

CHAIN REACTION

TANDEM TIME

GOAT HILL

PARAMOUNT RACING

October

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

2009

General Meeting

Wednesday, October 14th, 7:00 pm

Wayne Stetina
Shimano

See article on page 9 for details.

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...

Tandem Time	Sat.	Oct.	3
Palm Desert Ride	Fri.-Sun.	Oct.	16-18
Folding Party	Thu.	Oct.	29
Fall Metric	Sat.	Oct.	31
Holiday Party	Sun.	Dec.	13

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BOARD MEETING

Sunday, October 4th 11:30 am

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

FOLDING PARTY

Thursday, October 29th, 7:00 pm

Hosted by:

Tom & Laura Daley

9522 Featherhill Drive

Villa Park, CA

714-637-7892

lauradaley@sbcglobal.net

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

DIRECTIONS: From the 55 frwy, exit Katella. Go East on Katella to Wanda. Turn left or North. Wanda becomes Santiago, stay straight. Continue on Wanda/Santiago for 3 signals and turn right/East on Serrano. Make your first left to Featherhill. On right, a little more than halfway down the street.

SPECIAL THANKS TO

Jeff & Sally Rich

for Hosting the

September Folding Party

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

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By Charlie Irwin

President's Message

What else could the October President's message be about? It has to be about the Amtrak Century!

It's 2:30 pm on Sunday, and all the aftermath of the Amtrak is done! At noon today I drove by **Lee Painter's** house to help with the clean-up and no one was there! It was already done, completely. **Lynne** uploaded the pictures she took last night and they are all posted to the OCW website. I sent out the rider survey and already received more than two dozen replies. All that is left is this message!

The 2009 35th Amtrak was great! We gave 1200 riders a really good day. Whoever ordered the weather, hat's off to you! The day was perfect, a little overcast until maybe 11:00 when the sun starting coming out. We had a tailwind all the way down and even a tailwind up Torrey Pines.

I got to the Amtrak station at 6:00 am. Registration was going well, no long lines at this point. **Frank** and his gang were loading the trucks. Even the problem line was short. No one needed my help so I waved to all the volunteers and was on my way. As usual, I skipped the first rest stop, however, I did wave and shouted thanks as I road by. At the second rest stop, **Mike Lee** had everything under control. They didn't need me there either! I got some water, downed some trail mix and headed for the freeway. I checked my cell phone, called **Lynne** to be sure it was working properly. I had made sure that all the volunteers had my number, but no one called. I arrived at lunch at about 11:15; everything was under control there too. No one needed me there either. Early enough, no line, so I grabbed a sandwich, cookie and watermelon. Woofed it down. Checked again to see if I was needed, nope, all seemed to be doing just fine. I decided I would not take too much time at lunch, just in case I was needed on the way up Torrey Pines. Surely someone would need my help there. I was really enjoying my ride, I



didn't see anyone needing my help on the side of the road, so I headed up the Big One! Once on top, everything again was running perfect. The popsicles were a hit as usual and as I munched on one, I watched the excitement of a job well done by many returning riders and many more new riders. It was exactly how it should be. The volunteers all knew their roles and I think they were enjoying themselves as much as the riders themselves. I decided that no

one needed my help here either so I took to the road. Surely someone would need my "executive" help at the end of the ride! I rode with a mission in mind and much to my surprise, I wasn't needed there either. It was only 1:30 and I had nothing to do. I asked if anyone needed my help on the trucks, but nope, they had it all under control. So I put my bike on truck #1, and went to the Amtrak station to clean-up and change my sweaty jersey. I now had 3 hours before the train left so I walked back to the parking lot. I was bored! I thought of eating at one of the beer and grub places, but really wasn't that hungry. I talked **Lynne** into letting me drive her car back home so she could enjoy the train ride home instead. She grabbed onto that idea, took my bottle of Champagne and waved goodbye. Traffic was good, once home I even had time to watch the news. I went back to the station to pick up both my bike and wife! The day was almost over and I still hadn't received a call for help. I thought, well maybe at the train station. Someone would definitely need a great problem solver there. Nope, not there either.

I am so proud to be part of OCW and the amazing group of volunteers who have organized this ride for the last 35 years. It was a great ride and a ride done great. Plus, it was really nice not being needed!!

Charlie, the "Exec"

OCW President's Ride

By Charlie Irwin

Sunday, October 4, 2009 - Please join **Charlie Irwin**, OCW President, for a friendly introductory ride. New and beginning riders are encouraged to join us. We'll meet for the OCW Sunday Ride at Carl's Jr. in Irvine (Campus & Von Karman) at 8:00 a.m. and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to president@ocw.org or call 714-547-0194.

Happy Halloween!

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

Bianco, Renee

Duck, Mike

Agoura, CA

October Birthdays

Black, Larry	10/1
Monroe, William	10/5
Carlson, Alan	10/5
Pegg, Art	10/6
Ramos, Adrian	10/7
Clark, Pamela	10/9
Davidson, Carol	10/10
Forward, Scott	10/10
Gibson, Connie	10/10
Pabian, Paul	10/10
Plaskira, Candace	10/11
Sandoval, Ryan	10/11
Laugen, Alex	10/12
Mease, Curtis	10/14
Molnar, Richard	10/14
Mc Intyre, Douglas	10/14
Fitzwater, Phillip	10/15

OCW Wishes You A Happy Birthday!

Hindman, Marissa	10/16
Madden, Tom	10/17
Rusher, David	10/19
Dudaniec, Andrew	10/20
Thomas, Diane	10/22
Moorehouse, Jim	10/22
Brewer, Jim	10/23
Carson, Angela	10/24
Nordenstam, Crystal	10/24
Chemotti, Lucas	10/25
Williams, C.J.	10/26
Larkin, Don	10/27
Bianco, Renee	10/27
Noggle, Mike	10/27
Sepulveda, Irineo	10/28
Pohle, Steve	10/29
Kelly, Kevin	10/31
Cook, Ray	10/31



Free "Fall Metric" Oct 31, 2009

Yes you read it correctly! This year if you are a member of OCW you get to ride this great ride for free! If you get a friend who is not a member to sign up, he or she pays \$29.00 and gets the ride plus individual membership to OCW for 12 months! Even if you do not bring in a new member, come out and ride this beautiful ride for free, and enjoy the scenery at that great rest stop in Oak Glen. Then head back down to Sylvan Park for some pizza, salad, cold soda, and delicious apple pie. Such a deal!

Feel "free" to sign up on the web site ocw.org and click on Fall Metric.

If you have no interest in riding this event, please sign up to volunteer by contacting me at events@ocw.org

Paul DAquanni
OCW Events Coordinator



OCW HOLIDAY PARTY

Save the Date
for the annual OCW Holiday Party.
Huntington Harbour Yacht Club

December 13, 2009

Details to follow.



SATURDAY TRAINING

Come out and join us every Saturday (weather permitting) at 7:30 am at the corner of Culver and Irvine Blvd at Northpark Plaza parking next to Jack in the Box in Irvine.

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

Michelle Kashima
training@ocw.org

Alpe D'huez

By Mike Hanson

Having watched the Tour De France and professional bike racing for a number of years, I wondered many times what the climbs they did were really like. I had it on my "list" to do one of the climbs "some day". The opportunity could not be passed up on my recent vacation to France. What better mountain to take on than Alpe D'huez?

Bourg d'Oisan is a charming town located at the base of Alp D'huez. There are several bike rental shops located there catering to the weekend warriors flocking to ride the Alps. I found a bike my size easily, a carbon frame with somewhat less than stellar components. At least the wheels were round.

Having been on vacation for a month, I spent the first day riding in the area getting used to the bike, and

working off some of the "rust". I had consistently employed the Jan Ullrich training system of beer and pastries for the past month, so "rust" might be considered a loose term.

The next day was the day. No more fooling around. I drove to Bourg d'Oisans, warmed up for 30 minutes and headed for the mountain. There is a round about just outside Bourg d'Oisans where you turn to Alpe D'huez. Once through that, there is about 200 yds of flat, then nothing but up.

The very first stretch is the longest stretch and the steepest grade. I went by the spot where Lance gave "the look" to Jan. Alpe D'huez has an average grade of 7.8% and is 13.2 kilometers, (8.2 miles). There are no breaks, flat or downhill other than the switchbacks. There are 21 switchbacks, each one labeled, number 21 at the bottom, number 1 at the top. For some reason I noticed, the higher you go, the swithbacks take longer and longer to reach.



Mike Hanson climbing Alpe D'Huez

BIKE-POOLING

By Jeff Rich

When watching the Tour, there are any number of messages painted on the road. Most of these were worn off. There were some for other weekend warriors egging them on. However, none for me. My support team was “chilling” down in Bourg D’Oisans.

While not the toughest climb on the professional cycling tour, Alpe D’huez is definitely a tough climb, at least by my standards. The switchback provides a 20 foot stretch of flat, but then you look up and, oh **** here we go again.

The record for Alp D’huez is 37 minutes and 35 seconds by Pantani, (1997). Lance is second at 37 minutes, 36 seconds, (2004). Less than an hour is considered good for a club rider. I won’t digress into my time as to not affect the sale of the Jan Ullrich training tapes. Climbing it after 5 hours in the saddle doesn’t seem possible.

Very near the top, there is a full time photographer who takes all the climbers pictures. He sticks the card to buy it off the web in your back pocket as you go by. It did feel good to reach the top. By the time I got there it was windy, raining and getting worse.

Halfway down the descent the clouds disappeared to clear skys. It is a fun descent going through the switchbacks.

I passed 30 riders on the way up while I was going down, and that was towards the latter part of the day. I came upon a group of people all gathered around something, which I initially thought might be an accident. Turns out it was a group cheering another climber up the mountain. Nothing wrong with having a mobile cheering section. Must be that quite a few dream of riding Alp D’heuz someday.

I did climb another mountain, Les Deux Alps, later in the week. 10 switchbacks with much less grade. I made it up with much less difficulty than Alpe D’huez, passing 8 other riders on the ascent so as to defend the club honor.

Climbing Alpe D’huez was the highlight of my vacation. If you are in the area, don’t forget to pass by. Be sure to visit Jan’s place in Switzerland first to load up on the strudel.

In all my years of bicycle commuting to work, I never thought I’d be bike-pooling. Bike-pooling is exactly what you think it is. It’s carpooling to work with somebody, but by bicycle. Unfortunately, my employer is consolidating facilities and at the beginning of the year I was transferred to our Huntington Beach campus. I had known this was in the works for about a year before it actually took effect. I had been commuting six miles to our Anaheim facility since 1993 and wasn’t sure I’d be able to ride the forty-six mile roundtrip to my new location. I plotted out a course that I thought provided the safest route and last year **Sally** and I rode our tandem to check out the course. It was a pretty good course. So once I transferred, I started riding to Huntington Beach a couple of days a week and slowly increased my riding to 4 to 5 times per week as the days got longer and warmer. **Doris Bingo**, our Editor, works for the same employer and was transferred in July. She was supposed to go earlier but they kept postponing her move. I was constantly hounding her “how soon, how soon do you move”? You’ve got to start bike-pooling with me. It’s incredible. Well, the day finally came and we started bike-pooling together, usually 3 to 4 days each week. It’s been a great experience for me, and has been so successful that other OCW members have joined us. **Dennis Houle** rides home with us a couple of days a week and **Mark Parish** has ridden with us once. This bicycling to work is a great way to clear your head and get your exercise in at the same time. The benefits are great! I get the opportunity to actually talk to somebody on my ride, and I definitely feel safer riding in numbers. Bike-pooling gets the work day off to a great start – feeling good about staying fit, and enjoying the companionship of others at the same time. Who knew that traveling to work could be so much fun?

Editors Note: Riding to work with **Jeff** has been wonderful. I feel very fortunate that we ended up working at the same location, so we are able to ride to work together. The commuting time goes by much faster when I ride with **Jeff**, it’s much safer riding with someone, and he provides a fantastic draft.

BOARD MEETING MINUTES

September 6, 2009

ATTENDANCE

Officers & Directors Present: **Charlie Irwin, Kent Parish, Alan Dauger, Irene Walker, Jim Walker, Dan Gorman, Doris Bingo, Patrick Huey, Bob Fairfield, Lee Stebbins, Henry Pilcher, Kathy Pilcher, Mike Laugen, Lorna Laugen, Frank Neal, Michelle Kashima, Paul D'Aquanni, Jim Pugh, John McKee, Dennis Thomas.**

Members Present – **Marni Witte, Wilson Crider, Art Pressell.**

CALL TO ORDER

Meeting was called to order by President **Charlie Irwin** at 11:00 am.

MINUTES

A motion was made by **Charlie Irwin** and seconded by **Alan Dauger** to correct the minutes of the August Board Meeting. Motion carried. **Patrick Huey** to submit revised minutes.

TREASURER'S REPORT

Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORP. REPORT

Jim Walker reported that OCW Paramount Corp is solvent.

BOARD MEMBER REPORTS

President: Great Amtrak pre-ride yesterday.

Vice President: **Mike Lee** is not here, **Charlie** reported that the Alzheimer's Assoc. is the speaker for the September general meeting.

Membership: **Jim Walker** reported that OCW has 364 members, Paramount has 90 members, 1 new member joined last month.

Paramount: No report

OCW COMMITTEE REPORTS

OCW/PARAMOUNT – No report

CTC – **Frank Neal** will give a report in new business about Alzheimer's Assoc.

OLD BUSINESS

OCW Picnic –**Irene** – Picnic was successful, about 60 people and nine dogs attended!

Holiday Party – **Irene Walker** reported party is still in process of planning – menu has been finalized. This year, a cart and server will be provided for wine instead of having bottles on tables. This will allow us to only pay for what wine we use. Party to be held the same night as the boat parade.

Bike Shop Sponsorship Committee - Meeting has not been set yet.

E-Mail Votes Committee – **Alan Dauger** passed out a tentative draft for additions to the OCW bylaws for on-line meetings.

Ride To Palm Desert – Discussed insurance for ride. Need to discuss further at next meeting about getting full insurance coverage for ride. **Irene** motioned to allow up to \$500 for insurance as needed. Motion seconded by **Kathy Pilcher**. Motion passed.

Amtrak – Pre-ride yesterday. Route is the same as last year, everything went fine.

NEW BUSINESS

Alzheimer's Association Memory Walk Booth – **Frank Neal** reported that he will have a Safe Cycling booth at the Pomona Fair. He will also be setting-up booths on Oct 17 and 31st at the Alzheimer's Association benefit walk events to promote Fiesta 150 and OCW. **Frank** requested additional funds for more brochures. **Irene Walker** made a motion to give **Frank Neal** \$200.00 to make more brochures. **Michelle Kashima** seconded. Motion carried.

First Web Meeting- held last Monday, discussed any problems participants had.

Ride Calendar – **Charlie** reported that you can now upload route slips and elevation stats. Discussed logistics and problems with uploading the information.

OCTOBER GENERAL MEETING

By **Mike Lee**

Wayne Stetina will be the speaker at the General Meeting on October 14. He is a Shimano VP and Road Product Specialist, and will have 25 years with Shimano in December. He is a three-time Olympian, Pan Am Gold Medalist, a member of the U.S. Bicycle Hall of Fame, thirteen-time U.S. National Champion, including 2009 55+ Road Race and also uncle of Peter Stetina of the Garmin Team.

Wayne is planning to present Di2 Electronic (including Wind Trainer test ride – Electronic can't be imagined without experiencing it personally), along with show & tell for new 6700 Ultegra and selected other Shimano products.

SHIMANO

ARTICLES WANTED

If you have anything you would like to write about for the OCW Chain Reaction Newsletter on any bicycling or bicycle-related subject, please submit any articles to the OCW editor. We love to publish photos also. Please e-mail all articles and photos to the OCW editor at Editor@ocw.org.

Expense Reports - **Charlie** reported that board members, members, and volunteers need to make sure they are reimbursed for any expenses related to club. Please submit expense reports. Discussed having expense report on OCW website.

ADJOURNMENT: Motion made by **Kent Parish** to adjourn meeting at 11:55 am. **Frank Neal** seconded. Meeting adjourned.

Notes submitted by **Patrick Huey**

FIELD FIXES

By **Frank Neal**

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

Water Bottle Cages. Prevention is the best fix! Two things happen with water bottle cages. 1. Water bottle vibration causes the bolts to come loose and fall out. Check the tightness of your water bottle cage bolts at least twice per year. 2. Vibrating water bottles can actually cut through the lower/inner bend of your water bottle cage. When you check your bolts, check to see if your water bottle cage is wearing through. It's not a pretty thing when your water bottle cage fails, the water bottle bounces off the pavement, and gets caught in your rear spokes.

Tandem Time

Ride Director

Debi Butz



Please join us for the next Tandem Time ride:

When: Saturday October 3, 2009 starting at 8:30 a.m. Where: The Square located at Main and MacArthur in Irvine near the John Wayne Airport.

The ride is approximately 32 miles in length.

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

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

Upcoming Tandem Time ride is Saturday, December 5, 2009.



Drinking Problems

By Michelle Kashima

Cyclists, like all athletes, need plenty of liquids. But beyond that basic tenet, things get murky fast—and for years, riders have heard conflicting reports about what, when and how much to drink. So we tapped our best resources, from the latest research to sports nutrition expert Monique Ryan, RD, author of *Sports Nutrition for Endurance Athletes*, to separate the facts from the hype. Here's what we found. —Selene Yeager

Hype: REPLACE EVERY LOST OUNCE

For years cyclists have been told to drink enough on the bike so they weigh the same after the ride as they did beforehand. The truth is, your body can't absorb fluids as fast as it loses them, and not every ounce of weight is lost through sweat anyway.

Truth: KEEP UP WITH SWEAT LOSS—MOSTLY

Replace about 75 percent of lost sweat during a long ride. "To do that, you need to know your sweat rate," says Ryan, who recently coached a heavy-sweating triathlete who routinely lost 40 ounces of fluid an hour. To determine your sweat rate, weigh yourself before and after a short ride. "An hour ride is a good indicator of what you're losing through sweat alone," Ryan says.

Hype: OVERFLOW BEFOREHAND

Guzzling gallons of fluids before a ride or race will do little more than send you searching for rest stops.

Truth: TOP OFF AS YOU GO

Sip a 16-ounce sports drink an hour or two before you saddle up. That's enough time for your body to absorb what it needs and eliminate what it doesn't. Then take in about six to eight ounces (two to three gulps) every 15 to 20 minutes while you ride.

Hype: CAFFEINE WILL DEHYDRATE YOU

Caffeine has long been demonized as a diuretic. On paper, that means it should lead to dehydration and heat stress, especially when you consider that it also raises your heart rate and increases your metabolism.

Truth: CAFFEINE IMPROVES CARB BURNING

A review of ongoing research recently revealed that caffeinated drinks don't make you pee that much more than equal amounts of beverages without the buzz.

The stimulant also doesn't worsen the effects of summertime heat. In fact, caffeine makes you feel better. Numerous studies have shown that it lowers your rate of perceived exertion while improving your strength, endurance and mental performance. Even better, researchers from the University of Birmingham, in England, found that riders who drank a caffeinated sports beverage burned the drink's carbs 26 percent faster than those who consumed a noncaffeinated sports drink, likely because caffeine speeds glucose absorption in the intestine.

Hype: YOU NEED MORE PROTEIN

Initially, carbohydrates were the essential building blocks of the sports beverage. Then protein muscled its way onto the scene, after early studies showed that carb-protein blends seemed to shoot into the bloodstream and enhance endurance cycling performance better than carb-only beverages.

Truth: YOU NEED A LITTLE PROTEIN. . .MAYBE

Recent research on 10 trained cyclists performing an 80K trial showed that riders drinking carb-only beverages did just as well as those drinking carb-protein beverages, and both groups did better than those consuming flavored water. However, the International Society of Sports Nutrition recently reported that taking in branched-chain amino acids (BCAAs) during vigorous aerobic exercise can decrease muscle damage and depletion. "If you're on a long ride where you're also eating, you'll be taking in protein already," says Ryan, "so it's likely not necessary to also have it in your drink."

Hype: HYDRATION DURING EXERCISE IS THE BE-ALL AND END-ALL

Big beverage companies would have you grabbing your sports drink during every ride, no matter how long or short the effort, lest you suffer the ill effects of dehydration.

Truth: DRINKING EVERY DAY IS ESSENTIAL

"Your first priority should be staying on top of your daily hydration," says Ryan. Research on gym-goers found that nearly half began their workouts in a dehydrated state. "Many people don't consume enough fluids during the day," Ryan says. "If you hydrate properly on a regular basis, you won't need to worry as much about getting dehydrated during a typical moderate ride." The old eight-glasses-a-day dictum is a good guidepost.

Weekly Ride Schedule

TUESDAY

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

FRIDAY

Morning Ride - **9:00 am**, Deerfield Park, Irvine (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 Dager**, abiker@socal.rr.com and **Dan Gorman**, dmgoran@aol.com.

SATURDAY

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

OCW TRAINING SEE PAGE 5
FOR DETAILS



SEE PAGE 9 FOR TANDEM TIME
DETAILS



Saturday Rides

Ride Leaders-**Bob Fairfield and Jim Pugh**

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

October 2009 Schedule

October 3, 2009 8:30 AM

Tandem Time – 23 miles Flat to Rolling (No drop ride) – Main, Harvard, Walnut, Jeffrey/University, Campus, Bonita/Ford/Eastbluff/University, Campus, Von Karman, Main, MacArthur

Tandem Time – 33 miles Elev Gain 1000 ft. Hilly - Red Hill, Edinger, Barranca, Alton, Bake, Portola, El Toro, Toledo, Alton

Sprint – 35 miles Elev Gain 1200 ft. Hilly – Red Hill, Edinger/Irvine Ctr, Jeffrey/University, Campus/Irvine, Dover, Bayside, Marguerite, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Harvard, Main, MacArthur

52 miles Hilly – Red Hill, Walnut, Tustin Ranch, Pioneer, Jamboree, Santiago Cyn, Cannon, Nohl Ranch, Santa Ana Cyn, Gypsum Cyn, S A River Train, Sunflower, Main

October 10, 2009 8:30 AM

Sprint – 35 miles Hilly – Main, Von Karman, Michelson, Rosa Drew/Ridgeline, Shady Cyn, San Miguel, PCH, Laguna Cyn, El Toro, Moulton/Irvine Ctr, Alton, Main, MacArthur

27 miles Elev Gain 525 ft Rollies – Red Hill/Santa Ana, Mesa/Birch, Von Karman, Barranca, Jeffrey/University/Eastbluff/Ford/Bonita Cyn, Harvard, Main, MacArthur

36 miles Elev Gain 1000 ft Rollies – Red Hill, Alton, Irvine Ctr, El Toro, Laguna Cyn, PCH, Back Bay, East Bluff, Harvard

52 miles Very Hilly – Main, Harvard, Barranca, Jeffrey/University, Ridgeline, Turtle Rock, Newport Coast, PCH, Poppy, Marguerite, San Joaquin Hills, Pelican Hill, PCH, Laguna Cyn, Aliso Creek, Muirlands, Von Karman, Main

October 17, 2009 8:30 AM

Sprint – 36 miles Elev Gain 800 ft Rollies – Red Hill, Edinger/Irvine Ctr, Barranca/Muirlands, Los Alisos, Paseo De Valencia, La Paz, Moulton, Los Alisos, Muirlands/Barranca, Irvine Ctr, Warner, Tustin Ranch/Von Karman

27 miles Rollies – Red Hill/Santa Ana, Mesa/Birch, Von Karman, Barranca, Jeffrey/University/East Bluff/Ford/Bonita Cyn, Campus, Von Karman, Main, MacArthur

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

62 miles Elev Gain 900 ft Flat/Rolling – Main, Sunflower, SA River Train, Slater, Springdale, Lampson, Katella/Willow, LA River Trail, Beach Bike Trail, PCH, Dover, Irvine, Mesa/Birch, Von Karman, Main, MacArthur

October 24, 2009 8:30 AM

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

28 miles Rollies – Red Hill, Edinger/Irvine Ctr, Bake, Muirlands/Barranca, Harvard, Walnut, Red Hill, MacArthur

39 miles Rollies – Main, Von Karman, Campus, Turtle Rock, Ridgeline, University, Campus/Irvine, Dover, PCH, Newland, Hamilton, SA River Trail, PCH, Back Bay, Bike Trail, Main, MacArthur

55 miles Elev Gain 2030 ft Hilly – Red Hill, La Colina, Newport, Crawford Cyn, Hewes, Villa Park/Santiago Cyn, Taft, Santiago/Santa Ana Cyn, Lakeview, La Palma, Orangethorpe/Esperanza, Hidden Hills (U-Turn), Esperanza/Orangethorpe, Kraemer/Glassell, Meats, Santiago Cyn, Jamboree, Tustin Ranch, Walnut

October 31, 2009 - No Saturday ride due to OCW Fall Event

Sunday Rides

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

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

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

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:00 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.*

October 2009 Schedule

October 4, 2009 Carl's Jr., Irvine. Rides Start at 8:30 AM (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 29 Miles. Campus, Cliff, PCH, Goldenwest, Lake, Atlanta, PCH, Dover, Campus.
M 36 Miles. Campus, Cliff, PCH, Warner, Gothard, Lake, PCH, Dover, Campus.
L 45 Miles. Alton, Los Alisos, Alicia, Pacific Is., Marina Hills, Golden Lantern, University.

October 11, 2009 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. Barranca, Irvine Ctr., Bake, Irvine Blvd., Modjeska, Portola, Yale, Michelson.
M 35 Miles. Harvard, UCI, Turtle Rock, Jeffrey, U Portola, Irvine Ctr., Red Hill, Harvard.
L 43 Miles. Harvard, Tustin Ranch, Jamboree, Santiago Cyn., Jeronimo, Alton, Jeffrey.

October 18, 2009 Bonita Canyon Sports Park, Newport Beach. Take the 55 Fwy. south to the 73 Fwy. exit on MacArthur Blvd. Left on Bonita Canyon Rd., then right on Mesa View and left on Ford. The park is located on the left at the first stop sign.

S 27 Miles. Bonita Cyn., Shady Cyn. trail, Laguna Cyn., Irvine Blvd., Tustin Ranch, Harvard, University/Eastbluff.
M 34 Miles. Shady Cyn., Turtle Rock, Jeffrey, Alton, Irvine Blvd., Portola, Tustin Ranch, Harvard, Eastbluff.
L 38 Miles. Newport Coast, PCH, Seapoint, Magnolia, Hamilton, Dover, PCH, San Joaquin.

October 25, 2009 Peppertree 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.

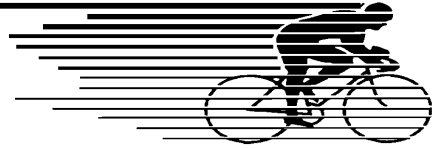
S 25 Miles. Bryan, Tustin Ranch, Portola, Irvine Blvd., Alton, Barranca, Irvine Ctr., Red Hill.
M 34 Miles. Bryan, Tustin Ranch, Jamboree, U Portola, Irvine Blvd., Irvine Ctr., Red Hill.
L 38 Miles. Irvine Blvd., Newport Blvd. Santiago Cyn., Bake, Barranca, Edinger, Red Hill.

November 1, 2009 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. Red Hill, Tustin Ranch, Portola, Sand Cyn., Alton, Jeffrey/University, Campus.
M 33 Miles. Irvine, Dover, PCH, Seapoint, Slater, Gothard, Lake, PCH, Dover, Campus.
L 39 Miles. Alton, Jeronimo, Olympiad, Marguerite, La Paz, Barranca, Irvine Ctr., Jeffrey.



PARAMOUNT RACING



TEAM MEETING

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

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

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

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

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

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

RACE TEAM SPONSORS

JAX BICYCLE CENTER

TREK BICYCLES

TUSTIN TOYOTA

HAWAIIAN ISLANDS CREATIONS

FEATHER BRAKES

ORANGE COUNTY WHEELMEN

VITTORIA TIRES AND TUBES

BONTRAGER WHEELWORKS

KENNYBZ.COM PHOTOGRAPHY

HAMMER NUTRITION

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Paramount Race Report

2009 Season Wrap-Up

By **Curt Dosier**

The 2009 road racing season is pretty much history. It was a successful season for the Paramount racers with some great results in the highly competitive SoCal scene.

Elites

The Cat. 3 squad rode in support of **Marcos Corona** at the Ladera Ranch, Ontario and CBR state champ crits. **Marcos** put together a good run, finishing 4th at Ladera, 7th at Ontario and 4th at the CBR state champs. With his consistently high finishes this year, **Marcos** may be close to an upgrade to Cat. 2, but we hope to have him back in the 3's for at least a partial season in 2010.

Ethan Ede placed 10th in the Cat. 3's at the super hot Sisuoc RR. It was 104 degrees and the race was long. **Ethan** started the season racing in snow at Blvd. and finished in this kind of conditions. A true hard man. Way to go!



Ethan Ede



Masters

Jim Morehouse won the 60+ division at the difficult Skull Valley Road Race in Arizona. He actually placed in the top ten overall as everyone started together.

The Masters squad had strong performances at Ladera Ranch and Ontario. **Monty Pettus** took the win in the 60+ at Ladera. **John McKee** and **Dan Crain** provided fine support, finishing 5th and 6th, respectively. At Ontario, **Monty** took 2nd, with **John** finishing 7th and **Dan** 14th.

In the 55+, **Howard Miller** finished 7th at both Ladera and Ontario.

A great final month capping off a very successful season for Paramount. Now it's on to a few months of winter training and some cyclo-cross racing for some. Although it seems a long time away, Boulevard RR will be here before you know it. The Paramount board will be working hard this fall on putting together a good group of sponsors and recruiting some new racers for 2010.



John Bernstein



Jeff Garchidi



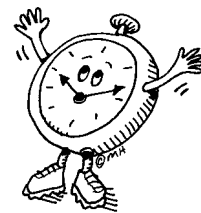
Marcos Corona



*2nd Annual Palm Desert
Weekend Ride*

October 16, 17 and 18th 2009

Contact **Michelle Kashima** at kashima@cox.net



REMINDER

Daylight Savings Time ends on Sunday, November 1.
Set clocks back one hour.

AUGUST 2009 TANDEM TIME



Debi & Rick Butz



Kathy Pilcher and Patrick Huey



Alan Dager and Irene & Jim Walker



Fred Guttentag serving desserts



Gloria Nafel



Kathy with a mountain biking injury

Thank You Amtrak 35 Volunteers

By Paul D'Aquanni

Well it's in the books, Amtrak 35 is history, and what a history. Hopefully, in the future, some of the Amtrak veterans will write some articles which will give all of us "Newbees" some insight as to how far we have come with this ride and some interesting stories and stats on its growth. Stay tuned.

Also, please pay attention below, to some of the triple crown volunteers. Those who worked Friday, Saturday and Sunday, great dedication! Thanks.

I will start by mentioning the great job the Amtrak coordinators and volunteers did to pull off another "great ride". I just sat back and watched in amazement as this "Well Oiled Machine" went about the business of putting on a great and memorable ride for over 1200 riders.

First, let's start with the President, **Charlie Irwin**, not because he is the President, but because of the work he has put into our web site to be able to sell out 1200 spots in a matter of hours. This site also accommodates purchasing jerseys t-shirts, transfers, wait lists, volunteer sign ups, mass e-mails, comments, uploading of photos from the event, and an on-line survey. Oh yes, Charlie lets OCW use his place of business to store 1000 gallons of water, 1000 bottles of bottled water, and 2000 cans of soda. I am sure there is much more I don't even know about! Thanks Prez.

How about Mr. Amtrak, the Overall Coordinator, **Lee Stebbins**. **Lee** has been associated with Amtrak since day one. **Lee** secures and smoothes the road for a lot of the logistics for Amtrak, which includes finding a train for OCW! How about finding a suitable place in San Diego to safely stage the finish, walking distance to the train. While doing all of this, **Lee** keeps the riders well informed with important info pertaining to the ride, e-mailed out at different times prior to ride day. Maybe we can get **Lee** to talk about some of these issues in a future Chain Reaction.

Well I mentioned the powerful web site we have, but when you sell out 1200 spots in a couple of hours,

guess what, there are lots of changes to the original list of riders by ride day! This year we had a record number of changes, and **Team Walker, Jim and Irene**, take it all in stride. They manage the registration list, the wait list, jersey and t-shirt orders, the rental of trucks, porta-potties, purchases of bulk supply orders such as soda, ice, water, produce, ice cream, and expendable dry goods. Their efforts on Prep Day help to insure all riders and volunteers get fed well, along with all of the little creature comforts that help to differentiate OCW's Amtrak Century. Quite a system, unloading the storage unit of virtually all that OCW owns, and getting the contents into the proper truck so it ends up at the right rest stop the following day. What a Team!

The Painter's, Lee & Cathy, again allowed OCW to use their front lawn as the staging area for all the supplies being loaded into the truck on Friday, then again for clean up on Sunday. Much thanks.

If you like the Amtrak Jersey, thank **Debi Butz**, she designed it. I think it is awesome. Debi worked hard with the design, so please thank her, as we sold lots of jerseys! 😊

Barb Tomita did a great job with the shopping team on Prep Day. The shoppers were so efficient they were waiting for the truck to arrive at Costco. Aside from that, she was very helpful, and patient with me with organizing labels, and name tags etc. Little trivia things to some, but a big help to others! Much appreciated. 😊

Pre Ride on Sept 5th gave 14 volunteers a chance to ride and "prove out" the route. Myself and **Brett Gross** were more than happy to SAG for the group, and cheer on **Renee Bianco** as she completed her 1st Century. She was stoked when she got to the top of Torrey Pines. **Lee** led the group of **Team Walker, Charlie Irwin, Randy the "stud" Keifer** (on a single speed & 1st up Torrey Pines), **Jeff Rich, Michelle Kashima, Jim Pugh, Stuart Gaston, Bob & Gus Fieldhouse**.

Packet Stuffing happened the night of our general meeting on Sept. 9. We recruited those in attendance, after feeding them, to the task of stuffing envelopes for Ride Day Registration. **Lee** and **Team Walker** did an excellent job with the organization. The task which is

usually done with a small well trained group, was pulled off with a minimally trained larger group. Thanks to all.

Prep Day went very smooth with a great team of shoppers and loaders. **Team Walker, Barb Tomita, Kathy Pilcher, Cathy Painter, Alison Cozza, Therese Hancock, Karen Thorpe, Al & Sarah Trafton, Jim Pugh, Tom Madden, Randy Keifer, Lee Stebbins, Rick Kerfoot, Art Pressel, and Rick Butz.**

Registration team had a few hundred riders waiting for them prior to 5:30 am start time, and all went smoothly as the team did an awesome job getting the riders signed in. **Team Walker, Lee Stebbins, Kathy & Henry Pilcher, Kent & Donna Parish, Dee Bessee, Jim Brewer, Jim Pugh, and Diedre Engle,** great job.

Baggage Loading with **Frank Neal**, who still continues to improve this process, and his team of **Bob Fairfield, Dave Jordaan**, and the UCI folks with Karl Kruse, Chad Kidd, Daniel Alavi, Simeng Yan, Scott Godfrey, Marco Tedde, Yienia Santoro, and Tracy Kubas. Great job dealing with 1200 bags!

SAG & Sweeps were busy and did a great job of helping riders in need, and giving them a great experience. **Mike Burns, Tom & Margaret Gate, John Ryder, Kermit Ganier, Roger Morgan, Jim Pugh, Willie Hunt, Alan, Marlene, and Dean Dauger.** Great teamwork and communication!

Rest Stop 1 with the South Pacific theme complete with a palapa! **Stuart & Liz Gaston**, along with their team of **Gus Fieldhouse**, (and **Gus's** dad **Bob** in our best wishes for a speedy recovery) **Michelle Kashima, Gloria Nafel, and Greg & Thierry Clarke.** Next year we need music and **Liz & Stuart** doing the Hula! 😊

Rest Stop 2 had **Mike Lee** organizing the team of **AJ, Donna, & Jessica Nelson, Judy & John Stechert,** Mary Oniel Grace, **Bernadette Brake, John McKee, and Pat,** Great Job! BB, we get complaints the knives were not sharp enough!

Lunch Bunch, **Debi Butz**, working a bit shorthanded, still managed to rally the team of **Rick Butz, Dan Gorman, Doris Bingo, Patrick Huey, Marni Witte, Wilson Crider, Fred Guttentag, Barb Tomita, Mike**

Hanson, and Brent Weindling, to do a great job!

Rest Stop 4 **Randy Keifer**, after 4 years of working RS 4, **Randy** took the reins this year, along with his assistant David Grayce, and team members Guy Taylor, Carol Devlin, Laurie Ostrow, **Therese & George Hancock, Karen Thorpe** and Steve Davis. Always fun at Torrey Pines!

Finish **Frank Neal**, as always was well organized at the finish. **Jeff Rich, Brett Gross, Al & Sarah Trafton,** Katie Chen, Bob Esch, Ron Fields, Turk Guild, Jude Valentine, Jim Bartlette, **Renee Bianco,** Joy & Kristi Faungtharntip, **Scott Sharp**, and Jim von Tungein, all stayed busy and did a great job. Lots of double duty assignments from loading bikes, organizing 1200 bags, putting out food, icing down drinks, selling jerseys and t-shirts, cheering riders in. Quite a day!

Hope you all have visited the web site and viewed the many comments, and the photos posted by **Lynne Billie**, OCW's roving photographer.

Finally, Clean up on Sunday We finished this task in less than 3 hours. That is, inventory of goods, clean up, return to storage, and fuel and return of trucks. Thanks to the following folks **Dan Gorman, Doris Bingo, Rick & Debi Butz, Alan Dauger, Lee & Cathy Painter, Team Walker, Stuart Gaston, Randy Keifer, Mike Lee, and Art & Judee Wickersham.**

Thanks to all, if I left out somebody, my apologies, & please let me know.

Paul



CLUB RIDE TOTALS FOR 2009

Minimum 75 miles or 25 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Aguerre, Martin	4	301	30	331	75	0	Dauger, Alan	60	2197	646	2843	36	720
Allred, Alan	84	2876	532	3408	34	0	Davidson, Bob	3	308	14	322	102	0
Aguerre, Martin	4	301	30	331	75	0	Davidson, Carol	4	123	37	160	30	0
Allred, Alan	84	2876	532	3408	34	0	Decker, Will	0	0	0	0	0	75
Alvarez, Mike	10	257	0	257	25	100	Dosier, Curt	0	0	0	0	0	310
Bell, Ron	1	82	0	82	82	0	Dosier, Susan	0	0	0	0	0	100
Berkey, Ricky	6	206	0	206	34	100	Dudaniec, Andrew	42	1391	30	1421	33	0
Bernstein, Martin	20	617	0	617	30	50	Ede, Ethan	0	0	0	0	0	100
Berstein, John	0	0	0	0	0	100	Engle, Diedre	33	1122	207	1329	34	100
Bessee, Dee	0	0	0	0	0	125	Fairfield, Bob	64	3180	610	3790	49	410
Bianco, Renee	2	134	0	134	67	0	Fieldhouse, Bob	44	1755	1619	3374	39	50
Billie, Lynne	2	129	0	129	64	100	Fieldhouse, Gus	8	498	69	567	62	0
Bingo, Doris	54	2006	1090	3096	37	*	Forward, Scott	5	208	0	208	41	0
Black, Larry	52	1770	0	1770	34	0	Fry, Ken	3	119	6	125	39	25
Bloom, Duane	5	169	0	169	33	0	Gaston, Liz	1	29	0	29	29	25
Bradley, Patrick	13	649	0	649	49	0	Gaston, Stuart	15	630	121	751	42	100
Bramwell, Chuck	6	553	8	561	92	125	Gate, Margaret	1	31	0	31	31	100
Brant, Ken	4	122	0	122	30	100	Gate, Tom	1	31	0	31	31	100
Brewer, Anita	0	0	0	0	0	100	Geister, Peter	17	606	192	798	35	0
Brewer, Jim	36	1320	2038	3358	36	220	Gibson, Connie	16	466	0	466	29	0
Brickner, Fred	0	0	0	0	0	100	Gorman, Dan	114	4052	2093	6145	35	1090
Broadhag, Nancy	0	0	0	0	0	25	Gross, Bret	0	0	0	0	0	250
Broadhag, Wayne	2	98	0	98	49	175	Grotz, John	0	0	0	0	0	75
Brown, Joel	46	1479	0	1479	32	0	Grotz, Sylvia	0	0	0	0	0	75
Butz, Debi	43	1557	34	1591	36	550	Guttentag, Fred	53	1857	0	1857	35	37
Butz, Rick	2	74	0	74	37	250	Hancock, Therese	9	276	0	276	30	100
Carchidi, Jeff	0	0	0	0	0	100	Hansen, Ralph	0	0	0	0	0	50
Carson, Angela	5	195	0	195	39	0	Hanson, Michael	41	1443	0	1443	35	0
Carson, Don	6	246	0	246	41	0	Harvey, Don	0	0	0	0	0	25
Castleman, Vern	7	254	0	254	36	0	Hindman, Jeff	0	0	0	0	0	100
Chemotti, Darla	2	76	0	76	38	0	Hindman, Marissa	0	0	0	0	0	100
Chemotti, Richard	8	408	10	418	51	0	Huey, Patrick	93	3227	0	3227	34	*
Chico, John	2	136	0	136	68	0	Hunt, William	8	630	133	763	78	50
Clanton, Diane	27	682	0	682	25	150	Hunter, Dick	19	460	0	460	24	0
Clark, Dan	2	71	0	71	35	25	Irwin, Charlie	29	1056	6	1062	36	*
Clarke, Greg	4	198	0	198	49	0	Johnson, Herb	8	381	3	384	47	100
Cole, Len	0	0	0	0	0	25	Jones, Kris	5	193	0	193	38	0
Cook, John	0	0	0	0	0	100	Kashima, Michelle	16	1088	80	1168	68	*
Cook, Ray	0	0	0	0	0	25	Kaufman, Mark	3	237	0	237	79	35
Cozza, Alison	0	0	0	0	0	100	Keenan, Frank	1	80	0	80	80	100
Cozza, Greg	0	0	0	0	0	100	Kelly, Debby	0	0	0	0	0	100
Crain, Dan	1	162	0	162	162	0	Kelly, Kevin	2	160	0	160	80	0
Crider, Wilson	27	1031	0	1031	38	135	Kerfoot, Adrienne	0	0	0	0	0	100
Daley, Laura	11	339	0	339	30	25	Kerfoot, Beth	0	0	0	0	0	100
DAquanni, Paul	25	1197	3	1200	47	*	Kerfoot, Bill	0	0	0	0	0	100
							Kibble, Greg	26	1257	0	1257	48	50
							Kiefer, Randy	3	194	4	198	64	0
							Klages, Scott	28	1035	0	1035	36	75

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Klein, Ken	1	100	0	100	100	0	Rich, Jeff	3	202	30	232	67	150
Kuemerle, Denis	7	352	0	352	50	50	Rodarte, Rene	2	179	4	183	89	0
Laugen, Alex	25	875	24	899	35	75	Rusher, David	9	399	52	451	44	125
Laugen, Lorna	43	1618	157	1775	37	200	Ryder, John	12	377	0	377	31	0
Laugen, Michael	42	1485	81	1566	35	150	Sanders, Don	4	225	0	225	56	0
Lee, Michael	41	1891	0	1891	46	*	Schapel, Alan	17	672	0	672	39	0
Levenson, Alan	15	564	0	564	35	0	Schneider, Harold	6	171	0	171	28	0
Lindquist, Link	13	369	0	369	28	75	Sepulveda, Irineo	4	143	0	143	35	50
Mac Vicar, William	0	0	0	0	0	125	Sepulveda, Margie	12	391	0	391	32	150
MacPherson, Barry	0	0	0	0	0	50	Shakoori, Kia	5	260	0	260	52	0
Madden, Tom	23	872	0	872	37	200	Sharp, Scott	1	100	0	100	100	50
Marino, John	1	83	0	83	83	0	Sharp, Tracy	0	0	0	0	0	150
Mary, Joan	0	0	0	0	0	100	Shuler, Ed	4	151	0	151	37	0
Matloff, Daniel	1	86	0	86	86	0	Sorem, Terry	0	0	0	0	0	100
Matloff, Victor	6	292	0	292	48	0	Spitt, Michael	0	0	0	0	0	50
Mc Intyre, Douglas	2	71	0	71	35	100	St. James, Kasey	6	173	0	173	28	0
McKee, John	1	28	0	28	28	100	Stebbins, Lee	46	1857	114	1971	40	275
McMurray, Cheryl	0	0	0	0	0	50	Stechert, John	3	166	0	166	55	0
Mills, Robert	0	0	0	0	0	100	Stechert, Judy	2	66	0	66	33	100
Morgan, Roger	1	28	0	28	28	150	Stein, Richard	30	883	0	883	29	0
Morrison, Ken	51	1531	0	1531	30	300	Tagizad, Pejmon	5	231	0	231	46	0
Morrison, Ollie	51	1531	0	1531	30	300	Taylor, Kathy	11	310	0	310	28	75
Murphy, William	0	0	0	0	0	25	Thomas, Dennis	35	1233	0	1233	35	*
Nafel, Gloria	25	960	461	1421	38	0	Thomas, Diane	0	0	0	0	0	185
Neal, Frank	0	0	0	0	0	745	Thorpe, Karen	19	564	0	564	29	0
Noggle, Larry	3	126	26	152	42	0	Tomita, Barbara	18	723	0	723	40	225
Nordenstam, Crystal	31	1072	0	1072	34	0	Trafton, Alvin	73	3119	0	3119	42	25
Nordenstam, John	31	1072	0	1072	34	0	Tripp, Rob	19	850	45	895	44	150
Osterfeld, Hank	12	761	0	761	63	0	Trudell, Alan	26	951	0	951	36	0
Pabian, Paul	4	166	0	166	41	0	VanTrump, William	5	182	30	212	36	25
Painter, Cathy	1	36	0	36	36	125	Vester, Alan	14	906	0	906	64	0
Painter, Lee	1	36	0	36	36	125	Viloria, Ron	19	991	0	991	52	0
Parish, Donna	32	866	10	876	27	*	Von Tungen, Jim	0	0	0	0	0	35
Parish, Kent	32	866	10	876	27	*	Vorderstrasse, D.	18	997	10	1007	55	0
Patterson, Doug	4	360	0	360	90	50	Walker, Irene	13	354	0	354	27	*
Paulsen, Steven	10	358	40	398	35	0	Walker, Jim	40	1151	0	1151	28	*
Pearson, Marcela	2	123	0	123	61	0	Watanabe, Alyce	0	0	0	0	0	50
Perea, Miguel	20	697	0	697	34	0	Watanabe, Herb	0	0	0	0	0	50
Pilcher, Henry	31	949	0	949	30	50	Wedekind, Patricia	0	0	0	0	0	100
Pilcher, Kathy	33	1012	0	1012	30	100	Weindling, Brent	0	0	0	0	0	25
Pohle, Steve	11	507	0	507	46	0	Whitney, David	4	175	15	190	43	0
Powell, David	1	100	0	100	100	25	Wickersham, Art	4	136	0	136	34	250
Pressel Jr, Art	37	1892	12	1904	51	150	Wickersham, Judee	4	136	0	136	34	250
Pugh, Jim	34	1801	117	1918	52	175	Witte, Marni	60	2166	0	2166	36	125
Ramos, Adrian	0	0	0	0	0	100							
Ramos, Jayne	0	0	0	0	0	100							
Renowden, John	38	1942	615	2557	51	175							
Rich, Doug	0	0	0	0	0	100							

* Officers do not receive activity points.



TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	114	4052	2093	6145	35	1090
Huey, Patrick	93	3227	0	3227	34	*
Fairfield, Bob	64	3180	610	3790	49	410
Trafton, Alvin	73	3119	0	3119	42	25
Allred, Alan	84	2876	532	3408	34	0
Dauger, Alan	60	2197	646	2843	36	720
Witte, Marni	60	2166	0	2166	36	125
Bingo, Doris	54	2006	1090	3096	37	*
Renowden, John	38	1942	615	2557	51	175
Pressel Jr, Art	37	1892	12	1904	51	150
Lee, Michael	41	1891	0	1891	46	*
Stebbins, Lee	46	1857	114	1971	40	275
Guttentag, Fred	53	1857	0	1857	35	37
Pugh, Jim	34	1801	117	1918	52	175
Black, Larry	52	1770	0	1770	34	0

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	114	4052	2093	6145	35	1090
Huey, Patrick	93	3227	0	3227	34	*
Allred, Alan	84	2876	532	3408	34	0
Trafton, Alvin	73	3119	0	3119	42	25
Fairfield, Bob	64	3180	610	3790	49	410
Dauger, Alan	60	2197	646	2843	36	720
Witte, Marni	60	2166	0	2166	36	125
Bingo, Doris	54	2006	1090	3096	37	*
Guttentag, Fred	53	1857	0	1857	35	37
Black, Larry	52	1770	0	1770	34	0
Morrison, Ken	51	1531	0	1531	30	300
Morrison, Ollie	51	1531	0	1531	30	300
Brown, Joel	46	1479	0	1479	32	0
Stebbins, Lee	46	1857	114	1971	40	275
Fieldhouse, Bob	44	1755	1619	3374	39	50

TOP TO/FROM MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	114	4052	2093	6145	35	1090
Brewer, Jim	36	1320	2038	3358	36	220
Fieldhouse, Bob	44	1755	1619	3374	39	50
Bingo, Doris	54	2006	1090	3096	37	*
Dauger, Alan	60	2197	646	2843	36	720
Renowden, John	38	1942	615	2557	51	175
Fairfield, Bob	64	3180	610	3790	49	410
Allred, Alan	84	2876	532	3408	34	0
Nafel, Gloria	25	960	461	1421	38	0
Engle, Diedre	33	1122	207	1329	34	100
Geister, Peter	17	606	192	798	35	0
Laugen, Lorna	43	1618	157	1775	37	200
Hunt, William	8	630	133	763	78	50
Gaston, Stuart	15	630	121	751	42	100
Pugh, Jim	34	1801	117	1918	52	175

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	114	4052	2093	6145	35	1090
Neal, Frank	0	0	0	0	0	745
Dauger, Alan	60	2197	646	2843	36	720
Butz, Debi	43	1557	34	1591	36	550
Fairfield, Bob	64	3180	610	3790	49	410
Dosier, Curt	0	0	0	0	0	310
Morrison, Ken	51	1531	0	1531	30	300
Morrison, Ollie	51	1531	0	1531	30	300
Stebbins, Lee	46	1857	114	1971	40	275
Butz, Rick	2	74	0	74	37	250
Gross, Bret	0	0	0	0	0	250
Wickersham, Art	4	136	0	136	34	250
Wickersham, Judee	4	136	0	136	34	250
Tomita, Barbara	18	723	0	723	40	225
Brewer, Jim	36	1320	2038	3358	36	220

2009 STATISTICS

Month	Rides	Miles
Jan	263	10396
Feb	223	8665
Mar	317	12703
Apr	298	11608
May	352	13232
Jun	289	11458
Jul	330	12245
Aug	393	14363
Totals	2598	100054
Average	38.51	

Day	Rides	Miles
Sun	755	25627
Mon	48	1612
Tue	504	14783
Wed	57	2246
Fri	142	5532
Sat	1092	50254
Totals	2598	100054
Average	38.51	

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 !

FOR SALE: 2005 Ride Around the Bear Jersey (Free) Free to Good Home. Jersey was worn once and is clean. Size large. Contact Dennis Thomas at dennis84m@ca.rr.com or 951.340.0144

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

FOR SALE: Santana Tandem Sovereign SE Red Excellent condition. Large/Med frame. New: King Headset, cassette, chains, bottom brackets, chain ring. Ultegra 9 speed triple. Avid V brakes. Multiple stoker options and accessories. Contact for pics, details, test ride. \$3,000 Contact John Stechert at judith.stechert@sbcglobal.net or 949.349.0254.

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

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

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

FOR SALE: Bianchi Ti SL Bike (last of its kind- 1999...Collector's Item Size 50 (fits like a 49) Natural Ti finish, Shimano Dura Ace Components. Gearing 39/53, 12/27-Rolf Sestriere Wheels-700 Cella Azzura Carbon Seatpost, Ritchey Aluminum Handlebars- sz 40- NEW. Felt 1.2 Stem 11cm- NEW Vredenstein Fortezza TriComp 700 Tires plus 1 new "spare) Bianchi Full Carbon Fork-Speedplay Zero Ti pedals less than 500 miles! Asking Price: \$1500 Contact Lynne Billie at billie@bbcnet.com or 949.552.8480.

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

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

FOR SALE: Cannondale SP 1000 hybrid bike. Blue and Silver color, seat post shock, Head shock. Medium size, very clean bike. price \$250.00 KB@kennybz.com Contact Ken Brant at 714.772.9589.

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