

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME

September

GOAT HILL

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

PARAMOUNT RACING

2008

General Meeting

Wednesday September 10, 7:00 pm

Eat Well - Be Well

Cheri Lynn RN, Certified Health Educator

Join us to hear **Cheri Lynn** talk to us about a well balanced nutritional diet. **Cheri** has been a RN since 1977 and resides in San Marcos. As an RN she has spent many years putting band aids on preventable diseases such as Diabetes, Stroke, Cardio Vascular Disease and Cancer just to name the big ones!

She has furthered her education and is now a Certified Health Educator. She has a passion for educating parents on the importance of feeding their children whole foods with whole nutrition. Cheri will help us understand the relationship between what we eat and the diseases we get along with why we need 9-13 servings of RAW fruits and veggies each and every day.

Plan to arrive at 6 :30pm for dinner and the presentation will start at 7:00 pm .

Meeting to be held at: Irvine Ranch Water District Board Meeting Room

Directions: Take the 405 FWY to Sand Canyon North, or take the 5 FWY to Sand Canyon South.

Turn East on Water Works Way. Go Left into the parking lot and park behind the building.

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CALENDAR OF EVENTS...

Labor Day Ride	Mon.	Sept. 1
Amtrak Century	Sat.	Sept. 6
Folding Party	Thurs.	Sept. 25
Tandem Time	Sat.	Sept. 27
Fall Metric	Sat.	Oct. 25

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Director	Frank Neal	909.592.2727 cycleman@bigplanet.com
Director	Alex Laugen	714.283.5153 bikefamily@netscape.com

BOARD MEETING

Sunday, August 31st, 11:00 am

Carl's Jr., Irvine. 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). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

FOLDING PARTY

Thursday, September 25th, 7:00 pm

Hosted by:

Scott & Tracy Sharp

2308 Redlands Drive

Newport Beach, CA 92660

949.646.3643 or scsharp@yahoo.com

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

DIRECTIONS: From South 55 (Costa Mesa Frwy) exit Del Mar Ave./Fair Dr. and stay on Newport Blvd. Turn Left (South East) onto Santa Isabel Ave. Turn Right (South West) onto Redlands Dr.

SPECIAL THANKS TO

Sylvia & John Grotz

for Hosting the

August Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Sylvia Grotz at LP.Sylvia@verizon.net**

(OCW reimburses up to \$100)

Chain Reaction is published 11 times a year by the Orange County Wheelmen, a bicycle club. Current circulation is 500.

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FROM THE PRESIDENT...

By Charlie Irwin

Wow! It's time for another President's message. It seems like I just wrote one a few weeks ago! Anyway, I think it's time for the "State of the OCW Union" message.

OCW is doing very well. We started the year with one of the most memorable award's banquets thanks to Dan Gorman. Dan was last year's VP.

Next was the Spring Metric which ran like a clock.

May brought the Fiesta 150. This was the third annual Fiesta. This year's Fiesta did not sell as well as previous years mostly because of gas prices. We had just 100 riders. The 100 that did do the ride including me had a great time. Everyone will come back next year with a friend so next year will be better!

Ride Around the Bear registration opened March. Registration was a little slow this year maybe because of gas prices and all the bad economic news. We did sell out about two weeks before the ride at 400 riders. The Bear ran flawlessly thanks to Jim and Irene Walker and Deb Butz. We made 400 riders both happy and proud.

With all the bad economic news and because of the slow selling Bear and Fiesta, we were worried about the Amtrak registration which was going to open Sunday June 15th. We did not realize when we set the registration date that it was a Sunday. We will not do that again. Boy was I surprised. The Amtrak with train ride sold out in 29 minutes. Last year it took 39 minutes. The without train option took about two hours which was also a record.

This year's Amtrak jersey is really neat. It's a great blue, my favorite color, and it has a train on it. Go figure! Go to the web site and take a look. The jersey was designed by Deb Butz.

Last Sunday was the Club's Annual Picnic in Hunting-



ton Beach. I really enjoyed it, and we had over 100 people attending. Most rode before and stayed around for food, games and a swap meet. Thanks goes to Sylvia Grotz for organizing this.

When you get this newsletter the Amtrak will be one week away. At this time everything looks good for another banner year. Thanks Lee Stebbins.

All that is left this year is the Fall Metric and the OCW Holiday Party and all the good in-between stuff like riding, riding and more riding. We sure do have the best weather and so with that....

See ya on the road,

Charlie



AMTRAK CLEAN-UP Sunday, September 7th, 10:00 am

Cathy and Lee Painter's Home

If you didn't get a chance to help volunteer for the Amtrak Century but wanted to, here is your chance. Please join us to help with the Amtrak clean-up, which will begin at 10:00 am. Their address is 577 E. Culver Ave., Orange 714.771.6315. Exit 22 Fwy at Glassell, proceed north past Hart Park. Turn right on Culver Ave.

“We Believe In Long Rides...”

“...And the stories they bring.”

By Bret Gross

Listening to Chuck Bramwell’s presentation at last month’s meeting was inspiring. For those of you who couldn’t be there, he began and ended his presentation with the text of the new Trek ad:

*“We believe in long rides, and the stories they bring;
We believe in simplicity, and the idea that complex problems can be solved in a simple way;
We believe in firsts, and in lifestyles that last;
We believe in the power of giving back, and in never giving up;
We believe in bikes.”*

Those words have been going through my mind for days now, especially when I’m out on the road. Like Chuck’s presentation on Saturday Centuries and the California Triple Crown, those words bring mental images which inspire dreams. And dreams are the seeds that grow into the accomplishments that make up a lifetime.

My dream started about 25 years ago but like many folks, raising a family and working 6 days a week came first and left little time for riding. Occasional recreational rides fed the dream of someday riding a century, but attempts to expand those rides into a training regimen always met with frustration and the realization that the dream would have to wait. Seeing my road bike hanging in the garage, year after year, was a constant reminder of how far out of reach the dream was. I still remember the day, about 10 years ago, when I took the bike back down to John Cucchesi’s shop and asked him to find it a home where it could get some use.

I retired in November of 2006 and it took about 6 months for the dream to be remembered. I saw an article on the internet about the San Diego Century and decided to volunteer at a rest stop. WOW, what an awakening. Seeing hundreds of folks riding the different length rides offered that day was all I needed to get my butt out the door.

Several of the folks that I met that day told me of a group that met every Saturday morning in the San Diego area

for century training, so I joined them. I found a classified ad on the internet (in the OCW newsletter) for a bike that seemed like it might work for my long legs. I contacted the owner and it was still available so I made arrangements to go look at it. It was a good fit, and in like-new condition. The price that it’s owner, OCW member AJ Nelson, was asking for it was more like a gift and fit within my retirement budget, so I took it home. Thanks again, AJ!

The summer flew by, as did the miles. Each week of training increased my enjoyment of riding and my ability to handle longer rides. Hills seemed to become easier (yeah, right!) and the weekly mileage totals grew. I figured out how many granola bars to take on a ride, planned where to refill my water bottles, and made friends with cars and traffic lights. The dream was going along with my anticipation of the date of the Amtrak Century. (Yeah, I managed to get through the on-line registration in time – another hurdle cleared!)

I arrived at the Irvine Amtrak Station early and got checked in. Waiting for the dawn was like being a kid waiting for Santa Claus to come. When I finally rolled out of the station I remembered to warm up and find my pace. The first hill on Bake Parkway seemed a lot easier than when I’d ridden it during the summer. The first rest area in San Juan Capistrano came and went in no time. The breakfast at Las Pulgas was just amazing! (THANK YOU to all of the volunteers.) Riding the I-5 to Oceanside was a real treat (not!) but realizing that I was halfway to the finish and feeling fresh was a real boost. What a lunch! Thanks again, volunteers!

All those miles during the summer had really helped me get a ‘feel’ for pacing myself, so I ended up doing most of the ride by myself. Once in a while I found myself in a small group of folks who were traveling at the same speed, but then we’d go our own ways. No worries!

By the time I arrived at the beginning of the Torrey Pines grade I was beginning to think that the bubble could burst. WRONG! I joined the mass of huffing and puffing riders and we all made it to the top where I couldn’t stop grinning. I was handed a frozen juice bar by Barbara Tomita and was so excited that almost broke my teeth on it – I was so eager to get back in the saddle and ride the last 15-20 miles to the finish. I stood there drinking in the feeling and sharing the moment with others. Then it was back on the bike for the last leg. I was glad to alter my pace a bit in order to stay with a group who seemed

to know the route – no point in getting lost so close to the finish line!

Turning into the parking lot at the end was truly one of the most memorable moments of my adult life. The dream that waited for 25 years was finally a reality! I easily found my bag of dry clothes and snacks that I'd left with the Paramount volunteer in Irvine (thanks again, volunteers!) and wandered around like a new arrival in heaven, feeling the cool breezes and gazing in wonder at the clear blue skies. What a wonderful dream....



LABOR DAY RIDE Monday Sept. 1, 2008

This year we are offering a verity of rides. If you missed the Mystery Ride on Memorial Day, this is your opportunity to test your observation skills and win a Starbucks gift card. The Mystery Ride is 27 miles in Newport Beach and Irvine and is mostly flat.

If you already did the Mystery Ride, there are two additional rides starting from the same location.

29 Miles. Bonita Cyn., Shady Cyn. Trail, Sand Cyn., Portola, Tustin Ranch, Harvard, University / Eastbluff.
38 Miles. Newport Coast, PCH, Seapoint, Magnolia, Hamilton, Irvine Ave., PCH, Marguerite, San Miguel.

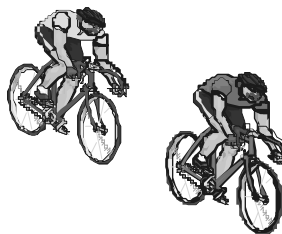
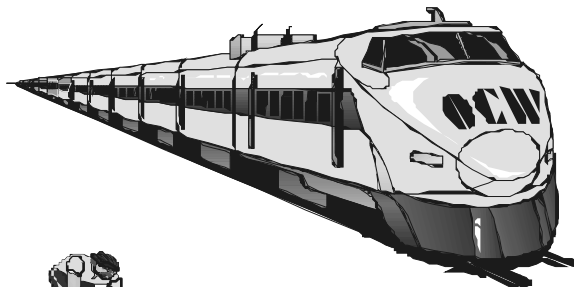
The rides start at 8:00 AM. Bonita Canyon Sports Park is located on Ford Rd. just west of San Miguel. Take the 55 freeway south to the 73 freeway and exit on MacArthur Blvd. Go south on MacArthur for 0.9 miles and then turn left on Bonita Canyon Rd. Go 0.4 miles and turn right on Mesa View. Turn left at the end of the street onto Ford Rd. The park is located on the left at the first stop sign.

SAVE THE DATE



This years Orange County Wheelmen's Christmas Party will be Sunday Dec. 14th. at the Huntington Harbor Yacht Club. So save the date and look for details to follow.

34th Annual Amtrak Century



Irvine to San Diego

100 Miles

**Private train ride back
September 6, 2008**



OCW PICNIC 2008

By Sylvia Grotz

OCW hosted its annual picnic on Sunday, August 10th, at Huntington Beach Central Park. The weather cooperated and was just perfect!

About 55 people attended along with around seven dogs! Our dog, **Molly**, was very happy to be getting so much attention. Thanks to **Barb Tomita**, whose job it was to watch over **Molly**. Also, thank you to **Barb** for picking up the supplies that were needed from the storage locker.



As always, a big thanks to **Jim and Irene Walker** for securing the park and for doing some of the shopping, along with making the fabulous baked beans.

Thank you also to **Nancy Bernstein** and **Aaron** who came early to help with the set-up. It was greatly appreciated.

The food was a big hit, thanks to **John Grotz**, who made the burger patties and grilled them to perfection.



The wiffle ball game was a huge success. If there were any baseball scouts watching, I think that **Kathy Pilcher** and **Marni Witte** may have a future with a major league team!!!



Mike, Lorna and Alex Laugen kindly stayed to the end to help with clean-up. Thanks to them, the park area was left in perfect condition.





THE ORANGE COUNTY WHEELMEN'S FALL METRIC

Saturday, October 25, 2008

Online Registration

2008 Registration Opens 9/15/2008 at 7 pm



ARTICLES WANTED

If you have completed a cycling trip, or cycling accomplishment such as your first century, double century, or major cycling event that you would like to share with your fellow Wheelmen, what better way than to flex your creative muscle and write an article for our Chain Reaction Newsletter for all to enjoy. Please send all submissions and photos to the OCW Editor at cherylswan@earthlink.net.



September Babies

Paul Garfield	9/1
Dane Nygaard	9/3
Bret Gross	9/6
Garrett Casassa	9/6
Will Decker	9/8
Dan Gorman	9/11
Gian-Paul Stebbins	9/12
Jim Yasutake	9/12
Kathy Pilcher	9/12
Brad Fowler	9/12
Fred Bauer	9/13
Scott Sharp	9/14
Marc Comtois	9/16
Joe Kelly	9/18
Kent Parish	9/18
Michael Richmond	9/20
Bill Kerfoot	9/22
Tracy Sharp	9/23
Barbara Tomita	9/25
Michael Hanson	9/25
Link Lindquist	9/27
Kris Jones	9/29
Matt Benson	9/29
Dave Jordaan	9/30
Patrick Huey	9/30

AUGUST TANDEM TIME



Kathy Pilcher give the pre-ride pep talk



Ed Schuler checks the route to see what he's in for



Henry Pilcher's making sure everyone is behaving themselves



Gloria Nafel is either helping Kathy or helping herself



Marni Witte, Mike Laugen, and Patrick Huey enjoy the post ride festivities

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, September 27, 2008, starting at 8:00 a.m. (Summer starting time!) from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 32 miles in length. Remember to stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders and email us at rgtide@yahoo.com or call us at 714/998-5734 if you have further questions.

Upcoming Tandem Time Ride: Saturday, December 6, 2008

Weekly Ride Schedule

TUESDAY

Tuesday Training Rides - Hill Training - 8:30 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.

Tuesday Evening Rides - 5:30 PM Training at Cedar Grove Park in Tustin Ranch (corner of Pioneer Rd. and Pioneer Way). Distance is between 30 and 35 miles. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

WEDNESDAY

Wednesday Evening Rides - 5:30 PM Starts May 7th at Sand Canyon Cyclery (corner of Sand Canyon and Irvine Center Dr. in Irvine). Typically, the ride splits into two groups: one that is a bit faster and adds some climbing, and the other a more relaxed, but still challenging no-drop group. Ride Leader is Debi Butz, 714.996.4366 or rdbutz@earthlink.net

3rd Wednesday Of The Month-Beginning at 9:00 am there will be a Lunch Bunch ride to various locations. If interested in information or attending, RSVP the Ride Leader, **Jeff Rich**, at richriders@bbcnet.com. 10 rider limit.

THURSDAY

Thursday Evening Rides - 5:30 PM Training at Cedar Grove Park in Tustin Ranch (corner of Pioneer Rd. and Pioneer Way). Distance is between 30 and 35 miles. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

FRIDAY

Morning Ride - 9:00 am, Deerfield Park, Irvine (TBM 860-F3/29-C2). 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**, dmgorman@aol.com.

SATURDAY

Saturday Rides - **8:00 am**, The Square, Irvine (Main and MacArthur TBM 859-G4/28-C3). All rides will stop to regroup 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 - 8:00 am, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader is **Kent Parish**, 714.549.8363 or ridecaptain@ocw.org

Saturday Training Schedule

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-Short, Medium, Long and Extra 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 8:00am.**

SEPTEMBER 2008

9/6/2008

No Saturday OCW rides from the Square scheduled due to OCW Amtrak Century Ride event

9/13/2008 - 8:00 AM

S 25 mi. Mostly Flat - Red Hill, Alton, Irvine Blvd, Portola, Jeffrey, Yale, W Yale Loop, Main, MacArthur
M 40 mi. Hilly - Red Hill, Alton, El Toro/Santiago Cyn, Jamborree, Tustin Ranch, Red Hill, MacArthur
L 46 mi. Hilly - Main, Alton, Bake, Marguerite, Muirlands, Portola, Bake, Alton, Red Hill, MacArthur
XL 79 mi. Flat - Red Hill, Alton, Jeffrey, Wanda/Santiago, SA River Trail, Lampson, Katella/Willow, LA River Trail, PCH, SA River Trail, Sunflower, Main, Sky Park Cir

9/20/2008

S 23 mi. Rollies - Red Hill, Barranca, Harvard, E.bluff, Turtle Rock, California, Harvard, Main, MacArthur
M 34 mi. Hilly - Red Hill, Edinger/Irvine Ctr, Bake, Portola, El Toro, Irvine Ctr, Harvard, Main, MacArthur
L 49 mi. Rollies - Red Hill, Edinger/Irvine Ctr, Irvine Blvd/Trabuco, Alton, Laguna Cyn, PCH, Dover, Irvine/Campus, Von Karman, Main, MacArthur
XL 54 mi. Rollies - Red Hill, Tustin Ranch, Portola, Sand Cyn, Alton, University/E Bluff/Ford/Bonita Cyn, San Miguel, PCH, Atlanta, SA River Trail, Sunflower, Main, Sky Park Cr

9/27/2008

S 24 mi. Mostly Flat - Red Hill, Barranca, Irvine Ctr, Sand Cyn, Portola, Tustin Ranch, Red Hill, Barranca, Von Karman, Main, MacArthur
M 31 mi. Tandem Time Ride - Flat - Red Hill. Edinger/Irvine Ctr, Alton, Bake, Irvine Blvd, Jeffrey, Walnut, Harvard, Main, MacArthur
L 50 mi. Rollies - Red Hill, Edinger, Irvine Blvd, Ridge Route, Moulton, Laguna Cyn, PCH, SA River Trail, Sunflower, Main, Sky Park Cir
XL 59 mi. Rollies - Red Hill, Arroyo, Hewes, Santiago/Santa Ana Cyn, Gypsum Cyn, SA River Trail, PCH, Irvine/Campus, Von Karman, Main, MacArthur

10/4/2008 - 8:30 (new time)

S 24 mi. Mostly Flat - Red Hill, Walnut, Jeffrey, Irvine Blvd, Alton, E Yale Loop, Main, MacArthur
M 37 mi. Rollies - Red Hill, Edinger, Toledo, El Toro, Los Alisos, Jeronimo, Irvine Ctr, Main, MacArthur
L 43 mi. Flat - Main, Von Karman, Campus/Irvine, PCH, 2nd St./Westminster, Springdale, Slater, SA River Trail, Sunflower, Main, Sky Park Cir
XL 52 mi. Very Hilly - Main, Harvard, Jeffrey/University, Ridgeline, Shady Cyn, Newport Coast, PCH, Jan Joaquin, Pelican Hill, PCH, Laguna Cyn, Muirlands/Barranca, Von Karman, Main, MacArthur

Have a great month of cycling

**SEE PAGE 8 FOR TANDEM TIME
DETAILS**

OCW TRAINING JANUARY-MAY



Sunday Rides

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

Rides start promptly at 8:00 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 8:00 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.*

September 2008 Schedule

Aug. 31, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:00 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. Michelson, Culver, Barranca, Alton, Irvine Blvd., Tustin Ranch, Harvard.

M 34 Miles. Jeffrey, Alton, Jeronimo, La Paz, Muirlands/Barranca, Irvine Ctr., Harvard.

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

September 7, 2008 Pepper Tree Park, Tustin. Take the 4th Street exit off the 55 Fwy and go east 0.3 miles to B Street. Go right (south) 0.2 miles to the park. Pepper Tree Park is on the southeast corner of B Street and 1st Street.

S 28 Miles. Bryan, Red Hill, University, Back Bay, PCH, Dover, Campus, Red Hill.

M 33 Miles. Red Hill, PCH, Brookhurst, Hamilton, Irvine/Campus, Harvard.

L 38 Miles. Newport Blvd., Santiago Cyn. (CW), Bake, Barranca, Edinger, Red Hill.

Sept. 14, 2008 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 24 Miles. Culver, Barranca, Bake, Irvine Blvd., Modjeska, Portola, Yale.

M 36 Miles. Irvine Ctr., Muirlands, Irvine Blvd., Portola, Tustin Ranch, Red Hill, Birch.

L 43 Miles. Culver, Irvine Blvd., Alicia, Cabot, Oso, Laguna Cyn., Newport Coast, Culver.

September 21, 2008 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 22 Miles. Irvine Blvd./Trabuco, Toledo, Barranca, Irvine Ctr., Harvard, Tustin Ranch.

M 36 Miles. Irvine Blvd./Trabuco, Valencia, Oso, Moulton, Los Alisos, Irvine Blvd.

L 43 Miles. 1600 Ft. Gain. Portola, Modjeska, Irvine Blvd/Trabuco, El Toro, Santa Margarita, Antonio, Felipe, Marguerite, Jeronimo, Barranca, Edinger, Red Hill, Tustin Ranch.

September 28, 2008 Heritage Park, Irvine. Take the Santa Ana Fwy (5) to Culver. South on Culver 0.3 miles to Walnut. Turn left and go 0.8 miles to Yale. Left on Yale 0.1 miles, then left into parking lot.

S 28 Miles. Walnut, Harvard, Campus/Irvine, Galaxy, 22nd St., Red Hill, Walnut.

M 32 Miles. Tustin Ranch, Portola, Irvine Blvd., Serrano, Barranca, Red Hill, Walnut.

L 43 Miles. Yale, UCI, Turtle Rock, Jeffrey, Alton, Jeronimo, La Paz, Barranca, Irvine Ctr.

Rides start at 8:30 AM in October

October 5, 2008 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).

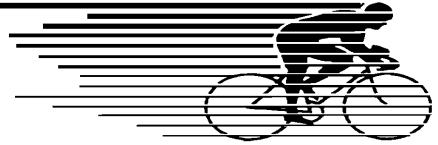
S 23 Miles. Von Karman, Red Hill, Portola, Sand Cyn., Alton, University, Campus.

M 34 Miles. Campus, University/Jeffrey, Muirlands, Canada, Bake, Irvine Blvd., Harvard.

L 45 Miles. Harvard, Walnut, Red Hill, PCH, Seapoint, Bushard, PCH, Bayside, Dover



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

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

VITTORIA TIRES AND TUBES

TREK BICYCLES

BONTRAGER WHEELWORKS

SHIMANO

KENNYBZ.COM PHOTOGRAPHY

FI'ZI:K SADDLES

HAMMER NUTRITION



BOARD MEETING MINUTES

August 3, 2008

ATTENDANCE

Officers & Directors Present:

John McKee, Kent Parish, Dan Gorman, Alex Laugen, Mike Laugen, Lorna Laugen, Frank Neal, Kathy Pilcher, Charlie Irwin, Jim Walker, Irene Walker, Doris Bingo, Michelle Kashima, Debi Butz, Sylvia Grotz, Alan Dauger, Jeff Rich, Mike Lee, Lee Stebbins.

Members Present:

Patrick Huey, Marni Witte, Wilson Crider, Marty Bernstein, Dennis Thomas, Bob Fairfield.

CALL to ORDER

The meeting was called to order by President **Charlie Irwin** at 11:03 am.

MINUTES

A motion was made by **Alan Dauger** to approve the minutes of the June 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

Vice-President: **Mike** is still working on a speaker for the September General meeting.

Membership: OCW has 388 members with 2 new members. Paramount has 95 members. **Charlie Irwin** expressed concern about the dropping membership.

Paramount: **John McKee** reported the criterium race was successful. There is a general decline in racing activity. Attendance was down, but the race had 517 entries. The race had more entries than the San Pedro State Championship. The award glasses were well received by the racers, even the pros liked them.

OCW COMMITTEE REPORTS

OCW Picnic: **Sylvia Grotz** asked what the budget for the picnic is. She would like more RSVPs, because they are low so far. She needs someone with a pick-up truck to pick up supplies from storage to bring to the picnic. **Debi Butz** volunteered. **Jim Walker** will have everything ready to load up. **Sylvia** also needs someone to come early to help set up. **Debi** said that **Barb Tomita** will. They are planning to have wiffle balls and bats. It is a dog friendly park. The picnic starts at 11 am. Bring your junk for the bicycle related swap meet.

Amtrak Committee: **Lee Stebbins** reported that the price for Amtrak is set. He's rerouted the route because of Jeffrey, and he has the permit for Irvine. He is in the process of sending a check to Oceanside, and has requested insurance for Oceanside. The parking structure will be open by the event. We have the same facility in San Diego. The ride will not go through the base, but will go on the freeway.

OLD BUSINESS

Grant Request: **Kathy Pilcher** revised a three page grant request form used by the Channel Islands Bicycle Club to create a one page form for OCW. The form contains the basic questions. It will be submitted for approval at next month's board meeting.

Ride around the Bear: **Debi Butz** reported that the Bear ride turned out well. There were no accidents. All responses at the end were good. One rider finished at 7:10 pm. In the future the club should strongly stress that this is a very difficult ride. **Frank Neal** suggested sagging riders to the next check point after a certain time. **Debi** responded that we don't have enough resources to sag a large number of riders.

Amtrak Century: **Lee Stebbins** stated that we won't need the overflow parking, so we don't need security. Since the cars will be pushed out to the far lot, we may still want to put out an officer for 8 hours to keep an eye

on the cars. It's the club's option. **Debi** thought that it would be a nice feature for the riders, since it's already in the budget. **Lee** will go ahead and contract the security.

Fall Metric: No report.

Club Web Sites: The club's web sites have been having SQL injections two to three times a day. **Charlie** is working on fixing and preventing it. He requested anyone send him an e-mail whenever the web site is not working. The OCW web site has 1300 pages.

Amtrak: **Debi** reported that the jerseys are done. The jersey pictured on the web site is not exact, and some changes had to be made. **Debi** still needs volunteers for rest stop #4.

NEW BUSINESS

Ride to Palm Springs: **Michelle Kashima** has put together a route to and back from Palm Springs. This will be a fun ride only, and there is no SAG support unless someone volunteers. It will be an easy, Amtrak type ride. There is more mileage coming back to avoid climbing, so the route will be easier. Other clubs are interested in joining, Velo Alegre and Desert Cycling. There is a group ride planned on Saturday with a BBQ on Saturday night. A couple of newspapers might want to cover the event, so she suggested the riders could wear Share the Road jerseys. **Michelle** asked if the club could pay for the BBQ. The ride is planned for either the weekend before the Fall Metric or the weekend after Halloween. The ride would go out on Friday, and also have a group go out on Saturday. A motion was made by **Debi Butz** and seconded by **Jim Walker** to approve up to \$500 for the BBQ. Motion carried. It will be an official ride. The club will probably need to insure it as an event. **Lorna Laugen** will research this. **Charlie** requested that **Michelle** bring a proposal for the jerseys to the September meeting. **Michelle** also mentioned that Brian DeSousa of CABO wants to open the shoulders of the 241 to cyclists. He has requested support from OCW.

2009 Fiesta 150 Paramount or OCW: **Charlie** proposed that OCW buy back the Fiesta 150 inventory, so OCW can run it in the future. **John McKee** stated that next year, he would like Paramount to concentrate on just producing the race. He would like all the fun rides to go

back to OCW. The club also needs to define the relationship between OCW and Paramount regarding volunteers and clothing. **Charlie** suggested that maybe a charity could take over the Fiesta. Total inventory is \$700. **Debi** is willing to help organize the ride next year. We may change the ride around. OCW will form a committee to decide. OCW could manage it and a charity could run it and provide the volunteers. A motion was made by **Sylvia Grotz** and seconded by **Mike Laugen** to have OCW run the Fiesta 150 ride for another year, and for OCW to buy the Fiesta 150 inventory from Paramount. Motion carried with one opposed. **Charlie** formed a committee to define the financial relationship between Paramount and OCW. **Charlie** will head the committee. **Debi Butz, Alan Dager, Mike Laugen, Lorna Laugen, Kurt Dosier, John McKee, Scott Sharp** and **Jim Walker** will be on the committee. The committee will meet in late August.

OCW Rides Waivers and route slips: **Charlie** went to the Wednesday ride where three new riders were dropped on the ride. We also need in writing the procedure for storing waivers and how long to keep them. **Charlie** will appoint a committee to study this. **Lorna** will be on the committee.

OTHER

Triple Crown: **Frank Neal** reported the club's status in the Triple Crown Double Century Series. See the August newsletter for details.

Tandem Time: **Kathy Pilcher** reported that there was a super turn out yesterday with 14 or 15 tandems. The number of single riders also seems to increase on the Tandem Time Saturdays. There were 41 riders signed up for the Tandem Time ride. We had a great ride, and the tandems managed to pretty much stay together.

Banquet: **Jim Walker** stated that we need to start working on the banquet. **Mike Lee** will start looking for a venue. The banquet will probably be the third weekend in February.

ADJOURNMENT

A motion was made by **Kent Parish** and seconded by **Dan Gorman** to adjourn. Motion carried. The meeting was adjourned at 12:15 pm.

Respectfully submitted by **Doris Bingo**.



Slice 'n' Dice Long Climbs

From RoadBikeRider.com Issue 351

Lots of recreational roadies will try to set a brisk climbing pace at the bottom of a hill and attempt to maintain that tempo to the top. Then they wind up folding tent about halfway up. The rest of the climb becomes a struggle as wise riders who started slower stream past.

One way to solve this problem is to divide the hill into 3 sections. If you know the climb or can see the top, pick landmarks around the one-third and two-thirds points. A sign, tree, mailbox, patch in the road — anything you can see from a distance works fine. Then treat the 3 sections like 3 different climbs. Here's how:

In the **first third**, your intensity should be moderate. Choose a gear that lets you spin a bit faster than your normal climbing rpm. You should feel a touch of guilt that you aren't pushing harder. The hammerheads will surge past.

Ride the **middle third** at normal intensity. Get into your regular climbing cadence. You should be working hard but not all-out. Some of the early hotshots will begin coming back.

Drop the hammer on the **last third**. Now you're concentrating on strong-but-smooth pedaling. Your breathing is deep but rhythmical and controlled. Your legs are beginning to smolder, but that's actually good. Aim for what **Lance Armstrong** has called "sweet pain" rather than suffering pain. And it will be sweet as you roll by the riders who started the hill too hard - like you used to.

Here's a great image to keep in mind (thanks to coach **Chris Carmichael**): **Climb like a carpet unrolling**. Start relatively slowly and finish fast.

A climb paced this way will feel better physically and mentally. Your time up the hill will almost certainly be faster compared to the common mistake of starting too fast and slowing significantly before the top.

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

Alicia Enderle	Costa Mesa
Don Sanders	Mission Viejo
Wes Ferrari	Monrovia
Carole Bruns	La Habra



To keep aware of the happenings of the CVC, DMV, CalTrans and cycling articles, dangers and/or accidents go to Share the Road <http://www.sharetheroadsaveslives.com>.



rvtech.com



FIELD FIXES

By Frank Neal

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

Secret Weapon? Here is the “duct tape” of cycling: Black plastic electric tape! It is: a tire boot, a rim boot, a water bottle cage bolt, rim tape, a headlight mount, a broken bike bag strap, handlebar tape, and on and on. You don't have to carry a full roll. Take a small roll, remove the cardboard center and squash the roll lengthwise. This roll will not take up much room in your bike bag. If you ride, you will use it sometime along your road!



September 22, 2008

3:39 pm



August Hike to Mt. Baldy

By Alan Dauger

The August hike was an old favorite, the Baldy Bowl Trail to Mt. San Antonio (Old Baldy). It is only 4.6 miles one way to the summit but has 3900 feet of climbing. The Sierra Club Ski Hut was a pleasant rest stop along the way. Several kinds of wildflowers were in bloom, making a pretty backdrop for this tough hike. We made a bit of a historical expedition on the return trip, deviating from the trail to view the wreckage of two 6F6 Hellcat fighter planes from El Toro that crashed there in 1949. Please see the photo of hikers **Doris Bingo, Larry Linn, Lorna Laugen, and Alan Dauger** sitting on one of the larger aircraft pieces.

If you would like to be added to the hike email list, please send a message to abiker@social.rr.com.





LUNCH IN OCEANSIDE



Dave Rusher and Jeff Rich have a contest to see who can achieve "brain freeze" first



The Riders gather around to see what Jeff Rich has in store for them



Lee Stubbins, Bob Fairfield, and Denis Kuemerle enjoy their lunch at Rockin Baja



Jeff Rich and Chuck Bramwell lead out the group



Nothing left but a sweet train ride home for Dan Gorman and Bob Fairfield

WESTERN STATES RIDE CALENDAR

9/6/2008	Amtrak Century	Orange County Wheelmen	714.956.2453
9/6/2008	High Sierra Fall Century	Sierra Cycling Foundation	760.647.6595
9/6/2008	Siskiyou Century	Yreka Rotary Club	530.842.1649
9/7/2008	Tour De Tahoe - Bike Big Blue	TGFT Productions	800.565.2704
9/13/2008	Hoodoo 500 (RAAM Qualifier)	Planet Ultra	
9/13/2008	Ride for 65 Roses	The Cystic Fibrosis Foundation	303.296.6610
9/13/2008	Waves to Wine	Northern Ca. Chapter NMSS	510.267.9669
9/14/2008	OatBran	TGFT Productions	800.565.2704
9/20/2008	Amgen Ca. Coast Classic Bicycle Tour	Arthritis Foundation, So. Ca. Ch.	800.954.2873
9/20/2008	Auburn Century	Auburn Endurance Events	530.902.8685
9/20/2008	Bicycle Tour of Utah	Cycling Escapes	714.267.4591
9/20/2008	California Coast Classic	The Arthritis Foundation	323.857.9359
9/20/2008	Everest Challenge Stage Race	Eastside Velo	
9/20/2008	Knoxville Fall Classic Double Century	Quackcyclists	925.867.6040
9/20/2008	Ride the Rogue	Siskiyou Velo	541.582.4488
9/20/2008	Tahoe Sierra Century	Tahoe Sierra Century Ride	
9/20/2008	Tour Des Lacs	Round and Round	509.455.7657
9/20/2008	Tour of Big Sur & CA Coast	Cycling Escapes	714.267.4591
9/27/2008	Lighthouse Century	San Luis Obispo Bicycle Club	805.543.5973
9/27/2008	Mt. Whitney Classic Cycling Event	Summit Adventure	559.642.3899
9/27/2008	Tour de Whidbey	Whidbey Is Hospital Foundation	360.678.7656
9/27/2008	Tour of Two Forests (Classic Route)	Planet Ultra	
9/28/2008	Peach of a Century	Salem Bicycle Club	
10/4/2008	Furnace Creek 508 Bicycle Race	AdventureCORPS, Inc.	
10/4/2008	Harvest Ride for Literacy	Ventura Rotary Club	805.642.7089
10/4/2008	Konocti Challenge	Rotary Club of Lakeport	707.349.0815
10/5/2008	Tour de Poway	Cycling Promotions West	800.679.2453
10/8/2008	Condor Classic	Pinnacle Partnership	
10/8/2008	Peak to Peak Pedal	U S Adaptive Recreation Center	909.584.0269
10/11/2008	Bass Lake Powerhouse Double	Fresno Cycling Club	559.683.6009
10/11/2008	Cochise County Cycling Classic	Perimeter Bicycling Assoc of Am	520.745.2033
10/11/2008	Colonel Allensworth Century	Crankin' Time Cycling	323.810.0141
10/11/2008	Inland Express STS	Riverside Bicycle Club	
10/11/2008	MS 150 Bay to Bay Bike Tour	National MS Society	760.448.8400
10/18/2008	Foxys Fall Classic	Davis Bicycle Club	
10/18/2008	JDRF Ride to Cure Diabetes	AdventureCORPS, Inc.	
10/18/2008	Salton Sea Century	Shadow Tour LLC	858.756.4940
10/18/2008	Solvang Autumn Double	PlanetUltra	
10/18/2008	Tour of Solvang Wine Country	Cycling Escapes	714.267.4591
10/25/2008	Death Valley Century/ Double Century	AdventureCORPS, Inc.	
10/25/2008	Fall Metric Century	Orange County Wheelmen	714.956.2453
10/25/2008	Spooktacular	Kern Wheelmen	661.301.7441
11/1/2008	Borrego Double Ordeal	Anny Beck	
11/1/2008	Solvang Prelude	SCOR	562.690.9693
11/2/2008	Giro d Vino Bicycle Wine Tour	Delta Velo	209.465.7252
11/8/2008	Tour de Foothills	Upland Chamber of Commerce	909.931.4108

CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Members Only Page" area of the WEB site 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 !

WANTED: Donations for CAF. I'm doing two races this year for the Challenged Athletes Foundation (CAF). The first is the Tour Divide from June 13 to June ??, a self-supported 2711-mile race from Canada to Mexico. Updates from this race will be posted at www.tourdivide.org The other race is the Furnace Creek 508 on Oct 4-6. If you would like to donate to this charity on my behalf you can do so at <http://raceforareason.kintera.org/stingaciu> Contact Adrian Stingaciu at 562.982.7079

WANTED: Crew member for Furnace Creek 508 solo rider. Need one person who is available Oct 3,4,5,6. Crewing experience and desire to minimize our environmental footprint during the race is a plus. Contact Adrian Stingaciu at 714.744.4304

FOR SALE: Bike Rack FREE! Hollywood (4) bike rack. Hitch type, requires 2 inch receiver. Yes I said FREE! Contact Jim Walker at 562 943 9403 teamwalker@bbcnet.com Contact Paul DAquanni at 949.766.2951

FOR SALE: FOR SALE: New Skinsuit Paramount Racing/OCW Large 2006 NEW Large Paramount Racing Skinsuit (2006) by Voler. So new it is still in the sealed bag! Large. Faded blue top + honeycombs + Cantara pad. Paid \$80-\$90? \$50 or make offer Contact Scott Sharp at 949.646.3643

FOR SALE: Jersey, 2007 Euro 6 Large—XL, Full Zip , LG This is the current 2007 Jersey from the Fall order. It is a Full Zip Euro size 6 (I think its almost an XL). It is the euro version (outside stitching; upgraded material). I wore it once but too big for me. Paid \$58.75; sell \$50 obo Contact Scott Sharp at 949.646.3643

FOR SALE: Santana- Elan Tandem 9 speed,shimano ultegra flight deck, new bontrager seats, shimano spd pedals,\$1200 or obo, Great condition Contact Fred Brickner at 714.528.8079 or

FOR SALE: SoftRide R1 Road Bike Large frame Aluminum w/ carbon beam Durace 9 speed components Spinergy Wheelset Timetrial bars w/clip-on aerobars \$500.00 Contact Ken Brant at 714.772.9589

FOR SALE: American Classic Wheels 24 front 28 rear with Velocity rims \$150 Contact Howard Miller at 562.429.7915

FOR SALE: FSA carbon cranks 172.5 cranks with bb \$125 Contact Howard Miller at 562.429.7915

FOR SALE: 03 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Ultegra front and rear, triple chain ring, extremely low mileage, Cateye cordless cycle computer. \$1,200. Contact John Cook at 714.968.0882

FOR SALE: 06 Cannondale Six13 Team Premium Carbon Fork, FSA Compact Carbon Crank 170's, the rest is Dura Ace 10 sp. Profile Carbon Post and Flat bars, Easton Circuit wheels. Whole bike ridden less than 6 months and in EXCELLENT condition. Wheels practically new, ridden less than 5 times. E-mail for pictures Clynnspin@netscape.com \$2200 Contact Carol Lynn Neal at 760.799.3856

FOR SALE: Cannondale CAAD 8 (2005) 50cm road bike Paramount team paint, Premium carbon fork, FSA compact crank 50/34, all other components DA 10, Profile carbon post and flat bars, Easton Circuit wheelset, Fizik Aliante saddle, great shape, raced one season, \$1,700 OBO. Contact Carol Lynn Neal at 760.799.3856

FOR SALE: Cannondale CAAD 8 (2006) 52 cm Road Bike Paramount team color, Premium carbon fork, Full Dura-Ace 10-speed STI component group, Fi'zi:k Arione seat, carbon seat post, Mavic Ksyrium wheelset, perfect condition, frame new, less than 800 miles on components, \$2000. Contact Kent Peppard at 714.734.3447

FOR SALE: Litespeed Classic 53 cm road bike Year 2000, titanium, Full Dura-Ace 9-speed STI component group, Look carbon fork, Mavic Ksyrium SL wheelset, 3T stem, Deda handlebars, custom paint, excellent condition, \$2000 OBO. Contact Kent Peppard at 714.734.3447

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

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

"Beerview" Cyclists Rear View
Mirrors
Irvine, CA 92614-7064
(949)551-6353

Dee Bessee Massage Therapist
Costa Mesa, CA 92627-5542
(949)548-4595

Rich Photographic Service
Big Bear City, CA 92314-2937
(909)584-7030
www.richphoto.photorelect.com

Allegro Specialties
Fountain Valley, CA 92708-3516
(714)593-9226

Kenny BZ.com
Anaheim, CA 92802-2259
(714)772-9589
www.kennybz.com

Springdale Villa Apartments
Westminster, CA 92683-1976
(714)894-5718

Matloff and Associates
Mission Viejo, CA 92692
(714)267-2193

Pace Sportswear
Garden Grove, CA 92841-3920
(714)891-8716 X108
www.pacesportswear.com

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested

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



FIRST CLASS MAIL

