

Middle and Lower Right: **Drew Barber** and **Bruce Sargent** make their way to the start of the ride and want to know how they can buy an OCW jersey.





Alan Vester

GOAT HILL

By Alan Vester - Goat Hill Rider Leader

Just a quick recap of this year's Goat Hill Mountain biking. We have a small, but loyal group of riders who show up on Sunday's to ride off-road here in Orange County.

We ride in Chino Hills, El Morro Canyon/Crystal Cove which is by the beach, Black Star Canyon, Peters Canyon, Irvine Regional Park and Santiago Oaks Park. The rides are normally 2-3 hours long, not technical, and we stop and regroup so no one gets left behind. It is moderately paced so we can include riders of all levels.

I want to extend an invitation to all OCW riders to join us on Sunday's. It's a break from always riding on the road. You don't need a high end mountain bike to ride with us.

We will be also riding in Aliso/Woods, Laguna Wilderness Park, and Whiting Ranch parks later this year or next spring.

I'm planning on adding more venues in the near future such as Idyllwild, which is in the San Jacinto mountains about 2 hours from Orange County. There are some phenomenal riding trails here in Southern California that would have you think you were in the Colorado Rockies. I have ridden in Idyllwild for years and can plan a ride which is not too technical for most riders. It also offers some of the best single track here in Southern California for those who are more experienced.

I really appreciate OCW for letting me lead the Goat Hill Mountain bike group for the club. I know most of you prefer riding road bikes, but there is a lot to be said for changing it up and getting out on the trails.

I put Goat Hill on hiatus for the last 2 months because Michelle and I moved from Temescal Valley to Placentia. We are now settled in to our new home in north Orange County and the next Goat Hill Mountain bike ride will be Sunday October, 7th after the board meeting. We will be riding El Morro Canyon which is across from Crystal Cove. Time will be announced in the email I send to all riders a week before the ride. If you would like to be on my email list, contact me at: alanvester7@gmail.com and I will add you to my list.

That's all for now. Please join us on any Sunday.

Alan Vester
Goat Hill Mountain Biking



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

OCW Hiking Corner

Deep Creek and Holcomb Crossing Hike

Lake Arrowhead Area

September 3, 2012

Submitted by Larry Linn

Photos by Doris Bingo

Deep Creek and Holcomb Creeks are two creeks that flow reliably nearly all year. When you see the creeks, you wonder where all this water could possibly be coming from. This hike gave us an opportunity to climb down to find our goal, rather than the usual upward forever climb of so many of our hikes. Of course, climbing down to get somewhere means climbing up to get back. Even so, we were ready for the challenge. The hiking group this time consisted of **Alan Dager, Doris Bingo, Victor Matloff**, Robyn Stein, and Larry Linn. Actually, this hike was a combination of two hikes at different segments of the Pacific Crest Trail. Our first segment began at the trailhead at Tent Peg Group Camp. We followed the well maintained and mostly shady trail to reach the Holcomb Crossing Group at Holcomb Creek. The out and back distance for this hike was 6 miles with a gradual altitude change of only 851 feet. After returning to the trailhead and consulting the maps for the second hike segment, we thought it would be possible to drive the BBD along dirt road 3N34 to reach Splinter's Cabin near Deep Creek. Bad decision because after only about 100 yards we realized that the road was more than the 4WD truck could navigate. Everyone bailed out of the truck leaving Larry to get it turned around without going over the side of the narrow road. With the guidance of **Victor** and **Doris** the turn around was completed and we headed back up the horrible road to the trailhead. We then drove the much longer route around to Cedar Glen and Hook Creek Rd to the other end of 3N34 and the PCT which overlooks Deep Creek. Being the Labor Day weekend, the area was a zoo with cars and people. The Forest Service was having a field day ticketing people who parked without displaying their Adventure Pass. We were happy to see that the steel PCT bridge across Deep Creek had been repaired and was in excellent condition for walking. Our leisurely 5.3 mile hike along the upper canyon trail above Deep Creek was rewarded by views of numerous shaded emerald pools of water below in the creek. Unfortunately, time was short when we located the access route down to the creek as we hiked, but we all thought that this was an area worth coming back to on another summer day hike. It is certainly a place the whole family would enjoy.



Left to Right: **Doris Bingo, Alan Dager, Victor Matloff, Robyn Stein**



Amtrak 2012

"2012 was my first time participating in the Amtrak Century. What a fantastic experience from start to finish! The volunteers did a magnificent job, everyone was super nice, and I met a lot of really nice people along the way (I even ran into some other folks from Tucson, AZ that go to the same bike shop as me - small world!)."

"Awesome ride! Thank you Mike and all the volunteers! Best Century I've ever done!"

"Thank you OCW!! Your ride is awesome!! My husband and I feel fortunate to have participated for the past ten years and have always enjoyed every detail of the day immensely."

"Kudos to the OCW team and all the volunteers for making this such an enjoyable experience. This was my 1st Century and now the measuring stick for all other centuries. I never knew a fruit Popsicle could taste so good (gonna be a new after ride staple)."

"Great ride, second year. Big Thanks to ocw and all the volunteers! Sag well organized and supported, smiles kept the motivation rolling. Fruit popsicles on top made the ride."

"This was my first Amtrak Century and I was happy to get a spot. A friend of mine who suggested this ride, also suggested to sign up early to reserve a spot. The OCW did a fantastic job !!! The volunteers were incredible and very friendly. I have no complaints at all."

"Thank you to everyone involved in making the ride such a success!"





DID YOU KNOW?

By Frank Neal, LCI

Helmet Fit

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

Helmet fit and proper adjustment are required for the helmet to give maximum protection in the event of a crash.

The general rule is that it should be level on your head (not tilted up, back, or sideways), with the side and chin straps properly adjusted and fastened securely.

1. Start out with the smallest size helmet that fits your head. Try on difference sizes and brands of helmets until you find one that fits. It should cover the majority of your forehead so you can see the front edge. Even without the straps fastened or the pads in place, there should be little movement when you move your head from side to side.
2. If you need a snugger fit, put in the foam pads that come with the helmet or adjust the strap at the back of the helmet. Your goal is to have the helmet snug enough that it will not fall off when you bend over.
3. When adjusted correctly, each ear strap should meet at a point directly below your ear lobe, with no loose play in the straps. Make sure you base your adjustment decisions on a properly positioned helmet worn level on your head! Only after these straps are adjusted should you try to adjust the chin strap. The chin strap should be tight enough so the helmet moves when you open your mouth widely.

Remember:

Eyes: You should be able to see the front edge.

Ears: The straps should meet in a "Y" just below the earlobe.

Mouth: The chin strap should be tight enough so the helmet moves when you open your mouth wide.

Happy Cycling!

This information is courtesy of the League of American Bicyclists.

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



EVENTS

Mike Lee, LCI

Pirate Riders - Take Note

I have a commentary that I would like to write for posterity. This may offend some but probably those that are committing the unethical behavior.

Many Pirate riders decide to ride Amtrak and may or may not utilize the rest stop services. OCW will no longer tolerate this practice. Those riders pirating the ride and using the services that OCW provides to the paying riders can only be stopped by the paying riders that are supporting the ride. They may be utilizing your food stops, causing longer lines at the Porta Potties, in other words stealing the services that OCW spends for the ability to put the ride on. We pay for permits, Porta potties, and the RS captains help manage and maintain the Rest Stop supplies. 2012 seems to have elevated Pirate riders to a new level. Although they will not end up on the train, just the same they will cause increased traffic and congestion on the route. The pirates can ride any other Saturday but choose this day since there will be services available on the route. This can no longer be allowed. If it continues, municipalities may curtail the permit issued due to the increase in traffic congestion that doesn't match the participant's numbers that we provide to them.

I confronted one rider at the finish that had his excuses but there is no excuse or rational, it is plain stealing the services and support we provide for the paying rider. I open this discussion for riders who practice this behavior to change my mind.

38th Annual Amtrak Century

Although this year we had a bump in the road with the return train ride, riders took it in stride and partied on both the Bus and Train. The Comment Board is filled with many praises for the volunteers, the weather, and the route. (Maybe we finally have a finish section). We are starting to work on next years ride to incorporate suggestions that many of you made. Photos and movies are posted so check the website. So get ready for the 39th Amtrak Century with another level of service brought to you by the Orange County Wheelmen.

Fall Metric – October 27, 2012

Registration will be open when you receive this issue and you will no doubt have received an email announcing the ride. The ride starts in Redlands at Sylvan Park, and travel through Apple country in Oak Glen. Pizza and Apple Pie at the finish. See the details on the website and register for this great ride in the foothills. As usual I am in need of volunteers for this ride so if you can spare some time and want to visit the Redlands area email me at events@ocwheelmen.org.

Volunteers needed for the Fall Metric Century – Contact Mike Lee events@ocwheelmen.org



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 8:30AM

October 6, 2012 The Square, Irvine. Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. The Square is located at Main and MacArthur in Irvine near the John Wayne Airport. Park in the lot West of Starbucks.

25 Miles. Flat ride thru Irvine.

39 Miles. Rolling to Hilly ride thru Irvine, Newport Beach, Laguna Beach & Lake Forest. 1500 Feet Elevation Gain.

54 Miles. Hilly ride thru Mission Viejo, Santa Margarita, Laguna Hills returning thru the flatlands of Irvine. 2350 Feet Elevation Gain.

October 13, 2012 The Square, Irvine

24 Miles. Flat ride thru Irvine.

35 Miles. Rolling to Hilly ride thru Irvine & Newport Beach with a little climb up Newport Coast and Turtle Rock. 1200 Feet Elevation Gain.

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.

October 20, 2012 The Square, Irvine

27 Miles. Flat to rolling ride thru Irvine, Newport Beach & UCI. 525 Feet Elevation Gain.

37 Miles. Rolling to Hilly ride thru Irvine with all right turns. 1000 Feet Elevation Gain.

58 Miles. Flat ride thru Western Orange County with a 10 mile stretch on the San Gabriel River Trail. 350 Feet Elevation Gain.

October 27, 2012 Sylvan Park, Redlands. Take the 10 Fwy east to Redlands, exit at University and turn Left. Go over the Railroad tracks. Turn left on the first street (E. Park Ave.) and proceed about 1/4 mile to the Lot C area. Parking lot on the right.

59 Miles. Hilly ride up Oak Glen Rd to Los Rios Rancho for snacks and returning for a fast descent down Oak Glen Rd & San Timoteo Cyn Rd. 4500 Feet Elevation Gain.

November 3, 2012 The Square, Irvine

27 Miles. Flat to rolling ride thru Irvine & Newport Beach. 600 Feet Elevation Gain.

37 Miles. Rolling to Hilly ride thru Irvine, Newport Beach & Laguna Beach returning up Laguna Cyn. 1300 Feet Elevation Gain.

59 Miles. Rolling to Hilly ride thru Irvine, Mission Viejo to Dana Point returning thru Laguna Hills.

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 9:00AM

October 7, 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.

25 Miles. Flat ride thru Irvine, Tustin & Peters Cyn Trail. 530 Feet Elevation Gain.

32 Miles. Hilly ride thru Irvine with climb up Turtle Rock heading south to Lake Forest. 950 Feet Elevation Gain.

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

October 14, 2012 Tri-City Park, Placentia. Take the Orange Fwy (57) to Imperial Hwy exit. Go east 1.0 mile to Kraemer Blvd. and turn right. Go 0.5 mile to Golden Ave. and turn right into the park. Park in the lot next to restrooms.

22 Miles. Flat to rolling ride thru Placentia & Yorba Linda returning on Santa Ana Cyn.

36 Miles. Hilly ride thru Brea, Diamond Bar & Walnut to Cal Poly returning on Diamond Bar Blvd & Brea Cyn.

42 Miles. Hilly ride thru Carbon Cyn, Chino Hills, Diamond Bar, La Habra & Brea. 3000 Feet Elevation Gain.

October 21, 2012 Northpark Plaza, Irvine. Take the 5 Freeway to Culver exit North. Go 1 mile to Irvine Blvd. and turn left. Turn right at entrance right after Gas station. Park between Jack-in-the-Box and the French Bakery.

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

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

42 Miles. Hilly ride thru Irvine, Mission Viejo, up Live Oak Cyn, Santa Margarita & Lake Forest. 2450 Feet Elevation Gain.

October 28, 2012 Pepper Tree Park, Tustin. Take 55 Freeway north, to 4th Street exit East. Go 0.3 mile and turn right on "B" Street. Go 0.2 mile to the Park. Pepper Tree Park is located at the corner of 1st Street & "B" Street.

25 Miles. Flat ride thru Tustin & Irvine. 600 Feet Elevation Gain.

39 Miles. Hilly ride thru Tustin, Irvine, Mission Viejo & Aliso Viejo.

53 Miles. Hilly ride thru Tustin, Irvine, Mission Viejo, Aliso Viejo, Laguna Beach & up Newport Coast for the last climb. 2500 Feet Elevation Gain.

November 4, 2012 Carl's Jr. Newport Beach. (Board meeting scheduled at 11:00 AM). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.

27 Miles. Flat ride thru Irvine. 625 Feet Elevation Gain.

35 Miles. Rolling to Hilly ride thru Irvine, Shady Cyn Trail, Laguna Beach & Newport Beach.

40 Miles. Hilly ride thru Irvine, Lake Forest & Mission Viejo. 1600 Feet Elevation Gain.

The Hungry Cyclist



Creole Spiced Shrimp

Ingredients

2 pounds unpeeled or peeled deveined shrimp, preferably wild American
1 small onion, sliced
1 lemon, thinly sliced
8 bay leaves
2 tablespoons fresh oregano leaves
2 tablespoons Worcestershire sauce
1 tablespoon Old Bay seasoning
2 teaspoons hot chili paste (such as sambal oelek)
2 teaspoons kosher salt
1/4 teaspoon freshly ground black pepper
1/2 cup (1 stick) unsalted butter, cut into tablespoons

Ingredient Info

Hot chili paste is sold at Asian markets and many supermarkets

Preparation

Using small kitchen scissors, cut shrimp shells along the curved backs. Remove vein, keeping shell intact. (Skip this step if using peeled deveined shrimp.) Toss shrimp and next 9 ingredients in a large bowl. Place four 16x12" sheets of heavy-duty foil on a work surface. Divide shrimp mixture among sheets. Fold all foil edges toward the center to accommodate the liquid; do not crimp. Add 2 Tbsp. butter and 1/4 cup water to each. Crimp tightly to seal. Preheat oven to 325°. Arrange packets in a single layer on a rimmed baking sheet. Alternatively, build a medium fire in a charcoal grill, or preheat a gas grill to medium-high. Bake or grill until shrimp are just opaque in center (carefully open 1 packet to check; steam will escape), about 30 minutes. Carefully cut open packets.

General Meeting Wrap-Up

By Paul D'Aquanni

Robert & Jill Kahler had a great presentation for the crowd that showed up for the September General Meeting. They talked about how to live a healthy life style through good nutrition and a good varied exercise program. Between “Kahler’s Cycling Academy”, and “Mr. Jill’s Body Firm” these folks have what it takes to help you raise your fitness level. Looking at the two of them, they must be doing it the proper way!



Above Center: Speakers-Robert and Jill Kahler
Above Left: Fred Parr
Center Left: Karla Perea
Bottom Far Left: Robert Borsari
Bottom Close Left: Suzanne Joska
Top Right: Tom Gate
Bottom Right: Tom Warnack

**HAPPY
HALLOWEEN**

Weekday Rides

TUESDAY

RIDE STARTS AT 9:00 A.M.

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.

THURSDAY

RIDE STARTS AT 8:30 A.M.

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.

FRIDAY

RIDE STARTS AT 9:00 A.M.

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.

SAVE THE DATE!!

Sunday, December 9th
OCW Annual Holiday Party
Huntington Harbour Club
More information to follow

OCW PICNIC

By Irene Walker

The **OCW annual picnic** was held on August 26th. We had 61 people attend, which was a few more than expected. We had some of our newer members attend, which was great!

Thanks to **Art Pressel's** great BBQ skills, we had wonderful burgers and hot dogs. We also had baked beans and potato salad, along with all of the other picnic snacks and desserts.

If you missed the picnic I hope you take advantage of the other OCW events coming up.

These activities are put on for your pleasure.

See you at the picnic next year!

By Frank Neal

Water Bottle Cages

Prevention is the best fix! Two things happen with water bottle cages. 1. Water bottle vibration causes the bolts to come loose and fall out. Check the tightness of your water bottle cage bolts at least twice per year. 2. Vibrating water bottles can actually cut through the lower/inner bend of your water bottle cage. When you check your bolts, check to see if your water bottle cage is wearing through. It's not a pretty thing when your water bottle cage fails, the water bottle bounces off the pavement, and gets caught in your rear spokes.

RECYCLE TIRES AND TUBES: OCW NEEDS YOUR HELP

By Frank Neal

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

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

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

We are in particular need of 650 tubes and tires and 700X28+ tandem tires and patchable tubes. They are still out there and the Amtrak is a great example of folks who still use both of them.

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

Give your used tubes and tires to an OCW Ride Leader at any OCW Ride. They will be forwarded to the OCW Board (uh...me.) to patch and recycle.

Ride Safe out there! – Frank Neal, OCW Board

***Next Board of Directors Meeting
is
October 7, 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.



Reward for Active Riders

Effective January 1, 2013 active OCW riders can register early for Amtrak.

An active rider is one that rides 20 OCW rides or more between January 1, 2013 and June 15, 2013. By riding 20 times during that period, the rider will be given a window of 1 week to Pre-Register for Amtrak 2013.

The member will pay the regular registration fee, but will be able to Pre-Register

This is for OCW members only

Ride 20 or more time between June 16, 2013 and December 31, 2013 for a total of 40 rides and they will be able to Pre-Register for the 2014 Amtrak Ride Starting January 1, 2014 active riders will need 40 rides per year to Pre-Register

Remember this is only for:

Active OCW Members

Member will pay regular registration fee

This is non transferable

This is a great reward for active OCW members and a good reason to become a member!



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

CONGRATULATIONS to John McKee who placed 2nd at the Masters National Championships in the criterium for the 2nd year in a row.

We are in the later part of the racing season and the Paramount racing team had some impressive results this past month. Howard Miller got another 1st place finish in the SoCal Cup Series. Howard also had several other top 5 finishes. Monty Pettus was 2nd place in several recent races. John McKee is back and had 3 top 5 finishes. Our elite rider, Marcos Corona has been actively racing with the top-level racers in the Cat 1-2 races.

Many paramount racers will be starting the cyclocross racing season later this month.

Howard Miller race results

1st SoCal Cup Crit #9
9th Brentwood GP
3rd Ladera Ranch GP
4th Summers End GP Ontario
3rd SoCal Cup Crit #8

Monty Pettus race results

2nd Ladera Ranch GP
2nd Summers End GP Ontario
2nd SoCal Cup Crit #8

John McKee race results

2nd Masters National Championships Crit
5th Summers End GP Ontario
4th SoCal Cup Crit #8
3rd SoCal Cup Crit #9

John Sinz

30th Brentwood GP
13th Summers End GP Ontario

Marcos Corona

13th SoCal Cup Crit #9
31st Ladera Ranch GP
23rd SoCal Cup Crit #8



Top Left: Monty and Howard on the podium

Top Right: Monty, John and Howard

Bottom Left: Monty racing

Bottom Right: John at the National Championships

OCW Board Meeting Minutes

Sunday, September 2 , 2012 at 11:00 a.m.

Carl's Jr – Irvine

1. APPROVAL OF MINUTES – August 2012
 - a. Minutes approved
 - b. Attendance: J. Brewer, J. Walker, I. Walker, S. Loughran, M. Lee, Lee Stebbins, J. Pugh, M. Kaldenberg, B. Fairfield, D. Gorman, A. Pressel, F. Neal, R. Keifer, D. Bingo, J. Rich, M. Perea.
2. TREASURER REPORT – Jim W.
 - a. No report at this time
3. OCW PARAMOUNT CORPORATION REPORT – Jim W.
 - a. No report at this time
4. BOARD MEMBER REPORTS
 - a. President –
 - i. Attendance on rides
 - Some decrease in Tuesday rides
 - Wed evening rides attendance tailing off as daylight lessens
 - ii. Info about members
 - iii. Stat Tabulations
 - To be in Chain Reaction – quarterly
 - b. Vice President – Paul
 - c. Membership: New, Total, Paramount– Irene.
 - i. Total members aprox. 450; Paramount 65
 - d. Paramount – Jason Gersting
 - i. No report at this time
5. COMMITTEE REPORTS
 - a. LCI'S – TS 101 - Michelle
 - i. Most recent class; graduated 16 and 2 new members
 - b. Public Relations: Max
 - i. No report at this time
 - c. Website - Mike Lee
 - i. All seems to be running well.
 - ii. Members are taking more on in terms of maintenance, etc.
 - iii. Developing instructions for available templates
 - d. Ride Captain – Lee
 - i. Sun rides to begin at 9am starting in October
 - ii. Sat rides to begin at 0830 starting in October
 - e. Calendar – Lee
 - f. Events – Mike Lee
 - g. Goat Hill/Hiking – Alan Vester
6. CTC Report – Frank
7. OLD BUSINESS
 - a. Amtrak – Pre-ride report, last minute needs – Mike Lee
 - b. Jersey Orders – Inventory numbers -Art Pressel
 - c. Picnic –Turnout - Irene
8. NEW BUSINESS
 - a. Sponsors– Jim B.
 - i. Added Irvine bicycles to sponsors
 - b. Adjustments – Jim B.

9. OTHER BUSINESS

- a. Jersey day: Lee Stebbins: For this month, falls on Amtrak. Those who check in at Amtrak with jersey will be entered into raffle for refund on Amtrak this year.
- b. Look into bumper sticker with "Share the Road" with the OCW logo.
- c. Miguel presented proposal to increase attendance and riding of our women members. Have had outside proposal to provide training for women to start in February 2013. Proposed to guarantee spot for Amtrak. Must take TS 101 and, as with prior proposal, if this member rides 20 or more rides, this allows for early registration (thereby satisfying spot for Amtrak). Will ask Paramount and UCI, who we support financially, to participate in the training. Proposal will be formally re-written and posted for consideration by the board.
- d. Fall metric is open for registration.

Minutes taken by S. Loughran



Bicycle Tour from Salt Lake City to Denver - July 2012

By Kevin and Ximena Ansel

We boarded our flight to Salt Lake on Southwest Airlines on Friday, July 20th. Southwest charges \$50 per bike to fly. In our hotel room in Salt Lake we reassembled the bikes. After a quick test ride we were ready for our adventure to begin. We left our hotel on Saturday at 7:15am. We were heading to Heber City, Utah which was 66 miles away. We followed US Route 40 straight through to Denver. It was a hot day and we ended the day riding in 100 degree heat. We stopped along the Provo River and stuck our feet in to cool down. We got to our hotel minutes before a large thunder storm rolled through. The second day we rode 70 miles to the town of Duchesne, Utah, population 1300. We climbed Daniel's Summit at 8020 feet early in the morning and again got chased by a thunder storm. We rode through pine trees in the morning and finished the day in desert scrub. Day three was a 59 mile ride to Vernal, Utah. The ride was a beautiful mix of desert and farmland as we were close to the Duchesne River. The bike lane was narrow but the drivers were very courteous and gave us a wide path when passing. We rode through a few small towns and finished the day in Vernal, which has the largest active dinosaur quarry in the world. We finished around 2:30pm, which turned out to be the typical day for us. We were traveling pretty light with just two sets of bike clothes, some street clothes and rain jackets. On day four we rode 54 miles and crossed the border into Colorado. We stopped in the town of Dinosaur for lunch. Don't blink if you drive through this town because you'll miss it. We spent the night in a small cabin 20 miles outside of Dinosaur in an area called Massadona. There is only a tavern and three small cabins to rent. We were really out in the middle of nowhere. After a nice night we were off for a 67 mile day to Craig, Colorado. We had 35 miles of pure, dry desert riding until the town of Maybell, population 72. We typically rode with 3 to 4 bottles of water and electrolyte drink since we were stretched between towns. Right outside of Maybell we got chased by a young bull that was outside of his fence. Luckily he didn't put much effort into the pursuit. As we got closer to Craig the terrain started changing to green, rolling hills. We could tell we were getting closer to the Rocky Mountains. Day six was 48 miles to Steamboat Springs. We got to town early and enjoyed the day having lunch, checking out some shops, and hitting the pool and spa. We rested up since we had a big climb the following day. The seventh day was a 49 mile ride to Kremmling, Colorado. We rode over the Continental Divide at Rabbit Ears Pass, 9426 feet. We climbed for the first 2 ½ hours of the day. You could see that Colorado has problems with the bark beetle. There were lots of dead trees on our way to the summit. With the climbing being front loaded, we flew down the back side of the pass and got to Kremmling about 1:30pm, again out running a storm. It rained almost every afternoon on our tour so we really tried to get an early start and finish early. That also gave us time to explore the little towns we stayed in. Day eight was 46 miles to the ski resort town of Winter Park. The day wasn't a lot of miles but the town is at 9,000 feet so we felt the altitude. As we were walking around town we saw a guy with a t-shirt that said "Living at sea level sucks." We knew what he meant. Our final riding day was 64 miles to West Denver. First we had to ride over Berthoud Pass at 11,307 feet. The temperature was in the low 40's that morning so we put on tights for the first time. We spent 2 ½ hours climbing over the pass. It was a beautiful view at the top of the Rocky's. We made it down the back side.....let's say "very quickly". We got to the town of Idaho Springs and we got rained on for the first time. We put on our rain gear and kept riding. Naturally this is where we got lost for the only time on the trip. Our map sent us down a dead end country road. We were still at 8,000 feet and all of a sudden we had rain, lightning and thunder at the same time. We quickly took cover on the porch of someone's country house and waited it out. As we proceeded the weather finally cleared for the last few miles into town. We ended up with 525 miles and 25,000 feet of climbing. We had arranged for a bike shop in Golden to ship our bikes home. We rented a car and spent another five days in Boulder, Estes Park, and Fort Collins. We would highly recommend this type of vacation. We met all kinds of people, saw wonderful scenery, and had a fantastic time. We didn't worry about our average speed or how many miles we rode on any particular day. We just rode and enjoyed ourselves. It's an adventure we will not forget.



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!**



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THE ORANGE COUNTY WHEELMEN

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