



A QUARTERLY PUBLICATION OF THE ORANGE COUNTY WHEELMEN

SPRING 2015

How to Avoid Being *Right-Hooked*

By Greg Kline, LCI, Cycling Savvy Instructor, Member American Bicycle Education Association

A right hook can occur in either of two ways: a motorist overtakes a bicyclist and turns right, or a bicyclist overtakes on the right of a waiting motor vehicle which turns right. That's bad news, but the good news is that you can take charge of your own safety.
- John Allen

One of the key concepts that Stacy & I try to convey in the [Traffic Skills 101](#) and [Cycling Savvy](#) courses we teach is the idea of "[Situational Awareness](#)" – the ability to recognize what is happening around you and to assess and correctly respond to a dangerous situation as it develops.

Here's one example of a dangerous situation that can lead to a crash. This type of crash happens often enough that it has a name, the "right hook".

<https://www.youtube.com/watch?v=1yVFmAilK9U>

In this case the fault was the motorist's. This right hook occurred in Texas, and Texas (like most states) requires a motor vehicle to merge with cyclists and turn from the right edge of the roadway. Bike lanes and lanes wide enough to share side-by-side with motor vehicles are more likely to lead to a right hook. Be aware of the dangers posed by riding to the right of potentially right-turning traffic.

Preventing right hooks is better than reacting to them. Position yourself so that you are out of the danger zone:

- Do not pass to the right of a right-turning vehicle.
- Merge into a position of lane control as you approach an intersection.

Recognize the warning signs that a right-hook situation is developing:

- Motorist pulling up next to or passing a cyclist, then slowing down.
- A turn signal is an obvious sign, but they aren't always used.

If you are right-hooked, use learned evasive maneuvers and advanced bike-handling skills:

- Instant turn – taught and practiced in [Traffic Skills 101](#) and [Cycling Savvy](#).
- Quick stop – taught and practiced in [Traffic Skills 101](#) and [Cycling Savvy](#).
- Know that braking in a sharp turn can cause you to lose traction and skid.
- Always keep your inside pedal up in a sharp turn.

Remember, it's always better to **prevent** than to react to dangerous situations. Keri Caffrey has produced a great video that shows how to **prevent** right hooks:

<https://vimeo.com/74851821>

[Right Hook Prevention in Bike Lanes](#) from [Keri Caffrey](#) on [Vimeo](#).

OCW CLUB LINKS

HOME PAGE: www.ocwheelmen.org

CALENDAR: www.ocwheelmen.org/page/show/418357-calendar

OFFICERS: www.ocwheelmen.org/page/show/419328-officers

DIRECTORS: www.ocwheelmen.org/page/show/419332-directors

SUPPORTING MEMBERS: www.ocwheelmen.org/page/show/424483-supporting-memberships

MONTHLY BOARD MEETINGS

Held the first Sunday of each month starting 11am at 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. (at Von Karman). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

MONTHLY BRAINSTORMING PARTIES

Held once a month, typically the last Thursday or Saturday of the month. These special "parties" are a way for OCW members to get together and "brainstorm" articles and ideas for our monthly NewsBlast and quarterly Chain Reaction while enjoying food and beverage. COME JOIN US!

If you would like to host a Brainstorming Party or supply food or beverage please contact Miguel Perea at 714.849.3519. OCW REIMBURSES UP TO \$150!

REGISTRATION FOR OCW EVENTS

All Registration for OCW events require the registrant to be logged in. Be sure to always check for discount codes. You will only see the discount code if you are a current member of OCW. The discount code if applicable will be located on a separate page in the specific event area. To confirm if you are current, check the membership data base. If you do not see the link for the membership data base, your membership has expired by at least a month or more.

The new website, registration code, and discount codes are only visible to current members. The website functions are different and I have learned new ways within this site logic, to apply new and different ways of maintaining privacy for our members from email skimmers and other nefarious internet hacking. I am continually upgrading the website when there are better ways to protect your personal information, but have it available for our members to connect to each other.

Thank you for your continued support and membership to OCW. Kat Liem, Events

Editors Musings



Michelle Vester, LCI

Inspire and Influence

in·spire

in'spī(ə)r/
verb

1. fill (someone) with the urge or ability to do or feel something, especially to do something creative.

in·flu·ence

in-floo-uh ns
verb
noun

1. the capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself.

Powerful. Check out this issue to see those who have made a difference on and off the bike.

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EVENTS 2015

Ride Around the Bear	June 13
Amtrak Century	September 12



President's Message

By Miguel Perea, President

Well, hello everyone! Miguel here, the (almost new) OCW Prez. It's been less than a month on the job, but it already seems quite a bit longer, with the way my inbox seems to be filling up these days. I mentioned in the last News Blast about the challenge of preparing for the interview with Levi Leipheimer, our guest speaker for the Awards Banquet. Levi had requested that we use this interview format, as opposed to a traditional presentation with a few photos and/or videos, because he felt that this was a better way to connect with the audience. Seemed reasonable, but that meant that someone had to prepare the questions and carry out the interview in a way that would satisfy the audience's interest. To my knowledge, we had never done anything like this with a guest speaker, so there wasn't a model that I could follow other than many years of watching "60 Minutes". So, I started my research and read everything I could find on Levi's career, which fortunately was relatively easy in this age of the internet. However, the sheer amount of information was overwhelming, and ultimately I had to organize it in a way that flowed well during the interview and that kept the attention of the audience. Levi was extremely cooperative and had told me that no topics or questions were off the table, which made it much easier to touch on sensitive issues like the use of PEDs (Performance Enhancing Drugs) in the pro peloton, and how that impacted his own career. He also provided a couple of really good video trailers that gave a good insight on the kind of person and rider he is. So, armed with all that and Jim Brewer's computer we forged ahead, and with the help of the always entertaining OCW Podium Girls, we managed to have an evening of fun with a hundred of our closest friends. There will be a link to the video of the interview on the OCW website, as well as a good collection of pictures.

May is National Bike Month! Since 1956, May has been recognized as National Bike Month, and the League of American Bicyclists has sponsored this celebration of bicycling. National Bike Month is so much more than 31 days in May. It's a celebration of bikes; an impetus to get rolling again; a gateway to riding more often; a time to evangelize the beauty of bikes; and much, much more. This year, the League has revamped their National Bike Month Guide, a resource for event organizers looking for ideas, strategies and resources to organize in your community. You can access the guide at the link below. http://www.bikeleague.org/sites/default/files/NBM_Guide_2015_web.pdf

By the time you read this you may have already ridden the OCW Spring Metric, or volunteered to make the event happen. Either way, THANK YOU all for participating! You know by now that OCW has a new Events Coordinator in Kat Liem. She is taking the reins for all our events in 2015 from the very capable hands of Mike Lee, so she has big shoes to fill. Let us all do our best to help Kat in recruiting volunteers for the key events, Ride Around the Bear (RAB) on June 6, and the Amtrak Century on September 5.

Finally, a comment about this column. Every OCW president struggles somewhat with what topics to cover in this space. I am curious to know what you, the OCW members, would like to know or read more about. If you have any particular interests or comments about it, or simply want to tell me if you liked it or hated it, please drop me a line at miguel.perea@ocwwheelmen.org. It beats feeling like I am writing for my dog, Bella who, incidentally, is expecting puppies. To be continued....

Ride Safe and Be well!



A Cabin in the Park

By Kevin Ansel, LCI

We, Kevin and Ximena Ansel, left our home in Irvine on fully loaded touring bikes. We were heading over to Huntington Beach to meet Joe and Margaret Polance. We were to rendezvous on the Santa Ana River Trail (SART). The four of us were doing a weekend bicycle tour to Featherly Park in Yorba Linda. Most people don't know that there is a nice RV park there that rents cabins. We had reserved a small cabin that sleeps four.

As we headed up the SART other cyclists would ask us "Hey, where are you going on your tour?" "Featherly Park" we would answer. The typical response was "What? Where?"

We stopped at the ARTIC, Anaheim Regional Transportation Intermodal Center (ARTIC), for a quick break. The security guard said it was OK to roll our bikes right in the front door. We refilled our bottles, stopped at the convenient store located inside, and we were off again.



It was a beautiful, warm day and perfect weather for a tour. Further up the trail we stopped at a small Mexican restaurant for lunch. After filling up on tacos we continued until we rolled into Featherly Park. We checked in at the General Store, received the keys, and proceeded to our cabin. It had a nice little front porch. As we entered we found a queen-size futon and a set of bunk beds. There was a bathroom with a shower and a kitchen with a sink, microwave, and small refrigerator. I guess we were not going to be roughing it on this trip.

We unloaded the gear off the bikes, changed into civilian clothes, and sat on the porch enjoying some well-deserved snacks we brought along. It was a little noisy as the park is right off the 91 Freeway but it was tolerable. It was quiet inside the cabin though since it had good sound insulation. Joe and I decided to throw around the Frisbee that he brought. We all headed back to the General Store to buy

some firewood for the evening camp fire. We bought some ice cream for later too.

Back at the cabin we fired up our backpacking stoves and started dinner. Ximena and Kevin had a soup and rice dish and Joe and Margaret enjoyed plentiful sandwiches they brought.

It was Margaret's birthday and we surprised her with a celebration of cupcakes the Ansels had brought hidden in their panniers. After dinner we enjoyed a fire before retiring to the cabin. We

spent the rest of the evening playing a word game that we brought along. We “hit the hay” after a very fun-filled day. We all had a pleasant night’s sleep. The cabin was perfect for the four of us. The next morning we packed up and headed to a



local diner for breakfast. It was another beautiful day. As we made our way back down the SART, we encountered many other cyclists. Margaret, feeling good after a hearty breakfast, jumped on the wheel of a group of riders. They were surprised to see a woman on a touring bike with a sleeping bag and gear hanging on to their pack.

As the rest of us got back to Huntington Beach we finally caught up to Margaret. All and all it was a fun trip between four friends. Bicycle touring is a great way to get away even if it’s only to Yorba Linda. So why don’t you head out on a touring adventure of your own? For more information on the cabins at Featherly Park check out the web site. <http://www.canyonrvpark.com/our.cabins/>



UPCOMING EVENTS



**The 31st Annual
100 Mile Bicycle Ride
Ride Around the Bear
Saturday, June 6, 2015
400 Rider Limit!**

[Click here for registration information and The Bear registration page](#)



General Meeting Wrap-Up

By John Renowden, Vice President

Thursday, March 5, 2015

PRESENTER

Dr. Vince DiSaia

Chiropractor/ Clinic Director

Certified Strength and Conditioning Specialist

Momentum Sports Therapy

Lake Forest

Dr. Vince DiSaia, DC, is the founder and clinic director at Momentum Sports Therapy. His goal is to provide all clients with the best health and fitness services in Orange County to ensure that everyone achieves their goals quickly and effectively.

In his presentation Dr. DiSaia explained the best way to get stronger and faster on the bike. Most people spend their time and money chasing a lighter, better bike or just keep putting in more miles. However, the most effective way to improve is to optimize the machine that rides the machine, the rider. He covered the need to make changes both inside and outside the body to really optimize performance on the bike.

Dr. DiSaia has been specializing in the treatment of athletes for many years. His expertise in sport-related performance and recovery has led athletes of many different backgrounds to seek his counsel. Training in movement analysis and functional patterns allow him to provide each athlete with a specific, detailed analysis and improvement program. A passion for helping people obtain complete health and wellness has led to his more recent post-grad study in the field of functional medicine. This knowledge has allowed him to create easy-to-follow programs to help people truly regain their health instead of relying on drugs and surgery. Of interest to every rider was the recommendation to aid muscle recovery by the use of a foam or muscle roller as a daily routine.





Four Hidden Waterfalls in the San Gabriel Mountains

North of the Los Angeles Area - January and February, 2015

In this water-shortage situation we are facing, who would have thought that there would be several lively waterfalls in the San Gabriel Mountains just a few miles north of Los Angeles? Finding these hidden gems did not require much detective work. In the Jerry Schad hike book, [101 Hikes in Southern California](#), a quick check of the appendix, "Summary of Hikes", gave us all the information we needed to pinpoint their locations. Our method of selection was to simply pick four falls that were geographically close together, so as to minimize our driving time.

On January 31, Doris, Larry and Victor headed out to find the first two falls on our list, Paradise Falls and Trail Canyon Falls. Paradise Falls is located in Wildwood Park in Thousand Oaks. From the parking lot, we hiked on the Moonridge Trail, while watching for a large wooden teepee structure. Following the trail from the teepee took us down into Arroyo Conejo gorge. The sound of the waterfall lets you know that you are close. Soon you will see the very pretty Paradise Falls. There are several trails in the area that provide an opportunity to view the 30-foot waterfall from different vantage points. Our return hike was along Moonridge Trail to the Lizard Rock Trail to Lizard

Rock (931 feet), returning on the Stagecoach Bluff and Mesa Trails for a total of 5.6 miles with 1100 feet of gain. The trails in Wildwood Park were well maintained and easy to walk on.

After returning to the car, we headed to Trail Canyon Falls. We took the I-210 freeway to Sunland where we located the Big Tujunga Canyon Road and followed that for about 5 miles. Trail Canyon is located in the Angeles National Forest, so a Forest Adventure Pass is required for parking. The weather was great for hiking, with sunshine and mild temperatures. The trail to Trail Canyon Falls was in good condition, but in a few places it seemed to get lost in the heavy undergrowth. As long as you are following the stream below, you will get to the destination. About the time we were wondering if we had made a navigation mistake, we rounded a sharp left bend and there was the waterfall below us in the canyon. The trail led us to the upper edge of the waterfall where we could stand and look down to the pool 30 feet below. As we were returning along the trail we noticed a side trail that went down toward the creek below. Following that steep trail got us to the pool at the foot of the falls. That was a super nice view. Looking up from the bottom

is much more impressive than looking down from the top. We ended the day with a nice lunch and apple pie at Carrow's in Sunland.

We hiked to the next two waterfalls on our list on Sunday, the 15th of February, starting with Fish Canyon Falls, followed by Lewis Falls, both in the San Gabriel Mountains.

Fish Canyon access starts on the private property of the Vulcan Materials Quarry in Duarte. In agreement with the city, the company has provided parking and trail access through their property, usually on Sunday when the quarry is closed. Drive up the gravel road to the gate and observe the signs for additional information. The trail went through the middle of the quarry and out into the Angeles National Forest. Along the trail we took a side trip to view the Darlin' Donna Falls (15 ft). Fish Canyon Falls cascades over a group of four tiers for an impressive total of approximately 100 feet. At the lower pool, there are several large boulders hikers can sit on to enjoy the magnificent view. We found a trail around the pool to the side of the lower falls that provided an even better close-up view. On the return, Victor, ever vigilant of the surrounding plant life, discovered a rare

succulent variety with pencil-thin leaves, commonly called a 'Dudleya' growing about 20 feet down the side of the trail. He immediately went down to it and introduced himself. This very interesting hike was 6.2 miles (R/T) with 900 feet of gain.

Our second hike of the day was

Lewis Falls, which drops nearly 50 feet over two tiers to the pool below. The trail started at Highway 39, mile-marker 34.8, and followed Soldier Creek. This rather short hike was 1.6 miles with 500 feet of gain. Both Fish Canyon and Lewis Falls had plenty of water coming down. The real question is: "Where

is all this water coming from?" Weather was very pleasant. We enjoyed a nice lunch at the Crystal Lake Cafe afterwards. Sadly, Bubba, the orange tabby cat who has been the Crystal Lake Cafe greeter and mascot for several years, is still missing.

Trailhead leading to Paradise Falls



Paradise Falls Pictures Continued.....



Doris and Larry at Trail Canyon Falls



Victor and Doris at Fish Canyon Falls



Lewis Falls





Goat Hill

By Alan Vester, Mountain Bike Dude

Alan's Top 10 List for 2015

Ok, so here is my top 10 list of mountain bike things. I was not compensated for any of these recommendations. No swag, freebies or demo products here. I purchased them myself and this article represents my personal opinion of below items. These picks reflect me, a 60+-year old mountain bike rider and not a CAT 1 racer.

1. **Favorite mountain bike manufacturer:** Specialized. I realize Trek, Giant and many other companies also produce great bikes. Specialized is a California-based company and has been around since 1974. I judge them on how well they respond after the sale of the bike. I have purchased 7 Specialized bikes over the last 11 years.
2. **Bike shop:** Rock 'n Road Cyclery in Anaheim Hills. I have worked with them since they opened in 2004 and I cannot say enough great things about the employees who work there. No weak links, everyone is knowledgeable.
3. **Drive Train Components:** Shimano is my hands-down favorite. SRAM is a close second but it is hard to beat XTR or XT level components on mountain bikes.
4. **Winter Socks:** Pearly's socks. These socks fit well and feel great in cold-weather riding and hiking. I also wear them in moderate weather. I absolutely love these socks. I wear them in cold weather and my feet stay warm. Available on-line at pearlypossumsocks.com.
5. **Saddles:** Koobi. Slightly heavier than a conventional saddle, but I'll take comfort over speed any day. I use both the PRS Alpha (my favorite) and the PRS Enduro which is slightly larger and heavier. The saddles are available only through their web site, <http://www.koobi.com/koobisaddles.aspx>, and are custom-made for the rider's weight. They use elastomers which act like vibration dampers to help smooth out the rough off-road ride.
6. **Drive Train Gear Combinations:** 1x11. I like this set-up because it has no front derailleur, 11 true gears, very smooth, quiet and simplifies the riding experience. The 2x10 combination is fine and I actually have it on two of my mountain bikes. My next bike will have 1x11.
7. **Bicycle Repair Stand:** "Feedback Sports Pro Elite Bicycle Repair Stand." I use this stand at least 5 times a week. A necessity for servicing mountain bikes, washing bikes and changing tires. Available at jensonsusa.com
8. **Cleaning Brush and Soap:** Libman Long Handle Tampico Scrub Brush and Dawn soap. The brush used by bicycle support teams everywhere. The brush is available at Amazon for \$18.87.
9. **27.5 Wheel Size:** I like this size because it is very versatile and almost any size rider fits a 27.5 mountain bike. I ride a 29'r because I'm six feet tall and the 29'r fits me well because of my long legs and torso. My next bike will be a 27.5. The 26" wheel is being slowly phased out by bike manufacturers. [Giant Bicycle](http://GiantBicycle) produces 27.5 for almost all their bikes.
10. **Favorite motivational expression:** "Ride Lots" by Eddy Merckx. Applies to both mountain and road cyclists.

See you on the trails.

For more information on Goat Hill or to be added to the e-mail list just send me a note at: alanvester7@gmail.com



SANTA ANA RIVER TRAIL

PARKING LOT // FACT SHEET

Read more about the improvements that will be made near the Santa Ana River Trail (SART) off Green River Road in Corona by clicking the link below.

<http://www.sr91project.info/media/upload/419189oz5j.pdf>



COME RIDE WITH US

www.ocwheelmen.org



SATURDAY RIDE LIKE A PRO

Please check out the opportunity to ride the Saturday short ride with one of our friendly League Certified Instructors.

We are fortunate that we have a dedicated group of LCIs that volunteer to head this ride every Saturday.

This ride is for those who would like to have a bit of personalized training, like learning to be a bit more comfortable riding on the road. Our LCIs cover many topics, and you can ask all the questions you want.

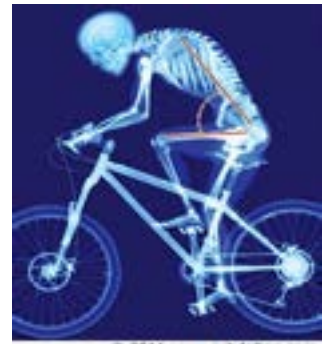
The Saturday Ride Like a Pro is a slow “no drop” ride to sharpen your skills. So come on out, learn to ride safer and have some fun!

For more information go to: www.ocwheelmen.org/page/show/419732-ride-like-a-pro-rides



Cyclists with Hip Pain

By John R. Thomas, PT, DPT, OCS, CSCS



When treating the cyclist, I often run across reports of anterior hip pain. That is usually described as pain in the front of the hip or groin region. The pain behavior usually follows a pattern of increase in symptoms with prolonged sitting, cycling, or a motion described as bringing the knee up towards the chest. There are a number of structures that may be involved when one of my patients describes this type of pain and this pain pattern. I want to describe to you some of the common causes I run across as it is related to pain in the front of the hip.

- **Pain that is referred from the Lumbar Spine (low back):** The back can refer pain to the hip and must always be ruled out as a cause of hip pain before proceeding.
- **The hip joint/capsule:** If there is restriction in the joint or capsule this could result in limited range of motion and “impingement syndrome” of the hip with positions that require hip flexion (a motion of bringing the knee up towards the chest).
- **Muscle tightness:** The Psoas (pronounced “so az”) can be responsible for anterior hip pain. We often find ourselves sitting throughout the day (whether working at the computer or driving) which can allow for shortening or tightening of this muscle. When a muscle is tight it can result in pain of the hip and even in the low back.

So how do you fix your hip pain? I recommend that you see a Physical Therapist followed by a consultation with an expert in performing a bike fit. I always make it a point to work together with the bike fitter so we can discuss the physical limitations that I find and how the bike can be set up to adjust for these imbalances. You can always get into a more aerodynamic position once the body allows it... Too many times I have seen a cyclist want to be in a more aerodynamic position thus sacrificing the body to get there which ends up in pain and a visit to my office. See the attached video for exercises.

<https://www.youtube.com/watch?v=buN29vtRGkc>





Links Bike Tours

Just in case you missed it, we lead bicycle tours in Provence. This will be our 13th summer in France. We limit the group size to 6 plus us. Wouldn't a Tour of Provence make a great Birthday or Anniversary gift? How about gathering some friends and joining us this summer? We have 1 tour set from Sept 5 – 14 with space available. We can set up a tour in July, August or later in Sept if these dates don't work. The cost of \$3,995 includes all accommodations, all meals, premium bicycle rentals, outstanding cycling routes, souvenir jerseys, and outstanding leaders. Check out our website

www.linksbiketours.com and then email us at: yourmissinglink@me.com

Come join us. Sincerely, Link and Kathy





Yum...Raspberry-Ricotta Cake



Ingredients

Nonstick vegetable oil spray

1½ cups all-purpose flour

1 cup sugar

2 teaspoons baking powder

¾ teaspoon kosher salt

3 large eggs

1½ cups ricotta

½ teaspoon vanilla extract

½ cup (1 stick) unsalted butter, melted

1 cup frozen raspberries or blackberries, divided

Preparation

Do Ahead:

Preheat oven to 350°. Line a 9" diameter cake pan with parchment paper and lightly coat with nonstick spray. Whisk flour, sugar, baking powder, and salt in a large bowl.

Whisk eggs, ricotta, and vanilla in a medium bowl until smooth; fold into dry ingredients just until blended. Then fold in butter, followed by ¾ cup raspberries, taking care not to crush berries. Scrape batter into prepared pan and scatter remaining ¼ cup raspberries over top.

Bake cake until golden brown and a tester inserted into the center comes out clean, 50–60 minutes. Let cool at least 20 minutes before unmolding.

Do Ahead: Cake can be made 2 days ahead. Store tightly wrapped at room temperature.

Recipe by Alison Roman

Photograph by Nicole Franzen

Recovery Plan for Your First Century: Cycling Tips 08

[First Century Recovery: Cycling Tips 08](#)

Pacelinebikes.com



There's plenty of information out there on how to train for your first century. They tell you how to train with limited time, how to get ready in 10 weeks or less and what type of workouts to do and when.

Most of these will get you through your first century just fine, but what happens when you're done? The next 24 to 48 hours after completing your event are just as important as the several weeks you spent training for it.

Completing a century, especially your first one, is hard on your system. I have had a few cyclists tell me how they became ill a few days after completing their first century even though they felt fine immediately afterwards.



First things first. As soon as you finish the event, get a good recovery drink in your system. Don't chug it down but sip it down as you walk around a bit and unwind. I recommend Endurox R4 recovery drink because of the right balance of post protein, carbs and electrolytes. Of course, if you have one you have been using, stick with it. Main idea is to hydrate, and replenish your system.

First 1 to 4 hours Post Ride: Cycling Tips 08

The first 1 to 4 hours after the event is when your body will absorb the most nutrients. During this time, any carbohydrates you eat will be converted into muscle glycogen at 3 times the normal rate. It's been reported that there is a 50% reduced replenishment rate after 2 hours with a return to normal replenishment time by 4 hours.

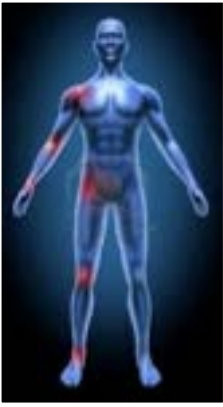


Most people want to go and celebrate with friends and family afterwards, which is fine. However, make sure to replenish first as stated above and try to get to bed early. You might want to take a quick nap before any post-ride events.

If possible, get a recovery ride in the next morning. Make it a short ride, riding slowly with a higher-than-normal cadence. If you ride with others, make sure you do your own pace and distance and do not get caught up with having to keep up with the other riders. This recovery is for your body not theirs.

A good rule to follow, especially since it was your first century, is to take a day to recover for every hour it took you to complete the event. Get plenty of rest, eat right and slowly rebuild your miles and intensity. Sleep time is when muscles repair and rebuild themselves.

Replenish your glycogen stores and hydrate like you did in preparation for the event.



This is obviously the time to take care of any post-ride aches and pains and seek medical care for any lingering pains to any joints or muscles.

The more of these events you complete the more you will get used to what you should feel like afterwards and be able to read into what your body is telling you.

Part Of The Training Plan: Cycling Tips 08

Make sure you add a recovery component to any century training program. Use this article as a baseline and make adjustments as necessary.

Developing a recovery program for your system will enable you to recover faster, healthier and get you on the road to train for that next event.

If you need any coaching advice or help contact us at info@pacelinebikes.com

Thanks for reading.

About Paceline Bikes

Here at Paceline we are all about cycling. We are constantly providing new articles and tips on various subjects related to all areas of cycling. We are determined to be your one-stop cycling site. That's why we have also teamed up with Amazon. Not only can you come here to read our most recent posts or one of our archived articles, but you can take a time out to shop for just about anything you might need on our Amazon Cycling Super Store. Awesome selection and service with one of the most trusted names online today.

pacelinebikes.com

If you have any questions or comments, please contact us at info@pacelinebikes.com

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Bikes.com



March 8, 2015 Hiking Adventure

Heart Bar Peak and Point 8868

Text and pictures by Alan Dager

Today the high temperature was to be a balmy 60 degrees, so I can dress as for a summer hike, with shorts and light hiking boots. The trailhead to Heart Bar Peak (altitude 8332 feet) is reached after a pleasant drive up State Highway 38 to an obscure road a mile or so past the Heart Bar Campground turnoff. Just 200 yards down this unpaved road are some parking spaces, where this five-mile hike begins on a jeep trail.

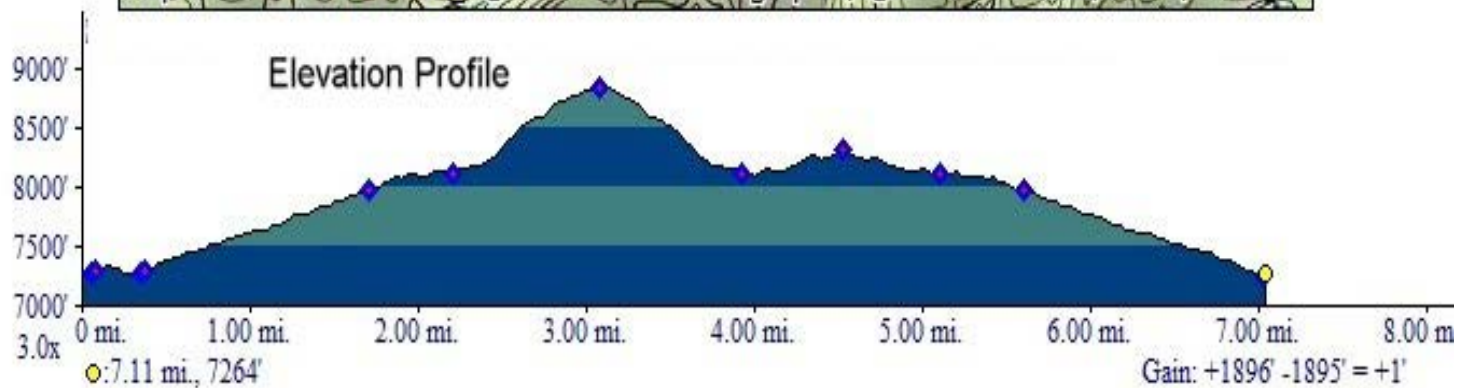
Surprise! Plenty of snowdrifts are on the trail. I should have expected this, being on the north-facing side of the mountain. But the snow is no problem, and after about two miles I reach a saddle where I am supposed to take an old road off to the right. This road is so obscure that I miss it completely, and instead continued up the jeep trail which becomes steeper and steeper. It was so rough and steep that only a few off-road vehicles could climb this, I thought, even with the best four-wheel-drive setups. After a while I realized that I had missed my turnoff and noticed that I was heading to another mountain, 8868 feet in altitude. Hey, I can do this one, then go back down and try to find the turnoff to Heart Bar Peak. At the top there was a geocache box with a sign-in. The name of the peak is simply "Point 8868."

I hustled back down the steep jeep trail to the saddle with the turnoff, and with a lot of searching found what used to be a road. It was full of old brush, fallen trees, and snowdrifts up to 2 feet in depth. Hey, I am this far, it's not too steep, and it's only about a half-mile to the summit. So I will enjoy this adventure. My summer boots are not waterproof so they got wet of course. I depended on the sun to dry them off, once I got out of the shady areas.

I was glad to reach two mountaintops over 8000 feet in a single hike. The total distance was 7 miles, with 1800 feet of gain. In the summer it would be easy, and in winter, with about two more feet of snow, it would be a great snowshoe hike.



Hike Track for Heart Bar and Point 8868





Public Relations

By Stacy Kline, LCI

It's already April, three months into 2015, and what a busy three months it's been! OC Wheelmen hosted another successful metric century ride in unseasonably warm weather, and daily and weekly training rides are keeping members busy and fit. February's monthly President's Ride saw its biggest turnout for a President's Ride with every rider joining the ride to say "farewell and thanks for all the fish" to beloved outgoing president, Paul D'Aquanni! Several members have already ridden multiple [double centuries](#), still others are out on ultra-distance rando ([randonneur](#)) rides. The annual banquet was another great success, moving to a new venue and highlighting incoming president Miguel Perea's previously unknown talent of interviewing famous sports figures. A new crop of volunteers is busy at our events, with our incoming Events director, Kat Liem, quickly recruiting more for OCW's challenging Ride Around the Bear century on June 6. OCW members found time to volunteer at the opening of the newest section of the OC Loop bike trail, Coyote Creek in March, spreading the word about safe and legal cycling in OC. Still others attended another successful Traffic Skills 101 course in February, the same day as the annual banquet...whew!

OCW has also continued its philanthropic work, donating over \$4000 to such worthy organizations as [The Bicycle Tree of Santa Ana](#), the [Orange County Bicycle Coalition](#), and the [League of American Bicyclists](#). Keeping OCW's donations local benefits the communities we ride in, and supports the people we ride with. Donating to smaller organizations with low overhead, OCW knows that those dollars go farther, and the impact is immediately visible.

Doing Good, Having Fun, Riding Hard *Always* Safe & Legal Cycling

[The Bicycle Tree](#) of Santa Ana is Orange County's only bicycle co-operative, allowing much-needed access to tools, equipment, and most importantly, technical expertise and experience to help anyone who needs to repair or maintain their bikes. OCW's donation is specifically earmarked to help underserved children in Santa Ana get a bike of their own (often their first bike) after participating in The Bicycle Tree's "Wrench and Ride" program, taught by the amazing Mr. Paul Nagel. These young middle school students attend the program for 6-8 weeks where they learn how to repair and build a bike of their own, from repacking wheel hubs, to replacing brake and shifter cables. This is no "kiddie course," rather, this is the real deal, a bike maintenance and cycling safety course for big kids, just forget that they are only 11-year-old girls!

[The Orange County Bicycle Coalition](#) is gearing up to be a major force for bicycle advocacy in Orange County. With members providing input countywide at city and county bicycling forums, committee meetings and webinars, still other members offering TS101 and [Cycling Savvy](#) safe cycling classes, [OCBC](#) is the organization the [OCTA](#) and cities reach out to for well-researched input into infrastructure projects, legal issues, and safe and legal cycling issues. Many [OCBC](#) board members belong to OCW, and that allows the issues concerning bicycle riding to be heard at all levels of government. OCW has donated \$1500 to [OCBC](#) to help them continue their efforts on our behalf, and in turn [OCBC](#) has offered a free basic membership to every OCW member. Our sister cycling club, the Bicycle Club of Irvine, BCI, has also donated to [OCBC](#) and their members have been extended

this same offer. This membership gives the Orange County Bicycle Coalition a louder voice with which to advocate on behalf of Orange County cyclists. Please consider a donation to this fine organization today. You'll recognize [OCBC's](#) blogger, Greg Kline, as one of OCW's own. The Orange County Bicycle Coalition will be offering the OC's second [Cycling Savvy](#) course this April, sponsored by our safe cycling friends with the Orange County Transportation Authority who will be providing a venue for both the ["Truth and Techniques of Traffic Cycling"](#) class and the on-bike ["Train Your Bike"](#) session. Thank you OCBC for your efforts advocating on behalf of all of Orange County's bicyclists.

Bike Month is Coming!

[The Orange County Transportation Authority](#), the Orange County Wheelmen, OCBC, the City of Santa Ana, and many others are gearing up for a very busy national Bike Month this May. Check out [OCTA's](#) Bike Month page, ["Start a Chain Reaction."](#) to find an event that is happening in your area. Join OCW board director, Bob Fairfield, on Sunday, April 26, from 9am to 1pm at the Huntington Beach Pier for OCTA's annual Bike Festival. This is a fun-filled event, centered on our collective love of bicycling. Come join the fun!

|||||

Stacy's Flourless Chocolate Coconut Brownies

Extremely delicious and easy, high energy coconut brownies. Throw these in your saddle bag and ride!!



2 cups organic shredded coconut
2 sticks of butter
2 eggs
8 oz of semi-sweet chocolate (chips or bars)
1 teaspoon vanilla
1/2 cup sugar - leave sugar out if you want it less sweet

Melt chocolate and butter over low heat, stir in coconut, eggs, vanilla, and sugar.

Pour into 8x8 greased pan

Bake at 375 degrees for 30 minutes. Check with a knife, but these are soft.

Brakes No Longer Needed

By Theresa Nelson

How blessed are we to have club members active in the club up into their 80s. Beloved father, grandfather, doctor, cyclist, friend, gentleman and husband, AJ Nelson, passed away on February 12, 2015 at the age of 88. He was training for a 5K at the end of February and was supposed to join the Walkers on their annual Colorado ski trip this month. Although he hung up his wheels a couple of years ago at the age of 84, he and his wife continued to volunteer at club events and remained active members.

Continuing their quest for physical fitness, AJ and wife, Donna have been OCW members since the mid-1980s. Their family had belonged to a cycling club, the Long Beach Sprockets, in the 1970s and when Steve and I joined the club in the early 80s they decided to start riding again. Our club experience was great, so we gave them a club membership as a Christmas gift and they have been club members ever since. AJ and Donna's first century ride was the Amtrak century. After barely making the train that year, they decided to train smarter and started the original "GMTTOT" (Get Me To The Train On Time) Saturday morning training series. They studied and passed tests for USCF entry level coach which allowed them to coach new century riders and encourage older generation new cyclists to reach their goals.

Through the 90s, trips took them on supported cycling tours through New England, Yellowstone and other parts of the country. They worked rest stops on the Bear for several decades and were regulars at the Las Pulgas stop for the Amtrak century annually.

As Paul, Steve, Cyndi and I have continued to grow in our cycling experience, AJ was always asking about our latest riding events and has been there to support us as our personal small team doctor. His presence will be missed, but we are sure he is now coasting uphill and enjoying limitless miles. I wonder if all the bikes in heaven have Campagnolo?

AJ Growing Up



AJ Amtrak Century 1998



Yellowstone 1988



For The Love of Carter Part II

By Kyle Berg



Later this year on September 26th, over 300 cyclists will descend onto Pier 39 in San Francisco. Having trained all spring and summer they will be eager to begin the California Coast Classic, a 525-mile tour over 8 days along the beautiful California coastline that will see them through Santa Cruz, Monterey, Big Sur, San Simeon, Oceano, Buelton, Ventura, and finally Los Angeles. But the hardships that they will endure on this event pale compared to the daily suffering of those they ride for.

The California Coast Classic is a fundraiser for the Arthritis Foundation and year after year it turns out to be the foundation's biggest event. The tour strives to reach its annual goal of \$1,000,000 and in many years is able to exceed it. The 2015 ride will mark the 15th annual tour and my third time as a rider. Thanks to social media and a

very loyal returning rider base, it is well on its way to a record-breaking early sell-out.

Although the noble mission of the Arthritis Foundation is inspiring, many new riders join the tour simply for the challenge and the incredible support. During their fundraising efforts, they learn a lot more

about arthritis and the Arthritis Foundation, and return as devout champions of the cause. Most people think of osteoarthritis when they hear the blanket term "arthritis". They may think of their grandparents and older family and neighbors showing the inevitable signs of age. But "arthritis" is actually a blanket term covering over 100 different ailments, many of which are not related to age but instead are auto-immune disorders. Auto-immune disorders strike patients without regard to age. One such patient is little Carter Forsyth. Carter is four years old and at age three was diagnosed with Juvenile Ankylosing Spondylitis, a genetic form of Juvenile Rheumatoid Arthritis (JRA) that attacks the spine and legs and can spread to other areas of the body.

When Carter was diagnosed

early last year, his pain was so severe he could barely move or be touched. He would spend a few months on one type of medication only to find out it wasn't working. Then the doctors would want to try another type of medication and treatment. That's kind of how it goes for juvenile arthritis. Not all treatments work for every child and when one doesn't work you just keep trying new ones. Hopefully they find one that gives the child a break from the everyday pain they live with. Hopefully they find something that slows the progression of the damage arthritis causes to their joints. Seeing Carter in such pain almost broke his grandfather, Jerry Davis. Jerry knew he had to do something to help. When his daughter presented this ride to him it was a perfect fit and gave him a chance to get involved in a great cause and let Carter know that he and others were in this battle with him, that he was not alone.

Did you know that the 300,000 kids suffering from arthritis outnumber all of the kids with juvenile diabetes, cystic fibrosis, cerebral palsy and muscular dystrophy combined? Juvenile arthritis is a very serious problem. The Arthritis Foundation does an amazing job supporting these kids and their families. Every year they host Camp Esperanza (Spanish for "hope") that gives these kids a whole

week away from the world to spend with other kids just like them. I've seen how these relationships form lasting bonds that span decades. For younger kids like Carter, the care package that they receive from the AF includes important information for their guardians and things like a teddy bear that you can heat in the microwave to provide joint relief.

Over the course of the weeks leading up to the 2014 ride I bumped into Jerry on the Facebook page for the tour. A bunch of us would chat about what to expect, and to share tips, tricks, and a good laugh over a few cheeky comments. One day he shared a picture of a sticker that he had printed up and put on his bike. It was a hashtag he had used to track his progress and efforts for Carter online. The sticker simply read "#525m_4Carter", an abbreviation for "525 miles for Carter". Little Carter is the same age as my three boys. My oldest is five and his twin brothers are three, so Carter's demographic is very close to my heart. I sent Jerry a message asking if he had any other stickers because I would love one for my bike. On the third morning of the 2014 ride, he was able to track me down with the stickers in hand. He had two for me. I put one on my bike and gave another to my friend Jay Chavez. We didn't know it at the time, but the moment we put those stickers on our bikes Team Carter was born.

As soon as we rolled into Los Angeles on the 2014 ride, Jerry

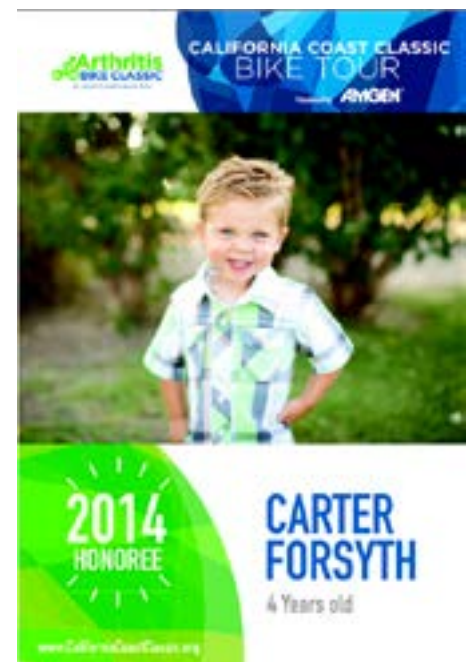
and I knew we wanted to do it again in 2015. We decided right then and there to officially form Team Carter. We would recruit as many new riders as we could for this cause. In those days we thought we might be lucky enough to get a dozen like-minded and motivated riders together. As of now Team Carter has 34 riders signed up for the 2015 tour! Like many boys his age, Carter is fascinated with superheroes. As such, we've designed a team jersey that features a caricature of him in a customized superhero costume borrowing design elements from his favorite characters. Our jersey depicts him as the brave hero we see him as. Carter loves the image and has named this little character Carter-Man-of-Steel. He calls those of us on his team his Agents of Awesomeness!

You too can join Carter and his Agents of Awesomeness at <http://ccc15.kintera.org/team-carter>. By clicking one of the buttons on the top right you can make a donation or join the California Coast Classic riding team. The California Highway Patrol caps the event at 300 riders, and over 200 have already registered. Come join us on the California Coast Classic and help fund the incredible efforts of the Arthritis Foundation!

And remember, the community support and genetic research doesn't just benefit the young. We all have loved ones who we know who suffer from various forms of arthritis, but you would be surprised at the

number of people you know that suffer quietly from this horrible and debilitating disease.

We hope to see you on the road!



Blind Stokers Club and Wheelmen Member Dan Clark

By Sara Clark

Wheelmen member Dan Clark put his cycling skills to good use during Presidents' Day weekend. Dan and Sara Clark took their tandem to the desert for two events with the Blind Stokers Club, where Dan provided a bike ride to two participants who could not ride on their own due to low vision.

On Friday, February 13, Dan attended an event at the Braille Institute in Rancho Mirage. Several Blind Stokers Club members from the San Diego area brought their tandems to the Institute so that Institute students could experience a ride. About 8 vision-impaired students enjoyed riding two to ten miles around Rancho Mirage in the stoker position on tandems captained by Club members.

Dan rode with Brenda, an energetic 19-year-old, who had not been on a bike since before a serious car accident 3 years ago. Her injuries include partial loss of vision. She was nervous about riding a bike, but strapped on a helmet and overcame her fears. She said she thoroughly enjoyed her 6-mile ride.

On Sunday Dan rode in the renowned Tour of Palm Springs with Ivan, a 20-year-old who has low vision due to a medical condition. They completed the 25-mile course which was crowded with thousands of riders from around the country. The crowds and the festive atmosphere contributed to an exhilarating experience for Ivan and the other 10 or so Blind Stokers Club members riding the course with a volunteer captain.

Incight, an organization which provides services to persons with disabilities, hosted a dinner for the Club captains and stokers on Friday evening before the Tour event.

It is not necessary to own a tandem to become a Blind Stokers Club member, as the club has some loaner tandems available. For more information check out the BSC website at www.BlindStokersClub.org, or follow them on www.facebook.com/BlindStokersClub, or email Dave White at director@blindstokersclub.org





Release Me and Let Me Love Again

By Luke Mysse

Wyoming gave us arguably the most magnificent spot of the trip, the Grand Tetons, but the desolation that followed was almost hard to believe. Traveling east on Highway 26 would redefine what “middle of nowhere” meant to me.

At 128 miles, the route from Riverton to Casper would be the longest single ride of the trip. With temperatures set to reach over 100 degrees, I would need Dalia and the kids to stay close so I could refill water from Harvey the RV.

Gradually climbing a false flat for the better half of the morning I was starting to lose my mind. Nothing to look at, nobody to talk to, entertained only by the occasional passing car. I had found it, this was the “middle of nowhere” for sure. At one point I even belted out a tune to the entertainment of our instagram followers.

Near the peak of the false flat was an old filling station that probably hadn't seen gas flow since the Nixon administration. There were abandoned cars, trucks, and tractors around so I assumed it was closed but I also saw a couple new cars parked out front. They proudly displayed a “Biker's Welcome” banner provided to them by a large beer company beginning with the letter “B.”

At the entrance I had the choice of two doors. With the windows blocked and the doors solid, it was a bit unnerving not knowing

what awaited on the other side. For some reason, I expected a charging pit bull, no idea why.

Opening the door I walked into a small bar with four stools manned by an older gentleman holding a can of Bud heavy who was the proprietor, I assumed. He looked up at me indifferent as I said something like, “hi, how are you, wow it's hot outside.” Getting no response, I asked if they had water to which he pointed to the other room.

It was clear to me now that this was two buildings they had sandwiched together as I stepped up through the doorway. The expansion was a small dining room with 4 tables, old vinyl chairs, some display cases and a standing cooler with what I hoped were cold beverages.

In the corner sat two elderly men, one singing and playing guitar, the other playing his bass. They were plugged in, playing “Release Me” by Ray Price, with a full PA system to an audience of two if you counted me and beer man from next door. Even from across the room I could see that the bass player hadn't flicked the ash from his cigarette in some time.

The cowboy duo gave me the same welcome I had received next door, not a word spoken, not even a nod. They were performing so I guess I can understand. I grabbed a few things from the

cooler then proceeded to the register just past the man whose cigarette ash was still defying the laws of gravity. By this point Bud heavy had joined us in the concert hall to ring me up (or kill and bury me out back, time would tell). Mr. Bud wouldn't even tell me how much I owed, he just casually turned the screen of the cash register to where I could see.

I paid my bill and moved to the back of the room to guzzle my water as I listened to them sing “Release me and let me love again.” The bartender went back to hydrating in the other room. After a few moments, I tossed my empty bottle in the trash and walked out. Not a word was spoken by anyone.

This was middle America, two cowboys who didn't seem to care if anyone was watching, they just played their song, and played it well. I hope as we all get up in age we can learn to care a little less about things that don't matter, love more those that do and be content with playing our song regardless of who's watching.

About The Author

In 2014, Luke Mysse put his career on hold to chase a dream of helping others by riding his bike across America. With his wife and kids following in an RV, he completed a solo 4,170-mile route to raise support for children dying from Severe Acute Malnutrition. You can see the full story at CycleCause.com



About The Author

Luke Mysse is in the process of writing a full story book about his 2014 cross-country journey. Click the link below to learn more.

<https://vimeo.com/93330475>



Ladies' Evening Ride Starts March 16th

15 to 20 miles, mostly flat, social paced, no-drop ride

6 pm Mondays thru daylight savings time

Col. Barber Marine Memorial Park, Corner of Barranca and Harvard, Irvine

(meet in the northeast corner of the parking lot)

Join us for a ladies ride, Monday evenings through daylight savings time starting on Monday, March 16th. Route and speed will be dependent on the experience of the riders. We will break into groups and alter the distance as needed. This ride is great for beginning riders, recovering Sunday hard riders, or those returning to riding wanting a fun, social, non-competitive experience. Men are welcome, but remember the women will set the pace. Encourage your non-riding partner to meet with other women and learn why riding is really fun.

We roll at 6 pm!

Ride leaders:

Theresa Nelson, 714.892.6545

chicksthatride@gmail.com

Julie Morey

cyclechik21@gmail.com



Board Meeting Minutes

The Board Meeting Minutes can be viewed in detail at www.ocwheelmen.org



Introducing **CyclingSavvy**

EMPOWERMENT FOR UNLIMITED TRAVEL

CyclingSavvy is a ground-breaking training program designed to give new or experienced bike riders skills to ride anywhere **safely** and **confidently**, through classroom and practical sessions
Sponsored by OCTA and the Orange County Bicycle Coalition

If you sign up and pay for all 3 sessions at the same time it's only \$25 per workshop



Workshop 1:

Truth & Techniques of Traffic Cycling

- In-class session - no bike needed!
- Friday Apr 24 6:00 - 9:00pm
- Great information for cyclists and drivers, showing safest places and ways to ride, with discussion of common hazards
- \$30 (online registration required)
- Sponsored by OCTA and OCBC

Workshop 2:

Train Your Bike

- Parking lot session
- Saturday Apr 25 8:00 - 11:00am
- Practice drills such as emergency stops, obstacle avoidance and precise bike handling
- 41% of bike accidents are caused by poor handling and can be avoided
- \$30 (online registration required)



Workshop 3:

Bike Tour of Orange and Santa Ana

- On-road session
- Saturday, April 25, 12:00 - 3:30pm
- Experience safe cycling practices in a confidence-building group setting. Learn how to ride with safety through a variety of roads, intersections and facilities
- \$30 (Workshops 1 & 2 required)



REGISTER NOW!

register.cyclingsavvy.org/groups/socal



American Bicycling
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ASSOCIATION

Stacy Kline's Bike Club Students in the Wrench and Ride Program



Please Support the Sustaining Members of the Orange County Wheelmen

Many sustaining members offer discounts to OCW members.

Tell them you are from OCW and continue to support those who support us!

TURNING 65 THIS YEAR?

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