

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
August

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

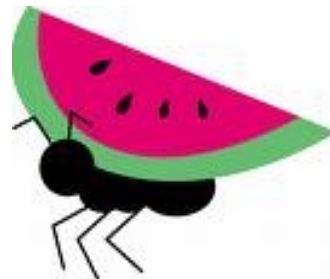
PARAMOUNT RACING
2008



No General Meeting

OCW PICNIC

Sunday, August 10, 2008
11:00 a.m. to 4:00 p.m.
Central Park
Huntington Beach



IT'S PICNIC TIME WITH AN ADDED BONUS!

Don't forget our annual OCW picnic on August 10th. This year, we have added something new to the picnic. We will be having a bicycle related Swap Meet. This is a good chance to clean your garage and bring all bike related items that you wish to sell. There will be a special table designated for this purpose.

The park is located in Huntington Beach Central Park in the covered area behind "Breakfast in the Park" which is located at 6622 Lakeview Drive. Enter the area off of Edwards on Inlet Drive, which turns into Lakeview Drive. Inlet Drive is 0.6 miles south of Slater or 0.4 miles north of Ellis.

Bring family, friends and your appetites. We'll supply the rest!

For details see page 6.
SEE YOU THERE!

IN THIS ISSUE...

President's Message	Page	3
OCW Picnic	Page	6
Sunday Ride Schedule	Page	11
CTC	Page	13-15
Western States Ride Calendar	Page	18

CALENDAR OF EVENTS...

Tandem Time	Sat.	Aug.	2
OCW Picnic	Sun.	Aug.	10
Folding Party	Thurs.	Aug.	28
Labor Day Ride	Mon.	Sept.	1
Amtrak Century	Sat.	Sept.	6

OCW CLUB OFFICERS

President	Charlie Irwin	949.552.8480 President@ocw.org
Vice President	Michael Lee	949.458.0205 Vpresident@ocw.org
Treasurer	Irene Walker	562.943.9403 Treasurer@ocw.org
Secretary	Doris Bingo	714.282.0949 Secretary@ocw.org
Events	Debi Butz	714.996.4366 Events@ocw.org
Ride Captain	Kent Parish	714.549.8363 RideCaptain@ocw.org
Membership	Jim Walker	562.943.9403 Membership@ocw.org
Editor	Cheryl McMurray	Editor@ocw.org
Statistician	Donna Parish	714.549.8363 Stats@ocw.org
Pub Relations		PubRelations@ocw.org
Training	Michelle Kashima	714.368.1315 Training@ocw.org

BOARD OF DIRECTORS

WEB Master	Ken Fry	714.289.0917 frycat@aol.com
Paramount	John McKee	714.531.1376 pres@paramountracing.org
Tandem Time	Kathy Pilcher	714.998.5734 hkpilcher@aol.com
GoatHill	Alan Dauger	714.846.0862 abiker@socal.rr.com
Director	Sylvia Grotz	562.943.7357 LP.Sylvia@verizon.net
Insurance	Lorna Laugen	714.283.5153 bikefamily@netscape.com
Director	Lee Stebbins	714.593.9226 bikraak@socal.rr.com
Director	Rick Butz	714.996.4366 rdbutz@earthlink.net
Director	Paul D'Aquanni	949.766.2951 pdaquanni@cox.net
Director	Jeff Rich	714.998.5587 richriders@bbcn.net
Director	Mike Laugen	714.283.5153 bikefamily@netscape.com
Director	Barbara Tomita	714.289.0917 tomitacat@aol.com
Director	Dan Gorman	714.771.7741 dmgorman@aol.com
Director	Frank Neal	909.592.2727 cycleman@bigplanet.com
Director	Alex Laugen	714.283.5153 bikefamily@netscape.com

BOARD MEETING

Sunday, August 3rd, 11:00 am

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

FOLDING PARTY

Thursday, August 28th, 7:00 pm

Hosted by:

Sylvia & John Grotz

16126 Grayville Dr.

La Mirada, CA 90638

562.943.7357

LP.Sylvia@verizon.net

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

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

SPECIAL THANKS TO

Lee & Linda Stebbins

**for Hosting the
July Folding Party**

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

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By Charlie Irwin

I had a very long weekend June 7, 2008 for the Ride Around the Bear!

It started around noon Friday when I went to pick up a van to take all the registration stuff and computers to Redlands. It was my job to get everything up to Redlands in time to start registration by 5:30 p.m. at the hotel. Once I got the van loaded, I checked it twice then checked it again. One year I forgot the power supply for the scanner and had to drive back to Orange County to get it. I never want to do that again!



was doing and mentioned that I was doing a really good job. I thought does this mean I get to do tomatoes every year? Oh, Oh...I don't think so! They all had their own jobs, but I could have used some help. Anyway, I stopped whining and got the job done. I helped get the grill set up. As soon as the first hamburger came off the grill I was there with a bun and one of my tomato slides. I was doing some quality control on the food before the riders got there. It passed more than once!

Traffic was slow moving on the 91 Freeway, but I arrived in plenty of time to relax a bit and set up registration. Riders were eagerly waiting before the 5:30 p.m. start up, and all my helpers and I had some fun exchanging friendships and talking about all our past experiences. We closed registration at 7:30 p.m. with about 125 riders checked in. It was good; we knew we were ahead of the game for tomorrow's big day.

The alarm went off at 4:15 the following morning. I jumped out of bed (yeah, right!) and wanted to be at the park by 5:00 to set up registration and the computer timing for the early riders. Setting up at the park is not always that easy and sure enough there were the normal glitches. The very first rider who came to the table was an IT guy who solved my problem in two minutes. How lucky can you get!!! I was stressed as usual, but registration went well and the riders were patient enough with me. By 7:30 a.m., the last rider left the park and we were able to shut down the start.

I always get so worked up worrying that the riders were getting out on time, so I relaxed and enjoyed the few hours I had until the first riders return to the park. All we needed to do was get the lunch set up. It took a few of us to set the pop-ups and carry the produce and supplies to the lunch area. Here I was thinking I could sit and enjoy a little breakfast, when Jeff Rich gave me the job of cutting the tomatoes. There were 4 flats of tomatoes, and I must have cut a million slices! **Lynne** would have been proud of me, I thought. I never cut tomatoes at home! Everyone stopped by to take a look at how I

The first riders rolled in around 12:30, so from that point to about 5:30 p.m., riders continued riding in. It was great to see their triumphant faces! This is the best time of the ride for me. I get to see and greet almost every rider congratulating them for their accomplishment. After all, I have never done the ride myself, I hate hills. Each rider received a patch and a bottle of water and a high-five! Some walked a little funny, others could barely talk, but they all smiled. This is what camaraderie riding is all about! If you're not doing the ride, help the ones who are, it is really the next best thing.

Clean up started around 4:30 p.m. as the last riders were coming in. Taking down the pop-ups and loading the trucks and disposing of the trash. Everything was cleaned up by 6:00 p.m. and most were on their way home. It was a long day for everyone, but what a great day it was. Traffic wasn't so bad and I was ready to sit and relax and put the time on the computer.

The rest of the weekend consisted of a board meeting at 11:30 Sunday morning after the ride, then unloading and taking the trucks back. I was done and back home by 3:30.

It sounds like I did a lot, but not really as much as the others. I was not the first to start and last to finish! I'm just telling my story. **Debi and Rick Butz, Irene and Jim Walker** started early Friday morning shopping and finish off by taking the trucks back Sunday afternoon. They are the ones who start off on Friday and don't end until Sunday night. There are also about 100 people work-

ing this ride, rest-stops, sags, etc. I might have said this once or twice, but what a great thing to see people volunteering their time so other riders can have a great time. Maybe if it's in your heart for next year, join us. Either ride it or work it!

I'm ready for next year, how about you?

Charlie



LABOR DAY RIDE Monday Sept. 1, 2008

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

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

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

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



It may be a bear of a ride but this rider returned for more punishment even 17 years later.



FIELD FIXES

By **Frank Neal**

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

Out of CO2? Ever had one of those days when you have forgotten to replenish your used CO2 cartridges and had to phone home for a SAG? Next time you are at your bike shop, purchase a small brass Schrader adapter that screws onto your Presta valve like a valve cap. Then, you can walk to the closest gas station and use their air. It is only 65# - 80#, but it will get you home without bothering your SAG who would rather be doing something else!



THE BRIDGE TO NOWHERE

By Alan Dager

This teen mile hike had only about 1000 feet of net elevation gain, but the scenery here was monumental, on a scale seen nowhere else in the San Gabriel Mountains. We hiked up the East Fork of the San Gabriel River to a beautiful concrete bridge deep in the eastern high country. It was built in 1936 as part of a road that since has been completely washed out. The real challenge on this hike was trying to cross the fast-moving stream without getting our feet wet. There were more than 20 crossings, many without enough tree trunks or rocks to get to the other side, so walking through the water was the only option. The weather was hot enough that we didn't mind having cold water slosh around in our boots, which mostly drained in time for the next crossing. The fun-loving river-crossing people in the photo are **Barbara Tomita, Debi Butz, Doris Bingo, Larry Linn, Alan Dager, Bob Lanahan, Greg Raab, and Steve Dondanville.**



SAVE THE DATE



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

REQUEST FOR VOLUNTEERS

34th Annual Amtrak Century September 6, 2008

The club is looking for volunteers to help 1,100 ± riders make it to the train on time.....

We are accepting volunteers for the following locations:
Ride Start or Rest Stop #1 or Rest Stop #2 or Rest Stop #3 or Rest Stop #4
or SAG Driver or Finish of the Ride.

If you haven't volunteered for one of our events you don't know what you're missing. You'll have the opportunity to meet new people, and feel good about helping riders fulfill their goals.

The Amtrak Century is without a doubt one of the most popular rides in Southern California. OCW can not put on this premier event without the help of members and friends like you. So please consider taking some time out of your busy schedule and support our club.

As a sign of our appreciation for volunteering for this year's Amtrak Century you will receive an invitation to ride, Ride Around the Bear 2009 at no cost and you will receive a commemorative T-shirt.

If you are interested in working please e-mail me at events@ocw.org.

Debi
OCW Events Coordinator.





OCW PICNIC

Sunday, August 10, 2008
11:00 a.m. to 4:00 p.m.
Central Park
Huntington Beach

Last year's picnic was such a success, we're doing it again! John Grotz will be grilling homemade burgers and hotdogs, there will be lots of salads and, since this is an OCW event, there will be plenty of desserts.

This year, we're thinking that we'll have some real bats and balls for a friendly game of softball. And once again, this is a "dog friendly park", so you are welcome to bring your dogs.

The picnic will be held at the covered area of Huntington Beach Central Park. Kent Parish has mapped routes for the Sunday rides to start and finish at the park. Details follow this article.

Please put Sunday, August 10th, on your calendars. Bring a change of clothes and join us after your ride for an afternoon of fun and good food. We will have appetizers waiting for you when you get there. Lunch will be served from 11:00 a.m. to 1:00 p.m.

The park is located in Huntington Beach Central Park in the covered area behind "Breakfast in the Park" which is located at 6622 Lakeview Drive. Enter the area off of Edwards on Inlet Drive, which turns into Lakeview Drive. Inlet Drive is 0.6 miles south of Slater or 0.4 miles north of Ellis.

Free parking is available.

Bring family, friends and your appetites. We'll supply the rest!

SUNDAY RIDES FOR AUGUST 10, 2008:

Short Ride: 24 miles up PCH to Seal Beach and back

to 1st Street and then up Lake back to the park.

Medium Ride: 38 miles up PCH to Seal Beach and back to Dover, then through Costa Mesa to Magnolia and back to the park.

Long Ride: 44 miles east on Slater, past The Square in Irvine and up Newport Coast to PCH and on to Seapoint and back to the park.

Please RSVP by July 28th to Sylvia Grotz.

LP.Sylvia@verizon.net

IN MEMORY OF CINDY VON TUNGELN



One of our members, Cindy Von Tungeln passed away June 27, 2008 in a rafting accident on Oregon's Rogue River Canyon. Cindy is best remembered captaining a tandem with her daughter Allison as stoker. She was a 6 year winner of the California Triple Crown award and completed 18 double centuries in her cycling career. Cindy was a special ed nurse in irvine and known as a very compassionate and caring person. We wish to convey our deepest sympathies to her family.



**THE ORANGE COUNTY
WHEELMEN'S
FALL METRIC**

Saturday, October 25, 2008

Online Registration

2008 Registration Opens 9/15/2008 at 7 pm



ARTICLES WANTED

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



August Babies

Patricia Wedekind	8/1
Michelle Kashima	8/1
Dutch Stapelbroek	8/3
Sue Tisler	8/3
Ryan Perry	8/4
Debi Butz	8/5
Sarah Jackson	8/6
Rick Stephens	8/7
Ken Petersen	8/8
Alan Nishio	8/9
Norma Guerra	8/10
Amir Zand	8/12
Joseph Moore	8/12
Isabelita Stelzner	8/12
Therese Hancock	8/14
Dino Caramagno	8/15
Ken Brant	8/15
Roger Morgan	8/16
Peg Bauer	8/19
Becky Stephens	8/19
Tom Daley	8/19
Dodie Nelson	8/21
Devin Stribich	8/22
Brenda Hanson	8/22
Ken Klein	8/24
Ken Fry	8/26
Judy Bloom	8/29
Gloria Nafel	8/30
John McKee	8/30
Thomas Sly	8/31



Rick & Debi Butz



Jeff & Kandy Byron



Kathy Pilcher gets the desserts ready

Steve Mulligan



Away they Go!



Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, August 2, 2008, starting at 8:00 a.m. (Summer starting time!) from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 30 and 35 miles in length. Remember to stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

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

Upcoming Tandem Time Ride: Saturday, September 27, 2008

Weekly Ride Schedule

TUESDAY

Tuesday Training Rides - Hill Training - 8:30 am. 1,000-2,000 feet of climb, 30 miles. Meet near Taco Bell at Albertson's Mall at Chapman & Jamboree. Ride Leader **Jim Walker**, 562.943.9403 or email him at teamwalker@bbcnet.com.

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

WEDNESDAY

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

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

THURSDAY

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

FRIDAY

Morning Ride - 9:00 am, Deerfield Park, Irvine (TBM 860-F3/29-C2). Exit the Santa Ana (I-5) at Culver and go south to Irvine Center Drive. Turn left (east), go one block and turn left at Deerwood to the park. This is a moderate to fast-paced ride of 35-45 miles with a stop at the end. Ride Leaders **Alan Dauger**, abiker@socal.rr.com and **Dan Gorman**, dmgorman@aol.com.

SATURDAY

Saturday Rides - **8:00 am, The Square, Irvine (Main and MacArthur TBM 859-G4/28-C3)**. **All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome.** See Saturday Rides in the center pages of the Newsletter. Ride Leader Bob Fairfield, mobile412@ca.rr.com and Jim Pugh, in-line@pacbell.net

CENTURY SERIES

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

SUNDAY

Sunday Rides - 8:00 am, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader is **Kent Parish**, 714.549.8363 or ridecaptain@ocw.org

Saturday Training Schedule

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

The Saturday Rides are offered to improve individual and group riding skills and to promote the sport of bike riding. There are four rides scheduled each Saturday-Short, Medium, Long and Extra Long. We do not ride when weather conditions are unsafe or if there is an **OCW** Special Event that day. The rides start at The Square, (formerly called Food Park), located at the NW corner of Main and MacArthur, in the city of Irvine. We park in the lot behind Starbucks. If you are new to **OCW** rides or are just returning to cycling, let us know, so we can suggest a group that fits your present riding ability. **The rides start at 8:00am.**

AUGUST 2008

8/2/2008

S 27 mi. Rollies - Main, Jamboree, Irvine Ctr, Bake, Irvine Blvd, Jeffrey, Barranca, Von Karman, Main
M 37 mi. Rollies - Tandem Time Ride - Red Hill, Von Karman, Turtle Rock, Univ./ Jeffrey, Irvine Ctr, Irvine Blvd, Alton, Red Hill, Von Karman, Main
L 44 mi. Hilly - Red Hill, Tustin Ranch, Portola, Irvine Blvd, Los Alisos, Moulton, Barranca, Harvard, Main
XL 62 mi. Very Hilly - Main, Irvine Ctr/ Moulton, La Paz, Crown Valley, Del Obispo, Moulton, Irvine Blvd, Barranca, Von Karman, Main

8/9/2008

S 21 mi. Flat - Main, Von Karman, University/ Jeffrey, Sand Cyn, Harvard, Von Karman, Main
M 34 mi. Hilly - Red Hill, Edinger/ Irvine Ctr, Bake, El Toro, Toledo, Irvine Ctr, Harvard, Main
XL 44 mi. Hilly - Red Hill, Barranca, Bonita Cyn, Turtle Rock, Jeffrey, Portola, Tustin Ranch, Harvard, Main

8/16/2008

S 24 mi. Flat - MacArthur, Michelson, Alton, Irvine Blvd, Yale, W. Yale Loop, Main
M 45 mi. Hilly - MacArthur, Main. Warner, PCH, Newport Coast, Bonita Cyn, Turtle Rock, Bike Trail, Main
L 76 mi. Flat - Red Hill, Warner, SA River Trail, San Gabriel River Trail, Rosecrans, LA River Trail, Shoreline, PCH, SA River Trail, Sunflower, Main, Sky Park

8/23/2008

S 26 mi. Flat to Rolling - Main, W. Yale Loop, Alton, Irvine Blvd, El Toro, Muirlands, Von Karman, Main
M 40 mi. Hilly - Red Hill, Edinger/ Irvine Ctr, Barranca, Los Alisos, Jeronimo, Irvine Ctr, Harvard, Main
L 46 mi. Hilly - Main Jamboree, Mesa View, Spyglass, Newport Coast, Bonita Cyn/ Culver, Turtle Rock, Alton, El Toro, Muirlands/ Barranca, Von Karman, Main
XL 54 mi. Very Hilly - Red Hill, Newport, Villa Park/ Santa Ana Cyn, Imperial Hwy, Esperanza/ Orangethorpe, Kramer/ Glassell, Santiago Cyn, Jamboree, Tustin Ranch, Red Hill, MacArthur

8/30/2008

S 27 mi. Rollies - Red Hill, Edinger/ Irvine Ctr, Serrano, Toledo, Alton, E. Yale Loop, Main
M 37 mi. Hilly - Red Hill, Edinger/ Irvine Ctr, Jeronimo, La Paz, Muirlands/ Barranca, Irvine Ctr, Harvard, Main
L 46 mi. Hilly - Red Hill, Edinger, Sand Cyn, Bake, Rue De Fortuna, El Toro/ Santiago Cyn, Jamboree, Tustin Ranch, Red Hill, MacArthur
XL 54 mi. Hilly - Red Hill, Irvine Blvd, Santa Margarita, Antonio, Crown Valley, Moulton, Muirlands, Irvine Ctr, Harvard, Main

SEE PAGE 8 FOR TANDEM TIME
DETAILS

Have a great month of cycling

OCW TRAINING JANUARY-MAY



Sunday Rides

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

Rides start promptly at 8:00 am.

S=Short M=Medium L=Long

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

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:00 am. Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. **A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET!!** *Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.*

August 2008 Schedule

Aug. 3, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:00 AM). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

S 29 Miles. Irvine, PCH, Goldenwest, Lake, Atlanta, Brookhurst, PCH, Dover, Irvine.

M 34 Miles. Campus, Turtle Rock, Campus/Irvine, PCH, Hamilton, PCH, Jamboree, University, Campus.

L 45 Miles. Alton, Muirlands, Alicia, Pacific Is., Golden Lantern, Jeffrey/University.

Aug. 10, 2007 OCW PICNIC, Central Park, Huntington Beach. The picnic is in covered area behind "Breakfast in the Park", which is located at 6622 Lakeview Dr. Enter the area off Edwards. Go east on Talbert Ave for 0.3 miles to the parking lot. Talbert is 0.5 miles south of Slater and 0.5 miles north of Ellis.

S 24 Miles. Up PCH to Seal Beach and back to 1st St and then back up Lake to the park.

M 38 Miles. Up PCH to Seal Beach & back to Dover, then back through Costa Mesa to Magnolia & the park.

L 44 Miles. Slater to Sunflower, Main, Harvard, Newport Coast, PCH, Seapoint.

Aug. 17, 2008 Heritage Park, Irvine. Take the Santa Ana Fwy (5) to Culver. South on Culver 0.3 miles to Walnut. Turn left and go 0.8 miles to Yale. Left on Yale 0.1 miles, then left into parking lot.

S 24 Miles. Walnut, Tustin Ranch, Portola, Irvine Blvd., Serrano, Barranca, Yale.

M 37 Miles. Tustin Ranch, U on Portola, Irvine Blvd., Barranca, Red Hill, Walnut.

L 47 Miles. Trabuco, Marguerite, La Paz, Laguna Cyn., Newport Coast, Culver.

Aug. 24, 2008 Northpark Plaza, Irvine. Take the Santa Ana Fwy. (5) to Culver and exit North. Go 1 mile to Irvine Blvd. The shopping center is on the Northwest corner. Park between Jack-in-the-Box and the French Bakery.

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

M 34 Miles. Irvine Blvd., Bake, Marguerite, Jeronimo, Alton, Jeffrey, Yale.

L 43 Very Hilly Miles. Newport Blvd., Meets, Santiago Cyn., Portola, Irvine Blvd.

Aug. 31, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:00 AM). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

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

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

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

Sept. 7, 2008 University Park Shopping Center, Irvine. Take the San Diego Fwy. (405) to Culver and go south 0.3 miles to Michelson. Park near Carl's Jr.

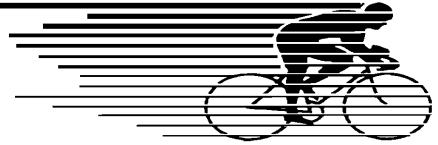
S 24 Miles. Culver, Barranca, Bake, Irvine Blvd., Modjeska, Portola, Yale.

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

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



PARAMOUNT RACING



TEAM MEETING

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

President	John McKee	pres@paramountracing.org
Vice President	Curtiss Dosier	cdosier@kmob.com
Secretary	Jeff Carchidi	jcarchidi2001@yahoo.com
Race Director	Monty Pettus	sngltrkguy@yahoo.com

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

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

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

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

RACE TEAM SPONSORS

JAX BICYCLE CENTER

VITTORIA TIRES AND TUBES

TREK BICYCLES

BONTRAGER WHEELWORKS

SHIMANO

KENNYBZ.COM PHOTOGRAPHY

FI'ZI:K SADDLES

HAMMER NUTRITION

CALIFORNIA TRIPLE CROWN

DOUBLE CENTURY REPORT

By **Frank Neal**

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

The 2008 California Triple Crown Spring Series is complete! Here are the final Spring Results. Note, the final 2008 stats will continue to accumulate during the upcoming Fall CTC Series.

6/21/08: Terrible Two Double. The name says it all. This is the final stage of the CTC Stage Race. It includes some of the toughest climbs in Nor. Cal. The temperatures can easily be over 100*. This Double rivals Devil Mountain Double for the title of "Most Difficult Double". This year there was a thermo-nuclear meltdown. Temps crossed 110* during the tough afternoon climbs. The DNF (Did Not Finish) Rate was a huge 45%! Hearty Congratulations to OCW's only Finisher, **Ron Williams!** Way to Go, **Ron!**

6/28/08: 50th Grand Tour. This final Spring Double starts in Malibu and offers a number of choices: 126mi - 200mi - 300mi - 400mi; Lowland option or Highland option; and 24-hours to complete whichever course you choose. This Granddaddy of Doubles celebrated its 50th year in 2008! Depending on the course chosen, they travel north through the coastal mountains to Ojai. Longer courses continue far north past Santa Barbara to Gaviota Beach. Inland these courses can get very hot this time of year. This year, the riders got a reprieve after the ultra hot Events of Terrible Two and Davis Doubles. The temperatures stayed below 90* during the hottest part of the day. OCW had a great day with the following Finishers: **Chuck Bramwell, Jim Brewer, Jim Cawthon, Paul D'Aquanni, Mark Kaufman, Andy Melczer, Bill Murphy, Tom Parkes, Doug Patterson, Steven Patterson,** and **Rene Rodarte.**

At the conclusion of the Grand Tour, **Chuck Bramwell**, the Executive Director of the Cal Triple Crown, was host at a ceremony to recognize a few Organizers and Riders. **Chuck** inducted, into the CTC Hall of Fame, the original three men who first formed the CTC in 1990: **Don Banos, Rod Doty,** and **Jim Watrous.** A big "THANK

YOU!" to these three! In addition, **Chuck** recognized two OCW riders for special achievements: **Doug Patterson** for entry into the 100 Doubles Club and, his son, **Steven Patterson** for completing his first Cal Triple Crown. Both milestones were completed with a Finish at Grand Tour. Congratulations to both!



Doug being congratulated by **Chuck** for 100 Doubles. **Steven** getting congrats for his first Cal Triple Crown at the age of 17.

Current Stats for our OCW Riders.

The following have Finished at least one 2008 CTC Double: **Chuck Bramwell, Jim Brewer, Jim Cawthon, Paul D'Aquanni, Mark Kaufman, Andy Melczer, Bill Murphy, Tom Parkes, Doug Patterson, Steven Patterson, Rene Rodarte,** and **Ron Williams.**

OCW has the following 2008 Triple Crown Winners, so far. Congratulations to each one!

Jim Brewer - 3 CTC Double Finishes.
Paul D'Aquanni - 3 CTC Double Finishes.
Mark Kaufman - 3 CTC Double Finishes.
Bill Murphy - 3 CTC Double Finishes.
Steven Patterson - 3 CTC Double Finishes.
Jim Cawthon - 4 CTC Double Finishes.
Rene Rodarte - 4 CTC Double Finishes.
Andrew Melczer - 5 CTC Double Finishes.
Tom Parkes - 5 CTC Double Finishes.
Doug Patterson - 7 CTC Double Finishes.

Special Recognition to **Jim Brewer** who completed his first California Triple Crown. Congrats, **Jim!**

Special Recognition to 17-year-old **Steven Patterson** who finished his first California Triple Crown! Great Job, **Steven!**

Gold TMC. Riders who Finish five CTC Doubles, receive a Thousand Mile Club award. Congratulations to **Andy Melczer, Tom Parkes** and **Doug Patterson!** In addition, if they volunteer or provide a volunteer for a CTC event, they receive a Gold TMC. Congratulations to **Tom Parkes** and **Doug Patterson** for their volunteer help with the CTC and their Gold TMC awards!

Hall of Fame. Congratulations to **Bill Murphy**, newest CTC Hall of Fame Inductee! Great Job with 50 CTC Double Finishes! He is the 55th CTC Rider and the 14th from OCW to receive this honor. He will be inducted at the annual CTC Awards Breakfast in Vacaville, CA, on September 21, 2008.

100 Doubles Club. Awesome Recognition to **Doug Patterson** (proud Papa of **Steven Patterson**) who has completed 100 CTC Double Centuries and becomes only the seventh member of the elite CTC "100 Doubles Club"! For comparison: Since its inception in 1990, the CTC has 9,800 riders who have finished at least one CTC Double. That puts **Doug** in the top 0.07%! **Doug** joins **Tom Parkes** as the second OCW Member to achieve this distinction. **Doug** finished the Furnace Creek 508 in 2002, 2005, and 2007. **Doug** also finished Paris-Brest-Paris in 1999 and 2007. **Doug** will be inducted into the CTC 100 Doubles Club at the Annual CTC Award Breakfast, September 21, 2008, in Vacaville, CA, the morning following the Knoxville Double. Hearty Congratulations, **Doug!**

Cal Triple Crown Fall Series, Upcoming Events.

8/2/08: Mt. Tam Double. While this Double is difficult, the scenery is something to behold. Starting in San Rafael, it travels over Mt. Tamalpais toward the coast. At the top, you are greeted with a breathtaking view of the coast. The climbs are tough and the descents are technical. But, riding through the redwood forest is just too cool for words!

9/20/08: Knoxville Double. No, not Tennessee! It Starts in Vacaville, CA. The course climbs over the mountains and down into Napa Valley. It is a mixture of oak forests and vineyards. The difficulty is rated as "High" with 12,600 ft. of gain in 202 miles. The support is awe-

some. Besides, you can stay for the Annual CTC Awards Breakfast the following morning!

9/21/08: Annual CTC Awards Breakfast. Held at the same site as the Knoxville Double Start/Finish, come join in the inspirational presentation of new Triple Crown Winners, Stage Race Award Winners, and Hall of Fame Inductions. It is a great place for significant others to experience the camaraderie we all feel while rolling down the road with our riding buddies! It is a good place to meet and talk with other riders that you never see because you ride at different levels. It is a great time to meet and see **Chuck Bramwell** in action when he is not wearing bike clothes!

9/27/08: Tour of Two Forests. Experience the beautiful riding in Angeles National Forest and Los Padres National Forest. It includes climbs up Matilija, Pine Mountain and Heartbreak. The Start location in Santa Clarita makes it convenient for So. Cal. riders to attend. While not an easy Double, with 13,300 ft. of elevation gain, it is a Classic Double!

CTC Stage Race. The Stage Race combines the total times for three of the toughest Doubles; Mulholland, Central Coast, and Terrible Two. It includes 608 miles and 46,750 ft. of elevation gain. The Men's Winners is: **Robert Choi** (35:45). Men's Second is: **David Fischer** (36:02). Men's Third is: **Douglas McKenzie** (37:04). The Women's Winners are all from the Fresno Cycling Club and chose to ride together the whole time to share First, Second, and Third! They are **Lori Cherry** (41:53), **Jeanine Spence** (41:53), and **Lisa Williams** (41:53). **Mike Chester** and **Karen Kopenhaver** got the title for the fastest tandem (50:08). Congratulations to all! There were no OCW Stage Race Finishers this year.

How to get started on Doubles.

Join the OCW Saturday Training Rides. For info on training, contact **Michelle Kashima** at: Kashima@cox.net

You can also join the OCW Saturday Century Rides. For more information, you can subscribe for email notice about the upcoming weekly ride schedule. Drop an email to **Chuck Bramwell** at: CBrams@CalTripleCrown.com

For more information about the California Triple

Crown and tips on riding Doubles, check out the official CTC Website:
www.CalTripleCrown.com

For complete YTD stats for all riders in the Cal Triple Crown, check out the CTC Stats Website:
www.CalTripleCrown.org

Don't forget about Volunteering: We can always use helpful and friendly volunteers at the following Doubles!

Upcoming Fall CTC Double Century Series: See:
www.caltriplecrown.com/schedule.htm

09/20/08 - Knoxville Fall Classic Double. See:
www.quackcyclists.com/

09/21/08 - CTC Awards Breakfast, Vacaville, CA:
At the Knoxville Double Start/Finish site. See:
www.caltriplecrown.com/schedule.htm

09/27/08 - Tour of Two Forests Double. See:
www.planetultra.com/totf/index.html

10/11/08 - Bass Lake Powerhouse Double. See:
www.fresnocycling.com/powerhouse/2006/

10/18/08 - Solvang Autumn Double Century. See:
www.planetultra.com/solvangfall/index.html

10/25/08 - Death Valley Fall Double. See:
www.adventurecorps.com/dvfall/

11/01/08 - Borrego Double Ordeal. See:
www.dieharddoublecentury.com/

Ride Safe out there! - Frank Neal
CTCDataGuy@Verizon.net

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

Douglas Mc Intyre
Steven Paulsen
Art Pressel Jr.

Yorba Linda
Orange
Anaheim



EZ Tire Installation

By **Uncle Al of RoadBikeRider.com**

Talc is the key ingredient to mounting any bike tire, particularly folding road tires with tight Kevlar beads. Talc (baby powder) allows the tube to move freely inside the tire so it doesn't interfere with the tire/rim interface. Tubes get pinched and punctured when they become trapped between a tire lever and the rim. Generous use of talc (corn starch works too) dramatically reduces this risk. Always dust the tube with talc!

—Place one side (bead) of the tire on the rim. That should be pretty easy. Align the label with the valve hole to look pro. Add just enough air to the tube to give it shape. Push the valve stem through the rim and feed the rest of the tube into the half-mounted tire.

—Back at the valve hole, start seating the other bead, working with both hands around the rim in opposite directions. If the tube has too much air it'll become obvious. Let out a little. Use your thumbs to push the bead onto the rim. That's what thumbs were designed for.

—At a certain point it'll become difficult, leaving a small section of tire unseated. Breathe in and let out a Ninja cry. Won't go? Squeeze the seated beads together all the way around the wheel so they go into the rim's deeper center. Let out any remaining air. Breathe deep again and try Ninja cry No. 2. If your thumbs are shot, grip the stubborn section with both hands together and try to push/roll it on with your palms.

— Still won't go? Then you must resort to the dreaded tire lever, a sure sign of weakness and a troubled childhood. When I use them (hey, I never said I had a perfect upbringing) I slide the lever (plastic preferred) along the braking surface of the rim under the bead so I don't pinch the tube, then I gently pry the bead the rest of the way. "Gently" may not be part of your repertoire at this point. Thumbs or palms are best, and patience is a

virtue, but a tire lever does have its place.

—After the tire is on, push the valve stem up inside, then pull it down again. Go around the wheel, flexing the tire side to side as you look into the rim to be sure the tube isn't trapped under a bead.

—Start pumping air, then stop every 20 psi or so to check for places where the tire might be lifting off the rim. That means the tube is caught under the bead. If you ignore it, the explosion will be loud enough that you'll need to change your chamois and have your hearing checked. Let the air out and massage those sections to get the tube inside. Then gas 'er up!

Changing a tire should take only about 4 minutes.

Remember, use talc! It's truly the key to making tire installation as smooth as a baby's behind.



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



rvtech.com



LUNCH IN RIVERSIDE



Jeff Rich gives Lee Stebbins and Dave Rusher the pre ride instructions



They're all on their way



Mark Wells & Jeff Rich enjoy a break at Rio Java



Look guys, isn't it time to get back on those bikes?



Dan Gorman's not taking any harm either



Hey Jeff, when did you say that train should arrive?



Okay Jeff, I think it's a straight shot in from there.



Dave Rusher toasts a ride well done.

WESTERN STATES RIDE CALENDAR

8/2/2008	Marin Century	Marin Cyclists	415.721.4337
8/2/2008	Mt. Tam Double	Marin Cyclists	415.721.4337
8/3/2008	Mt. Shasta Summit Century	Mt. Shasta Century Mt, Wheelers	800.926.4865
8/9/2008	Tour of Volcanic Scenic Byway	Cycling Escapes	714.267.4591
8/10/2008	Covered Bridge Bicycle Tour	Mid-Valley Bicycle Club	541.967.8199
8/10/2008	Tour de Max	Max Seales Yonker Foundation	650.576.4510
8/16/2008	Chualar 200k	Santa Cruz Randonneurs	831.425.2939
8/16/2008	Cool Breeze	Channel Islands Bicycle Club	
8/16/2008	Holstein Hundred	West Marin Senior Services	415.721.4433
8/16/2008	Hot August Days	Hot August Days	509.)66.3461
8/16/2008	Stonewall Century	Spanish Peaks Cycling	
8/17/2008	Tour of Napa Valley	Eagle Cycling Club, Inc.	707.226.7066
8/17/2008	Yaquina Lighthouse Century	Yaquina Wheels Bicycle Club	541.867.7123
8/23/2008	Desperado Dual	Color Country Cycling Club	435.559.0895
8/23/2008	Desperado Dual	Color Country Cycling Club	435.559.0895
8/24/2008	Tour of Southern Utah	Planet Ultra	
8/31/2008	North Rim Tour	Planet Ultra	
9/6/2008	Amtrak Century	Orange County Wheelmen	714.956.2453
9/6/2008	High Sierra Fall Century	Sierra Cycling Foundation	760.647.6595
9/6/2008	Siskiyou Century	Yreka Rotary Club	530.842.1649
9/7/2008	Tour De Tahoe - Bike Big Blue	TGFT Productions	800.565.2704
9/13/2008	Hoodoo 500 (RAAM Qualifier)	Planet Ultra	
9/13/2008	Ride for 65 Roses	The Cystic Fibrosis Foundation	303.296.6610
9/13/2008	Waves to Wine	Northern Ca. Chapter NMSS	510.267.9669
9/14/2008	OatBran	TGFT Productions	800.565.2704
9/20/2008	Amgen Ca. Coast Classic Bicycle Tour	Arthritis Foundation, So. Ca. Ch.	800.954.2873
9/20/2008	Auburn Century	Auburn Endurance Events	530.902.8685
9/20/2008	Bicycle Tour of Utah	Cycling Escapes	714.267.4591
9/20/2008	California Coast Classic	The Arthritis Foundation	323.857.9359
9/20/2008	Everest Challenge Stage Race	Eastside Velo	
9/20/2008	Knoxville Fall Classic Double Century	Quackcyclists	925.867.6040
9/20/2008	Ride the Rogue	Siskiyou Velo	541.582.4488
9/20/2008	Tahoe Sierra Century	Tahoe Sierra Century Ride	
9/20/2008	Tour Des Lacs	Round and Round	509.455.7657
9/20/2008	Tour of Big Sur & CA Coast	Cycling Escapes	714.267.4591
9/27/2008	Lighthouse Century	San Luis Obispo Bicycle Club	805.543.5973
9/27/2008	Mt. Whitney Classic Cycling Event	Summit Adventure	559.642.3899
9/27/2008	Tour de Whidbey	Whidbey Is Hospital Foundation	360.678.7656
9/27/2008	Tour of Two Forests (Classic Route)	Planet Ultra	
9/28/2008	Peach of a Century	Salem Bicycle Club	
10/4/2008	Furnace Creek 508 Bicycle Race	AdventureCORPS, Inc.	
10/4/2008	Harvest Ride for Literacy	Ventura Rotary Club	805.642.7089
10/4/2008	Konocti Challenge	Rotary Club of Lakeport	707.349.0815
10/5/2008	Tour de Poway	Cycling Promotions West	800.679.2453
10/8/2008	Condor Classic	Pinnacle Partnership	
10/8/2008	Peak to Peak Pedal	U S Adaptive Recreation Center	909.584.0269

CLASSIFIED ADS

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

PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !

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

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

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

FOR SALE: Skinsuit, New Large 2006 New 2006 Skinsuit by Voler. Still in the bag. Large. This is the previous year version (faded blue top; honeycombs). Cantara pad. \$75 obo Contact Scott Sharp at 949.646.3643

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

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

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

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

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

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

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

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

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

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

Please Support the Sustaining Members of the Orange County Wheelmen

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www.pacesportswear.com

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

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