

Chain Reaction

Summer 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!

IN THIS ISSUE

President's Message	Page 3
Word Search	Page 5
VP Message	Page 6
Hungry Cyclist	Page 9
Mountain Bike Dude	Page 14
Hiking Corner	Page 16
Word Search Solved	Page 18
Sponsors	Page 20



Editors Musings



Michelle Vester



Happy Summer!

Woo Hoo...The Tour is about to start, or maybe has started depending on when you read this, and I can't wait! It's something I look forward to every year, and this year is even better because of the summer Olympics in Paris.

Is anyone going to Paris for The Tour or Olympics? If so please write an article about it with pictures for the fall issue!!

This past spring I purchased my first e-bike! A Pivot Shuttle SL mountain bike and I'm having a blast!! Check out page 14 for Alan's article on the Pivot Shuttle and a picture of me and my new bike!

All our members are out starting their vacations early so this issue is smaller than normal but next issue I'm hoping for some great articles. So if you are one of those members who are taking your bike on vacation be sure to write an article about it to share!

I hope everyone has a safe 4th of July and enjoy the rest of your summer!

Michelle



Bob Fairfield, ICI

The President

Many of us have been riding road bikes for years, and the skills needed for riding skillfully and safely are used every time we go riding. The following are reminders of some road bike skills every rider should know:

- **Know Where to Look.** It's smart to always scan the roads ahead to acknowledge the danger zones and obstacles, then shift your focus on the correct path to take. This means scanning the road, not just locking your eyes on one distance. You'll need to look down to check your time or your map occasionally, you'll need to scan the immediate area in front of you for obstacles and debris on the road, and you'll want to look further ahead to see if there are any changes in gradient or corners coming up.
- **Learn How to Corner.** You'll want to drop your speed ahead of the corner rather than braking once you're already turning. As you approach a corner, stay on your side of the road but get as wide as you can coming into the corner, then ride towards the apex (the tightest part) of the corner and go wide again on the exit, the tighter the corner, the slower and more upright you'll have to be.
- **Work on Drafting.** Maintain a distance between your front wheel and the rider in front of you's rear wheel that makes you feel comfortable, pay attention to your surroundings, and listen to the rider in front of you, because they may call out an obstacle before steering around it.

- **Practice Climbing.** Stay on the hoods or the tops of your handlebars when you climb, bending over to reach the drops will limit your breathing and slow you down. Unless it's a short, steep climb where the top is in sight, stay seated if you can, and don't stress on how fast or slow you're spinning the pedals.

- **Don't Forget About the Descent.** Going downhill is all about staying loose and relaxed, while modulating your speed and keeping your eyes on the road—and where you want to go. You'll want to be in the drops on a descent, with your fingers still covering your brakes so you're ready to modulate your speed as needed.

- **Handle Your Hands.** Eating and drinking on the bike is a skill that often gets ignored, but the more you do it, the easier it becomes. Even on short rides, practice drinking from your bottle and after a few rides, it'll start to feel more natural.

These, and other tips, will make you a good rider, and a safe rider.

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

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

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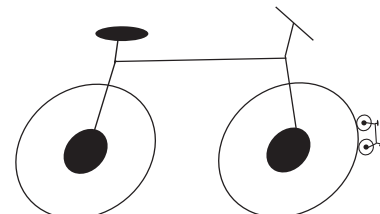
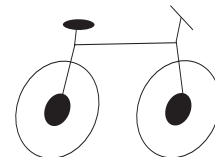
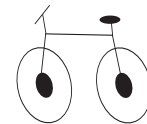
This club is not just to have meetings, so I encourage every member to participate in the events and parties we have, and if you can't ride, then volunteer to help with our activities. You are also welcome to stop by one of our board meetings, to see how we spend your membership dollars.



Find all the bikes!

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 20.
Did your numbers match??



WORD SEARCH

WORDS CAN BE FOUND FORWARD, BACKWARD AND DIAGONAL

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



Travel	Sunshine	Barbecue	Outdoors
Swimsuit	Vacation	Sailing	Solstice
Sunburn	Bike	Boat	Popsicle
Festivals	Pool	Summer	Sandcastle
Hot	Beach	Sizzling	Swimming



Find the solved puzzle at the back of this issue



the *VICE* President's Message

Dan Ignosci, Vice President

Over the past quarter there have been many memorable OCW rides. My favorite was the Memorial Day Ride led by Larry Locken. We left from The Square to the US Submarines Veterans World War II National Memorial West in Huntington Beach. We had about 20 cyclists on the ride. After a few minutes paying our respects, we headed south on Pacific Coast Highway toward Castaways Park in Newport Beach. Once there we witnessed the Field of Honor, which had 1776 flags on display throughout the park. For more details about the [Field of Honor](#) click the link. Thanks to all that attended for a

fun ride and a memorable time!

Our Wednesday night ride has recently adjusted slightly. We leave from under the solar panels at Los Olivos Park in Irvine at 5pm and head toward the coast, primarily on a bike trail. For those that can't make a 5pm start, we pick up additional riders at the Bill Barber Park trailhead at 5:30, then head toward the Back Bay in Newport Beach. The ride is 32 miles from Los Olivos and about 20 from Bill Barber. Join us for a fun night ride to finish off your busy day.



Our Sunday South County rides continue to be well attended, usually between six and fifteen cyclists. Check the OCW [website](#) for day of ride specifics, but the rides and food choices are always great in the South County. Keep in mind that the freeway traffic is usually the fastest on Sunday mornings, so we are within 30 minutes from most areas of Orange County.

As always, feel free to reach out to me for any OCW matter at VP@OC-Wheelmen.org





JOIN OR RENEW YOUR MEMBERSHIP



**CLICK
HERE**



The Hungry Eyelist



Muffin Top Strawberry Shortcakes

INGREDIENTS

Muffins

- ½ cup melted coconut oil
- ½ cup honey
- 2 teaspoons vanilla extract
- 2 large eggs, at room temperature
- 1 cup sour cream or plain Greek yogurt
- 2 teaspoons lemon zest
- 2 cups all-purpose or white whole wheat flour
- 1 teaspoon cinnamon
- 1 ½ teaspoons baking soda
- ½ teaspoon baking powder
- 1 teaspoon kosher salt
- 1/3 cup strawberry jam
- coarse sugar, for topping (optional)

Strawberries

- 6 cups fresh strawberries, sliced
- 3-4 tablespoons honey
- 2 teaspoons vanilla extract

Cream

- 1 1/2 cups heavy cream
- 3-4 tablespoons powdered sugar

INSTRUCTIONS

1. Preheat the oven to 350° F. Line 16 muffin tins with paper liners.
2. In a bowl, stir together the coconut oil, honey, vanilla, eggs, sour cream, and lemon zest. Add the flour, baking powder, baking soda, and salt. Mix until just combined. Fold in the strawberry jam. Divide the batter evenly among the prepared pan. Sprinkle with coarse sugar.
3. Bake for 22-25 minutes until the tops are just set.
4. Meanwhile, toss together the strawberries, honey, and vanilla in a medium bowl. Let sit 15 minutes or up to a few hours.
5. To make the cream. Whip the cream with the sugar until soft peaks form.
6. Slice the muffin in half, add a dollop of cream, then a big spoonful of berries. Put the muffin top over the berries. Enjoy!

Recipe by Half Baked Harvest - <https://www.halfbakedharvest.com/muffin-top-strawberry-shortcakes/>

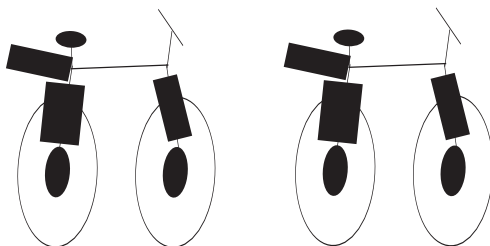


Albany, New York to Irvine, California



KEVIN AND XIMENA ANSEL ARE CURRENTLY RIDING FROM ALBANY, NEW YORK BACK TO IRVINE, CALIFORNIA AND THEY WILL BE SHARING THEIR ADVENTURE IN THE NEXT CHAIN REACTION, SO STAY TUNED!

THE PICTURE ABOVE IS THE ROUTE THEY ARE TAKING, AND THE PICTURE TO THE RIGHT IS OF KEVIN AND XIMENA ON THE PANHANDLE TRAIL JUST OUTSIDE OF WHEELING, WEST VIRGINIA.



WEDNESDAY EVENING RIDE

GENERAL INFORMATION:

Please arrive at the ride location with enough time to have your bike ready to roll at the scheduled time.

Also it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides.

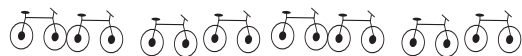
A helmet is legally required for all minors and **OCW REQUIRES THAT ALL ADULTS WEAR A HELMET.**

Earphones are illegal and unsafe. Please remember that the California Vehicle Code applies to bicycles.

If the ride is cancelled, the calendar will be updated at least 1 hour prior to the ride start time with the word "CANCELLED".

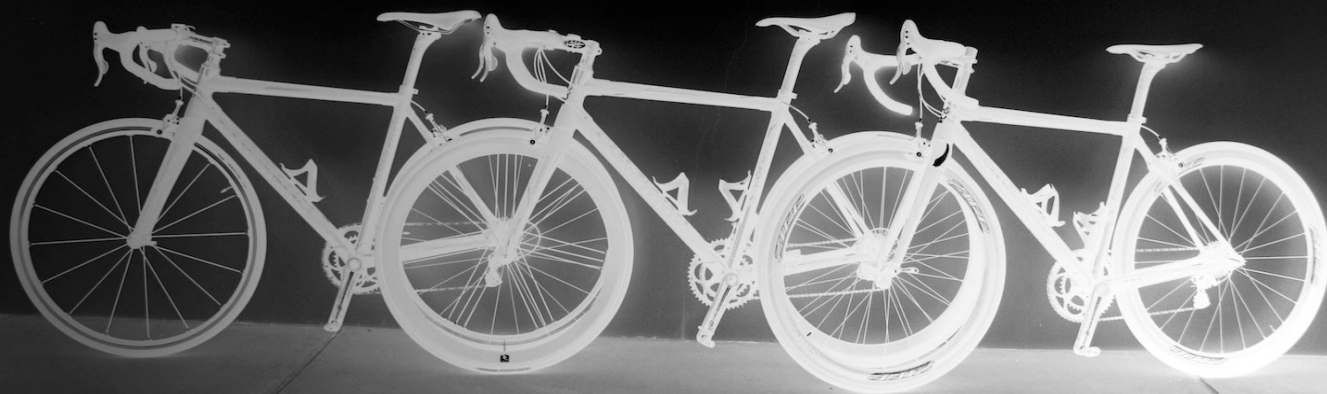
For more information:

<https://www.ocwheelmen.org/event/show/557273205>



DO YOU KNOW WHERE YOUR BIKE IS?

BY PETER GERRARD



This week, two friends—one a cyclist and the other not so much—texted me links to feature stories about the business around stolen bikes.

The main takeaway of both: over the past few years, as bike sales soared during the COVID-19 pandemic, what had mostly been a “one-off crime of opportunity” became a well-oiled international, and highly profitable enterprise.

Wired magazine’s article reported on “...a bicycle theft pipeline of astonishing scale.” Writer Christopher Solomon teamed with Bryan Hance of Bike Index to detail the convoluted trail of bikes stolen, disappearing, and then showing up for sale on a Facebook page. Hance uncovered the business and man behind it in Jalisco, Mexico. He also tracked down one of his “suppliers” in the Silicon Valley’s San Jose. Hance estimates that, in the Bay Area alone, it’s netted the bike thieves more than \$2 million since 2020.

It’s a story that almost seems unbelievable (unless you’ve had a bike lifted). And it’s a great read:

<https://www.wired.com/story/silicon-valleys-fanciest-stolen-bikes-trafficked-mastermind-jalisco-mexico/>

About a week after the Wired piece, the Bay Area’s KQED aired a podcast titled “Bikes Stolen In the Bay Area Show up on Global Black Market.” Both Solomon and Hance took part in the live broadcast. The host and other guests expanded on their reporting, adding additional community perspective. And hearing bike theft victims tell their tales personalizes what it’s like to find your bike is suddenly gone.

The podcast is archived, and you can listen to it here:

<https://www.kqed.org/forum/2010101906075/bikes-stolen-in-the-bay-area-show-up-on-global-blackmarket>

What do riders whose bikes are stolen go through? Certainly, there's the stages of grief (mostly, from my experiences, anger, depression, and acceptance). I've had three bikes filched. The first one was probably gone from my parents' garage for at least a month before I noticed it wasn't there. The second from my garage when I accidentally left it open all night. The third was within a few minutes after I finished a ride and went into the house, got distracted, and saw a blur as a rider went past my back window. I felt the cold chill of certainty that he was on my bike, confirmed when I ran outside to check.

Unfortunately, there's also a general lack of concern from law enforcement. It's detailed quite well in both pieces. Overall, let's leave it at most police departments are overworked with property crime incidences even as violent crime is decreasing.

But, as I read the last paragraph, I realize how much emotional baggage having a bike ripped off carries, and how these feelings surface even years later. So, here's my take.

There's possibly a lack of understanding, and maybe empathy, about the monetary investments and emotional attachments riders have with their bikes. I had a detective dismiss my inquiry about the investigation of my stolen Colnago as being less important than the theft of a laptop from a car that was on his plate. "This computer cost almost \$3000," he dryly told me. I asked him to pull up my police report and really look at the details, especially the receipt from when I'd bought it. "Oh..." was about all I got out of him.

Incidentally, I got that one back exactly a month after it was taken. I'd reported it to a stolen bikes website, and one morning I got an email a pawn shop had inquired about the serial number. Apparently the "loan" agreement was for 30 days.

What can you do, after this prompts you to check to see if your bike is where you think you last left it?

If you've registered yours through an app or website like Bike Index or Project 529 (badged "Garage 529" in at least parts of Orange County), consider adding it to other available ones. Why? As far as I can tell, don't assume that information is automatically shared between law enforcement and public databases.

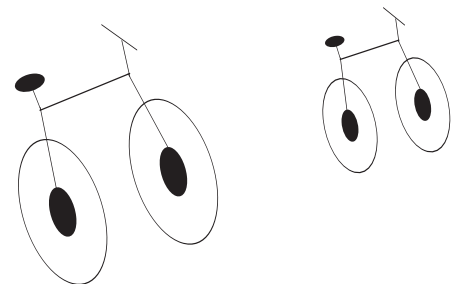
Take pics of your bike, the serial number, any parts you've added, and you with the bike.

Check to confirm your bike is included under your homeowner's or renter's insurance. You might have to add it as a specifically covered item.

Consider locking your bike to something in your garage that's fixed in place. Use that lock that you don't carry on group rides as it weighs more than the bike you bought for its light weight.

Add an Air Tag or other GPS tracking device to your bike. But if you're alerted your bike is "not with you" or at home, think carefully about chasing after it yourself.

Last, keep in mind that pictures you post on social media often have metadata that gives GPS coordinates. Check to see if you can block this "helpful" feature. Have you noticed that Strava "hides" the start and finish points of your rides? I'm not sure if it's totally effective, but it's a good feature automatically available.





Mountain Bike Dude

By Alan Vester

**Mountain and Gravel
Bike Riding
Geared Toward
the 50+ Rider**

2024 Pivot Shuttle Rider Experience

Hello OCW mountain bike riders. Well, I've been in Prescott AZ for 5 months now. I've experienced very cold 8° weather to the current 100° weather. Except for the light snow in the wintertime and occasionally wet trails from the rain, there are many days for great riding. Since we are intermediate level riders (Blue/Green trails), this is the perfect place to ride.

I have never owned an E-Bike and never really had the desire to even ride one. However Michelle purchased a brand-new 2024 Pivot Shuttle SL E-Bike last month and insisted I give it a try.



I'm not sponsored nor paid by Pivot, but I can tell you I'm a huge fan of their products, company, and their founder Chris Cocalis. It's worth researching Pivot and their story. I've been riding Pivot bikes since 2019 and I will only purchase their products, now and in the future.

The Pivot factory rep, Bill, arranged for Michelle to try out a Pivot Shuttle E-Bike and after one ride she was a buyer. She ordered a brand-new bike and has been riding it for the past month here on the local trails. Michelle kept insisting I needed to try one out for the day and experience the E-Bike phenomenon. I kept resisting, thinking why would I want to ride a bike I had no intention of purchasing.

Here in Prescott, they just opened a downhill bike park called "Bean Peaks." Michelle and I went to opening day just to check it out and she also wanted to meet Bill from Pivot to thank him personally for the demo. Somehow during that conversation Bill said he would send up a Pivot Shuttle demo to Bikesmith, our local bike shop, for me to try out. I didn't want to appear rude, so I said, "Sure, why not."

I went to the bike shop a week later and picked up a top-of-the-line speeded Shuttle SL

weighing in at about 41 lbs., which is only 8 pounds heavier than my non-E-bike. The first thing I noticed was it did not ride like a heavy bike, in fact it felt very similar to my current non-electric mountain bike.

The Pivot Shuttle has 4 modes. White, which is no assist at all, green which is light assist, blue which is even more assist and pink which is max assist. I was immediately hooked on this bike. I rode it for most of the day in non-assist mode and when I was climbing, I would shift it into green (Eco-mode) minimal assist.

Riding an E-Bike is a very different experience from a non-electric bike. I hate to admit it, but it is a blast. I rode it the following day trying out the different assist modes just to get a feel of what the bike would do. I spent the entire weekend on the bike and I too became a buyer. I ordered one the next day and I'm awaiting delivery.

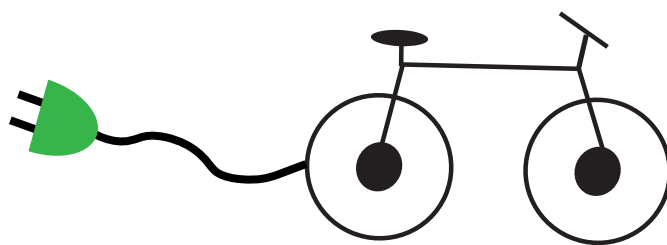
Next Goat Hill article I will do a product review on my brand-new bike.

Stay safe out there and maybe one day I will see you on the trails.



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



OCW Hikes

With Theresa Nelson



HARTINGTON WALK

Although I do a lot of walking on most of my trips, I also make sure I pack hiking shoes. I do own several pair of heavier boots used depending on trail conditions or weather, however my go-to daily trail shoes are trail running, Altra Lone Peaks, which have a nice lugged sole but are lighter than boots and wear more like athletic shoes. I was glad I packed them on my last trip, as we were presented with several options for great hikes.

No international bike tour trip for us this year (miss you Japan). Instead Steve and I were able to complete one of our bucket list dreams of motoring on a narrow boat through the English and Welsh canals with fellow OCW members, Cathy and Lee Painter along with our oldest daughters. Since we were already making an overseas flight, we extended our trip and spent three days prior to our boat trip in the English Countryside in the small village of Hartington.

The village was reminiscent of an ancient English Village surrounded by grazing sheep, 1700's era stone

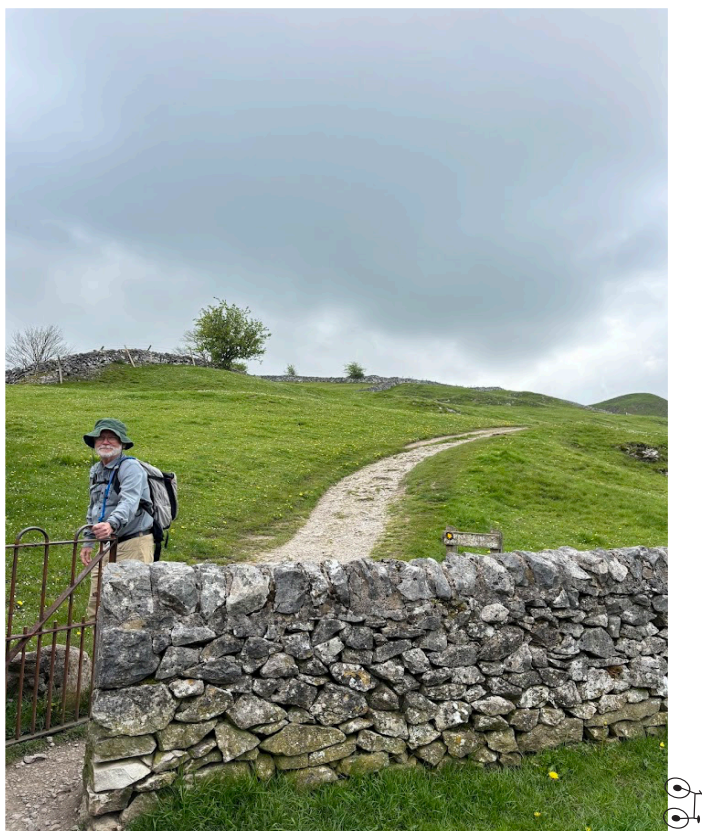
cottages and farmers' and ranchers' fields divided by original stone walls.

It seems that we were the only Americans visiting the village at this time. Certainly a lot of English and nearby European country citizens choose this area for holiday, but usually not Americans. The village is within the Peaks District area which is known for a network of public footpaths and long distance



trails.

Public footpaths in England are rights of way originally created by people walking across



the land to work, the market, the next village, church, and school. Some of these footpaths were established as early as 5000 BC. In this part of the country the footpaths traverse through private pasture lands and owners provide gates, stiles and squeezes to make it through the stone fences surrounding their pastures.

Some people today use the footpaths as pilgrimages going from village to village and we did see some long-distance travelers making their way through the village. We were able to spend a day hiking through Beresford Dale. We were blessed with clear skies and wild flowers as the previous week the paths were muddy and boggy. It was pleasant to walk



through fields of sheep, forests, beside a rushing river, surrounded by wild flowers and fun to traverse the different types of gates and bridges connecting the footpaths. We met some locals as they stopped for a break and a cup of tea as well as a couple of cyclists working their way through the area.



This was a great way to start our trip and really experience the area away from the large touristy big cities.



WORD SEARCH

SOLVED

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



The Most Diverse Bicycle Club in Orange County



Come Ride with Us!

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!



* Number of stick figure bikes is 53

