



A QUARTERLY PUBLICATION OF THE ORANGE COUNTY WHEELMEN



Welcome 2021

OCW CLUB LINKS

HOME PAGE: www.ocwheelmen.org

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

OFFICERS: <https://www.ocwheelmen.org/page/show/418687-officers-directors-2020>

EVENTS: <https://www.ocwheelmen.org/page/show/418365-events-site-map>

SUPPORTING MEMBERS: <https://www.ocwheelmen.org/page/show/424483-support-members>

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.

GENERAL MEETINGS

Held typically the first Thursday every other month at Irvine Ranch Water District, Sand Canyon Ave. in the city of Irvine. Light dinner starting at 6:30pm with meeting starting at 7pm. Different speaker each meeting.

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.

events@ocwheelmen.org

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Editors Musings



Michelle Vester

As I write this I'm about 4 weeks away from actually getting my bike in the dirt again, and I can't wait. I've been using a direct drive trainer along with Zwift to get back into cycling shape and it has worked great. Take a look at page 10 for a short history of why I've been off the bike and how I'm going about getting back to the dirt.

A new year brings new beginnings and hopefully 2021 will be better than 2020. And while on the topic of new beginnings I'm trying a couple of things for Chain Reaction. Check out the Word Find puzzle on page 4, and on page 14 is what I'm calling, "Inside Knowledge." A little bit of advice from some of our Board members, so check it out.

With Covid most of our members have not been able to travel so that means less articles in Chain Reaction this issue as well as the last issue. I'm hoping with the vaccines rolling out we will all once again be able to get together safely and take a nice vacation with our bikes.

So here's to a happy and healthy 2021!

See you on the trail!



Steve Loughran

The President

Well, another year is coming to an end and I think we will all be happy to see this one in our rear-view mirror. With the new year comes word of the vaccine and it is on its way!!! Hopefully by the next installment of Chain Reaction, we will be back together riding again (always the optimist). We also hope to be able to carry on with our PC 100 this year. Most likely we will not hold Breathless Agony as it is usually held early in the year. We also hope to hold our Spring and Fall metrics for the club members.

I wish to recognize all members of the board for their work during the past year. While the big activities have not taken place, that doesn't mean that the business of the club stops. Bruce Campbell, vice president, has put together several general meetings via Zoom. He has gotten some interesting speakers on a variety of topics. Cheryl Burd, our secretary has been working as a teacher (a most difficult task these days to say the least) but continues to support our club. Jim and Irene Walker keep us all on track financially and manage our membership. Michelle Vester continues to put out our quality newsletter, which is no easy task to get this herd of cats to write something. She has come up with a new idea for another section, "inside tips" and I look forward to reading this. Lee Stebbins, our activities director has not been idle. He prepares our budget and interacts with legal representation, State and local representatives to keep us up to date on permits and the like. He never seems to rest. Alan Vester continues to organize our mountain bike group. He has had an interesting year with all the fires and trail closures. Dai Hoang is the newest member of our board. He has been faithful in reviewing our financials monthly and we haven't scared

him off yet.

Special thanks to a few people that have done exceptional work for the club. Rather than just waiting for things to sort themselves out, these people really took the bull by the horns and did some fine work. Bob Fairfield restarted our Saturday rides and stayed on track to keep everyone safe. Larry Locken has put all of our ride database on Ride With GPS and now we have fully downloadable routes. Not only that, he has come up with dozens of new routes which offer members new roads to explore. This has been a major accomplishment for the club and chapeau to Larry. Terry Kessler, in her usual high-energy fashion along with Gloria Nafel, came up with the idea for the Peaks Challenge. They developed lists of peaks and kept promoting it on our Facebook page and Friends of OCW page to encourage riders to participate. It has been a wonderful activity and they were diligent to congratulate the participants. Lastly, I really want to recognize someone who does tremendous work behind the scenes. Tony Perez, our database and computer wizard has been such a key person during this year. Whenever asked to run reports, put out messages, develop a new process (we tried remote sign in for rides in place of actual pen and paper, for example), Tony got the job done in such a fine and timely fashion. The group never had to ask twice and it was done!! This has been the year of "virtual" everything, and we are so lucky to have Tony to keep us moving forward.

I wish you and your family health in the new year. I look forward to a different year where we can all come together again.

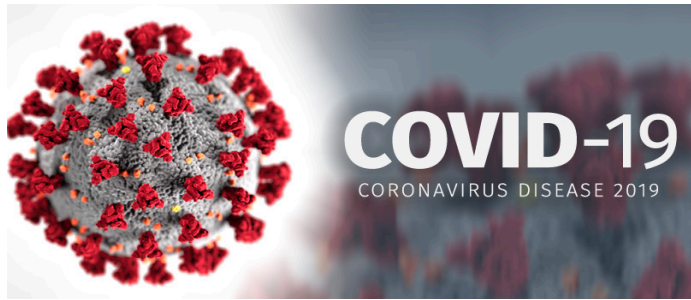
WORD SEARCH

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A	L	V	J	V	R	W	P	Y	D	K	M	X	R	H
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The word search above contains the following words that can be found vertical, horizontal, forward, backward, or diagonal. Have fun!

- | | | |
|-------------|------------------|----------------|
| 1. BIKE | 7. HUB | 13. SUSPENSION |
| 2. TANDEM | 8. SPOKE | 14. DERAILLEUR |
| 3. TIRE | 9. PUMP | 15. FORK |
| 4. ROAD | 10. BOTTOMBRAKET | 16. AIR |
| 5. MOUNTAIN | 11. HANDLEBAR | 17. PRESTA |
| 6. WHEEL | 12. TUBELESS | 18. SCHRADER |
| | | 19. TOOLS |

Find the solved puzzle at the back of this issue.



Given the recent Covid-19 virus outbreak and concern for the health of our members, all club rides have been modified so be sure to log in to www.ocwheelmen.org for further details.

Given the recent Covid-19 virus outbreak and concern for the health of our members, Pacific Coast 100 has been postponed until 2021





the *VICE* President's Message

By Bruce Campbell, Vice President

WOW - 2 years goes by ultra fast and they have been filled with great memories and the satisfying feeling of helping out a great organization.

My wife and I are searching for a part-time home in the Sacramento area to be closer to our 3 grandchildren and daughter, at least 1/2 the year. Living in So Cal 6 months a year would not allow me to fulfill the VP duties so there is an open position for one of you to consider.

In February of 2018, I had no idea of the individual contributions of each and every Board member and for some members the length of their tenure in role which in some instances spans decades. So, you will have plenty of support and allies to assist you in the VP role.

As I write this article the Board member nominations are underway for annual elections and only one Board seat is open - the VP role. I hope as you read this article, you would consider volunteering for the VP role, which allows you to connect to many club members, organizing and running 6 General Meetings per year along with participating in the monthly Board meetings. I am available by phone, email or text to discuss the role if you are interested.

Now for the fun part of my message along with some pictures of a 5-day cycling camp in Tucson that took place November 19th thru the 23rd. I rode in the March 2020 Tucson ride camp and had such a good time coupled with great weather that I decided to go again!

A total of 10 cyclists meet in Tucson with most from So Cal but 3 from Seattle and one from St Louis. The Camp is organized by OCW Member David Wu's cousin, Tony Wang, who we refer to as "Tucson Tony" pictured with me at Windy Point

on Mt Lemmon.



Tony has been organizing these 5-day camps for years and he is locked and loaded on the route design, leads the rides and makes the hotel and dinner reservations for all. We rode a short ride Thursday but on Friday rode 1/2 way up Mt Lemmon followed by a Century ride Saturday and a 50 miler Sunday. We ended the camp with a short spin ride Monday morning before the 7-hour ride back to So Cal.

Once again the weather was terrific with highs in the 80s and low of 60s at 8:00 am ride start.

We had a special guest cyclist join us by the name of Leal Wilcox from Anchorage - Pictured with me. Leal won the 2016 TransAM race beating ALL participants. She is really nice, pretty and what a cyclist. I asked her what events she was planning ahead for and she said the Iditarod! Turns out you can dog sled, fat bike, foot or ski the Iditarod.

Hope you enjoy the pictures!





The Hungry Eyelist



Cheddar Popovers

I absolutely love popovers and found this recipe the day before Christmas Eve on my Pinterest board. Because of Covid Alan and I will be home alone for Christmas but in no way does that mean a boring Christmas dinner! We went all out for Thanksgiving just the two of us and Christmas dinner is no different. These popovers are easy and make dinner just that much more special. This recipe is courtesy of <https://blog.vermontcountrystore.com/cheddar-popovers/>.

Ingredients

- 3 tablespoons unsalted butter
- 1½ cups unbleached all-purpose flour or rye flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3 large eggs
- 1½ cups whole milk
- ½ cup finely grated Cheddar cheese
- Butter and jam, for serving

Preparation

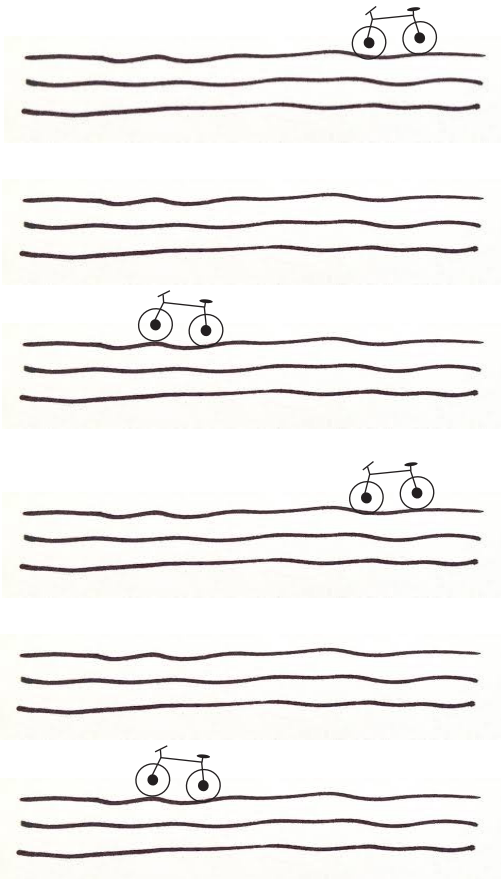
Preheat the oven to 450 degrees F. Dot each of 6 popover cups with ½ tablespoon of the butter and place in the hot oven to preheat while you mix the batter.

In a small bowl, stir together the flour, salt, and pepper. In a medium bowl, whisk together the eggs, milk, and cheese, then gradually add the flour mixture and whisk until smooth. (You can do this in a mixer, but whisking by hand produces more tender, lighter popovers.)

Carefully remove the popover cups (which will be smoking hot) and divide the batter evenly among the cups, filling each three-quarters full. Return to the oven and bake for 20 minutes. Without opening the oven door, reduce the oven temperature to 350 degrees F and continue baking 20 minutes more, until the

popovers are golden brown. Remove from the oven and serve piping hot with butter and jam.

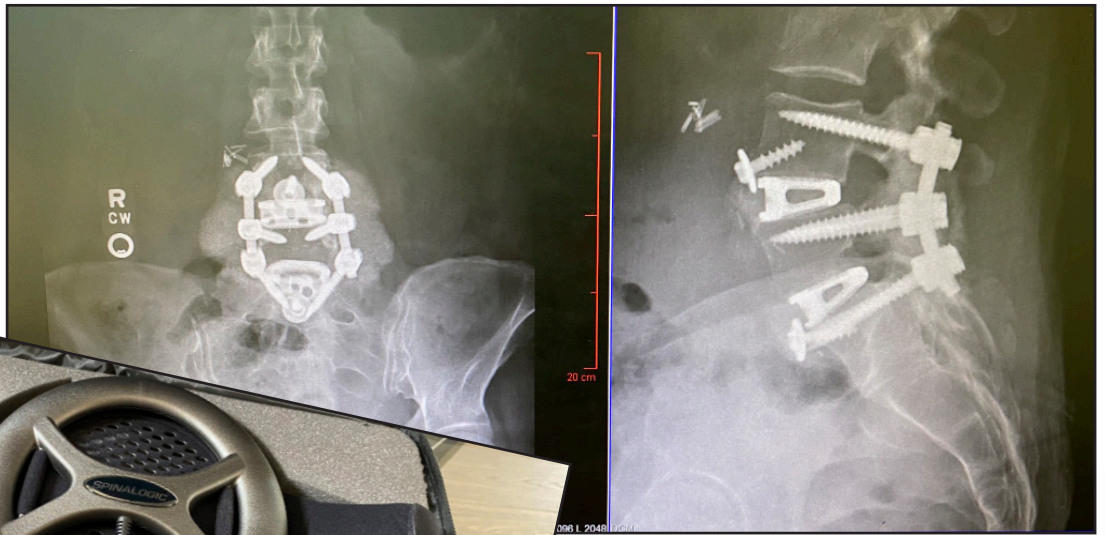
Makes 6 Standard Popovers or 12 Mini Popovers



Join or Renew Your Membership



↑
Just
Click



Disc Replacement, bone GROWTH STIMULATOR And A Direct Drive Trainer



By Michelle Vester

As if 2020 wasn't bad enough, on August 13th (at least it was a Thursday!) I checked into the hospital to undergo L4-5, L5-S1 anterior discectomy fusion with posterior laminectomy with fusion instrumentation, due to lumbar spondylolisthesis and stenosis. All done under the skillful hands of my orthopedic surgeon and a vascular surgeon. I would spend the next 3 days in the hospital with an occupational therapist showing me how to walk with a walker and navigate stairs, among other simple tasks.

I was told prior to surgery that I wouldn't start physical therapy for at least 3 months, let alone drive, and I wouldn't even be on my mountain bike, in the dirt, for 6 months. This was hard news to swallow considering I'm an extremely active person.

All this and the pandemic! Just to be admitted

into the hospital for surgery I had to take the brain numbing molecular Covid deep nasal test 3 days prior to surgery. I also had to have a MRSA screening, which is another fun nasal swab. Once in the hospital I would undergo 2 more Covid tests. I guess you just can't have enough stuff up your nose! At least my sinuses and brain were cleared of most the cobwebs, I suppose.

After surgery I was using a walker for about 2 weeks and then graduated to a walking stick. By the time I was using the walking stick I was walking a mile per day. I was also having to sport a real nice back support brace that was so thick and bulky it must be worn over clothes. Thankfully during this time I didn't get out much except to walk around my neighborhood and be driven to the doctor.

At about 6 weeks I was prescribed what is called a bone growth stimulator. The theory is

it promotes healing of nonunion fractures, including fusions. The studies show that efficacy rates are all over the place but lots of surgeons believe that it helps in stimulating necessary bone for healing. I have been using it daily for 30 minutes a session and my surgeon has said that my bone is healing extremely well. So since it didn't cost me out of pocket, and there are no known side effects, I thought I would use it. The program is 9 months of daily use. Since treatment is only 30 minutes per day it doesn't interfere with my daily routine.

Starting physical therapy is where I noticed the most improvement. PT concentrated on building up my back and leg muscles to pre-op state, while also making sure my hip flexors, among other ligaments, didn't lose further flexation and mobility.

After 6 weeks of PT I'm finally able to stretch normally and even touch my toes. Unfortunately my knees did weaken so I'm still working on squats without support. Good news is I'm now walking and hiking up to 10 miles!

Now onto the trainer. Back in my double century days I used a trainer to keep fit when it was raining, or just for fitness without worrying about traffic lights or cars. I guess I would have considered myself a trainer maniac. I could easily be on the trainer for 3 hours straight. No wonder I have musculoskeletal problems!

My trainer at the time was a CycleOps Fluid 2, which 20 years ago was one of the better ones. I put a lot of miles on that trainer. I mean A LOT! But nowadays a direct drive smart trainer is all the rage. So I scoured the internet getting opinions on all sorts of direct drive trainers, and there are a few out there.

Direct drive trainers are expensive. From my intense study of the subject I narrowed it down to the Elite Suito (\$799.99), Wahoo Kickr (\$1,199.99), and the TacX Neo (\$1,400.00). After searching several sites like bicycling.com I was able to finally select the Elite Suito, due to it being the easiest out-of-the-box setup and best value. The Elite Suito links up easily to my Garmin 530 and also to Zwift, a program

which I use on my Macbook Pro.



The Elite Suito unfortunately does not have side-to-side movement like the Wahoo Kickr or the TacX Neo, but for the money it's quiet and fairly smooth using the included cassette. I can change out the cassette and use my own, which would make it buttery smooth, but I haven't done that yet since I really don't want to put trainer miles on a very expensive cassette.

The resistance works seamlessly with Zwift. Zwift automatically senses the trainer and I'm able to get my watts, mileage, duration, energy, and more. When riding a Zwift course the trainer will adjust to the terrain and grade. I can choose road, dirt or gravel. I can even ride the cobblestones of the Champs Elysees, with great sound effects coming from the cobbles and the crowds, not to mention other riders giving you thumbs up and other encouragements.



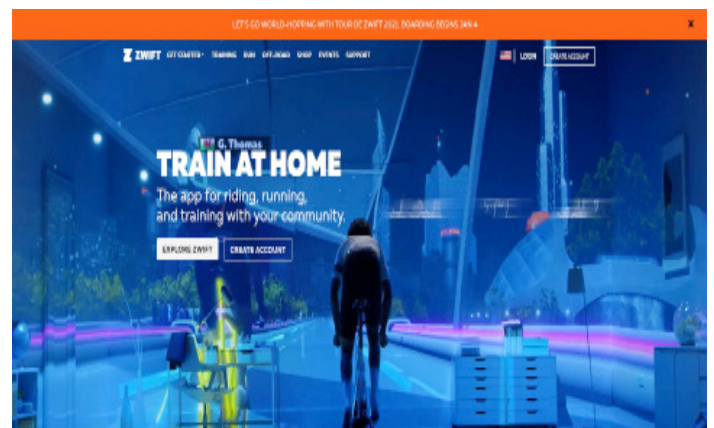
So far I've earned different jerseys for my avatar, which I can customize with different hair, skin tone, shorts, shoes, socks, and even sunglasses. There are different bikes to choose from too, and you can even customize your color.



In the above picture I'm the one in the dark blue jersey to the right on the mountain bike. This happened to be my first virtual training ride for an upcoming virtual mountain bike race. There are 18 training rides in this series that leads up to the race. On this screen shot Zwift has me riding at 50 watts for 5 minutes of warm-up. 50 watts sounds really easy but it is hard to keep a decent spin at 50 watts, and Zwift will hound you to stay within close to that number. After the 50-watt warm-up I will pass a banner, only shown to me, increases my wattage to 65 for 4 minutes. It continues on to 80 watts at 4 minutes, then 90 watts at 3 minutes. Then the increase is 100 watts at 2 minutes, until you decrease to the 50 watts at 5 minutes to recover. I went through 4 intervals of this. The whole training exercise lasted just over an hour. The next session will put me through different wattages and durations, including climbing. Wattage, gradient, etc., all controlled by Zwift to the trainer.

I can't wait to see how this type of training translates to my post-surgery riding fitness when I'm finally back on the dirt.

I will be sure to update you in the spring edition of Chain Reaction. Ride On!





Kreitler Challenger Rollers - 4.5" drums & Killer Headwind Fan & Stand \$325

Contact: StacyKline@gmail.com



Complete Set new costs: \$865 + tax

Kreitler Challenger Rollers with 4.5" drums
Killer Headwind fan
Kreitler Standard Skewer Fork Stand

All in good condition with good bands

Kreitler Challenger Website (\$480 new)
<https://www.kreitler.com/challenger>

Kreitler Forkstand Website (\$160 new)
<https://www.kreitler.com/forkstands-for-rollers>

Kreitler Killer Headwind Fan (\$225 new)
<https://www.kreitler.com/accessories>



Thule 4-Bike Hitch Rack

Contact: denis.kuemerle@gmail.com



Hitch lock and cable lock included.
Fits 1 1/8" receiver.
Excellent condition and has had very little use.

Selle Anatomica T Series Saddle - New in Box

Contact: StacyKline@gmail.com



T-Series WaterShed Black Gunmetal with recommended weight of 120 lbs. When you wear them out you can purchase a new skin from Selle Anatomica \$75



INSIDE KNOWLEDGE

WHEN OUR OCW BOARD MEMBERS WERE ASKED TO COME UP WITH THEIR BEST ADVICE. HERE'S WHAT SOME SAID.....



JOE BERNHARDT

IN MY YOUNGER DAYS AS A RIDER, YOU WOULDN'T CATCH ME DEAD BY WEARING A REAR VIEW MIRROR ATTACHED TO MY SUNGLASSES. THE GROUPS I WAS RIDING WITH (COMO, FOOD PARK, COFFEE CREW) WERE COMPOSED OF RIDERS WHO SAW THEMSELVES AS AMATEUR RACERS AND AS SUCH, NEEDED TO LOOK THE PART. A MIRROR WAS DEFINITELY NOT PART OF THE CORRECT ATTIRE. WHEN I JOINED OCW, I SAW SEVERAL RIDERS WEARING A MIRROR. MY INITIAL IMPRESSION WAS I DIDN'T NEED ONE AS I STILL WANTED TO LOOK COOL AND COULD EASILY TURN MY HEAD TO SEE WHAT WAS BEHIND ME. AFTER A YEAR OR SO OF RIDING WITH THE GROUP, SOMEONE SUGGESTED I TRY USING A MIRROR. THEY LOANED ME ONE AND AFTER JUST ONE RIDE I BECAME CONVINCED I WOULD BE FOOLISH NOT TO PURCHASE AND USE A MIRROR. WITH THE MIRROR, I COULD QUICKLY SEE WHAT WAS HAPPENING BEHIND ME, LOOK FOR TRAFFIC BREAKS, AND GIVE ME A MUCH GREATER AWARENESS OF MY SURROUNDINGS. IF YOU HAVE NEVER USED A MIRROR, YOU ARE MISSING ONE OF THE MOST IMPORTANT SAFETY DEVICES ALL RIDERS SHOULD USE ON EVERY RIDE. I HAVE BECOME SO ACCUSTOMED TO USING A MIRROR THAT I FEEL NAKED AND EXPOSED IF I FORGET TO BRING IT ON A RIDE. I HAVE EVEN DECIDED THAT WEARING A MIRROR IS NOW COOL AND IT IS JUST AS MUCH A PART OF MY KIT AS MY HELMET, SHOES AND GLOVES. TRY ONE AND YOU WILL NEVER GO BACK.



STEVE LOUGHRAN

WHEN I FIRST STARTED RIDING I WOULD TEND TO GET PUNCTURES SOMEWHAT FREQUENTLY. I WOULD CHANGE MY TUBE AND MOVE ON WITHOUT MUCH THOUGHT. I WOULD TAKE THE TUBE HOME AND PATCH THEM AND NOTICED THAT MANY HAD THESE TWO SLIGHTLY LINEAR HOLES. WHEN I STARTED RIDING WITH OTHERS, I NOTICED THAT ALL OF THE EXPERIENCED PEOPLE WOULD BE PUMPING THEIR TIRES UP AT THE START OF EVERY RIDE. WELL, I SOON LEARNED THAT MY PUNCTURES AND THEIR PUMPING WERE RELATED. OVER THE DAYS, YOUR TIRES GRADUALLY LOSE PRESSURE. IF TOO LOW AND YOU HIT A BUMP IN THE ROAD, THE TUBE IS "PINCHED" BETWEEN THE RIM AND THE ROAD, HENCE THE TERM "PINCH PUNCTURE." THESE PUNCTURES GIVE YOU THAT TYPICAL SNAKE BITE APPEARANCE ON THE TUBE. SO, ALWAYS PUMP YOUR TIRES UP BEFORE THE RIDE.



ALAN VESTER

THE TIRE PRESSURE ON A MOUNTAIN BIKE TIRE IS MUCH LOWER THAN A ROAD BIKE. I SEE MANY MOUNTAIN BIKE RIDERS RUNNING WAY TOO MUCH AIR IN THEIR TIRES, WHICH LEADS TO ILL HANDLING, HARSH RIDE AND OFTEN AN UNSAFE BIKE. MOUNTAIN BIKE TIRES TYPICALLY RANGE BETWEEN 7-35 PSI. I RUN A 29 INCH TIRE, 24 WITH 25MM RIMS ON A TUBELESS SETUP WITH 23 PSI IN THE REAR AND 21 PSI IN FRONT. I'M AN AVERAGE GUY, 6.0' AND 175 LBS. WHEN A MTB TIRE IS OVERINFLATED IT DOES NOT ROLL OVER THE TERRAIN, IT BOUNCES. YOU WANT THE TIRE TO HAVE A SLIGHT GIVE TO THE SIDEWALL SO WHEN YOU HIT A ROCK OR RUT IT WILL ROLL OVER IT AND NOT BOUNCE BACK DUE TO EXCESSIVE TIRE PRESSURE. I HIGHLY RECOMMEND YOU SPEAK TO YOUR TRUSTED BIKE MECHANIC AND DISCUSS CORRECT TIRE PRESSURE FOR YOUR BIKE. TIRES WITH TUBES WILL RUN SLIGHTLY MORE TIRE PRESSURE THAN TUBELESS. IF YOU ARE NOT SURE, I RECOMMEND STARTING AT 35 PSI, THEN ADJUST DOWN AS NEEDED. THERE ARE ALSO MANY YOUTUBE VIDEOS ADDRESSING TIRE PRESSURE.



TONY PEREZ

ALWAYS ANOUNCE WHEN PASSING OTHER RIDERS. AN "ON YOUR LEFT" OR EVEN JUST "HELLO" TO ANNOUNCE YOU'RE THERE CAN GO A LONG WAYS TO KEEPING BOTH OF YOU SAFE. BE LOUD BE HEARD STAY SAFE.



MICHELLE VESTER

WHEN I FIRST STARTED MOUNTAIN BIKE RIDING IN THE 90S I RODE WITH BMX PEDALS AND VANS TENNIS SHOES, WHICH WAS THE TYPICAL LOOK I WAS USED TO IN THE 60S WHEN I RODE BMX. YEP, I WAS A BIG TOMBOY, WHICH WASN'T VERY PLEASING TO MY MOM. ANYWAY I TOOK A LONG BREAK FROM MOUNTAIN BIKE RIDING TO RIDE LONG-DISTANCE ROAD AND COMPETE IN DOUBLE CENTURIES, FOR ABOUT 10 YEARS BEING CLIPPED IN. WHEN I FINALLY GOT BACK INTO MOUNTAIN BIKES I WAS TOLD THAT I HAD TO RIDE CLIPPED IN JUST AS I HAD BEEN ON MY ROAD BIKE. I FOUND BEING CLIPPED IN ON A MOUNTAIN BIKE FRUSTRATING AND DANGEROUS AS I NEVER COULD UNCLIP IF NEEDED WHILE RIDING DICEY, ROCKY SECTIONS. THE LAST THING I WANTED TO DO WAS NOT BE ABLE TO UNCLIP AND HIT MY HEAD, SHOULDER OR HIP ON A ROCK. DURING ONE RIDE MY FOOT ACTUALLY GOT STUCK ON THE PEDAL AND I COULDN'T GET IT OUT. THE DIRT HAD SOMEHOW CAUSED THE PEDAL/CLEAT MECHANISM TO JAM. THAT'S IT, I THOUGHT I WOULD JUST GIVE UP ON MOUNTAIN BIKE RIDING. THAT IS UNTIL I TOOK A CHANCE AND WALKED INTO THE PATH BIKE SHOP IN TUSTIN. HARD-CORE DOWNHILL RIDERS RUN THAT SHOP AND HOOKED ME UP WITH A RAD FLAT PEDAL SYSTEM WITH FIVE TEN MOUNTAIN SHOES, AND THE COMBO SAVED MY MOUNTAIN BIKE FROM BEING THROWN OFF A CLIFF. IT ALSO SAVED ALAN'S SANITY. TURNS OUT A GOOD PERCENTAGE OF MOUNTAIN BIKE RIDERS NOW RIDE FLAT PEDALS. SO NEVER THINK YOU HAVE TO BE CLIPPED IN.



LEE STEBBINS

PRACTICE UNCLIPPING WHILE RIDING IN A STRAIGHT LINE BY YOURSELF, ALTERNATING BOTH YOUR RIGHT AND LEFT FEET. THIS EXERCISE IS TO MAKE YOU COMFORTABLE UNCLIPPING EITHER FOOT SO IN A PANIC YOU WILL BE ABLE TO UNCLIP EITHER FOOT, NOT JUST YOUR DOMINANT FOOT. AS A SIDE NOTE THIS WILL ALSO WEAR YOUR CLEATS EVENLY AND PROLONG THE NEED TO REPLACE, SINCE REPLACEMENTS ONLY COME IN PAIRS. ALSO, WHEN RIDING IN A GROUP, DO NOT PASS ON THE RIGHT. I HAVE SEEN SEVERAL OCCASIONS WHERE THIS OCCURRED, AND THE UNSUSPECTING RIDER WAS INADVERTENTLY FORCED INTO THE CURB RESULTING IN SERIOUS INJURIES. IF YOU INSIST ON NOT FOLLOWING THIS RULE, AT LEAST CALL OUT "ON YOUR RIGHT".



Mountain Bike Dude

By Alan Vester

Mountain and Gravel Bike Riding Geared Toward the 50+ Rider

2020 Goat Hill Recap

It was quite the year for mountain biking. Goat Hill started out well with a few rides, but the COVID-19 brought the rides and the rest of the world to a near stand-still. OCW made a good call to temporarily stop all group rides until it became safe to resume.

Michelle and I did keep riding, following the state's guidelines to distance ourselves from other hikers and mountain bikers on the trails. I started to notice in about June of this year there were more hikers and mountain bikers on the trails than I have ever seen in my 25 years of riding here in the OC. People were tired of staying home and being cooped up inside, so they were coming out en masse to the parks and trails. It was both a great and somewhat unnerving feeling to see so many people out.

I am not exaggerating when I tell you there were twice the number of people out on the trails both hiking and biking.

2020 also turned out to be a banner year for the bicycle industry. Suddenly, everyone "rediscovered" cycling, especially mountain biking. Most bike shops are sold out of their 2020 bike inventory, which is sort of a good problem to have. The bike shops I go to regularly have only a few bikes on the showroom floor. Many riders are resurrecting their mountain bikes that have been hanging in their garage for the past 20 years. It is almost funny how the 7-speed rear derailleur, which has not been used in

years, is now in demand and no supplier in the world has any. The 26" mountain bike tire, which was the standard for many years and has since been replaced by the superior 27.5" and 29", is now high in demand.

Since I am still riding most weekends, I have noticed a few trends in mountain biking worth mentioning. There are more e-bikes (battery-powered pedal assist) now, more gravel bikes, more mountain bike riders than ever. The premier Gravel Bike event in Southern California is the Belgian Waffle ride that occurs annually in San Diego County, starting in San Marcos. It attracts about 1,200 riders and due to COVID 19, it was moved to Cedar City, Utah this year, but should return next year in 2021 to San Diego County. Ten years ago, you could not get 12 people to ride in a gravel bike event. The bikes are now gravel specific and I am seeing a lot of road riders who want to ride a "road type bike" off-road in the dirt. It is all good.

Final note. I am encouraging everyone reading this, if you want to do something good for your fellow human types, please consider donating blood. I donate on a regular basis to the American Red Cross and it is easy and very much appreciated. Blood supplies are at a historic low. It costs nothing to donate and the worst-case scenario it will take 30 to 60 minutes of your time. There are 4 levels of blood donations. Whole blood, Power Red, Platelet and Plasma. You can read all about them on the American

Red Cross website. I meet the eligibility criteria, so I am a Power Red donor.

The easiest way to get started is to download the “Blood Donor American Red Cross” app to your smart phone. There are a series of questions and qualifiers for donors, but once you have it set up, you can make an appointment at one of the many locations to donate. Your donations are really, really appreciated and you may actually save a life.

Happy New Year!

Be careful out there, see you on the trails.

Alan Vester
Goat Hill Mountain Bike Dude
alanvester7@gmail.com



Rules of the Trail

1. **Ride ONLY open trails**
2. **Leave No Trace**
3. **Control your bicycle**
4. **Yield appropriately**
5. **Never scare animals**
6. **Plan ahead**



**American
Red Cross**



TOUR DE BALBOA ON BROMPTONS RIDE

2020 was off to a great start with 3 months of randonneuring in the bag and April was to mark the completion of our 8th year of R-12 awards (RUSA's award for 12 consecutive months of 200K or longer rides). Then everything came to a screeching halt in March on, fittingly, Friday the 13. [Randonneurs USA](#) stopped all rides to support the pandemic response and to formulate a pandemic cycling plan. Greg and I had an amazing 2019, cycling over 10,000 miles with 440,000 feet climbed, so we did not mind the break.

Stacy's school district went into full distance learning mode and has remained virtual for

the 2020-2021 school year and as we decided not to travel at all this year, we have truly enjoyed playing close to home. In Balboa it is easy to find all sorts of outdoor activities to do from swimming and paddling to sailing and cycling.

One of our favorite treats is our "Tour de Balboa on Bromptons" ride. With several miles of boardwalk and quiet routes along the beach and the bay, you can happily spend an hour or two exploring the nooks and crannies of the Balboa Peninsula. We start at the Balboa Public Library and pedal along Bay Avenue past the yacht club and ride through beautiful Marina Park on the bay. Next stop is the Newport Pier

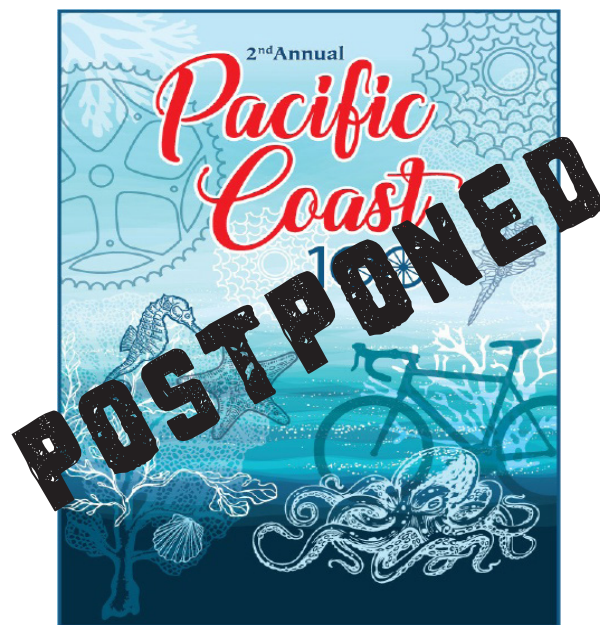
and the historic Dory Fishing Fleet. The boardwalk continues for another mile then you ride on Seashore to the Santa Ana River jetty where we met our randonneuring pal Marti Zinbergs. Everything about this area is historic and has a tale to tell. Cycling back to the Newport Pier and continuing on the Balboa Pier, it's time for a loop around the Newport Grammar School playground, a beautiful school on the oceanfront. You can ride across the entire US here if you like! There are so many landmarks around the Balboa Pier, so make time for more exploring at the pier, Balboa Pavilion and the Fun Zone. We continue on the boardwalk for another half mile and continue on Balboa Blvd to the famous body surfing spot known as The Wedge at the Newport Harbor entrance.

Greg configured our Bromptons to ride very comfortably, like a road bike, and we have cycle toured extensively with them in the UK, including 300 very climbey miles on the North Coast of Scotland. They are a delight to ride fully laden and pack into the overhead bin in a plane. We cannot recommend them highly enough for traveling with and by bike.

Check out our blog at: gregandstacyride.com

Stacy's Strava: <https://www.strava.com/athletes/21660014>

Greg's Strava: <https://www.strava.com/athletes/35491651>



After considering the health and safety of our riders and volunteers and the number of unknowns related to COVID-19, the Orange County Wheelmen has chosen to cancel the 2020 Pacific Coast Century with the hope of returning in 2021.

We hope you are staying well and riding during this time. We continue to stay alert to the current state and local recommendations with the hopes of opening club activities. Please visit our home page at:

<https://www.ocwheelmen.org>

as well as our Facebook pages and Strava club page for interesting and fun activities planned by the membership.

If you have fun ideas, feel free to message any member of the board via the OCW page.



By Kevin and Ximena Ansel

You are probably wondering ‘What is Trail Magic’? If you are a bicycle tourist you already know the answer. Trail magic is when something unexpected and special happens when you are out on the road. It could be meeting someone, finding a great campground with a fantastic view, or someone does something unexpected for you as an act of kindness. We have had many trail magic moments in our numerous years of touring. The short stories below are just a few examples.

We rolled into a small town and stopped at the local convenient store for a few snacks and lunch items. When we went to the checkout counter the sales clerk told us that our items had been covered. We asked “What do you mean covered?” She said that one of the locals saw us roll into town and picked up our tab. We never even got to meet the kind and generous man. He just did it.

Riding into Hutchinson, Kansas we saw the Harley Bicycle Shop and stopped to purchase a

pair of cycling gloves for each of us. We asked the owner if he knew where we could find a decent hotel. We did not feel like camping on this particular day. He said that we could stay at the Zion Lutheran Church and handed us the keys. “Just go around back. The ramp goes down to a lower level. There are beds, a kitchen, and showers. Help yourself to anything that is in the refrigerator. When you leave tomorrow, just leave the keys on the table.” We asked if there was a fee and he said “No”, but we could leave a donation if we wanted. After settling into the church we went to the post office to mail a few items home. Next to the post office was the Spangles Diner. We stopped in for a bite to eat and that’s where we met Clifton. He was curious about our trip and we sat and talked for a while. He was an older gentleman who had enjoyed traveling in his earlier years. He was now caring for his ailing wife. As we were leaving he handed us a scrap piece of paper with his address and phone number. He said “If you need any help, anything at all, you can call me. It doesn’t matter if it is in the middle of the night.

I'll help you out." We didn't need any help but we did mail him a postcard when we finished our tour letting him know that we were safe.



Riding into Utica, Kentucky we stopped at the only gas station and small convenient store in town. The sales clerk asked where we were staying for the night. We said that we didn't have plans yet. She said that we could stay in the Volunteer Fire Station across the street. "It is open. Just walk in. There are cots to sleep on; the laundry room and showers are in the back of the station behind fire trucks and gear. Feel free to use the kitchen, recliner chairs and VCR in the living room." Again, all at no charge. It was a great place to spend the night and we watched "City Slickers" while relaxing in the overstuffed chairs.

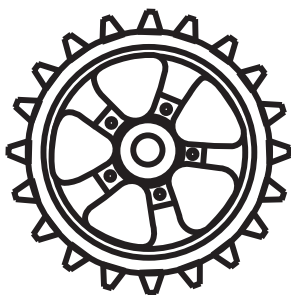


Once while riding on the central coast of California we stopped at Pismo Beach State Park. We had planned to stay in the Bike n' Hike campsite that is designated for hikers and bicycle tourists. The park ranger said that they no longer offered Bike n' Hike sites and that the campground was full. There were no spaces available. We stood there thinking about a plan B. We had no place to stay. Just then a woman drove up in a large RV. She was checking out a day early and asked if we wanted her campsite. Naturally, we accepted. We tried to pay her but she would not take our money. We ended up in a lovely campsite with a nice fire pit, picnic table and level ground for pitching our tent.

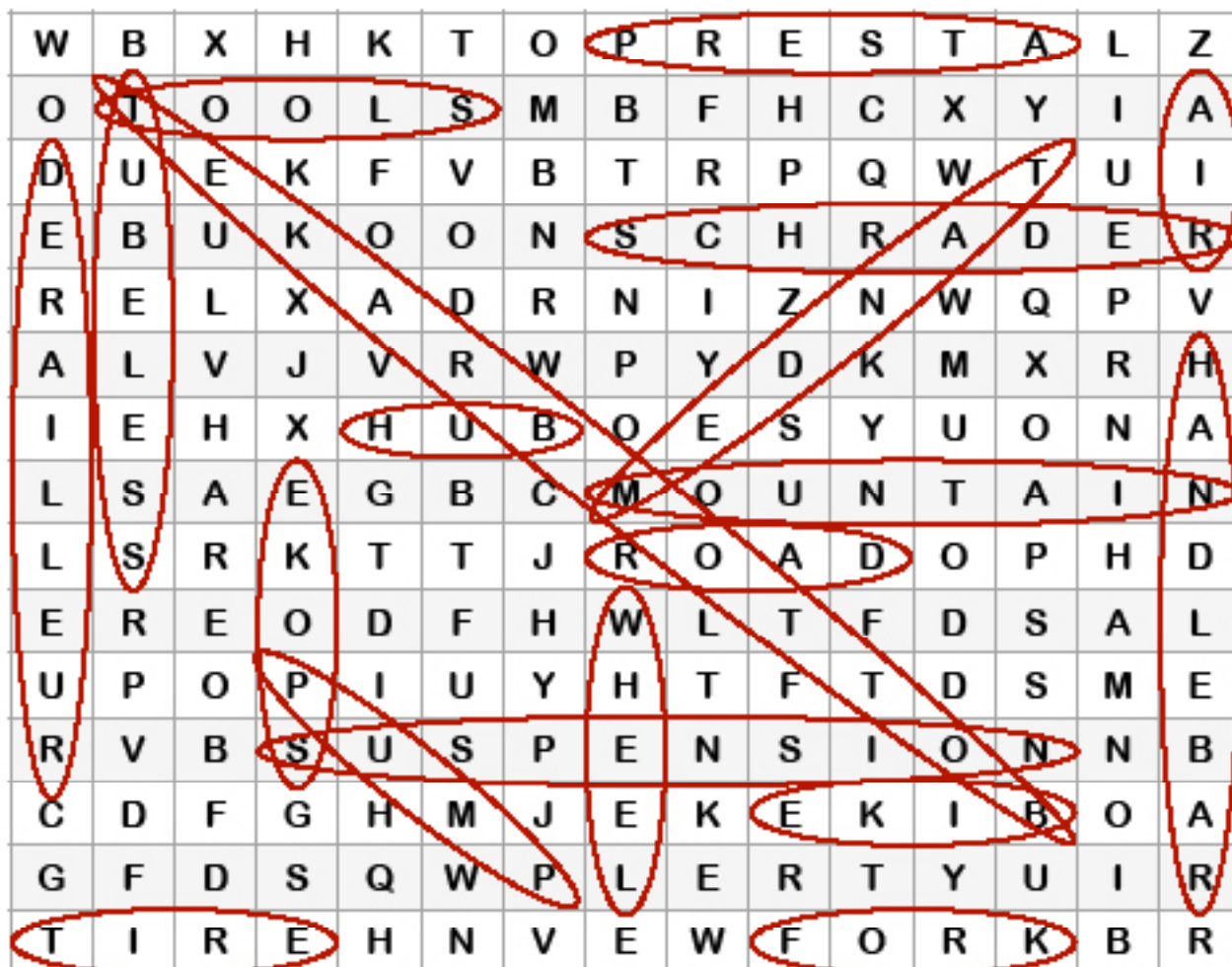


We have also met a lot of good people while touring. We met Sam in Idaho. He was a retired Dean of Education from Oregon State University. Ximena and I had just retired from the University of California Irvine, so we hit it off from that first moment. We ended up riding with Sam for 1400 miles. We have done two other bike tours with Sam and have visited him in Oregon too. Then we met Gay. He was a retired Engineer from Virginia Beach, Virginia and had a real zest for bike travel and all kinds of stories from his numerous trips. We rode with Gay for 1800 miles. He has come out to California to visit us and also joined us on our west coast tour in 2019. Even though Sam and Gay live in different parts of the country we stay in touch with them and will very likely tour with them in the future.

The final magic for today is about the unexpected discounts at hotels, the people that stopped to pray for us and with us, the people that stopped to give us cold bottled water on hot days, and the others that just wanted to talk to us and live vicariously through our adventures. These experiences have given us faith in humanity. People are good, kind and friendly. When watching a beautiful sunset from the edge of our campsite we can't help but think about how blessed we are to have had these small but amazing experiences. Trail magic is real. It lifts your spirits and warms your heart. We can't wait to experience it again sometime soon and to pass it on to others.



WORD SEARCH



The word search above contains the following words that can be found vertical, horizontal, forward, backward, or diagonal. Have fun!

- | | | |
|-------------|------------------|----------------|
| 1. BIKE | 7. HUB | 13. SUSPENSION |
| 2. TANDEM | 8. SPOKE | 14. DERAILLEUR |
| 3. TIRE | 9. PUMP | 15. FORK |
| 4. ROAD | 10. BOTTOMBRAKET | 16. AIR |
| 5. MOUNTAIN | 11. HANDLEBAR | 17. PRESTA |
| 6. WHEEL | 12. TUBELESS | 18. SCHRADER |
| | | 19. TOOLS |

Please Support The Premier Partners of Orange County Wheelmen

Many of our partners offer discounts to OCW members.
Tell them you are from OCW and continue to support those who support us!

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