

CHAIN REACTION

TANDEM TIME
February

GOAT HILL

PARAMOUNT RACING

INTERNET WEB: <http://www.ocw.org>

2010

2009 Awards Banquet

Saturday, February 20th, 2010

No General Meeting in February

The Awards Banquet is here. Come out and enjoy a pleasant evening with your bicycling buddies, friends and family. See the article inside for more details on page 6.

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CALENDAR OF EVENTS

Tandem Time	Sat.	Feb. 6
Awards Banquet	Sat.	Feb. 20
Spring Metric	Sat.	Mar. 27
Fiesta 150	Sat. & Sun.	May 15, 16
Ride Around the Bear	Sat.	Jun. 12

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BOARD MEETING

Sunday, February 7th, 11:30 am

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

FOLDING PARTY

Thursday, February 25th, 7:00 pm

Hosted by:

John & Sylvia Grotz

16126 Grayville Dr.

La Mirada, CA 90638

562-943-7357

LP.Sylvia@verizon.net

Please RSVP if you plan to attend. Dinner will be served.

DIRECTIONS: Exit the 5 Freeway at Beach and head north 4 miles. Turn left on Imperial Highway and go west for 1.0 miles. Turn left on First Ave. heading south. Turn right on the first street, Grayville Drive. House will be on your left.

SPECIAL THANKS TO

Ken Fry & Barb Tomita

for Hosting the

January Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Barb Tomita** at **tomitacat@aol.com**

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By **Charlie Irwin**

This will be my last President's message for this term.

Mike Lee will be taking over as President and will have the pleasure of doing the President's Message for the next two years. Brainstorming a message each month has not always been an easy thing for me to do, however, every once in a while someone will comment about the message and it all makes it worthwhile. It also lets me know that they are being read. Thanks for that!

Being President has been rewarding because of the people you get to work with. I joined OCW in 1975. In 1976 I got drafted as the Ride Coordinator, and have been serving on and off since then. You might think that I am the longest standing member, but you would be wrong. **Lee Stebbins** has been a member longer than me, and **Ken Brant** joined just a year after me. Both **Ken** and **Lee** are still serving OCW as board members. When you look at the makeup of the OCW board you will see that most board members have



served for ten years or more.

Having such an experienced board makes the club run smooth and keeps us stable. Our Spring Metric, Ride Around the Bear, Amtrak and the Fall Metric have become the standard that other clubs aspire to copy. Our club events, the Awards Banquet, Picnic and Holiday Party are second to none. We have great opportunities for riders with

Paramount Racing, Tandem time, Training and now even hiking! Not to mention our regular Saturday and Sunday rides, Tuesday hill training, Wednesday night ride and the Friday ride.

I want to thank the OCW Board Members, all the OCW Volunteers and all the members for making this term as President so rewarding and so much fun, (except these messages). You can rest assured that I will still be on the Board until the day I cannot ride to the meetings.

Charlie Irwin

OCW President's Ride

By **Charlie Irwin**

President's Day

Sunday, February 7, 2010 - Please join **Charlie Irwin**, OCW President, for a friendly introductory ride. New and beginning riders are encouraged to join us. We'll meet for the OCW Sunday Ride at Carl's Jr. in Irvine (Campus & Von Karman) at 8:30 a.m. and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to president@ocw.org or call 714-547-0194.

NEW OCW MEMBERS

*All OCW Members,
please note...*

Our strength is our Membership and our future is in our New Members. When you attend an OCW function, please take a moment to seek out the New Members, introduce yourself, and say...

WELCOME

De La Torre, Chris	
Eltz, Kurt	Aliso Viejo
Keyes, Robert	San Clemente
Kidd, Chad	Irvine
Niehaus, Kathi	
Rue, Bryan	Irvine
Rue, Jonathan	Irvine
Shelton, Frank	29 Palms



HOLIDAY PARTY December 13, 2009

By Irene Walker

We had 135 people attend OCW's annual Holiday Party at the Huntington Harbour Yacht Club. Most came early to watch the Boat Parade and enjoy the hors d'oeuvres. Thank you to **Ken Brant** for showing slides of our events and members during the evening. Also a big thank you to **Alan & Marlene Dauger** for securing the club for us. We had a great evening with lots of food and wine. For those of you who missed this years gathering, put Sunday, December 12, 2010 on your calendar. Same place.

February Birthdays

OCW Wishes You A Happy Birthday!

Nelson, A.J.	2/4
MacQuarrie, Wade	2/4
Matsuda, Beverly	2/5
Nordenstam, John	2/7
Duck, Mike	2/8
Christoffersen, Dennis	2/12
Thomas, Dennis	2/12
Manning, George	2/14
Byron, Kandy	2/14
Hunter, Dick	2/16
Clanton, Diane	2/16
Kidd, Chad	2/16
Mary, Joan	2/17
Laugen, Michael	2/19
Rodarte, Rene	2/19
Newgard, Thomas	2/19
Ferrari, Wes	2/20
Knight, Dustin	2/21
Painter, Cathy	2/21
Murphy, William	2/22
Spitt, Michael	2/22
Pilcher, Henry	2/23
Rich, Jeff	2/23
Corona, Marcos	2/23
Patapoff, Jeremy	2/25
Ellis, Willie	2/28
Zellers, Steve	2/28
Jackson, Bill	2/28

MAUI FUNNIES

By Rob Templin



www.secondsummertours.com

CYCLING CRYPTOGRAM PUZZLE

By Dan Gorman

Break the code to decipher a famous cycling quote:

“VMXW XW YCV RXWYSNBLYR, CE MCBNOCCR. X'BB AXPS NCG LY
SHLDFBS: X'PS ESLR VMLV I UBSO GF VMS MXBBW LYR DCGYVLXYW CU
UELYTS. IGV NCG RCY'V UBN GF L MXBB. NCG WVEGAABS WBCOBN LYR
FLXYUGBBN GF L MXBB, LYR DLNIS, XU NCG OCEK PSEN MLER, NCG
ASV VC VMS VCF LMSLR CU SPSENICRN SBWS.” - **BLYTS LEDWVECYA**

(Answer on page 25)

Annual Awards Banquet and Installation of Officer's and Directors

**February 20, 2010
6:00 – 10:00 pm
Tustin Banquet Center**

We are returning once more to the Tustin Banquet Center for our Annual Awards Banquet and Installation of Officers.

My search for entertainment, presenter or cycling industry heavyweight took me to some of the obvious choices. Levi Leipheimer? Chris Horner? I certainly didn't want a boring banquet. Who may be in town that weekend? Well, all my choices either resulted in being over budget, no connection, and more.

So as a past wedding photographer, I have seen many wedding reception acts of dubious abilities, formats and such. I remembered a company that I loved to work with since we could work as a team, entertain the family and friends at the reception and the whole time be socially sensitive, not insult groups of people, and stay on time for the evening. Amazing how many inept DJ's I've worked with that didn't know the first thing about being the MC of a social event. I am proud to introduce you to Blair Silver and Company. I have known Blair for many years as my favorite DJ for weddings. So get ready for a little fun and interaction with Blair. Get ready, I will be cluing Blair and his associate in to some of the inside rantings of the club. All in good taste, I won't give away the farm but Blair and I have discussed the basic format for the evening. I'm sure you'll all go away with another memorable Banquet.

To reserve your spot at this years banquet visit the website and sign up. There is a \$20.00 fee to confirm your spot. This year the banquet is limited to 200 attendees. I don't have a cutoff date yet but sign up now while you're reading this issue of the Chain Reaction, so you won't miss it. Food will be tastefully prepared by Azarra's Catering which will be a varied affair with something for everyone's palette and there will be plenty of desserts for all. OCW will also be hosting the bar.

Ken Brant will continue the slide show of this past year's memorable events, and we will have some raffle items to give away.

The new 2010 officers and directors promise to bring some improvements and changes to our membership efforts.

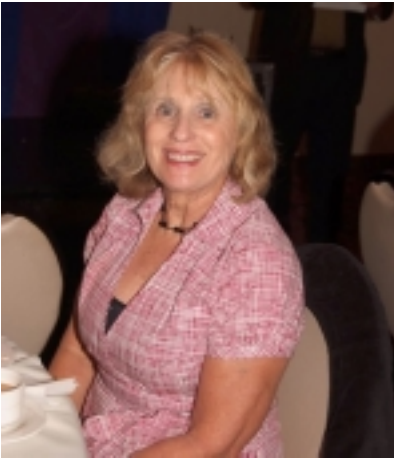
Put February 20, 2010 on your calendar and we'll see you at the Banquet.

Michael D. Lee, OCW Vice President

Register online at <http://www.ocw.org>

Photos from Last Year's Banquet

By Mike Lee



Help From Above!

By Jim Brewer

Awaking at 3:00 am Saturday morning and completing a challenging and interesting cycling day of 203.3 miles of riding and 14,900 feet of climbing was our goal.

Arriving at Christmas Circle in Borrego Springs on Friday at noon, an omen of things to come surfaced. As I was eating my carbo loaded lunch at the park, a lady and her husband came up and asked me what the “deal” was, so I explained some details. When finished, her comments were, “are you crazy?” “What planet are you from?” And “are you an alien?”

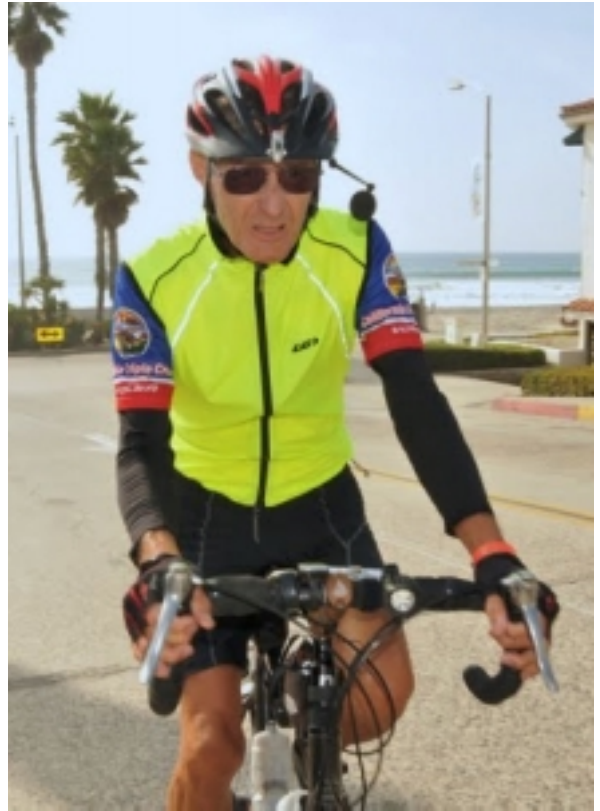
My answer was, “well, my friend said that I get my energy from visiting aliens from space.” I didn’t show her my antennas but did tell her that we might come in contact with those ET’s sometime tomorrow, when we really need them.

Paul DeFeo, from Huntington Beach was my riding partner. It was the third and last try for both of us to attain the 2009 Triple Crown. Paul couldn’t make it to the Autumn Solvang Double and I “bombed,” so this was the last attempt this year for both of us.

Getting back to the 3:00 am wake-up time and 4:00 am start adventure. While scarfing down some half cooked Thai noodles in haste, my throat got jammed and it was very difficult to swallow. In desperation, Alka Seltzer was used as Drano to clear the clogged “pipe” to the stomach, and if that didn’t work, 911 was an option.

After that was resolved, dressing became a problem. Gloves were put on upside down, knee warmers were reversed and socks inside out. We were then good to go, well almost. Paul and I got 100 yards out and my rear brakes locked and after checking the controls, it was discovered that the headlight battery was pinching the brake cable.

After that debacle, lights were turned on, so we “blasted off,” reaching 4,000 feet in 11 miles. It was a spirited warm-up but got terribly nasty dropping to 30 degrees in a matter of minutes. My partner was shivering so much he could hardly hold onto his handle bars. Ice was forming on my glasses, jaws were locked, and



Jim Brewer

the feed tube on camelbacks froze. Only thing missing on this 20 mile deep freeze leg were polar bears, penguins and my dropped shades. Guess that comes with the territory because you never know what to expect.

At 43 miles the Santa Ysabel rest stop was welcomed. Hot apple pie, milk and an assortment of other stuff was offered, but more importantly for us was getting warm. Another tough climb loomed ahead. It was 44 degrees by then and the ride up Mesa Grande Road was quiet, steep and very scenic. An assortment of animals like cows, horses, llamas and wild turkeys were roaming about. A fast descent through Escondido, San Marcos and Carlsbad put us at the lunch stop in Oceanside, the half way point. Greeting us were very nice and accommodating volunteers. **Bob** and **Gus Fieldhouse** (OCW) surprised us. Somehow they found the lunch stop and brought us some “almost cholesterol free” food, and verified that we were “still in the game.” **Bob’s** replacement shades were very



Paul DeFeo

wasn't fully extended!

We were entering the "ice box" so I suggested finding a newspaper dispenser to front load our vests with paper. Well, we didn't have any coins or "slugs" to unlock them, but did find an open liquor store nearby. When pulling in, a young lady passenger in a PU truck jumped out and screamed, "let me use your cell phone, I've got to call the police." "That frickin' guy in the truck is drunk."

My reply was, "my .99 Cent Store phone probably won't work so go in the market, it will be faster."

After that incident, we found some free magazines in a news rack and inserted them between our vests. That incident gave us an idea of what to expect on the road to Julian. The ascent was slow and steady. We caught another rider half way up. He was walking his bike.

I asked, "You alright?"

His reply, "Yes, just lost my mojo. I'll be OK."

Reaching historic Julian at 11:00 pm was like visiting a ghost town. It was weird straddling the center line with no traffic but rewarding knowing that most of the last 30 miles was down hill. The helmet light went dead so our 42 mph top speed wasn't known until the end. We knew the finish line was near when coyotes stared us down and road runners chased us. We watched the pale-moon rise in the East as we anticipated the cool taste of Blue Moon at the end. We were greeted at the 12:10 am finish by two hard core dedicated volunteers. They told us that there were three more riders out there and that a UFO was sighted.

Burritos, chips, drinks and a large piece of fresh apple pie "hit the spot" at the end. The Borrego Double Ordeal volunteers did a fantastic job of organization and making sure everyone out there finished the course.

Stats: 60 cyclist started, 55 finished, 14,900 feet of climbing, 203.8 miles (more for us).

Other Double news. Earlier in the year, **Bob Fieldhouse** and son **Gus** (on a 1985 steel frame tandem) with **Jim Pugh** who rode solo, finished their first double century. They completed the Grand Tour Double in Malibu.

much appreciated and the adventure continued.

From sea level, steady climbs kept us honest and one thing you don't want to hear on a double is "hey Paul, my dyslexia kicked in. Think we should have turned right." "Oh well, what's a few more miles?"

Back on track, we continued to rest stop 5 (Pauma Valley, 130 mi.), somewhere in the Cleveland National Forest. The folks there were very nice and provided us with a fruit smoothie and energy drinks. With 73 miles to go in darkness, batteries were boarded and seven layers, 2 sets of arms warmers, knees warmers, and a skull cap were put on for the cold 4,000 ft. climb to Julian.

Unexpected events can happen on doubles, especially on Saturday nights. On narrow Hwy 76, Paul lost control of his bike, over steered, left the road and crashed. Later, I did the same thing but hit gravel and was able to return to the highway. Guess one of my antennas

Bicyclists and the California Law

By Brian DeSousa
Vice President, California Association
of Bicycling Organizations (CABO)

Recent events in the news have illustrated the need for motorists and bicyclists to “share the road”. Yet often times both motorists and bicyclists are often unaware of bicyclists’ rights and duties. Therefore, this article takes a look at laws governing bicycling on roadways in California. (Disclaimer: I am not an attorney, but I have spent my own time reviewing laws applicable to bicycling.)

When looking at bicycling law, is it sufficient to only look at the state level, or must we also look at local ordinances? Here’s what the California Vehicle Code (CVC) has to say:

21. Except as otherwise expressly provided, the provisions of this code are applicable and uniform throughout the State and in all counties and municipalities therein, and no local authority shall enact or enforce any ordinance on the matters covered by this code unless expressly authorized herein.

Since operation of bicycles on public roadways is covered by the vehicle code, cities and counties are preempted from such regulation. Areas where localities are given authority to regulate are sidewalk bicycling (allowed unless prohibited) and registration of bicycles (can only be required for residents).

The “enabling law” that allows bicyclists to use the public roadways is as follows:

21200. (a) Every person riding a bicycle upon a highway has all the rights and is subject to all the provisions applicable to the driver of a vehicle by this division, ... except those provisions which by their very nature can have no application.

“Highway” is a vehicle code term for a public road or street. (Bicyclists are allowed to use any public road that is open to motorists, with the exception of prohibited freeways.) “Provisions applicable ... by this division” refers to the rules of the road in the vehicle code. So although bicycles are defined as “devices”

elsewhere in the code, bicyclists are required to follow the same movement rules as vehicle drivers.

What does this mean for bicyclists? First, 21650 requires driving on the right half of the roadway, and on roads two or more marked lanes in one direction, 21658 requires being completely within a lane. There are other laws that require stopping at stop signs and red lights, making right turns from the right side of the street, making left turns from the left turn pocket, etc.

Does this mean bicyclists can ride in any lane they want? Drivers of slow moving vehicles have an additional requirement:

21654. (a) Notwithstanding the prima facie speed limits, any vehicle proceeding upon a highway at a speed less than the normal speed of traffic moving in the same direction at such time shall be driven in the right-hand lane for traffic or as close as practicable to the right-hand edge or curb, except when overtaking and passing another vehicle proceeding in the same direction or when preparing for a left turn at an intersection or into a private road or driveway.

Therefore, drivers of slow moving vehicles are required per 21654 to use the right most lane (the “or close as practicable to the right” wording would only be controlling on roads without marked lanes) unless passing another driver or making a left turn. Also, per 21656, a driver of a slow moving vehicle on a two lane road is required to move over to allow five or more vehicles waiting behind to pass. Neither restriction applies to bicyclists who are not slower than traffic.

So far, the operating rules for bicyclists are identical to those for motorists. However, on roads without bike lanes, bicyclists have an additional law that regulates roadway positioning:

21202. (a) Any person operating a bicycle upon a roadway at a speed less than the normal speed of traffic moving in the same direction at that time shall ride as close as practicable to the right-hand curb or edge of the roadway except under any of the following situations:

- (1) When overtaking and passing another bicycle or vehicle proceeding in the same direction.
- (2) When preparing for a left turn at an intersection

or into a private road or driveway.

(3) When reasonably necessary to avoid conditions (including, but not limited to, fixed or moving objects, vehicles, bicycles, pedestrians, animals, surface hazards, or substandard width lanes) that make it unsafe to continue along the right-hand curb or edge, subject to the provisions of Section 21656. For purposes of this section, a “substandard width lane” is a lane that is too narrow for a bicycle and a vehicle to travel safely side by side within the lane.

(4) When approaching a place where a right turn is authorized.

(b) Any person operating a bicycle upon a roadway of a highway, which highway carries traffic in one direction only and has two or more marked traffic lanes, may ride as near the left-hand curb or edge of that roadway as practicable.

While this is similar to 21654, the key difference is that while it is sufficient to be anywhere in the right most lane to comply with 21654, a bicyclist must share the right most lane per 21202 unless certain conditions apply.

Note that the word “practicable” gives a cyclist more latitude than the word “possible”. One example is a road with on street parking – while it would be possible to ride close to the parked cars, it would not be practicable to do so due to the potential of being hit by a parked car door.

When the exceptions to 21202 apply, slower moving bicyclists do not have to comply with the “as close as practicable to the right” provisions of 21202, but they are still required to use the right most lane per 21654. One example is the exception for lanes that are too narrow to safely share. In that case, a bicyclist may choose to “control the lane” by operating in or near the center of the right most lane to discourage close passing within the lane.

The exception for “approaching a place where a right turn is authorized” not only gives bicyclists latitude to be far enough left to avoid a motorist overtaking and then making a right turn across the bicyclist’s path, but it also allows bicyclists adequate clearance to avoid being too close to motorists pulling out of driveways and intersections.

Note that a shoulder is not part of the roadway (although

it is part of the highway) and therefore its use is allowed per 21650 but not required. Bike lanes are part of the roadway and are regulated per 21208. The wording of 21208 is similar to that of 21202, except the “as close as practicable to the right” requirement is replaced with a requirement to use the bike lane. Since bicyclists may want to leave the bike lane for operating reasons similar to avoiding the right hand edge, the exceptions to 21208 are also similar to that of 21202.

Video clips illustrating bicyclists operating in cases where the exceptions to 21202 and 21208 apply are available at <http://www.cyclistview.com/exceptions.htm>.

In future articles I hope to address the implications of these and other laws on groups of bicyclists (such as how “normal speed of traffic ... at that time” in 21202/21208 might apply to groups), as well as expand on the implications for individual bicyclists.

For more information, refer to the “Rights and Duties of Cyclists” video at <http://tinyurl.com/rightsandduties>, the article “Bicycles and the Law: the Case of California” at <http://www.cabobike.org/articles/bicycles-and-the-law>, and the California Vehicle Code at <http://www.dmv.ca.gov/pubs/vctop/vc/vc.htm>.

SATURDAY TRAINING

Come out and join us every Saturday (weather permitting) at 7:30 am at the Orchard Hills Shopping Center in Irvine, on the corner of Portola and Culver/ Orchard Hills.

If you haven’t already, please sign up on the training email list to receive weekly emails on the next Saturday distance rides and also any weather that might cancel a ride.

Michelle Kashima
training@ocw.org



THANK YOU TO THE ORANGE COUNTY WHEELMEN

Many thanks to all who donated a toy or gift at the annual Holiday Party for the kids of Hannah's Childrens Home. This past year was a difficult year for many, yet we had more gifts and donations from the OC Wheelmen than ever! You are truly generous.

Hannah's is a non-profit organization that places children in foster homes. The children are age birth to 18 years and they have been settled in foster homes by social services because their parents are in jail, are on drugs, or have abused the kids. The children are separated from their natural families. The county pays for the children's housing, food and clothing, but there is little left over for frills at holiday time.

That's where the OC Wheelmen step in and donate gifts for the foster children, as well as the natural children of the foster parents. We pick up the toys and gifts from the holiday party and deliver them to the business office of Hannah's in Orange, and from there they are distributed to the individual foster families.

We appreciate the members of the OC Wheelmen for your thoughtfulness and generosity. You truly have made the holidays brighter for so many children.

With gratitude,
Judy Aronson



SPRING METRIC 2010 Let's Recruit New Members Saturday, March 27, 2010

This year's Spring Metric and 40 Miler will be a Members Only Ride. What this means is, the ride is **FREE** to OCW Members. As always it will be a fully supported ride with 2 rest stops, roving SAG, and a delicious Pollo Loco Chicken Dinner at the finish. The routes will be the same as last year. Both rides will start at Yorba Regional Park, with a 7 mile warm up down the Santa Ana River Trail, where you will then head through Santa Ana Canyon into Irvine. After a rest stop at Jax Cycle Shop, the 40 mile group will return towards the start with a stop in Orange, at Santiago Hills Park. The Metric group will leave Jax and head out through El Toro Marine Base toward Mission Viejo, and then back through beautiful Santiago Canyon. A rest stop at mile 52 is just prior to the last climb of the day. Then you will get to enjoy the final 10 miles of flats along Santa Ana Canyon Road where back at Yorba Regional Park the volunteers are waiting to feed and congratulate you on a job well done.

Please encourage non-member friends that this is a great time to join OCW. Join the Club for \$29.00 and you will get this great event free, as well as all the privileges that we all enjoy as OCW Members. So, please choose to sign up and join the fun by either riding or volunteering.

Sign up for the ride at ocw.org, or if you would like to volunteer, please contact **Paul D'Aquanni** at events@ocw.org

Ride safe & share the road,
Paul D'Aquanni

Weekly Ride Schedule

TUESDAY

Tuesday Training Rides - Hill Training - **9:00 am**. 1,000-2,000 feet of climb, 30 miles. Meet near Taco Bell at Albertson's Mall at Chapman & Jamboree. Ride Leader **Jim Walker**, 562.943.9403 or email him at teamwalker@bbcnet.com.

FRIDAY

Morning Ride - **9:00 am**, Deerfield Park, Irvine. Exit the Santa Ana (I-5) at Culver and go south to Irvine Center Drive. Turn left (east), go one block and turn left at Deerwood to the park. This is a moderate to fast-paced ride of 35-45 miles with a stop at the end. Ride Leaders **Alan Dauger**, abiker@socal.rr.com and **Dan Gorman**, dmgoran@aol.com.

SATURDAY

Saturday Rides - **8:30 am**, The Square, Irvine (Main and MacArthur). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. See Saturday Rides in the center pages of the Newsletter. Ride Leader **Bob Fairfield**, mobile412@ca.rr.com and **Jim Pugh**, in-line@pacbell.net.

CENTURY SERIES

If you're interested in doing centuries or double centuries, this is a great training tool. **Chuck Bramwell** is here to help you reach your personal goals. Sign up for email notification of rides at <http://www.CalTripleCrown.com/EMailLists.htm>.

SUNDAY

Sunday Rides - **8:30 am**, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader is **Donna Parish**, 714.549.8363 or ridecaptain@ocw.org.

Tandem Time

Ride Director
Debi Butz



Please join us for the next Tandem Time ride:

When: Saturday, February 6, 2010 starting at 8:30 a.m.

Where: The Square located at Main and MacArthur in Irvine near the John Wayne Airport.

The ride is approximately 30 miles in length.

Stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders and e-mail **Debi Butz** at rdbutz@earthlink.net or call her at (714) 996-4366 if you have further questions.

Next upcoming Tandem Time is April 3, 2010.

Saturday Rides

Ride Leaders-Bob Fairfield and Jim Pugh

The Saturday Rides are offered to improve individual and group riding skills and to promote the sport of bike riding. There are four rides scheduled each Saturday-Sprint, Short, Medium and Long. We do not ride when weather conditions are unsafe or if there is an **OCW** Special Event that day. The rides start at The Square, (formerly called Food Park), located at the NW corner of Main and MacArthur, in the city of Irvine. We park in the lot behind Starbucks. If you are new to **OCW** rides or are just returning to cycling, let us know, so we can suggest a group that fits your present riding ability. **The rides start at 8:30am.**

February 2010 Schedule

All rides start promptly at 8:30

February 6, 2010

Sprint - 35 miles Rollies - MacArthur, Main, Von Karman, Campus, University/ East Bluff, San Miguel, Marguerite, PCH, Laguna Cyn, Old Laguna Cyn, Sand Cyn, Trabuco, Yale, W. Yale Loop, Main, MacArthur

Slow to fast

24 miles Mostly Flat - Red Hill, Barranca, Harvard, Irvine Ctr, Sand Cyn, Portola, Tustin Ranch, Walnut, Red Hill, Von Karman, Main, MacArthur

Tandem Time - no drop ride - 32 miles Elevation Gain 500 ft. Flat - Red Hill, Edinger/ Irvine Ctr, Harvard, Walnut, Yale, E. Yale Loop, Alton, Irvine Ctr, Lake Forest, Toledo, Irvine Blvd, Jeffrey, Walnut, Harvard, Main, MacArthur

65 miles Hilly - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Bake, Portola, Marguerite, Jeronimo, Olympiad/ Felipe, Oso/ Pacific Park/ Glenwood, Aliso Creek, El Toro, Laguna Cyn, PCH, Marguerite, Newport Coast, Pelican Hill, Harvard, Main, MacArthur

February 13, 2010

Sprint - 35 miles Elevation Gain 810 ft. Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Toledo, El Toro, Los Alisos, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

Slow to fast

26 miles Elev. Gain 600 ft. Flat/ Rollies - Main, Alton, Irvine Blvd, El Toro, Muirlands/ Barranca, Von Karman, Main

33 miles Hilly - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Bake, Portola, El Toro, Toledo, Alton, Main, MacArthur

46 miles Rollies - Main, Von Karman, Campus, University, Michelson, Culver, Alton, Irvine Blvd, Sand Cyn, Trabuco, Culver, Portola, Tustin Ranch, Walnut, Edinger/ Irvine Ctr, Barranca, Warner, Red Hill, MacArthur

February 20, 2010

Sprint - 37 miles Elevation Gain 1000 ft. Rollies - Red Hill, McGaw, Von Karman, Campus, Turtle Rock, University/ Jeffrey, Irvine Ctr, Sand Cyn, Irvine Blvd, Alton, Von Karman, Main

Slow to fast

27 miles Elevation Gain 525 ft. Rollies - Red Hill/ Santa Ana, Mesa/ Birch, Von Karman, Barranca, Jeffrey/ University/ East Bluff/ Ford/ Bonita Cyn, California, Harvard, Main, MacArthur

33 miles Flat - Red Hill, Edin/Irv. Ctr, Barranca, Toledo, Trabuco/ Irv. Blvd, Portola, Tustin Ranch, Walnut, Harvard

59 miles Flat - Main, Sunflower, Sullivan, 5th, Newhope, Trask, Western, Crescent/Centralia, Studebaker, SG River Trail, Westminster, Bolsa Chica, Heil, Newland, Slater, SA River Trail, Sunflower, Main

February 27, 2010

Sprint - 37 miles Elevation Gain 1400 ft. Hilly - Red Hill, Edinger/ Irvine Ctr, Barranca, Jeronimo, Olympiad, La Paz, Muirlands/ Barranca, Irvine Ctr, Harvard, Main, MacArthur

Slow to fast

27 miles Rollies - Main, Jamboree, Harvard, Irvine Ctr/ Moulton, Lake Forest, Irvine Blvd, Jeffrey, Irvine Ctr, Harvard, Barranca, Von Karman, Main, MacArthur

35 miles Flat - Red Hill, Alton, Irvine Blvd, Yale, Walnut, Edinger/ Irvine Ctr, Barranca, Harvard, Main, MacArthur

63 miles Flat/ Rolling - Main, Sunflower, SA River Trail, Slater, Springdale, Lampson, St Cloud/ Monticeto, Katella/ Willow, LA River Trail, Beach Bike Trail, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur

Sunday Rides

Go to <http://www.ocw.org> for up-to-date
OCW info.

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

Ride Captain reserves the right to change routes
due to weather and/or road conditions.

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:30 am. Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. **A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET!!** *Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.*

February 2010 Schedule

February 7, 2010 Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). Take the 405 Freeway to the Mac Arthur 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).

S-27 Miles. Campus, Michelson, Culver, Barranca, Alton, Irvine Blvd., Tustin Ranch, Harvard.

M-33 Miles. Irvine Ave, Cliff, PCH, Seapoint, Slater, Gothard, Lake, PCH, Dover, Campus.

L-43 Miles. Von Karman, Barranca, Irvine Blvd., Bake, Portola, Jeronimo, Alton, Turtle Rock, Campus.

February 14, 2010 Tustin Sports Park, Tustin. Take the Santa Ana Fwy (5) to Jamboree and exit north. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.). Go 0.2 miles and enter the parking lot on the left.

S-23 Miles. Jamboree, Portola, Yale, Irvine Blvd., Alton, Irvine Ctr., Red Hill, Tustin Ranch.

M-35 Miles. Portola, Sand Cyn., Shady Cyn. Trail, Eastbluff, Harvard, Red Hill, Walnut, Yale.

L-43 Miles. Portola, Modjeska, Irvine Blvd., El Toro, Santa Margarita, Antonio, La Paz, Jeronimo, Edinger, Walnut, Tustin Ranch.

February 21, 2010 Northpark Plaza, Irvine. Take the Santa Ana Fwy. (5) to Culver and exit North. Go 1 mile to Irvine Blvd. The shopping center is on the Northwest corner. Park between Jack-in-the-Box and the French Bakery.

S-24 Miles. Irvine Blvd., Tustin Ranch, Red Hill, Alton, Irvine Blvd., Portola, Irvine Blvd.

M-35 Miles. Irvine Blvd., Portola, Trabuco, Los Alisos, Barranca, Harvard, Tustin Ranch.

L-43 Miles. Irvine Blvd., Alicia, Aliso Creek, Laguna Cyn., PCH, San Miguel, Bonita Cyn.

February 28, 2010 University Park Shopping Center, Irvine. Take the San Diego Fwy. (405) to Culver and go south 0.3 miles to Michelson. Park near Carl's Jr.

S-23 Miles. Yale, Jeffrey, Irvine Ctr., Bake, Irvine Blvd., Jeffrey, Portola, Yale, Culver.

M-34 Miles. Harvard, Campus, Jeffrey, U Portola, Tustin Ranch, Red Hill, Barranca, Jeffrey.

L-43 Miles. Harvard, Tustin Ranch, Jamboree, Santiago Cyn., Jeronimo, Alton, University.

March 7, 2010. Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). Take the 405 Freeway to the Mac Arthur 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).

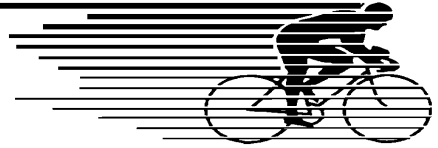
S-23 Miles. Von Karman, Red Hill, Tustin Ranch, Portola, Sand Cyn., Alton, University.

M-36 Miles. Campus/Irvine, Cliff, PCH, Warner, Gothard, Lake, PCH, Dover, Campus.

L-48 Miles. Jeffrey, Alton, Laguna Cyn., PCH, Bayside, Seapoint, Palm, PCH, Dover, Campus.



PARAMOUNT RACING



TEAM MEETING

Check the Paramount WEB Site for Location, Dates, and Times

President	John McKee	pres@paramountracing.org
Vice President	Curtiss Dosier	cdosier@kmob.com
Secretary	Jeff Carchidi	jcarchidi2001@yahoo.com
Race Director	Monty Pettus	sngltrkguy@yahoo.com
Rider Advocate/Recruitment Director	Ethan Ede	motiongraf@yahoo.com
Sponsorship Coordinator/OCW Liaison	Michelle Kashima	kashima@cox.net

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

Saturday: 8:00 am. Meets at Jax Bicycles Irvine (14280 Culver Drive). Route, pace and distance will change based on the racing season. E-mail us for information on the current ride.

Sunday: "Old Como". The ride meets at 8:00 am, Tustin Market Place, in the parking lot near the Red Robin Restaurant off Jamboree (34 miles fast paced through Santiago Canyon).

Once the racing season starts, the weekend rides may change or be cancelled due to races. Please e-mail us for further information. We encourage anyone with an interest in racing next season to join us for this ride.

RACE TEAM SPONSORS

JAX BICYCLE CENTER

TREK BICYCLES

TUSTIN TOYOTA

HAWAIIAN ISLANDS CREATIONS

FEATHER BRAKES

ORANGE COUNTY WHEELMEN

VITTORIA TIRES AND TUBES

BONTRAGER WHEELWORKS

KENNYBZ.COM PHOTOGRAPHY

HAMMER NUTRITION

INKSPOTGRAPHX.COM

Paramount Race Report Off-Season Wrap-Up

By Curt Dosier

Paramount racers have been busy doing their own thing this off-season, getting ready for the new race season to begin. Some members, including **Howard Miller, Jason Gersting** and **Curt Dosier** did some cyclocross races. Others, like President **John McKee** and sprint ace **Monty Pettus** spent some time on the track at the Paramount track days at the LA Velodrome.

Most of the Cat. 3 squad (**John Bernstein, Jeff Carchidi, Curt Dosier** and **Ethan Ede**) spent Saturday morning doing 3-4 hour team rides and Sunday doing the Como Street group ride, along with **Jason Gersting. Wilson Crider** typically did the OCW ride on Saturday. Two of the Elite women, **Hilary Crowley** and **Alicia Boland**, live in Las Vegas and have been doing their training there. **Dianna Del Fante** and **Suzie Givens** have been at Como Street in the last few weeks.

The first race of the year takes place in early January. February includes the Boulevard road race and the Valley of the Sun stage race in Arizona. By March, the season is in full swing with the Tour of Murrieta and the San Dimas stage race.

The Paramount racers will be looking good this season in the new kits designed by **Ethan Ede**.



Paramount Track Day

By Alan Dauger

On January 10, I again took the opportunity to join Paramount Racing and the UCI Cycling Team for workouts at the Home Depot Center Velodrome in Dominguez Hills. This is a different kind of bike riding and always fun to try. The racers find that it helps their outdoor racing skills as well.

Paramount set up four of these sessions for this winter racing off-season. On this day there were ten participants, most of whom were fairly experienced at track riding. The track bikes have a fixed gear and no brakes, always a challenge for me to ride. Further, the curves are banked up to a 45 degree angle, which is intimidating to say the least. The director of the facility, Roger Young, first told the riders to warm up with sixty (60) laps at 27 seconds per lap. After a half hour of fast riding and no coasting, we were warmed up for sure! Then without a break Roger set out on his electric motorbike to pull the group at an even faster pace, until the riders dropped off, one by one. By this time I was already out of it, waiting to see what's next. After a bit of rest, the racers split into two groups of four, the hounds and the hares. The



Alan Dauger



winner would be the fastest hound who caught all the hares.

The next exercise was for the riders to split up into pairs, who were to stick to each other as if on a tandem then race the other pairs. Finally, Roger again set out on his motorbike to pull the group for 40 more laps at speed, while I rode about a dozen more laps on my own. It was quite an experience! Please see the photos by **Ken Brant** www.kennybz.com.

BOARD MEETING MINUTES

December 6, 2009

ATTENDANCE

Officers & Directors Present:

Mike Lee, Paul D'Aquanni, Debi Butz, Jim Walker, Henry Pilcher, Kathy Pilcher, Dan Gorman, Doris Bingo, Mike Laugen, Lorna Laugen, Bob Fairfield, Jeff Rich, Charlie Irwin, Dennis Thomas, Jim Pugh, Michelle Kashima, Alan Dauger, Lee Stebbins.

Members Present:

Curt Dosier, Ethan Ede.

CALL TO ORDER

The meeting was called to order by President **Charlie Irwin** at 11:30 am.

MINUTES

A motion was made by **Debi Butz** and seconded by **Dan Gorman** to approve the minutes of the November Board Meeting. Motion carried.

TREASURER'S REPORT

Jim Walker reported that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Jim Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: No report.

Vice-President: **Mike Lee** is working on a speaker for the January general meeting, and it will be either **Link Lindquist** or Serfas. He should have it confirmed by the end of this week. **Mike** has the check for the deposit to reserve the venue for the banquet. He will sign the contract for the venue tomorrow.

Membership: OCW has 405 members with 22 new members. Paramount has 90 members. Last year, OCW had 380 members.

Paramount: **Curt Dosier** reported that the team is busy getting ready for the 2010 racing season. They had some bad news, **Marcos Corona** is leaving the team. The elite women's squad has four guaranteed members and they are working on a couple more candidates. **Ethan Ede** thanked OCW for the club's

support of the team. He is working with Oracle Cycling, and they are putting together a general coaching program for Paramount. **Ethan** asked what OCW might want out of coaching. **Charlie** will put the question on the agenda as new business for the next board meeting.

OCW COMMITTEE REPORTS

OCW/Paramount Relationship: **Charlie Irwin** reported that a meeting was held. **Debi** reported that the basic result of the committee meeting was that OCW needs to be as generous as possible with Paramount. Paramount is developing the women's elite team and this will allow them to concentrate on training. The committee will present the complete results of the meeting at the next board meeting.

Budget Report: **Jim Walker** passed out a copy of the 2010 budget. **Charlie** asked the board to study it and e-mail comments and questions to him. He is planning to talk about it in more detail at the next board meeting.

CTC REPORT: Absent

OLD BUSINESS

Holiday Party: We have 130 guests signed up for the Holiday Party.

Bike Shop Sponsorship: No meeting was held.

E-Mail Votes Committee: **Alan Dauger** proposed a simple change in the by-laws to allow web meetings. Web-based meetings on one subject allow for real time meetings. **Mike Lee** wanted to discuss the cost. **Charlie** stated that it was put in the budget. The club has allowed \$5000 to be spent on the website. **Alan** thought the e-mail process would take too long. **Charlie** stated that the first web meeting went well. If the board agrees, **Alan** will present a change in the by-laws. **Charlie** would like to keep the committee open to refine the process. **Lorna Laugen** asked if the club should define what is an emergency meeting. **Charlie** stated that the president determines whether to call a meeting, and it's actually a 'special' meeting.

Nominating Committee: **Dan Gorman** reported **Dennis Thomas** is working on **Jim Brewer**. **Debi** discussed the possibility of eliminating the folding party. **Henry Pilcher** asked why a hardcopy of the newsletter is still

being printed. **Charlie** would like to send out the ballot soon, and we need the results back by the end of January. The vice-president position is still open, but we are looking at **Jim Brewer**. We have no prospects for the secretary position.

NEW BUSINESS

Spring Metric Date: A motion was made by **Debi Butz** and seconded by **Lorna Laugen** to set the date of the Spring Metric for March 27, 2010. Motion carried.

Vote to cover web meeting: **Charlie** reported that we had a web meeting, which had the required quorum. OCW donated two Amtrak tickets for auction to SoCal Cycling League, which promotes mountain biking. A motion was made by **Mike Lee** and seconded by **Dennis Thomas** to donate two Amtrak Century tickets with train return to SoCal Cycling. Motion carried. All certificates and instructions have been sent.

ADJOURNMENT

A motion was made by **Jim Walker** and seconded by **Dan Gorman** to adjourn. Motion carried. The meeting was adjourned at 11:50 am.

Respectfully submitted by **Doris Bingo**.

BOARD MEETING MINUTES

January 3, 2010

ATTENDANCE

Officers & Directors Present:

Mike Lee, Paul D'Aquanni, Debi Butz, Rick Butz, Jim Walker, Irene Walker, Henry Pilcher, Kathy Pilcher, Dan Gorman, Doris Bingo, Alex Laugen, Lorna Laugen, Bob Fairfield, Ken Brant, Charlie Irwin, Michelle Kashima, Lee Stebbins, Patrick Huey, Alan Dauger, Jim Pugh, Dennis Thomas

Members Present:

Wilson Crider, Curt Dosier, John McKee

CALL TO ORDER

The meeting was called to order by President **Charlie Irwin** at 11:30 am.

MINUTES

A motion was made by **Dan Gorman** and seconded by **Patrick Huey** to approve the minutes of the December Board Meeting. Motion carried.

TREASURER'S REPORT

Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Jim Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: No report

Vice-President: **Mike Lee** reported that he has been working on lining up speakers for upcoming meetings. He is talking with Serfas, the "bike detail guy", and Trek.

Membership: **Jim Walker** reported that OCW has 408 members with 3 new members. Paramount has 91 members. Last year OCW had 382 members.

Paramount: **Curt Dosier** reported that Paramount racing is in their off season and riders are currently training on their own. Two track days have been scheduled for January.

OCW COMMITTEE REPORTS

OCW/Paramount Relationship: No meeting

Bike Shop Sponsorship: No meeting

E-Mail Votes Committee: No meeting held

Nominating Committee: Ballots are in the mail

CTC REPORT: No report - absent

OLD BUSINESS

Bylaws changes: Discussed changes to the bylaws regarding web meetings. **Debi Butz** made a motion to change the bylaws – motion was rescinded. **Debi** remade a motion to consider the change that special meetings be included in the next bylaw update. Motion seconded by **Lorna Laugen**. Motion passed. Need to put together a new bylaw committee meeting.

2010 Budget: Proposed budget was given to all board members. Discussed proposed budget and any questions or concerns from board members. **Debi Butz** motioned to approve budget, motion seconded by **Mike Lee**. Motion carried.

2010 Paramount Budget: **Curt Dosier** discussed proposal for \$4K contribution from OCW for Paramount Racing. Paramount Racing agreed to work a rest stop

at Amtrak and Ride Around The Bear. **Alan Dauger** motioned to approve giving \$4K to Paramount, **Irene Walker** seconded. Motion carried.

NEW BUSINESS

Holiday Party – 136 members attended. Party was a success. HB yacht club called and asked if we would like the same date for next year. **Irene Walker** made a motion to put down a deposit to hold the date for next year. **Mike Lee** seconded. Motion passed.

2010 Banquet – **Mike Lee** reported that we need to schedule a meeting to finalize the menu and to pay the rest of the deposit. **Mike Lee** is looking into entertainment options by working with a talent agency – want to keep the cost under \$1K. Discussed cost for members to attend. Last year we charged \$20 per person. **Debi Butz** made a motion to keep it at \$20 for banquet. **Lee Stebbins** seconded. Motion carried.

UCI cycling program sponsorship: Bryan Larsen, President of UCI Cycling Team spoke to group. UCI Cycling Club has 34 members – including full time students, staff and alumni. The group encourages new riders to take up cycling, as well as mountain bike

racings, track racing and cyclocross. Half of their members are racing and several qualify for Nationals. OCW has helped sponsor them in the past, and are hoping that OCW will continue to help sponsor their program. Motion made by **Jim Walker** and seconded by **Debi Butz** to donate \$2K – motion passed.

OCW Oath: **Michelle Kashima** presented OCW Oath for safe cycling and asked board members if they had any suggestions for changes to wording of oath. BCI will be participating as well. The goal is to have all bike clubs in CA sign the oath. David Whiting from OC Register is cooperating with this effort and will report in his column each month. Discussed wording of oath. **Lee Stebbins** motioned that we table further discussion of wording until next meeting after all board members have had time to look it over. **Debi Butz** seconded. Motion passed.

ADJOURNMENT

A motion was made by **Jim Walker** and seconded by **Dan Gorman** to adjourn. Motion carried. The meeting was adjourned at 12:35 pm.

Respectfully submitted by **Patrick Huey**

Mike Laugen
in a “changing
station”.

Photo submitted
by **Patrick Huey**



CLUB RIDE TOTALS FOR 2009

Minimum 125 miles or 75 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Aguerre, Martin	4	301	30	331	75	0	Dauger, Marlene	0	0	0	0	0	100
Allred, Alan	129	4429	851	5280	34	0	Davidson, Bob	3	308	14	322	102	0
Alvarez, Mike	13	403	0	403	31	100	Decker, Will	0	0	0	0	0	150
Berkey, Ricky	14	544	0	544	38	100	DiPasquale, Lori	3	162	0	162	54	0
Bernstein, Martin	27	794	0	794	29	75	Dosier, Curt	0	0	0	0	0	415
Berstein, John	0	0	0	0	0	100	Dosier, Susan	0	0	0	0	0	100
Bessee, Dee	0	0	0	0	0	275	Dudaniec, Andrew	68	2222	30	2252	32	0
Bianco, Renee	11	482	28	510	43	125	Ede, Ethan	0	0	0	0	0	100
Billie, Lynne	2	129	0	129	64	200	Engle, Diedre	50	1696	402	2098	33	225
Bingo, Doris	75	2905	1429	4334	38	*	Fairfield, Bob	91	4474	853	5327	49	685
Black, Larry	61	2081	0	2081	34	0	Fieldhouse, Bob	44	1755	1619	3374	39	100
Bloom, Duane	7	238	0	238	34	0	Fieldhouse, Gus	8	498	69	567	62	100
Bradley, Patrick	20	1033	0	1033	51	0	Forward, Scott	6	245	0	245	40	0
Brake, Bernadette	1	37	0	37	37	100	Fry, Ken	4	153	6	159	38	25
Bramwell, Chuck	7	653	8	661	93	125	Gaston, Liz	1	29	0	29	29	175
Brant, Ken	4	122	0	122	30	200	Gaston, Stuart	23	912	157	1069	39	225
Brewer, Anita	0	0	0	0	0	150	Gate, Margaret	1	31	0	31	31	250
Brewer, Jim	54	2014	2519	4533	37	220	Gate, Tom	1	31	0	31	31	250
Brickner, Fred	1	100	0	100	100	100	Geister, Peter	24	870	230	1100	36	0
Broadhag, Wayne	3	198	0	198	66	200	Gibson, Connie	16	466	0	466	29	0
Brown, Joel	63	1975	0	1975	31	0	Gorman, Dan	166	5978	3023	9001	36	1965
Butz, Debi	58	2053	34	2087	35	725	Gross, Bret	0	0	0	0	0	400
Butz, Rick	2	74	0	74	37	250	Grotz, John	0	0	0	0	0	100
Camarena, Edward	4	141	0	141	35	0	Grotz, Sylvia	0	0	0	0	0	100
Carchidi, Jeff	0	0	0	0	0	100	Guttentag, Fred	69	2410	0	2410	34	137
Carson, Angela	5	195	0	195	39	0	Hancock, Therese	14	418	0	418	29	225
Carson, Don	6	246	0	246	41	0	Hansen, Ralph	0	0	0	0	0	75
Castleman, Vern	7	254	0	254	36	0	Hanson, Michael	52	1818	0	1818	34	135
Chemotti, Richard	8	408	10	418	51	0	Hindman, Jeff	0	0	0	0	0	100
Chico, John	2	136	0	136	68	0	Hindman, Marissa	0	0	0	0	0	100
Clanton, Diane	37	925	0	925	25	200	Huey, Patrick	117	4046	0	4046	34	*
Clark, Dan	3	171	0	171	57	50	Hunt, William	8	630	133	763	78	150
Clarke, Greg	6	412	0	412	68	100	Hunter, Dick	25	603	0	603	24	0
Clarke, Liz	2	214	0	214	107	100	Irwin, Charlie	48	1831	12	1843	38	*
Cole, Len	2	159	0	159	79	25	Ivey, Kevin	7	429	93	522	61	0
Cook, John	0	0	0	0	0	100	Johnson, Herb	13	682	7	689	52	125
Corona, Marcos	0	0	0	0	0	100	Jones, Kris	5	193	0	193	38	0
Cozza, Alison	1	100	0	100	100	200	Jordaan, Dave	0	0	0	0	0	100
Cozza, Greg	0	0	0	0	0	100	Kashima, Michelle	23	1527	101	1628	66	*
Crain, Dan	2	262	0	262	131	25	Kaufman, Mark	3	237	0	237	79	35
Crider, Wilson	37	1398	0	1398	37	235	Keenan, Frank	1	80	0	80	80	100
Daley, Laura	16	549	10	559	34	75	Kelly, Debby	0	0	0	0	0	100
DAquanni, Paul	44	1833	3	1836	41	*	Kelly, Kevin	3	219	0	219	73	0
Dauger, Alan	91	3397	964	4361	37	1240	Kerfoot, Adrienne	0	0	0	0	0	100
							Kerfoot, Beth	0	0	0	0	0	100
							Kerfoot, Bill	0	0	0	0	0	100
							Kibble, Greg	26	1257	0	1257	48	50

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Kiefer, Randy	4	254	4	258	63	100	Ramos, Jayne	1	59	0	59	59	100
Klages, Scott	39	1434	0	1434	36	100	Renowden, John	48	2486	693	3179	51	175
Kobata, Dennis	2	165	0	165	82	0	Rich, Doug	0	0	0	0	0	200
Kuemerle, Denis	11	593	0	593	53	100	Rich, Jeff	6	475	30	505	79	360
Laugen, Alex	29	1014	24	1038	34	75	Rich, Sally	1	65	0	65	65	125
Laugen, Lorna	61	2246	216	2462	36	225	Rodarte, Rene	2	179	4	183	89	0
Laugen, Michael	58	2038	140	2178	35	150	Rusher, David	10	458	52	510	45	210
Lee, Michael	50	2235	0	2235	44	*	Ryder, John	29	853	0	853	29	100
Levenson, Alan	19	717	0	717	35	0	Sanders, Don	4	225	0	225	56	0
Lindquist, Link	13	369	0	369	28	100	Schapel, Alan	28	1128	0	1128	40	0
Mac Vicar, William	0	0	0	0	0	175	Schneider, Harold	7	199	0	199	28	0
MacPherson, Barry	0	0	0	0	0	100	Sepulveda, Irineo	7	236	10	246	33	75
Madden, Tom	29	1142	32	1174	39	350	Sepulveda, Margie	16	507	10	517	31	175
Major, Nancy	2	138	0	138	69	0	Shakoori, Kia	5	260	0	260	52	0
Mary, Joan	0	0	0	0	0	125	Sharp, Scott	3	240	0	240	80	175
Matloff, Victor	18	987	0	987	54	25	Sharp, Tracy	0	0	0	0	0	150
Mc Intyre, Douglas	3	171	0	171	57	100	Shuler, Ed	5	187	0	187	37	0
McKee, John	2	61	24	85	30	200	Sorem, Terry	2	154	0	154	77	100
McNelly, Mike	2	159	0	159	79	0	St. James, Kasey	7	273	0	273	39	0
Mills, Robert	1	100	0	100	100	100	Stebbins, Lee	76	3307	162	3469	43	400
Morgan, Roger	1	28	0	28	28	300	Stechert, John	6	292	0	292	48	100
Morrison, Ken	65	1905	0	1905	29	350	Stechert, Judy	5	192	0	192	38	200
Morrison, Ollie	65	1905	0	1905	29	350	Stein, Richard	39	1133	0	1133	29	0
Nafel, Gloria	34	1293	601	1894	38	125	Tagizad, Pejmon	6	266	0	266	44	0
Neal, Frank	0	0	0	0	0	915	Taylor, Kathy	11	310	0	310	28	100
Nelson, A.J.	0	0	0	0	0	100	Thomas, Dennis	40	1406	0	1406	35	*
Nelson, Donna	0	0	0	0	0	100	Thomas, Diane	0	0	0	0	0	185
Noggle, Larry	3	126	26	152	42	0	Thorpe, Karen	30	882	0	882	29	125
Nordenstam, C.	40	1402	0	1402	35	0	Tomita, Barbara	22	846	0	846	38	350
Nordenstam, John	40	1402	0	1402	35	0	Trafton, Alvin	93	3931	0	3931	42	125
Osterfeld, Brett	2	145	0	145	72	0	Tripp, Rob	30	1384	127	1511	46	150
Osterfeld, Hank	18	1145	0	1145	63	0	Trudell, Alan	34	1293	0	1293	38	25
Pabian, Paul	6	302	0	302	50	0	VanTrump, William	5	182	30	212	36	25
Painter, Cathy	2	136	0	136	68	225	Vaughan, Greg	5	389	0	389	77	0
Painter, Lee	2	136	0	136	68	225	Vester, Alan	23	1543	0	1543	67	0
Parish, Donna	41	1102	17	1119	26	*	Viloria, Ron	23	1152	0	1152	50	0
Parish, Kent	41	1102	17	1119	26	*	Vorderstrasse, D.	18	997	10	1007	55	0
Patterson, Doug	4	360	0	360	90	85	Walker, Irene	25	768	0	768	30	*
Paulsen, Steven	12	491	40	531	40	0	Walker, Jim	62	1854	0	1854	29	*
Perea, Miguel	30	1035	0	1035	34	0	Wedekind, Patricia	1	100	0	100	100	100
Pilcher, Henry	47	1433	0	1433	30	175	Whitney, David	5	275	15	290	55	0
Pilcher, Kathy	49	1485	0	1485	30	225	Wickersham, Art	5	170	0	170	34	425
Pohle, Steve	11	507	0	507	46	0	Wickersham, Judee	6	196	0	196	32	425
Powell, David	2	159	0	159	79	25	Witte, Marni	76	2740	0	2740	36	225
Pressel Jr, Art	60	3049	12	3061	50	275	Yu, Ye	3	167	0	167	55	0
Pugh, Jim	50	2537	117	2654	50	350							
Ramos, Adrian	1	59	0	59	59	100							

* Officers do not receive activity points.

TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	166	5978	3023	9001	36	1965
Fairfield, Bob	91	4474	853	5327	49	685
Allred, Alan	129	4429	851	5280	34	0
Huey, Patrick	117	4046	0	4046	34	*
Trafton, Alvin	93	3931	0	3931	42	125
Dauger, Alan	91	3397	964	4361	37	1240
Stebbins, Lee	76	3307	162	3469	43	400
Pressel Jr, Art	60	3049	12	3061	50	275
Bingo, Doris	75	2905	1429	4334	38	*
Witte, Marni	76	2740	0	2740	36	225
Pugh, Jim	50	2537	117	2654	50	350
Renowden, John	48	2486	693	3179	51	175
Guttentag, Fred	69	2410	0	2410	34	137
Laugen, Lorna	61	2246	216	2462	36	225
Lee, Michael	50	2235	0	2235	44	*

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	166	5978	3023	9001	36	1965
Allred, Alan	129	4429	851	5280	34	0
Huey, Patrick	117	4046	0	4046	34	*
Trafton, Alvin	93	3931	0	3931	42	125
Dauger, Alan	91	3397	964	4361	37	1240
Fairfield, Bob	91	4474	853	5327	49	685
Stebbins, Lee	76	3307	162	3469	43	400
Witte, Marni	76	2740	0	2740	36	225
Bingo, Doris	75	2905	1429	4334	38	*
Guttentag, Fred	69	2410	0	2410	34	137
Dudaniec, Andrew	68	2222	30	2252	32	0
Morrison, Ken	65	1905	0	1905	29	350
Morrison, Ollie	65	1905	0	1905	29	350
Brown, Joel	63	1975	0	1975	31	0
Walker, Jim	62	1854	0	1854	29	*

TOP TO/FROM MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	166	5978	3023	9001	36	1965
Brewer, Jim	54	2014	2519	4533	37	220
Fieldhouse, Bob	44	1755	1619	3374	39	100
Bingo, Doris	75	2905	1429	4334	38	*
Dauger, Alan	91	3397	964	4361	37	1240
Fairfield, Bob	91	4474	853	5327	49	685
Allred, Alan	129	4429	851	5280	34	0
Renowden, John	48	2486	693	3179	51	175
Nafel, Gloria	34	1293	601	1894	38	125
Engle, Diedre	50	1696	402	2098	33	225
Geister, Peter	24	870	230	1100	36	0
Laugen, Lorna	61	2246	216	2462	36	225
Stebbins, Lee	76	3307	162	3469	43	400
Gaston, Stuart	23	912	157	1069	39	225
Laugen, Michael	58	2038	140	2178	35	150

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	166	5978	3023	9001	36	1965
Dauger, Alan	91	3397	964	4361	37	1240
Neal, Frank	0	0	0	0	0	915
Butz, Debi	58	2053	34	2087	35	725
Fairfield, Bob	91	4474	853	5327	49	685
Wickersham, Art	5	170	0	170	34	425
Wickersham, Judee	6	196	0	196	32	425
Dosier, Curt	0	0	0	0	0	415
Stebbins, Lee	76	3307	162	3469	43	400
Gross, Bret	0	0	0	0	0	400
Rich, Jeff	6	475	30	505	79	360
Tomita, Barbara	22	846	0	846	38	350
Pugh, Jim	50	2537	117	2654	50	350
Morrison, Ken	65	1905	0	1905	29	350
Morrison, Ollie	65	1905	0	1905	29	350

2009 STATISTICS

Month	Rides	Miles
Jan	263	10396
Feb	223	8665
Mar	317	12703
Apr	298	11608
May	352	13232
Jun	296	11724
Jul	352	13125

Month	Rides	Miles
Aug	406	16192
Aug	402	14700
Sep	372	17496
Oct	327	14340
Nov	254	8966
Dec	193	6801

Totals	3649	143756
Average	39.4	

Day	Rides	Miles
Sun	1041	35573
Mon	48	1612
Tue	651	18793
Wed	68	2682
Thu		
Fri	265	11111
Sat	1576	73985

Totals	3649	143756
Average	39.4	

COMMUTER DAYS

Member	No. of Days
Jason Gersting	220 Days
Ervin Gasperlin	218 Days
Jeff Rich	120 Days
Mike Laugen	85 Days
Rebecca Trahan	80 Days
Doris Bingo	77 Days
Scott Sharp	56 Days
Marcela Pearson	43 Days

CRYPTOGRAM ANSWER

From page 5

By **Dan Gorman**

“This is not Disneyland, or Hollywood. I’ll give you an example: I’ve read that I flew up the hills and mountains of France. But you don’t fly up a hill. You struggle slowly and painfully up a hill, and maybe, if you work very hard, you get to the top ahead of everybody else.”
— **Lance Armstrong**

WESTERN STATES RIDE CALENDAR

2/13/2010	Tour de Palm Springs	GTE Directories	760.770.4626
2/14/2010	California Desert Escape Bike Tour	Undiscovered Country Tours	877.322.1667
2/14/2010	Rice Valley Tandem Rally	Chico Velo Cycling Club	800.482.2453
2/14/2010	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
2/20/2010	Camino Real Double Century	Planet Ultra	
2/21/2010	San Diego to Borrego	Cycling Escapes	714.267.4591
2/27/2010	CORPScamp Death Vly: 5 Day Cycl Camp	AdventureCORPS, Inc.	
2/28/2010	Chilly Hilly	Cascade Bicycle Club	206.522.3222
3/1/2010	The Immortals	Cycling Escapes	714.267.4591
3/6/2010	Death Valley Cent and Double Cent-Spring	AdventureCORPS, Inc.	
3/6/2010	Kings River Blossom Bike Ride	Reedley Lions Club	559.638.5391
3/6/2010	Tour de Sewer	Bell Gardens Lions Club	866.866.7090
3/7/2010	Gran Fondo Colnago San Diego		
3/7/2010	Tour of the Unknown Valley-South		800.482.2453
3/7/2010	Tour of the Unknown Valley-South	Chico Velo Cycling Club	800.482.2453
3/13/2010	Solvang Century & Half Century	SCOR Cardiac Cyclists Club	562.690.9693
3/14/2010	Tour of Death Valley	Cycling Escapes	714.267.4591
3/15/2010	Solvang Spring Tour	Planet Ultra	
3/20/2010	Tour of Borrego	R&B Bicycle Club	760.765.2200
3/21/2010	California Central Coast Bike Tour	Undiscovered Country Tours	877.322.1667
3/21/2010	Tour of Solvang Wine Country	Cycling Escapes	714.267.4591
3/26/2010	Solvang Getaway Weekend	Undiscovered Country Tours	877.322.1667
3/27/2010	Solvang Double Century (Spring)	Planet Ultra	
3/28/2010	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
4/3/2010	El Tour De Phoenix	Perimeter Bicycling Assoc. of America	520.745.2033
4/3/2010	Hell's Gate Hundred: Death Valley Century	AdventureCORPS, Inc.	
4/3/2010	Party Pardee Century	Sacramento Bike Hikers	916.453.1870
4/3/2010	Santa Clarita Century	Santa Clarita Child & Family Center	
4/10/2010	Cinderella Classic and Challenge	Valley Spokesmen Bicycle Club	925.209.1369
4/10/2010	Katy Ram Challenge	Ram Band Boosters	
4/10/2010	Mulholland Challenge	Planet Ultra	
4/15/2010	Sea Otter Classic	Cypress Group	650.306.1414
4/17/2010	Cycle for Sight	Rotary Club of Napa	707.257.5611
4/17/2010	Gold Coast Ride For Literacy	Ventura Rotary Club	805.642.7089



November General Meeting Recap

Harold Clayton - Bike Detailing

Our November speaker Harold Clayton created a surprise turnout for the General Meeting. Harold started his presentation with the equipment he utilizes and where you might find them for purchasing. His unorthodox bike work stand actually works and can collapse to a small package and be used in the field. (See photos) Harold went on to describe his research in developing his concentrated bike cleaning "juice". **Charlie Irwin's** bike was selected to get the once over from Harold. At the end of the meeting **Charlie** was able to ride home on a shiny clean bike. I found his techniques for the do it yourself with few bike cleaning tools to be very easy, straight forward and gets to the grunge that can hamper the safe operation of your bike. Due to the great attendance and providing his "kits" including the concentrated juice solution we have asked him to return this April for another presentation and provide members with his kit, for purchase (reasonably priced). This should get all our members started with the new season with a clean safe bike for riding.



Lee Stebbins taking in the GM

CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Members Only Page" area of the website and clicking on "Enter Classified Ads". Place your ad by the 1st of each month, to run in the following month's edition. Please follow the format below.

PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !

FOR SALE: hed time trial hed time trial bike hed tri spoke wheels, hed call the size a med , hed bars full dura ace. \$2500 less then 10 hrs this bike is mint ready to go Contact Graham Collins at grahamcollins@mac.com or 714.293.5150

FOR SALE: Colnago Master A beautiful black/yellow near new condition. Ultegra 10 spd, FSA Compact crankset (50-34) 175 arms, Colnago stem (110), Campy Proton Wheelset, near new Gatorskins, Thomson Seatpost, Chris King Headset, Fizik Aliante Saddle (new). I'll also include a Colnago product catalogue signed by Ernesto Colnago for your collection. \$1995.00 OBO. Located in Fullerton. Contact Dan Clark at de_clark@msn.com or 714.572.1136.

WANTED: 700c rims 36 hole, box section, polished aluminum rims. I could use up to 3, they do not need to match, prefer used in good condition. Contact Randy Kiefer at raymond.kiefer@navy.mil or 949.653.6346

FOR SALE: Merlin Ti Road 59cm Campy Record 9 speed; Velomax Orion II wheels; \$875 Contact Henry Pilcher at hkpilcher@aol.com or 714.998.5734.

FOR SALE: Felt S32 unused (new), red, gipiemme parade rims, seat serfas cr-mo, carbon fiber seat post, felt carbon fiber frame, carbon fiber cranks and all capinolla gear, \$2500 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

FOR SALE: Flite 700 serfas cr-mo, carbon fiber seat post and cats eye electronics, unused (like new), \$1000 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

FOR SALE: Paramount Clothing for sale, 1 or 2 years old. Medium "wind jacket" (warmer than wind-breaker) long sleeved with pockets, like new \$25. Large jersey \$10. Large skinsuit worn once \$30. Two older club jerseys (large) \$5 each. One pair medium club shorts worn twice (\$10). Call Paul Brubaker 949.439.3432 or email at pbrubaker@yahoo.com.

WANTED: FULL TIME HEAD MECHANIC Looking for an experienced and professional head mechanic for a boutique road bike shop in Orange County. Experience with bike fitting and good retail sales skills strongly preferred. This person will be well-rounded and the main face of the shop in addition to the owner. Could start soon on a part-time trial basis with full-time work beginning in Spring 2009. Please email resume to brucedmarshall@yahoo.com. Contact Bruce Marshall at 949.748.6129.

FOR SALE: American Classic tubulars Zipp 330 rims with american classic hubs about 1100 grams per pair \$800 Contact Howard Miller at 562.429.7915.

FOR SALE: 56cm cannondale Six13 team bike RED carbon and blue, with dura ace 9 speed \$2000 Contact Howard Miller at 562.429.7915.

FOR SALE: cannondale 56 cm caad 8 team bike with a dura ace 9 speed triple \$1500 Contact Howard Miller at 562.429.7915.

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

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