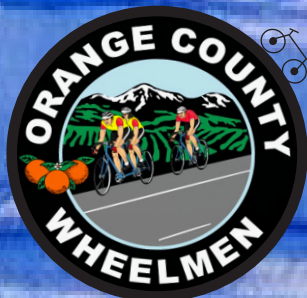


Chain Reaction

Spring 2024

A Quarterly Publication of



Orange County Wheelmen

OCW CLUB LINKS

HOME PAGE: www.ocwheelmen.org

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

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

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

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

MONTHLY BOARD MEETINGS

Check website for location, day and time. All Officers and Directors are expected to attend. Other interested members may also attend.

GENERAL MEETINGS

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

REGISTRATION FOR OCW EVENTS

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

The new website, registration code, and discount codes are only visible to current members. Our website constantly updates new and different ways of maintaining privacy for our members from email skimmers and other nefarious internet hacking. The website continually upgrades to protect your personal information along with having it available for our members to connect to each other.

Thank you for your continued support and membership to OCW!

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Editors Musings



Michelle Vester



Happy Spring!

It sure seems like every state is experiencing severe weather in some form or another. It's been making it really hard to get out on my bike, or even a hike.

I don't know about you but the last thing I want to do is ride my bike in cold and wet weather.

Because of wet weather many members haven't gotten out to do adventures like usual for this time of the year. So unfortunately it shows in these next few pages.

However we always seem to get members who have done something, whether it be in another state to escape the rain or maybe something that they had ridden or hiked weeks, or even months ago and they now have the time to write about it.

Hopefully the weather will turn and we can all get some sunshine for more than just a couple of days to enjoy the spring.

Summer is coming so remember to write those articles on everything you're doing.

It's fun to read the adventures our members are doing with their bikes!



Bob Fairfield, ICI

The President

Welcome to Spring!

I am looking forward to flowers and trees blooming, snow finally melting (off the San Bernardino mountain tops), putting the winter equipment away (last time I looked, there's skiing and snowboarding until June at Mammoth), and going for a bike ride with friends, like I do all the other seasons in Southern California.

There have been changes in Sacramento. Governor Gavin Newsom has signed Assembly member Laura Friedman's OmniBike Bill, AB 1909. The following changes to bike riding as of 1-January of 2024 are:

Change lanes to pass

CalBike helped pass the 3-foot rule in 2013. That required car drivers to give bike riders at least a 3-foot margin when passing. However, it's almost impossible to measure 3 feet on the road, so this law is difficult to enforce. The OmniBike Bill will require people in cars to change lanes when passing someone on a bike whenever feasible, just as they would if they were passing a car. The extra margin will reduce near misses and collisions, and the clearer instructions will make it easier for car drivers to pass bikes safely.

E-bikes allowed on all bikeways

More and more Californians are riding electric bikes, but some municipalities have tried to

limit where people can ride them. The OmniBike Bill opens most bikeways to e-bikes, while still allowing communities to bar them from equestrian and hiking trails.

Bikes can cross on WALK signals

It's often safer for people on bikes to cross an intersection during the pedestrian walk signal if that phase differs from the green light for cars. The OmniBike Bill makes this safe choice legal.

Bicycle registration

This bill would instead prohibit a jurisdiction from requiring any bicycle operated within its jurisdiction to be licensed.

Biking continues to be a force in transportation.

We will have events, social meetings and parties during the year, so stay tuned to the club newsletter, the Chain Reaction, and emails from us for announcements of events.

We are still looking for other ideas of events to have so email me, or attend one of our board meetings, with your ideas and suggestions.

This club is not just to have meetings, so I encourage every member to participate in the events and parties we have, and if you can't ride, then volunteer to help with our activities. You are also welcome to stop by one of our board meetings, to see how we spend your membership dollars.



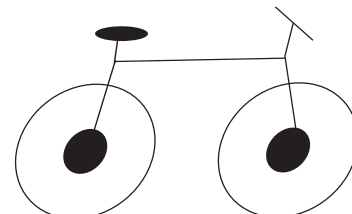
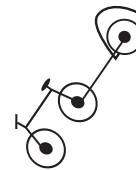
Find all the bikes!

BOARD
meeting
minutes



There are SEVERAL "stick figure" bikes, including the ones below, all throughout this issue. Can you find them?

The answer is on the bottom of page 21. Did your numbers match??



WORD SEARCH

WORDS CAN BE FOUND FORWARD, BACKWARD AND DIAGONAL

Q	S	S	D	L	O	G	I	R	A	M	S	W	S	A
W	E	B	U	T	T	E	R	F	L	I	E	S	E	R
E	S	A	S	B	R	E	E	Z	Y	Q	I	W	F	E
P	S	G	D	G	B	Z	D	F	R	E	S	S	L	F
O	E	N	F	F	L	O	W	E	R	S	I	G	O	V
I	R	I	S	H	O	W	E	R	S	S	A	N	W	X
U	D	T	P	H	S	Z	X	A	C	V	D	I	E	B
J	N	N	R	J	S	D	M	C	S	V	B	N	R	N
B	U	A	I	R	O	S	E	S	R	T	M	E	S	M
F	S	L	N	Y	M	Q	S	D	B	A	E	D	N	J
T	L	P	G	T	S	E	R	T	H	X	V	R	C	K
U	J	H	T	X	C	L	L	A	B	E	S	A	B	G
E	Q	U	I	N	O	X	V	B	N	S	M	G	X	V
M	H	T	M	R	A	W	I	N	D	Y	T	R	E	W
N	G	N	E	S	T	I	N	G	Y	U	I	H	F	X



Showers	Springtime	Planting	Marigolds
Blossoms	Equinox	Warmth	Nesting
Easter	Baseball	Windy	Roses
Gardening	Breezy	Butterflies	Sundresses
Flowers	Flowers	Daisies	Taxes



Find the solved puzzle at the back of this issue



the *VICE* President's Message

Dan Ignosci, Vice President

I would like to share a harrowing event involving Lenny Isaacs, one of our OCW members. Lenny originally posted the message below on Facebook. This situation could happen to any of us and fortunately Lenny was prepared for this crucial moment:

“My friend’s heart stopped on Sunday, 9:30am after cycling 1.79 miles! Right place, right time! My CPR training kicked in without delay!”

I wanted to tell you about it and ask you to please attend training because you might be in the right place at the right time and they will see their family again and more sunrises/sunsets!

This is part one of the story.

We were stopped. Some of us were taking pictures of the ocean and landscape when my friend, while straddling the bike, fell to the side like a tree that was cut at the base.

Training kicked in!

I instantly directed friends to call 911 while I began chest compressions as they had immediately started gurgling. I literally sang the Stayin Alive song to get my rhythm like taught in training and then counted compressions. Revived for a moment. I said squeeze my hand and felt the squeeze even though they could not speak and then cardiac arrest again. More compressions.

PVPD arrived within minutes and we traded off to give me a break; AED necessary. Shock helped. Still unstable. Back to compressions. Paramedics arrived. I stayed close to communicate details. Then one said, you saved their life. I was speechless, gulped, and just nodded.

I went with them in the ambulance to the hospital and stayed the day. PD took our bikes. Friends met us at the hospital.

My friend’s significant other met us at the hospital and said hello, not goodbye.

I am purposely not identifying gender out of respect although you may know the who.

First-aid CPR & AED training is Priceless! I am thankful and humbled!

“Friends, I am up for renewal of my CPR AED & first aid training and will be happy to arrange group classes like I did before. Everyone should be trained as you never know when you’ll be in the right place at the right time to ensure someone will see their family and friends again!”

This is Lenny’s second post a little more than a week later:

An update, on my/our friend, who is getting stronger after being revived two Sundays ago.

After tomorrow’s scheduled bypass surgery, my/our friend will have a new lease on life.

Over the last week, I visited my/our friend in the hospital several times. The first visit I got to meet my/our friend’s family. I was introduced and immediately swarmed by mom, son, and daughter. The hugs were the most precious that I have ever felt in my life. It’s really hard to describe beyond that.

I ask you, my friends, to please pray for my/our friend.



What an amazing response by Lenny, and as a fellow cyclist certified in CPR, I am so proud that Lenny rose to this MASSIVE occasion!



We had our first OCW Saturday “social” ride in early March, which had 23 cyclists riding out and back to Seal Beach with a quick mid-ride bakery snack. Be on the lookout for an email announcement regarding a similar ride in early April.

Lastly with Daylight Savings kicked in, we are once again starting the Wednesday night rides that start in Irvine. Additional details are available on the calendar on the OCW webpage. Please be sure to RSVP on Strava, because if no one checks in for the ride, it is possible that the ride will be cancelled.

As always, feel free to reach out to me for any OCW matter at danignosci@cox.net.



JOIN OR RENEW YOUR MEMBERSHIP



CLICK HERE





The Hungry Cyclist



Beef Bourguignon

INGREDIENTS

3 pounds beef chuck or other boneless stewing beef, cut into 2-inch cubes and patted dry
2¼ teaspoons kosher salt, more to taste
½ teaspoon freshly ground black pepper
5 ounces lardons, pancetta or bacon, diced (about 1¼ cups)
1 onion, finely chopped
1 large carrot, sliced
2 garlic cloves, minced
1 teaspoon tomato paste
2 tablespoons all-purpose flour
1 750-milliliter bottle of red wine
1 large bay leaf
1 large sprig of thyme
8 ounces pearl onions, peeled (about 12 to 15 onions)
8 ounces cremini mushrooms, halved if large (about 4 cups)
1 tablespoon extra-virgin olive oil
Pinch sugar
Chopped flat-leaf parsley, for garnish

INSTRUCTIONS

Season beef with 2 teaspoons salt and ½ teaspoon pepper. Set aside for at least 30 minutes at room temperature, or chill in the refrigerator for up to 24 hours.

In a large Dutch oven or heavy-bottomed pot with a tight-fitting lid, cook lardons over medium-low heat until fat is rendered and lardons are browned and crisp, about 10 to 15 minutes. Transfer with a slotted spoon to a paper towel-lined plate. Reserve fat in pot.

Heat oven to 350 degrees. Raise heat under pot to medium-high and cook until fat is starting to smoke. Lay half the beef cubes in a single layer in the pot, leaving space between pieces. Cook until well browned on all sides, 10 to 15 minutes; transfer pieces to a plate as they brown. Repeat with remaining beef.

Reduce heat, if necessary, to prevent burning. Stir in onion, carrot and remaining ¼ teaspoon salt and cook until soft, about 10 minutes, stirring occasionally.

Stir in garlic and tomato paste, and cook for 1 minute. Stir in flour, cook for 1 minute, then add wine, bay leaf and thyme, scraping up brown bits at bottom of pot. Add browned beef and half the cooked lardons back to pot, cover, and transfer to oven. Let cook until beef is very tender, about 1½ hours, turning meat halfway through.

Meanwhile, in a large skillet set over high heat, combine pearl onions, mushrooms, ¼ cup water, the olive oil and a pinch each of salt, pepper and sugar. Bring to a simmer, then cover and reduce heat to medium, cooking for 15 minutes. Uncover, raise heat to high, and cook, tossing frequently, until vegetables are well browned, 5 to 7 minutes. To serve, scatter onions and mushrooms and remaining cooked lardons over stew, then top with parsley.



BY THERESA NELSON

Hiking is great cross training for a cyclist. You are still moving your body, sometimes gaining elevation and is something easy to do when traveling without having your bike with you. We try to keep active even when we are away from home (and our bikes). It is really nice to be in different climates and terrain.

Living in Southern California, and without doing a long drive to the mountains or the forest, we really do live and play in a desert-type climate. So much of our local hikes are in desert scrub and cactus, even when we are blessed with a little bit of tree coverage.

On a recent trip to Northern Arizona, we were able to get in a couple of hikes with vastly different terrain than our Orange County area. We drove into Flagstaff the third week of March and were met

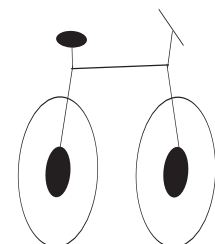
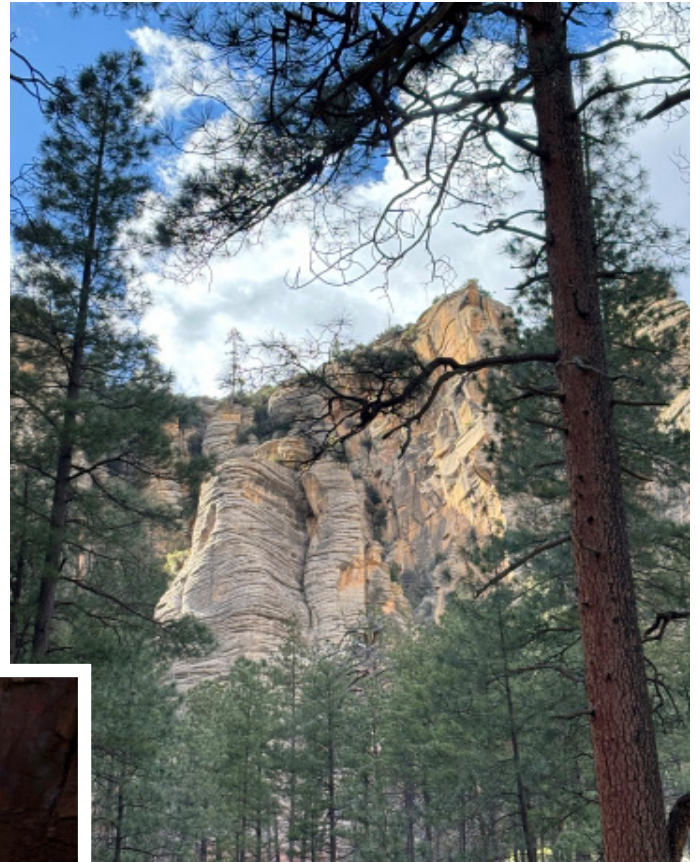
with snow falling and coverage on the ground. Even as the week went on and the snow stopped and started to melt, all the local trails were very slushy and muddy and not really good for hiking.

One day we were able to drive 35 minutes south of Flagstaff into the northern end of Sedona for a gorgeous hike along the West Fork Trail. This trail is touted to be one of the best trails in Arizona and top 10 in the United States. We didn't have time to do the full 6 miles round trip but enjoyed a hike along the river surrounded by cliffs. The trail actually crosses the river multiple times and if you take it to the end you can continue on by walking in the river eleven miles with sheer cliffs on each side of the canyon. Although the water was cold (think snow melt up stream) the air was warmer than it was in Flagstaff so it made the ankle-deep water crossings bearable. I kept my trail shoes on along with

my wool socks in order to prevent slipping on the rocks as we crossed. With the wool socks, my feet warmed up right away as we hiked up the trail to the next crossing.

The next day we drove north of Flagstaff to Page, Arizona which is almost to the Utah border at Lake Powell. There is a fun hike across from the Glen Canyon Dam Visitors Center that has similar terrain formations to the famous “Wave Hike” near Kanab, Utah without needing permits. This trail is called the New Wave Trail. It’s short but has a bit of climbing to get to some really amazing view points. The day was bright and warmer than Flagstaff without the melting snow, slush and mud.

Next time you are traveling, take the time to check out some local hikes.





BY THERESA NELSON

A railway velocipede, track velocipede, hand car, pump trolley or kalamazoo, just some of the historical names for a rail bike that can run along railroad tracks. First designed and used in the late 1800's rail bikes have become a growing attraction in recent years. Originally created for use by inspectors or signal engineers to inspect or help determine track damage.

Although a rail bike tour through the Redwoods out of Fort Bragg (<https://www.skunk-train.com/railbikes-on-the-noyo/>) has been on my Bike-It list for several years, I discovered one closer to home owned by the same company (Mendocino Railway) that we decided to try.

We ventured up the coast to Santa Paula to take a trip on part of the Southern Pacific Railroad portion through the Santa Clara Val-

ley with Sunburst Rail Bikes. (<https://www.sunbursttrain.com/>). Each of the bikes are two-seaters (tandem side by side) and come with pedal assist, a brake and a basket to hold a picnic lunch. Helmets are required by Sunburst and they do provide fluorescent-colored helmets, but we chose to use our own. Not all rail bike companies require helmets.

Our tour had about 8 rail bikes set up. After a quick orientation on how to adjust the seats and how to operate, we started our tour. An escort/guide was in the front bike and another in the last bike. The escort had an electronic train horn and a remote to work the train track gates as our group passed through vehicle roadways on our route. It was fun to hear the train horn before the gates went down and wave to the trucks and cars waiting while we pedaled our way across the roadways. There were quite a few vehicles held up while we

crossed the major highway 126.

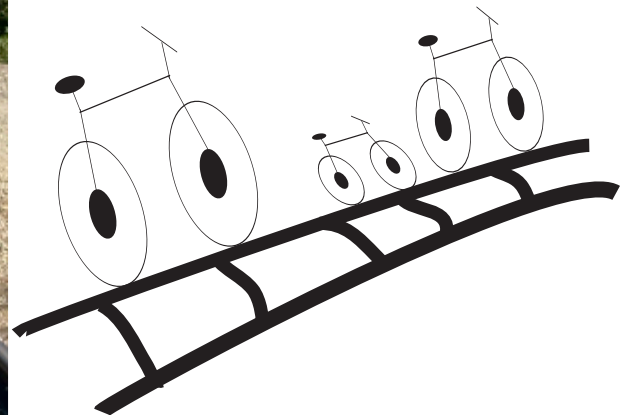
We went along the railroad tracks over bridges and trestles with gorgeous views of the Ventura citrus groves, farmlands and local mountains. For the most part it was smooth going although it got a little rough at some crossings where mud and gravel had built up a bit with recent water flows. We pedaled about 5 miles before we stopped at a shaded picnic area for a rest while our escorts used a special contraption to turn each of the bikes around.

Although many rail bike tours in the country operate on unused train tracks, this one is still a live track. They run the tours between normal scheduled train runs and have places to pull out on a siding when a train comes by.

On the way back we took another break and stop at Prancer's Farm which had a farm stand and farm animal petting/viewing area. Before we knew it we were back at the Santa Paula Station, ready to plan our next rail bike adventure.



Sunburst Rail Bikes in Santa Paula has mid-week specials, a sunset tour and in the fall Prancer Farms is a pumpkin patch excursion. They have plans for a longer 23-mile route, but are waiting for a major bridge to be repaired before offering that tour again. They recommend making reservations in advance and closed-toe shoes are required.





Mountain Bike Dude

By Alan Vester

Mountain and Gravel Bike Riding Geared Toward the 50+ Rider

Trail Maintenance

Hello OCW mountain bike riders!

It is Springtime here in the OC and time for magnificent mountain bike riding. Have you ever given any thought to who builds and maintains many of the off-road trails you ride on? Most of the trails in the OC Parks system (60,000 acres) are built and maintained by OC Parks employees, trail builders and volunteers. Local mountain bike organizations also help with trail maintenance.

Featuring 60,000 acres of parkland, open space and shoreline, OC Parks is a great benefit to living in Orange County California.

The opportunity to be part of trail maintenance here in the OC does exist. Orange County has several organizations you can contact to get involved.

Orange County Mountain Bike Association: www.ocmtba.com

OC Parks: ocparks.com/how-do-i/get-involved

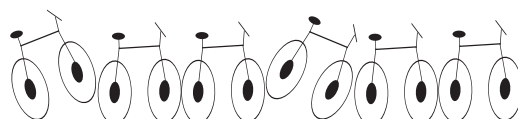
OC Parks Short-Term Volunteers: <https://www.ocparks.com/about-us/volunteer/short-term-volunteers>

Cleveland National Forest: <https://www.fs.usda.gov/detailfull/cleveland/workingtogether/volunteering/?cid=stelprdb5274209>

Michelle and I have volunteered for trail maintenance many times throughout the years. The scope of work we have performed has really varied. Sometimes it is extremely basic trail maintenance, and the organization supplies transportation to the trails, tools, and often even lunch. We have on occasion supplied our own transportation, tools, food, and water.

I like doing trail maintenance for many reasons. It gives me the satisfaction of contributing to the trails I ride on all the time, and it promotes the positive side of mountain bikers. I like being part of the community that helps clean up and maintain trails that mountain bikers, equestrians, and hikers often share.

Keep in mind, you do not have to be a professional trail builder to volunteer. The leaders of the group you will be working with are more than happy to direct you to what they need done. You are not there to reconstruct a trail, normally you will perform maintenance where trails have been washed out by rains or overuse by riders.



Unfortunately, there is a dark side to trail building/maintenance. There are people who decide to take it upon themselves to build unsanctioned, unsafe, and illegal trails. Do not be that guy. I cannot overemphasize the importance of not building or maintaining trails without permission. I never participate in any sort of trail maintenance that has not been approved or under the supervision of the proper organization that owns or maintains the land on which you are working.

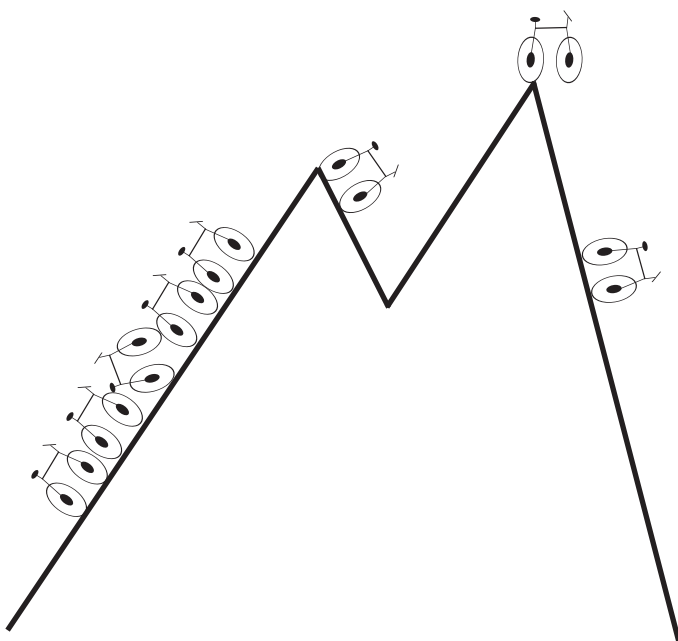
So, I strongly recommend you volunteer if possible. A couple of hours of your time goes a long way. Remember, without trails there is no mountain biking.

Have a great Spring and I will talk to you in the Summer.

Rules of the Trail

- Ride open trails
- Leave No Trace
- Control your bicycle
- Yield appropriately
- Never scare animals
- Plan ahead

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



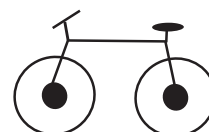
Wednesday Night Rides!



We are in our second week of our Wednesday Night Rides. Currently we are meeting at Barber Park in Irvine and riding approximately 20 miles. As the sun goes down later we will modify the route start point and lengthen the distance. For more info, please see the OCW website: <https://www.ocwwheelmen.org/event/show/551743151>

Please RSVP on Strava if you intend to ride on Wednesday night, as our ride leaders do not want to drive to the start location unnecessarily and end up riding solo. If only the ride leader has RSVP'd by noon, the ride is subject to be cancelled and may be deleted from Strava, so be sure you check Strava prior to heading to the Wednesday night ride. Here is the Strava link for the ride tomorrow night https://www.strava.com/clubs/2894/group_events/1612062

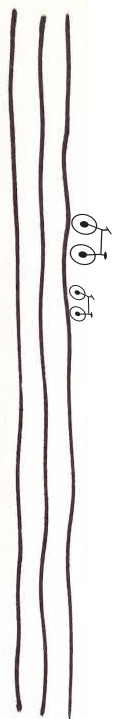
Have questions, email or call/text Dan at danignosci@cox.net or 949-525-1199. Hope to see you there!





HIKING PRESCOTT ARIZONA

BY MICHELLE VESTER



We live right across the street from Peavine Trail's south parking lot. The Peavine Trail is a great flat gravel trail that meanders on the remnants of Prescott's first railway, the Prescott and Arizona Central (P&AC). It's an old abandoned mining railroad corridor that is now maintained by the City of Prescott. This trail is perfect for those who want to walk their dogs, ride gravel bikes, or e-bikes that you can rent at the south trail head on most days.

The trail is about 11.5 miles, out/back, from the south parking lot located off Prescott Lakes Parkway and Sundog Ranch Road. The trail heads north to the parking lot located off Hwy 89a near the Prescott Municipal Airport, which is the turn around point.

Halfway to the north parking lot the trail will split. Heading left will lead toward the northern parking lot off Hwy 89a, and heading right the trail turns into the Iron King Trail which leads through some beautiful granite rocks. Remnants from the old copper mining railroad are in abundance and takes you back a hundred years in time. The two trails were inducted into the Rail-Trail Hall of Fame in

2010.



There are several single track entrances off the Peavine Trail, one of which is the Watson Lake Loop, which is a double black diamond single track that circumferences the lake with outstanding views. The loop trail is about 5 1/2 miles long and passes through some beautiful granite rock structures with gorgeous views of the lake. There are also hidden beach coves, caves and rock scram-

bling.

The trails off the east side of Peavine are just as fun and provide beautiful views of the lake as well. All these trails can be ridden, however they are single and double black diamond, as they take you over some very extensive rock structures and drops. There is also interesting plant life, including the alligator juniper.



The trails are well maintained by the City of Prescott and the signage is excellent so no worries about getting lost. Most trails are in earshot of the Peavine Trail even though you might think you are out in the middle of nowhere!

Prescott is about a six-hour-drive from Orange County and boasts The Whiskey Off-Road, a 50, 25 and 15 mile ride/race through some iconic trails and fire roads around Prescott that is typically held in April and starts from Whiskey Row in downtown Prescott.



Prescott also has some wonderful restaurants and hotels, and of course Whiskey Row, which is home to historic bars and saloons where some of America's most famous cowboys and outlaws drank. Truly something to see.

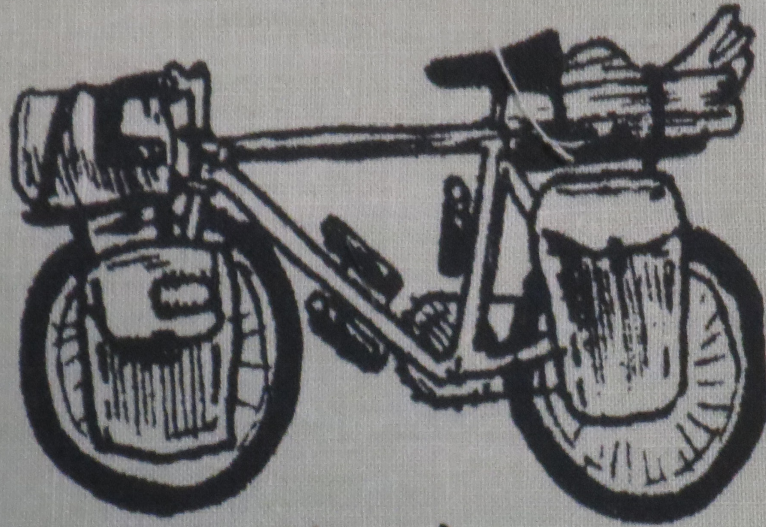


Just a few minutes from the Peavine Trail and town is the beautiful trail system around and up Granite Mountain, which is part of the Prescott National Forest. Granite Mountain, at 7,628 feet, has some of the most outstanding views of Prescott, Prescott Valley and beyond. Although the trail does not take hikers to the very top, it does get close enough for awesome views.



You would think that Granite Mountain was actually named because it is made up of granite, but actually it is composed of primarily quartz monzonite, an igneous rock similar to granite in appearance, and has similar physical characteristics, and chemical composition. Very interesting, for sure! Click below for more information on Prescott:





THIS MACHINE
KILLS BOREDOM

QUESTIONS TO PONDER

BY KEVIN ANSEL

As I write this article, I look out the window at the rain coming down in torrents. Up until recently I never heard of an Atmospheric River. Despite the rain, I still had plenty of opportunities to ride bikes this winter, unlike some of my friends on the east coast who spend the cold wet season on a trainer in their basement. It makes me think about how lucky I am to live in Southern California. Riding year round is important to me. It is more than important. It is so important that it got me asking questions. Is cycling an addiction, an obsession or a compulsion?

Addiction is the brain learning to crave a substance or a behavior. Well, cycling is a behav-

ior. Maybe I am addicted?

An obsession is a recurring thought of something or someone, where it always seems to be in a person's mind. Well, I think about cycling a lot. Maybe I am obsessed?

To complicate things, an addiction can become an obsession. So am I addicted and obsessed about cycling?

Compulsion is an insatiable urge to do something, like wash your hands over and over or collecting large amounts of objects, hoarding. Well, I have owned a lot of bicycles over the years. The most was eleven at one time. That

number has been trimmed down to six. So I am ruling out compulsion.

I spend a lot of my free time on the internet researching different types of bikes, new products, new bike technology, and changes in cycling clothing and shoes. I also watch a lot of bicycling videos on YouTube. From past Tour De France races to people bikepacking along the Great Divide route, I watch it all. Bicycle touring is my first love. When planning for our next tour, I spend time researching maps and routes. I look at mileage between point A and point B. I explore what resources are available, such as stores, places to get water, and diners to eat. I Google to see what campgrounds and hotels are on the route. I review other people's Blogs who have already

ridden the route. I look at bicycle touring forums for tips and advice from fellow travelers. I absorb it all like a sponge. This is my happy place. After I process all this information, I ask myself. Am I addicted? Am I obsessed? The answer is no.

I have discovered that I am passionate about bicycling. Passion is defined as a strong liking or desire for a devotion to some activity, object or concept. Well, I have a strong liking to cycling. I have a devotion to my bike. I desire and love bicycle touring. I guess I check all three boxes in the passion category. There is no need to find a twelve-step group for addicted obsessed cyclists. Life is good. Summer is almost here, and it will be time to hit the road for another epic bike tour. I can't wait.



WORD SEARCH

SOLVED

Q	S	S	D	L	O	G	I	R	A	M	S	W	S	A
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P	S	G	D	G	B	Z	D	F	R	E	S	S	L	F
O	E	N	F	F	L	O	W	E	R	S	I	G	O	V
I	R	I	S	H	O	W	E	R	S	S	A	N	W	X
U	D	T	P	H	S	Z	X	A	C	V	D	I	E	B
J	N	N	R	J	S	D	M	C	S	V	B	N	R	N
B	U	A	I	R	O	S	E	S	R	T	M	E	S	M
F	S	L	N	Y	M	Q	S	D	B	A	E	D	N	J
T	L	P	G	T	S	E	R	T	H	X	V	R	C	K
U	J	H	T	X	C	L	L	A	B	E	S	A	B	G
E	Q	U	I	N	O	X	V	B	N	S	M	G	X	V
M	H	T	M	R	A	W	I	N	D	Y	T	R	E	W
N	G	N	E	S	T	I	N	G	Y	U	I	H	F	X



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Please Support The Premier Partners of Orange County Wheelmen

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



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* Number of stick figure bikes is 52