

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

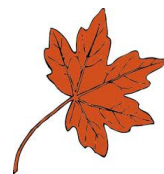
TANDEM TIME
November

GOAT HILL
www.ocwheelmen.org

PARAMOUNT RACING
2012



GENERAL MEETING



Wednesday, November 14, 2012

Touring Salt Lake City to Denver

Kevin and Ximena Ansel

The Ansel's will talk about their unsupported, self-contained bicycle tour. They will cover some bicycle touring basics, including; touring bikes and gear, route selection and training.

The Ansel's have been avid bicycle tourists for many years, with several trips under their belt. Kevin started touring in the early 1980's with a tour across the United States. When Kevin and Ximena met they both had a love of bicycling, and have been hitting the road on bicycle adventures together ever since.

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 |
| Board Meeting | Sunday | Nov. | 4 |
| Day Light Save Time Ends | Sunday | Nov. | 4 |
| General Meeting | Wednesday | Nov. | 14 |

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

| | | |
|------------------|----------------------|--------------|
| President | Jim Brewer | 714.525.9995 |
| Vice President | Paul D'Aquanni | 949.766.2951 |
| Treasurer | Jim Walker | 562.943.9403 |
| Secretary | Steve Loughran | 949.348.9332 |
| Events | Mike Lee, LCI | 949.458.0205 |
| Ride Captain | Lee Stebbins, LCI | 714.404.1985 |
| Membership | Irene Walker | 562.943.9403 |
| Editor | Michelle Vester, LCI | 714.914.2778 |
| Statistician | Jim Pugh | 714.680.4828 |
| Public Relations | Max Kaldenberg | 949.857.4355 |
| Training | Open | |

DIRECTORS

| | | |
|-------------------|--------------------|------------------------|
| Saturday Rides | Bob Fairfield, LCI | 714.508.7375 |
| Paramount | Jason Gersting | 949.303.8894 |
| Goat Hill | Alan Vester | 714.231.3164 |
| Web Master | Mike Lee, LCI | 949.458.0205 |
| Friday Rides | Dan Gorman | 714.771.7741 |
| Insurance | Ron Hearn | ronwhearn@gmail.com |
| Club Clothing | Art Pressel | 714.914.9300 |
| Director at Large | Dennis Thomas | 941.340.0144 |
| 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, November 4, 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

John Renowden

For hosting the
October Folding Party

FOLDING PARTY

Thursday, November 29, 7:00 pm

**Hosted by Liz & Stuart Gaston
8282 Drybank Drive
Huntington Beach 92646**

Please RSVP Stuart at 714.962.8789

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

Getting More Women Involved in Riding

Terri Kessler is looking for ladies or men to help her with recruiting more women for the Saturday rides. She is in charge of organizing the rides and needs some assistance with this activity. She would like to get this thing started in February of 2013. Contact her at tkessler@rocketmail.com.

Updates

Art Pressel, the very active member of the Board, was in the hospital for a brief time and is recovering from a heart/lung problem. Art is doing better but his time on the bike and ski slopes will be limited

David and Mary Park biked for the first time since his stomach surgery. Of course he chose the long Saturday ride for his first adventure. The entire long ride-group stayed together to make sure he and Mary made it safely through the ride. Everyone enjoyed seeing them "back in the saddle" on their tandem. They miss riding with the club and will be anxious to continue their quest for more double century rides.

Suggestions

Bike Accidents

First responders will always look for "external ID". They look for necklaces, bracelets, ankle bands, or shoe boxes. When they find them, they can get the ball rolling for emergency services and emergency contacts right away. Otherwise, it waits until you get to a hospital. Do you want this starting immediately at a crash scene or when you finally get to a hospital?

Sponsor an Amtrak Safety Class and/or create an Amtrak Safety Video. Also have a number positioned on the helmet or jersey so riders can be identified immediately after a crash and also point out legal registered riders in our events.

Good Deeds

We had a good representation at the Cyclic Fibrosis ride on October 7. **Lee Stebbins**, **Steve Loughran** and **Max Kaldenbeg** (board Members) plus a few OCW members rode this very worthy charity bike ride.



Upper left: David Park prepares his tandem for the long ride.
Upper right: Terri Kessler scans the Saturday ride start looking for recruits.
Lower Left: Showing their love for each other, Judy and Art Winkershim enjoy the food and presentation by learning some techniques on how to get fitted for a bicycle.



Left: This cyclist got lost.
Can you guess where he is??



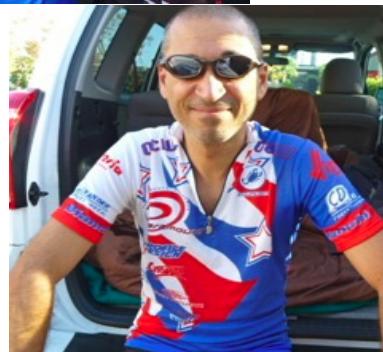
Presidents Ride

By Jim Brewer

Once each month, the President's Ride, starts at Carl's Jr. located in Newport on the corner of Campus and Von Karman and begins at 9:00 am. It is always a no drop 20-30 mile ride and is followed by the 11 am Board Meeting. It is open to all members that are interested in how we make decisions regarding club policies.

On Sunday October 7, **Lee Stebbins** opted for a shorter 25 mile ride because of the new starting time of 9 am. The ride took us to some new areas of trails in NE Orange County. **Lee** was away representing us at the Cystic Fibrosis Ride but joined us for the Board Meeting, so **Mike Lee** got everyone signed-in and showed us the way on this balmy Sunday morning.

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.



Left: Susan Joska
Top: Rick Villela with his daughter Katie
Middle: Sammy Casey
Bottom: Alvin Traftan



Alan Vester

GOAT HILL

By Alan Vester - Goat Hill Rider Leader

Goat Hill Repeats

It's been a few months since I switched over to tubeless tires and thought I would share a few follow-up observations. I really like going tubeless. I have not had a flat tire since I made the switch early this summer. I have noticed though, the tires do have a tendency to loose air between rides. I normally don't mountain bike ride Monday – Friday, and when I check my air pressure on Saturday morning it will drop about 10 lbs. in a week. It's not a big deal, so I adjust the air pressure and I'm good for the weekend. I like the improved tire traction, resulting from running 30 psi in my tires instead of 38 psi. I don't like the fact I have to carry a spare tube and CO2 with me at all times, but there is really no choice. You need to have compressed shop air to seat a tubeless tire back on the rim. There is no way you can do this out on ride, so the only option is to carry a tube, fill it with CO2 or air from a frame pump until you return and you can repair it properly.



Every 6 months you will have to refill the tire with Stan's Tire Sealant. It comes in a kit; you add a predetermined amount, reinstall the tire, air it up using compressed shop air and ride the bike immediately to distribute the sealant in the tire. It's slightly messy, but well worth it. I would not switch back to running tubes.

The Goat Hill Mountain bike rides are held on Sunday mornings, normal start time is 9:00 am, and we will continue to ride all year long. However, I will cancel a ride if I think the trail is saturated with water due to rain.

We have three basic rides. Chino Hills; in Yorba Linda. Tri-park; which is Peters Canyon, Irvine Regional Park, and Santiago Oaks. El Morro/Crystal Cove; which is by the ocean. We average 4 to 6 riders, so the group is small and we always regroup as necessary so no one gets left behind.

The rides are about 2-3 hours long and all level riders are welcomed. Occasionally there are technical sections, but often there will be an alternate easier route. Sometimes, we get off the bikes and walk it over any section we are not comfortable riding. The idea is to have fun, not to prove who is the "King of the Mountain."

I welcome all OCW members who would like to change it up and ride dirt instead of asphalt. See you on the trails.

Alan

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

Hiking Corner

Hike to Historic Tomo Kahni and Tehachapi Mountain

Tehachapi, CA

September 22, 2012

By Larry Linn

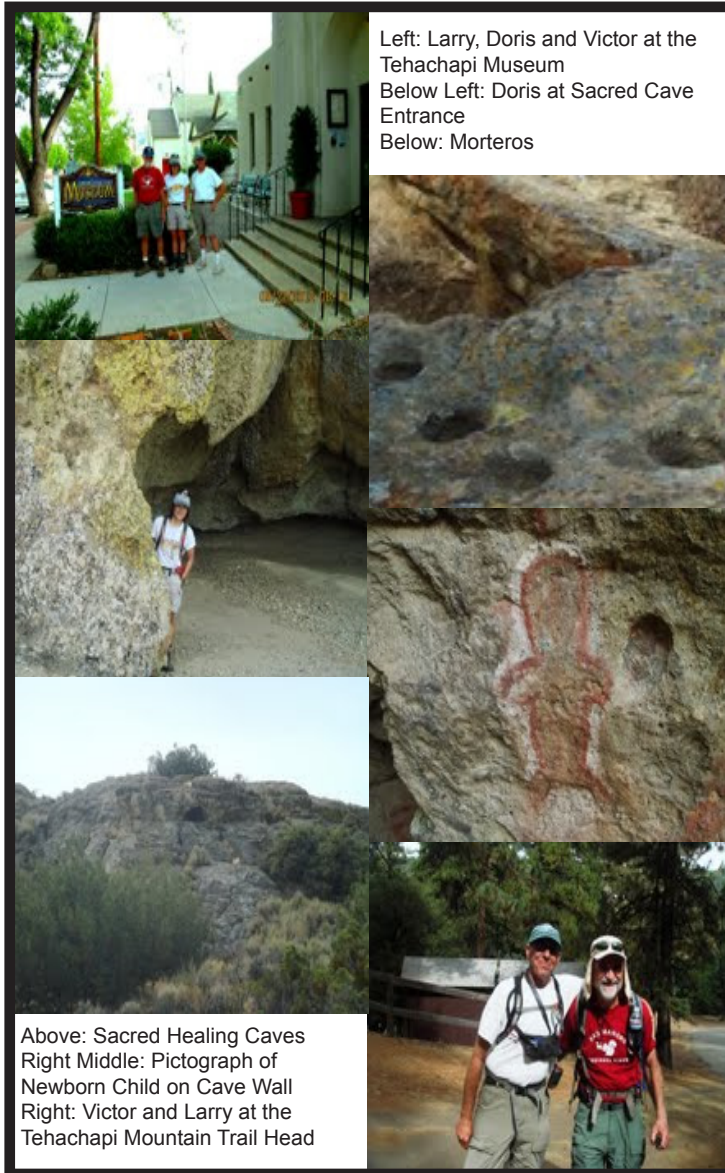
Photos by Doris Bingo

The hike to Tomo Kahni, the ancestral home of the Kawaiisu Indians that lived in the Tehachapi Mountains, was suggested several months earlier by **Doris** after she discovered the information while looking for a totally unrelated hike location. The lands where the Kawaiisu Indians lived is now a State Historic Park and requires obtaining permission from the Tehachapi Museum for a guided tour. We submitted our request in early August for the September tour because the tour is only available for a couple months each year. Tour response was quick and our small group of **Doris Bingo, Victor Matloff**, and Larry Linn made plans to head to Tehachapi. We received instructions indicating that a high clearance vehicle would probably be necessary to gain access along 12 miles of old jeep trails to Tomo Kahni, the areas in the mountains where the Kawaiisu Indians lived for approximately 2000 years. This was a job for the BBD.

The tour was guided by a Docent from the Tehachapi museum who explained the life style of the early Indians and how they survived in an area that appears to be extremely dry and barren. The Kawaiisu were well known for their skill at making colorful woven baskets, some of which are on display at the museum. There were a few other hikers who attended the tour at the same time we did. The group followed the Docent in our vehicles through the desert to the locked gate at the park area. Here we parked our vehicles and began the guided hike of about 3 miles through the hills to observe artifacts and living areas of the early Kawaiisu Indian families. We were shown several morteros, or depressions worn in the granite rocks from the grinding of grain and acorns which the Indians used for food. The Docent pointed out locations of numerous pictographs and petroglyphs as we hiked along the trails. Of particular interest was an area in the rocks that was dedicated strictly for the Indian women to go during child birth. Markings on the rocks indicated how long each woman remained there for delivery. Several caves in the higher elevations were pointed out that were of significant religious importance to the Kawaiisu. During the return hike, Victor discovered a very small (about the diameter of a fifty-cent coin) white Horned Lizard (aka: Horned Toad) in the sand of the trail. Feeling sorry for the little critter, he placed it away from the trail so that it would not get stepped on. Its white coloration was the perfect camouflage for that area.

After we completed the Tomo Kahni SHP tour, we headed to the Tehachapi Mountain County Park for a relaxing hike to the summit of Tehachapi Mountain (elev. 7960'), a distance of 2.8 miles with 2000 ft of gain from the trail head.

While neither hike was very long, overall it was very educational and we all enjoyed the day. The staff at the Tehachapi Museum are very knowledgeable and provided a great deal of information about the family friendly surrounding areas, including the Tehachapi train loop which is a place to visit on another day. More information is available by searching for the Tomo Kahni State Historic Park web site.



General Meeting Wrap-Up

By Paul D'Aquanni, LCI

Coach Barrett Brauer, from AROADBIKE4U did a great job of explaining the importance of bike fit, with the RETUL system. We spend thousands of dollars on our bikes, the price of a proper fit is small in the scheme of things. The benefits could be, increased comfort, endurance, and performance, which equates to additional pleasure. Barrett offered discounts for us on our next bike fit, so let's not just live with nagging issues, maybe he can sort it out for us. New members were welcomed as well as visitors. Much thanks to those who donated raffle prizes, and those who helped with the clean-up, always much appreciated!

Thanks for coming out, hope to see you again at a General Meeting, or out on the road.

Ride Safe,

Paul



Top Left: Susan Joska and Daughter

Top Middle Left: Sue

Large Photo: Barrett Brauer and Paul D'Aquanni

Above Left: George Reis

Above Right: Bee and Robert Borsari



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 complete with the Final Doubles of LA Wheelmen Grand Tour and Alta Alpina 8 Pass Challenge. The Spring Series accounts for 14 of the 20 CTC events for 2012. Fall Started on Aug., 4, with the Mt. Tam Double.

After the first 14 events, OCW Members have continued a stellar year for 2012! We have 18 Members who have finished at least one Double Century this year. Combined, OCW has 58 CTC Finishes already and that compares to 39 Total for all of 2011.

I almost don't know where to start. The accomplishments are many.

CTC 2012 Gold Thousand Mile Club: These riders have completed five Double Centuries and Volunteered for one event in one calendar year 2012. We have six finishers of this prestigious CTC Title. They are split between two categories:

1. Riders who finished their first Double this year and went on to become Gold TMC's. "Hearty Congratulations" for this great accomplishment!

Ron Hearn, OCW Board

Stacy Kline

Greg Kline

2. Veteran CTC riders who completed the Gold TMC already this year. "Congratulations" on a great year!

Jim Brewer, OCW President

Jim Cawthon

Bob Fieldhouse

We have one rider who has already completed four Double Centuries and is already a CTC Winner. "Congratulations" to **Willie Hunt**.

We have six other OCW riders who have already qualified as CTC Triple Crown Winners with three Double Century Finishes in 2012. You are all awesome!

Kelley Laxamana. Also, a First-time Finisher with one volunteer day logged.

Chuck Bramwell

Paul Defeo

Jim Kehr

Doug Patterson

Rene Rodarte

Wait! There is more! We have five others who have finished a CTC Double Century in 2012. Great job!

Tom Parkes. Two Finishes and three volunteer days.

Bob Davidson. One Finish

Mark Kaufman. One Finish

Earl Kluth. One Finish. His First Double Finish!

Jennifer Koles. One Finish. Her First Double Finish!

Hearty Congratulations to our OCW Members who have accomplished more than most even dream about. It is through dedication and perseverance that we accomplish our dreams. Congratulations to all!

And then there is me, **Frank Neal**. No Finishes, but seven volunteer days at CTC events.

In all, OCW Members have contributed 16 volunteer days at CTC events. We give back.

Upcoming Double Century Events:

10/27. Death Valley Double. Sold Out.

To see the full CTC Schedule, with details, you can always find it:

www.caltriplecrown.com/schedule.htm

Ride Safe out there!

Frank Neal, CTC Data Guy, OCW

Board Member, LCI #3386.

CTCDataGuy@Verizon.net

An Accidental Vacation

By Lee Painter

It's the middle of July, we have no vacation plans, and suddenly there's a one-week gap in the work schedule the first week of August. What can we do?

Not enough time to plan our own adventure, what can we find online? National Geographic Traveler had an article on Colorado Backcountry Biker's (<http://www.backcountrybiker.com/index.html>) hut-to-hut trips, so we took a look and decided to try the four day Tabecgauche trip.

CBB does what might be described as luxury hut-to-hut trips, not only do they provide a hut, sleeping bag, water, stove and dry food - they haul your duffel bag to the hut, and there's an ice chest with cold beer, fresh meats and veggies.

We had three concerns about doing the trip. First, it's described as being for any rider "in good condition" whatever that means! Second, the advantage of hut to hut, having shelter, water, food at the end of the ride, means if you can't make it to the hut, you get to make do with whatever's in your Camelbak. Third, what do we do in a thunderstorm? Turns out, the only thunderstorm was after we got to the hut on day two. Glad to not practice the drill of find a low spot, get away from the bike, put on your rain gear. And it was nice to see if you get a storm at 2:00, by 4:00 the trail is dry enough to ride.

Based on suggestions on the CBB website, we took lots more stuff than we'd take in the OC - water filter, spare tire, spare brake pads, spare chain, rain gear, long sleeves and tights, extra snacks. Most of that stuff stayed in the rack trunk, but I was glad to have the chain tool when **Cathy's** chain broke halfway through the first day's ride (would have been an 8 mile walk). First time we've broken a chain in 40 years of riding.

The distances and elevation gains weren't too scary, though we wondered how technical the routes would be. Turns out we were able to ride about 90% of the ride, with some hike-a-bike on steep, muddy single track. We'll claim there were some sections we would have tried riding if we weren't so far from help if we messed up. And there was one short section that wasn't even hike-a-bike - after crossing a beaver dam, we crawled up the bank dragging our bikes behind us. On most days, we were at the hut around 2:00, giving us plenty of time to clean up, lube chains, cook dinner, do dishes, and read by headlight.

CBB's website said "...we take you beyond where day-trippers and casual bikers venture to backcountry trails rarely experienced." The trip was way off the beaten track, in four days of riding, we only saw three other people, and one of those was Kevin's from CBB. We certainly enjoyed riding ATV trails through the pines, dirt roads over the mesas, single tracks through the aspens, slick rock descents, more dirt roads down into red rock canyons, and a mile of "road" that was just graded sand in a creek bed. A trip we'd be happy to do again!



Far Left: Cathy on the climb back up from hut 3

Middle: Lee at the Rio Colorado from Rustler's Ridge

Left: Hut 1

EVENTS

Mike Lee, LCI

WEBSITE AND EVENTS

I am finally able to find a little breathing room in the club's hectic schedule of events. Next Major Ride event will be the spring metric in March 2013. This will be scheduled for the last Saturday in March. Be sure to watch your email when registration is released. So as I wind down my efforts for 2012 events I wanted to review some of this year's milestones.

The new website although not as robust for interactive data retrieval it was nonetheless very effective for me to manage the registrations for all the events and communicate with the riders. Along the way I was learning how best to utilize the tools of the new website as they apply to the events. The coming year will bring new registration codes and even better data capture. If our hosting company can deliver the enhanced data relationship code we will be in a better position to track our members and riders.

The only item we are still struggling with is the past members not creating their account login and becoming a member. We are continuing that effort.

As I am wearing 2 hats as Events and Webmaster I am very pleased with how some of our members have stepped up to the challenge of the new website and a new way of administering the clubs affairs. **Jim Walker** has most if not all the emails that are needed to communicate with members, **Paul D'Aquanni** is now managing the monthly meeting posting and **Lee Stebbins** has completely revised the ride calendar and all our weekly rides notices, routes, and storage of the data. **Jim Pugh** is managing our stats page, that although not as flexible as the previous stats records, I'm sure we will improve that in time. And not to forget **Miguel Perea** who has stepped up to manage the Birthday Calendar/Email and the Folding Party. **Alan Vester** has revived the Goat Hill ride and is sending out his ride announcements.

If not for the dedication of these members the website and the currently available website tools our new website will not be a source of information, education and communication for members.

Ride Safe, Ride Predictable

THANKSGIVING DAY RIDE (burn it to earn it)

Please join us for the second annual Thanksgiving Day ride. Ride starts at 8:30am, November 22nd at Rock n Road Cyclery in Mission Viejo (Please go to www.ocwheelmen.org and click on "Ride Calendar" and then click on date to view the map to Rock n Road Cyclery). The ride is between 35 & 40 miles. Yes, you will be home by noon to make a pig of yourself with out feeling guilty. Sounds great so please join us, then you can really enjoy having seconds and a big piece of that pie.

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

November 3, 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 & 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.

November 10, 2012 The Square, Irvine.

29 Miles. Rolling ride thru Irvine & Lake Forest. 600 Feet Elevation Gain.

38 Miles. Rolling to Hilly ride thru Irvine & Lake Forest. 1000 Feet Elevation Gain.

42 Miles. Rolling to Hilly ride thru Irvine & Mission Viejo. 1800 Feet Elevation Gain.

November 17, 2012 The Square, Irvine.

23 Miles. Flat ride thru Irvine & Newport Beach. 400 Feet Elevation Gain.

33 Miles. Rolling ride thru Irvine & Newport Beach. 1100 Feet Elevation Gain.

63 Miles. Flat to rolling ride thru Santa Ana, Garden Grove, Seal Beach, Long Beach returning on PCH thru Huntington Beach & Newport Beach. 700 Feet Elevation Gain.

November 24, 2012 The Square, Irvine.

26 Miles. Flat to rolling ride thru Irvine. 600 Feet Elevation Gain.

36 Miles. Flat to rolling ride thru Irvine, Lake Forest & Mission Viejo. 1260 Feet Elevation Gain.

43 Miles. Flat ride thru Newport Beach, Huntington Beach, Seal Beach, Fountain Valley & Santa Ana. 400 Feet Elevation Gain.

December 1, 2012 The Square, Irvine.

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

37 Miles. Rolling to Hilly ride thru Irvine, Laguna Beach & Newport Beach with a climb up Newport Coast. 1200 Feet Elevation Gain.

62 Miles. Hilly ride thru Irvine, Tustin, Orange, Yorba Linda up Carbon Canyon to Chino Hills and returning on the same route. 2750 Feet Elevation Gain.

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

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.

November 11, 2012 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.
22 Miles. Rolling ride thru Tustin & North Irvine.
37 Miles. Rolling to Hilly ride thru Orange and Santa Ana Cyn Rd returning on Santa Ana River Trail.
47 Miles. Rolling ride thru Tustin, Irvine, Newport Beach returning on the Santa Ana River Trail and Costa Mesa.

November 18, 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.
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 25, 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 & Newport Beach.
36 Miles. Hilly ride thru Costa Mesa, Newport Beach, Laguna Beach & Irvine.
46 Miles. Hilly ride thru Costa Mesa, Irvine, Lake Forest, UCI & Newport Beach with the final climb up Newport Coast. 1650 Feet Elevation Gain.

December 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. 23 Miles. Flat to Rolling ride thru Irvine & Tustin. 500 Feet Elevation Gain.
32 Miles. Rolling to Hilly ride thru Newport Beach, Laguna Beach & Irvine. 1100 Feet Elevation Gain.
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.

HOLIDAY RIDE

RIDE STARTS AT 9:00 A.M

November 23, 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.
37 Miles. Rolling ride thru Irvine up Shady Cyn Trail, Newport Beach, Costa Mesa & Tustin. More on page 16.

The Hungry Cyclist



Ingredients

crust

- 1 1/2 cups unbleached all purpose flour
- 1/4 teaspoon salt
- 5 tablespoons chilled unsalted butter, cut into 1/2-inch cubes
- 1/4 cup chilled non-hydrogenated solid vegetable shortening, cut into 1/2-inch cubes
- 1/4 cup (or more) ice water

filling

- 1 cup canned pure pumpkin
- 1 cup (packed) golden brown sugar
- 2 large eggs
- 1 teaspoon fresh lemon juice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 8-ounce container mascarpone cheese

Whipped Cream and Mascarpone Topping

- 1 cup chilled whipping cream
- 1/4 cup mascarpone cheese
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt

Preparation

Crust

Blend flour and salt in processor. Add butter and shortening; pulse until mixture resembles coarse meal. Add 1/4 cup ice water; pulse until dough begins to clump, adding more ice water by teaspoonfuls if dry. Gather into ball; flatten into disk. Wrap in plastic and chill at least 30 minutes. **DO AHEAD**

Can be made 1 day ahead.

Preheat oven to 350°F. Roll out dough on floured work surface to 12-inch round. Transfer to 9-inch glass pie dish. Trim overhang to 1 inch beyond rim. Crimp edges. Chill crust while making filling.

filling

Using electric mixer, beat pumpkin and sugar in large bowl until well blended. Add eggs and next 7 ingredients and beat until blended. Add mascarpone cheese and beat just until mixture is smooth. Transfer filling to prepared crust.

Bake pie until custard is set, about 55 minutes. Transfer pie to rack and cool. **DO AHEAD**

Can be made 1 day ahead. Tent with foil and chill. whipped cream and mascarpone topping

Combine ingredients in medium bowl. Using electric mixer, beat to soft peaks. **DO AHEAD**

Can be made 4 hours ahead. Cover and chill.

Serve pie with topping.



Ride it & Leave It

by Miguel Perea

Serendipity is one my favorite ways to learn about life and opportunities to get involved with things that bring meaning to it. And so it was that I found myself sitting with **Randy Kiefer** on an Amtrak train, coming back from doing the pre-ride for the Amtrak Century. While sharing a glass of beer he started telling me about the Rosarito to Ensenada bike ride and the Ride It & Leave It bike donation program. The beer may have had something to do with it, but by the time we got off the train I knew I was going to do the ride with Randy.

Two weeks later a group of seven, including OCW member **Stuart Gaston**, **Randy** and myself rode the 50 miles between Rosarito and Ensenada, along the Northern Coast of Baja California, along with an estimated 6,000 other enthusiastic participants. **Stuart** has been riding to Ensenada for decades and decided to bring his video camera to record the color and festiveness of this classic event. **Randy** has also been riding not just to Ensenada for years, but also the 135 miles from Irvine to Rosarito the day before the event. And he does this with a donated bike, mind you, which he then donates to a charity in Ensenada at the completion of the ride. Over the years he has given away dozens of bikes which are then distributed to people in need through Desarrollo Integral de la Familia, a relief agency in Mexico for single moms and poor families. Known as the One-Way Ride, the charity is a ride within the ride for cyclists who ask nothing more than a ride back up the highway in return for giving their bikes away.

Randy and his friend Zach Menke collect and fix donated bikes over the months prior to the rides, which are held in May and September every year. Based on the number of bikes available they recruit volunteers to do the One-Way Ride to Ensenada. And so, over a few beers, I found myself riding a lady's bike all the way to Ensenada knowing that someone would make good use of it someday.

The Orange County Register newspaper did a story on **Randy** the One-Way Ride charity which you can read by copying the link below and pasting it into the URL of an open browser:

<http://www.ocregister.com/articles/kiefer-373044-bike-ride.html>



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

Holiday Ride

RIDE STARTS AT 9:00 A.M

November 23, 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.
37 Miles. Rolling ride thru Irvine up Shady Cyn Trail, Newport Beach, Costa Mesa & Tustin.

FIELD FIXES

By Frank Neal, LCI

Newspaper

Yeah, the days seem warm, but it can get cold or windy very quickly this time of year. It can even happen during the full daylight hours without warning! Rain can come as unexpected thunderstorms. Take a lesson! So you forgot to bring your jacket or thought you wouldn't need it? Here is a quick fix on the road: Buy a newspaper for \$0.50! Newsprint is very "wind resistant". Put it down the front of your jersey and in your arm warmers. You will be surprised how this can stop the wind and warm you up! Or stop at any Post Office or FedEx store. Their thin Tyvek mailing envelopes are wind and water proof and they are free. Just FYI... These all work well in unexpected rain and wind. Try them and you will see.

RECYCLE TIRES AND TUBES: OCW CAN HELP!

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

OCW can help you dispose of good used foldable tires and patchable tubes in an environmentally safe way.

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

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

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

Rejected items will be turned in at a Household Hazardous Waste Roundup. They will be handled with the environment in mind.

So clean out your garage, be green, and help OCW riders 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 to patch and recycle.

Ride Safe out there! – Frank Neal, OCW Board

Next Board of Directors Meeting is November 4, 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 OCW member will pay the regular registration fee, but will be able to Pre-Register.

This is for OCW members only!!

Ride 20 or more club rides between June 16, 2013 and December 31, 2013 for a total of 40 rides and you 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

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

TUSTIN TOYOTA

SHIMANO

Fi'zi:k

VITTORIA

HAMMER NUTRITION

CRANKY'S

DID YOU KNOW?

By Frank Neal, LCI

AAA is a Franchise

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

The Auto Club of Southern California is a different company from the Auto Club of Northern California. These are different companies. They are franchises of AAA and operate on their own, but are aligned with AAA Nationally. It is very complex and I will not get into that because you don't care.

The reason I bring this up is that the Auto Club of Southern CA came up with a really great brochure about "Sharing the Road" with bicyclists last year.

They are completely for bicycle safety on our roads and I support them. They are progressive on that issue, which I support.

The Northern CA Auto Club helped to defeat the 3-ft. passing law last year (that is already in effect in 21 other States).

They have their heads in a dark place that I will not mention.

If you heard that AAA is against bicycling, I will tell you it is not true! Southern California Auto Club is WAY a promoter of bicycling safety!

I just needed to clear up the smoke and thanks for listening.

Happy Cycling!

Ride Safe out there! – Frank Neal, LCI

OCW Board Meeting Minutes

Sunday, October 7 , 2012

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Jim Walker, Alan Dauger, Jim Pugh, Lee Stebbins, Doris Bingo, Dan Gorman, Frank Neal, Alvin Trafton, Alan Vester, Michelle Vester, Miguel Perea, Randy Kiefer, Paul D'Aquanni.

Members and guests present: None.

CALL TO ORDER

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

MINUTES

It was moved and seconded to approve the minutes of the September 2012 Board Meeting. The motion to approve the September minutes passed.

TREASURER'S REPORT

Jim Walker said that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Jim Walker said that OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Jim Brewer** congratulated **Randy Kiefer** on his work in repairing and donating bicycles and noted the article in the Orange County Register on that work.

He said that on October 28 there will be a memorial ride in Newport Beach that honors the riders who died there recently. He said that the governor vetoed the legislation that sets a three-foot minimum passing distance for motor vehicles that pass a bicyclist. This is the second time that has occurred. He also said that some would-be AMTRAK riders requested a refund and he did make one such refund because of the deletion of a portion of the train ride.

Vice-President: **Paul D'Aquanni** said the date for the 2013 Awards Banquet will be February 23. He said that **John Howard** will be the likely speaker at the banquet. It was moved and seconded to authorize up to \$1500 to pay for the speaker's fee. Motion carried. He said that the regular General Membership meetings in 2013 will have to move to Tuesday from Wednesday if we wish to have it at the IRWD offices. He will look into the possibility of continuing with the meeting on Wednesday, but at the Tustin Library facilities.

Membership: **Jim Walker** reported that OCW has 420 members who signed up using the new website, plus 111 members who did not do so. Paramount has 33 registered members.

Paramount: No report.

Ride Captain: **Lee Stebbins** reported that the winter schedule is now in effect for the weekend rides. **Jim Brewer** asked for a change in the order that the rides were displayed on the website. **Lee** said they are shown in order of start time and there is nothing that can be done to change that.

OCW COMMITTEE REPORTS

LCI: No report.

Events: **Mike Lee** mentioned that there was an AMTRAK wrap-up meeting. **Mike** is still looking for volunteers for the Fall Metric. **Lee Stebbins** said that the start location will be at the back corner of the park instead of at the front.

Goat Hill: **Alan Vester** has been notifying members about these rides via email. He will soon be posting them on the website.

CTC: **Frank Neal** said that the Governor will allow cities to experiment with bike routes. He also said there would be a good OCW contingent at the Solvang Double. **Frank** also suggested that OCW appoint someone to serve as a Historian for the club. Finally, he said Voler will soon be able to produce a jersey with a full-length hidden zipper.

OLD BUSINESS

None

NEW BUSINESS

Projector: **Jim Brewer** said we must replace our old projector. It was moved and seconded to allocate up to \$700 for a new Epson projector. Motion carried.

2012 Holiday Party: **Jim Walker** said that it will be on Sunday, December 9 and that a deposit has been made for the venue.

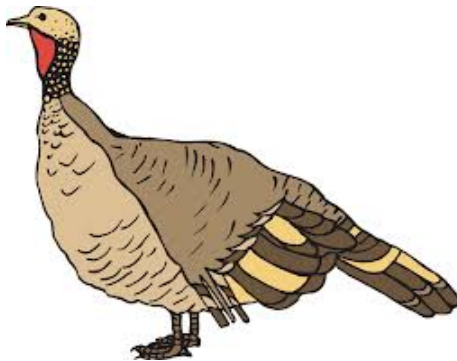
Website deletion: It was moved and seconded to eliminate the old OCW website, provided that the domain name OCW.org be preserved under the control of the Club. Motion carried. **Mike Lee** will talk to Leo of Atlantis about getting this done.

Discounts for members: **Jim Brewer** said that the Irvine Rock N' Road bike shop will give a discount to OCW members.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 11:59 am.

Respectfully submitted by Alan Dager.



WHAT IS A 29er?

29ers – the new breed of mountain bikes with 29in rather than standard 26in wheels – stir up emotions. To their detractors, they apparently look like clowns' (or even old men's) bikes. But, inevitably, many of those who are against big-wheelers haven't spent much time on them.

Despite opposition in certain circles, 29ers are gaining in popularity. Every year sees more of them on the market and out on the trail. US and UK dealerships are selling out of mainstream-brand big-wheelers, and world-class racers are winning on them. Perhaps it's time to take notice.

Size does matter

Way back in 1986, Dr Alex Moulton, famous for his comfy small wheelers, made a 20in-wheel, all-terrain bike. Unfortunately, the Moulton ATB had a fairly fundamental flaw. Its 20in wheels were unduly disturbed by all the little dips and bumps you'd barely notice on a 26er. So despite the comfort and control of Moulton's suspension – in an era when most mountain bikes were fully rigid – his ATB wasn't around for long.

If you've ever ridden a BMX on a proper mountain bike trail, you'll know it's not a great experience. Smaller wheels, not to mention shorter wheelbases, are harder to ride on bumpy ground. Think about it. All other things being equal, a bigger wheel's shallow angle of curve rolls over uneven terrain more easily. But can we also assume that bigger wheels will roll over rough surfaces faster? Not always – complications arise when you introduce stuff that plays with the 'all other things being equal' bit, because they never are.



Converts to big-wheelers just seem to love their ability to make riding fast, bumpy trails much easier. The rolling advantages of big-wheel bikes may not offer a convincing overall speed gain on a given cross-country circuit to highly skilled pro racers, but the more we've ridden them the more we've felt that the best ones can do a lot to boost comfort and confidence during those rough outings.

And remember, a boost in confidence and comfort like that usually equates to more speed simply because of the feel-good factor. This may well be why several of the smallest women on the World Cup cross-country circuit are having great success on 29ers. There are times when they just feel easier to ride. But first, let's take a look at the stuff people talk about in the 26er versus 29er debate.

Why is rolling smoother?

The main reason that bigger hoops roll more evenly is the angle of curve. Try rolling a Hula Hoop crisp along, then doing the same with a napkin ring. Okay, there are other differences, but you get the idea.

A shallower angle of curve isn't as affected by bumps and dips because it bridges the gaps that form hard edges. That's why riding a BMX down a flight of stairs is harder than it is on a mountain bike. Taken to its logical conclusion, a wheel could be made big enough to simply fill the hard-edged gaps that form a series of steps and roll the edges like a slope.



What about traction?

Some common misunderstandings about traction on 29ers versus 26ers are floating around. If a rider sits on a 26er and then a 29er with the same tyre pressures, the length of the tyre area making contact with the ground will theoretically be the same. But even with tyres from the same brand and with the same tread, the differences between volume and shape will often create a wider contact patch on the 29er.

Taken out of bikeradar.com
Article by Steve Worland

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

Emergent Success

23046 Avenida de La Carlota
Suite 600
Laguna Hills, CA 92653
949.885.6467

Pace Sportswear

12781 Monarch Street
Garden Grove, CA 92841
714.891.8716

Matloff and Associates Landscaping

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

Allegro Property Inspections

Fountain Valley, CA 92708
714.916.0110

Dee Bessee Massage Therapist

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

Irvine Bicycles

6616 Irvine Center Drive
Irvine, CA 92618
949-450-9906

Rock N' Road Cyclery

6282 Irvine Blvd.
Irvine, CA 92620
949-733-2453

Yorba Linda Physical Therapy

16615 Yorba Linda Blvd.
Yorba Linda, CA 92886
714.577.0745

MVP Massage Therapy

15375 Barranca Parkway
Suite J-104
Irvine, CA 92618
949.439.0673

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

