

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
December/January

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

PARAMOUNT RACING
2008/2009

General Meeting

Wednesday January 14th, 7:00 pm

CAMPAGNOLO

with Brian Sarmiento

Campagnolo's North American Marketing Manager, **Brian Sarmiento**, will be back to visit and introduce the 11 speed groupo. "I am very excited what 11 speed has to offer and advancements made not only in performance but in ergonomics as well" **Brian** said. Come see why Campagnolo continues to be pave the road in innovation and technology. Also see the Toy drive that Campy is involved with on page 20 of the newsletter.

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	Dec. 6
Holiday Party	Sat	Dec. 14
Christmas	Thurs	Dec. 25
Folding Party	Thurs	Jan. 29
Awards Banquet	Sat.	Feb. 21

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Director	Alex Laugen	714.283.5153 bikefamily@netscape.com

BOARD MEETING

Sunday, December 7th, 11:30 am

Sunday, January 4th, 11:30 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, January 29th, 7:00 pm

Hosted by:

Rick & Debi Butz
16985 Chestnut St.
Yorba Linda, CA 92886
714.996.4366
rdbutz@earthlink.net

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

DIRECTIONS: Exit the 91 Freeway at the Tustin exit. Go north, Tustin will turn into Rose Drive at Orangethorpe. Continue north to Imperial Hwy. Turn right (east) to the first stop light, Prospect (see LA Fitness on corner) turn left (north) and then turn right at Brooklyn (first street) continue to first stop sign 3rd Street turn left (north) continue to Chestnut Street (three streets) turn left (west) to the end of the culdusac. We are the brown and white house.

SPECIAL THANKS TO

Barb Tomita & Ken Fry
for Hosting the

November 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

What's happening at OCW? Once again it's time to give credit and appreciation to the people that keep OCW running!

We have three events coming up that have been managed by the same OCW members for years. First one up is the Fiesta 150 on May 3rd. Debra Butz has been in charge of this 2-day ride for the last two years. As our Events Board Member, she recruits volunteers for all the rides, and also manages this event. It requires more committee meetings and planning than our more established rides, but she has been very diligent and efficient in getting this ride up and running. Yeah for Deb!

Next, the Ride Around the Bear managed by Irene Walker. This ride requires a little different management because it's not held in Orange County. Getting all the permits, equipment and volunteers to Redlands along with 400+ riders is no small feat. To top it off, we traditionally have a BBQ at the end that requires a cook and all that shopping beforehand. I really don't know how long Irene has been managing the Bear, but I have been doing the registration for the last 12 years, and she was managing the event way before I started. Double Yeah for Irene!!

The third event is the Amtrak Century managed by Lee Stebbins. Lee has been managing the Amtrak for just over thirty years! This incredible ride has grown from a small group of 200 riders to 1200 riders. The Amtrak has seen a few management issues over the years. I remember the year we had gas rationing, and we were not sure we would be able to buy enough gas to get our trucks down to San Diego and back. I also remember the first ride after 9/11 when we almost had to cancel the ride because we could not go through the Marine base and had to take the freeway. Lee handled it and handled it well!



OCW is more than our events on the ride calendar. We have four special groups that provide rides and/or activities for our members and other riders.

First is the Saturday Century Series by Chuck Bramwell. Chuck has been running the Saturday century series for at least seven years. The series helps train riders for the California Triple Crown and the double centuries.

Second is Tandem Time run by Kathy Pilcher. This is Kathy's third year as Ride Leader and the tandem rides have grown very popular. It's become the ride to-do on the Saturday they are held with several tandems and singles finishing off with Kathy's snacks at the end.

Training with Michelle Kashima. This is Michelle's first year as OCW Training Officer. Michelle has taken on her new job with great enthusiasm and has started with a small, but growing group of riders training for the Bear and the Amtrak. Michelle's focus is not only on training, but on safety with her Share-the Road Campaign and safety training.

Next is hiking with Alan Dauger. Alan is in his second year of introducing OCW riders to hiking. At least once a month, Alan organizes a hike that can be both challenging and/or intermediate for someone looking for an alternate way of getting stronger on the bike or just getting into shape.

There is no best way to show appreciation to all these people who volunteer to help and dedicate their time except to simply say "Thank You". We do appreciate you and so grateful for your loyalty and consistency to OCW.

Sincerely,
Charlie Irwin

Wanted: Adventurous Bicyclists willing to ride multiple centuries in one weekend – Must Love Wind

By **Dan Gorman**

The inaugural Anaheim to Palm Desert ride is now history. This adventure organized by Michelle Kashima attracted only a handful of willing souls this year. Those who were anxious to give it a try were Victor Matloff, Alan Schapel, Lee Stebbins, Jeff Rich, Tom Madden, Alan Vester, Michelle Kashima, Doris Bingo and I.

The ride started from the Best Western Hotel in Anaheim, where we had a room compliments of Tustin Toyota, to wait for everyone to arrive. We were delayed a few minutes because Michelle had forgotten the sign in sheet at home and we had to locate one on the OCW website. After waking up about half of the officers in the club, she did locate the sign in sheet which we all signed so we could be on our way.

The route took us immediately to the east bound Santa Ana River Trail. The instant we turned onto the trail we realized we were in for a long day, as the wind was in our faces and the air was a little warm for that time of day. We would be facing a mild Santa Ana condition all day.

We made it to the first rest stop in good time, although finding the designated rest stop at the Jack in the Box which was not visible from the street was a bit difficult. Barb Tomita had plenty of cold drinks and food waiting for us. After a short stop we were on our way.

Getting to the lunch stop would prove to be a bit more difficult. The group separated into at least three smaller groups going through Redlands. Doris, Victor and I were out in front by a few minutes so we were the first ones to hit San Timiteo Canyon Road. We turned the corner off of Redlands Ave onto San Timiteo right into a headwind. The headwind coupled with the slight uphill slowed us down quite a bit. Looking at my speedometer and route sheet, I realized we would be chugging away for the better part of an hour uphill against the wind. We did see several riders heading down the canyon sporting huge smiles, flying downhill with a tailwind. Once we neared the lunch stop we could see how bad the wind

really was with the flags on the roadside by a new housing development totally pegged straight down the canyon in our faces.

Arriving at lunch Barb was once again smiling and helping us get everything we needed including homemade sandwiches and more cold drinks and snacks. This was a good opportunity to rest and kick off my shoes, since I had developed a case of hot foot coming up the canyon. The second group cruised in a few minutes behind us and they were also grateful to see Barb and to have a comfy place to sit. A few others were still missing in the canyon, so Larry Linn who volunteered to ferry our luggage to Palm Desert went looking for them to see if they needed help. It was probably good that he did since a couple of them had run out of water along the way and did need some assistance.

Leaving lunch Alan, Lee and Tom decided to SAG in to Palm Desert having had enough of the winds. Those of us remaining continued on staying pretty much together. Coming in to Palm Springs we were once again reminded that things were not normal. The wind turbines which dot the landscape were turned around 180 degrees to their normal orientation, which meant we were still riding in to a pretty good head wind.

The final rest stop of the day would be at the McDonalds in an Albertsons shopping center. Unfortunately the McDonalds had moved to a shopping center cattycorner from where Google Earth showed it to be. Once we alerted Barb to the change, she met us with still more cold drinks and food to fortify us for the final few miles. Thankfully, the hotel had not moved and we were all happy to see it

That evening after cleaning up, we converged on Barb's room for some more liquid refreshment and snacks. I could see that we were one very tired group of cyclists with Doris attempting to catch a nap on one of the beds and the rest of us in a fog. After vegging for a while we headed to the Cheesecake Factory where we were to meet representatives of the Desert Cycling Club.

At the Cheesecake Factory we met with Doug and Karen Winters and Bill and Jennifer Lightner from the Desert Cycling Club. Doris and I were unfortunately at the far end of the table and didn't get to talk to our hosts much,

but Jeff, Michelle and the others seemed to be enjoying the conversation. We had been invited to join them the next day for their club ride starting at 7:30am, which started just a couple of blocks from the hotel. We would have more opportunity to chat with them then.

Saturday morning we were once again up bright and early to head to the start of the Desert Cycling Club ride. Jeff, Lee, Doris and I were on our way to meet with Doug and the others. On arriving I was amazed at the sight of over 100 riders waiting to get started. There would be an A and B group with both doing 45 mile routes. Jeff, Doris and I didn't really want to go that far, but Doug assured us there would be plenty of opportunities to cut the route short. We didn't have any trouble staying with the group (the B group) for as far as we went, and Doug true to his word pointed out an easy shortcut that would take us back to the hotel. Lee decided to stay with the group and see how he could do.

Jeff, Doris and I after exiting the club ride started thinking about finding a Starbucks. In short order we had found our target and were sitting enjoying a trio of Frappuccinos. After finishing our drinks, we decided to head back to the hotel and hang around by the pool. Lee appeared a short time later having completed the club ride with the group.

The four of us went to lunch at the local Subway and enjoyed a light lunch and conversation.

That night was the barbecue at the home of Michelle's parents, Bob and Evelyn Burks, which we were all looking forward to. We were welcomed into their home with open arms as if we were old friends they hadn't seen for a while. We munched on some appetizers while we waited for the main course. The food and the hospitality were wonderful featuring burgers cooked to order, homemade Orzo salad by Michelle, baked beans and more. We would need all of these calories and more to make it home the next day. After enjoying the hospitality and camaraderie of a wonderful evening, we headed back to the hotel to get a good night sleep.

Sunday morning we once again met in the lobby at about 6:45am. We would be doing over 110 miles today and needed to get an early start. Unfortunately the conditions were back to normal, so we would once again

be facing some strong headwinds. Michelle assured us that the winds would subside once we reached Banning. This time the group consisting of Lee, Michelle, Doris, Jeff and myself, stayed together the whole day. Paul Garfield joined us as the designated baggage carrier and additional SAG driver. We had a rest stop at the Am/Pm coming in to Cabazon where Barb was once again ready for us with cold drinks and some tasty food. We would be backtracking as far as Banning and then deviating through the outskirts of Hemet to the lunch stop. More of Barb's sandwiches and left over Orzo salad from the barbecue along with the requisite cold drinks were the order of the day. Once refueled four of us were on our way again, with Lee opting to ride the SAG wagon for a while. Once again we were making pretty good time sharing pulls to the final scheduled rest stop of the day.

Jeff suggested that we not go across to Cajalco Road as the route sheet called for, but instead retrace our Friday route through Corona. This was probably a good idea since Cajalco is always a little sketchy as Jeff can attest having crashed there once before. We made it back to the final rest stop at Ontario Park where Barb was yet again waiting for us along with Paul with more food and drink.

Lee decided to join us for the final leg back to the hotel. I pulled the group up to the base of the hill on the Green River overpass at the 91 where Lee took over and pulled us in the rest of the way.

All of us were very happy to be back at the hotel and done with our weekend of headwinds.

Michelle and Barb are already plotting next years ride with some improvements along the way, with options for one way only and reduced distances being possibilities that I heard mentioned. We were of course the guinea pigs for this ride and I can say even with the headwinds it was a fun weekend.

Thanks to Barb Tomita, Michelle Kashima, Michelle's parents Bob and Evelyn Burks, Larry Lin and Paul Garfield for all of their hard work and support during the weekend. I would also like to thank the OCW board for approving the expenditures for the barbecue. Hopefully next year we won't have winds and there will be more people willing to give it a try.



Cycling in Japan

By Lee and Cathy Painter

If you've ever considered a cycling vacation in Japan, you've probably wondered - do I need to speak Japanese, will I like the food, isn't it horribly expensive? Oh, and what's the riding like, how will I find my way around? And what about Japanese baths? Here's what we learned on a two-week tour led by Bike Asia.

We arrived with a Japanese vocabulary of just a few words – hello, yes, thank you, excuse me, I don't understand. That certainly isn't enough to have a conversation, but the Japanese seemed to appreciate the effort. We managed to use trains, subways, buses and taxis, though it sometimes took a while to figure out routes, fares and such. And it certainly helps that the Japanese always seem very pleased to help American visitors – if you stop on the sidewalk and look at your map, someone will offer to help in no time.

We both enjoy all sorts of food at Japanese restaurants here – sushi, sashimi, teriyaki, tonkatsu, miso and so on. But on the trip we tried all kinds of things we'd never had before, including pickled plums (sour and salty), pickled vegetables we didn't recognize, red bean paste bars (sort of the local version of a Clif Bar). We'll never forget looking at our breakfast plate to see what looked like some sort of dried vegetable, only to look again and realize it had eyes – tiny dried fish. We soon learned, don't ask, just eat it. We also learned to eat a fried egg with chopsticks – challenging! The typical breakfast included miso soup, rice, nori (dried sea vegetables), fish and pickled vegetables.

If you don't like Japanese food, American (French, Italian, Chinese etc.) is available in the big cities, but more

expensive. In most of the small inns we stayed in out in the countryside, you'd have a hard time finding a fork, never mind a hamburger. At least if you wanted coffee or beer, just go to one of the vending machines that seem to be on every block.

Japan, especially Tokyo, can be horribly expensive. For example, you could stay at the Imperial Hotel in their "standard" western room for \$430/night (double), and eat at their French restaurant for \$170 each. Or you could stay where we did, at the Kimi Ryokan for \$65/night double. A ryokan is a Japanese-style inn, where you leave your shoes at the door, and slip on one-size-fits-all sandals (size 7). The room has tatami mats on the floor, a futon to sleep on, and a tea set. No chairs. The restroom and showers were down the hall.



At a department store in the Ginza, you could spend \$60 for a melon. But within walking distance you can find sushi, katsu curry, or unagi dinners for under \$15. Or at the convenience store, you could buy a bento box (boxed lunch with rice, fish or meat, and pickled vegetables) for \$5-10. Or at a stall at an outdoor market, a bowl of rice covered with sashimi was \$5.

On to the cycling. I couldn't imagine cycling in Tokyo. I couldn't even imagine driving there, so busy, so frenetic.

Our tour began in Kyoto, an hour or so south by shinkansen (bullet train). After a short ride around Kyoto, and a visit to the temple in Nara (the worlds largest wooden building), we stayed at the Buddhist monastery in Koya San. Who knew that food prepared without meat, seafood, onion or garlic could taste so good!

We then went by ferry to Shikoku, the smallest and least populated of the four main islands of Japan. This area of Japan has spectacular scenery, mountain passes with long, steep climbs, miles of switchback descents, steep drops into valleys. Riding on the left takes a little getting used to, but isn't that bad. The roads were narrow, but the pavement was good, and traffic was light. For example, National Route 4, the local equivalent of the Interstate, was one lane shared by both directions, with mirrors at the corners to check for oncoming traffic. We often thought that scenery like this would be in a national park in the US, but here it had been farmed for a thousand years.

We enjoyed the many country villages we rode through, some no more than a wide spot in the road, each a reminder of when Japan was more rural. And we enjoyed the reaction of the residents as we rode through – they were surprised to see western tourists, and even more surprised to see us on bikes.



From Shikoku we returned to Honshu (the main island of Japan) by a series of bridges over the Inland Waterway. The bridges had separate lanes for bicycles, making them a joy to ride.

We then spent a day in Hiroshima, and visited the Peace Park, a sobering experience. At the end of our tour, we took the bullet train back to Tokyo, and flew home.

We did this trip as part of a group tour. Could you do it on your own? Maybe, but it would be hard. Selecting a good cycling route is hard anywhere. The tour com-

pany developed the route, but more importantly, they provided a rider to lead the group, a sweep rider to make sure nobody got lost, and a van to carry luggage, and shuttle us past sections we wouldn't want to ride. Perhaps the most important factor – street signs in Japan are mostly in kanji (Japanese pictographs) rather than romaji (Japanese words written using the Latin alphabet). And most signs just tell you what district you're in, not the name of the road. So I just can't imagine navigating in Japan on my own.

Finally, Japanese baths. Some of the ryokans we stayed in included a bath/shower, even if they manage to stuff a toilet, sink and bathtub into a 4' by 5' room. But in some small villages, the only option was to put on your yukata (Japanese robe) and walk to the onsen (group bath). At least there were separate baths for men and women. Group baths felt a little awkward at first, but the hot water felt so good on tired legs you soon got used to them. It was really good to have the tour leaders there to make sure we followed the protocol – wash and rinse in the prep area before soaking. Some of the baths were quite elegant, with hot water, cold water, salt water, water scented with lavender, even pools with moving water to provide exercise. One even had an outdoor pool with a view of the valley below.

Cycling in Japan is something we truly enjoyed.

<http://www.bikeasia.com/>



Palm Desert Ride Recap

By Michelle Kashima

What a great weekend everyone had! We started out from Best Western Anaheim Hills after we all loaded up on muffins, coffee and juice. Best Western was very nice to let us leave our cars in their lighted parking lot next to the hotel for the weekend getaway.

We rolled out just before 7am and got onto the bike trail behind the hotel and immediately hit a head wind. But not to worry as we had a great group that just worked through and had fun (I think) while doing it. In Corona the wind became a little better, or maybe we were just used to it.



Barb Tomita was waiting for us at our first sag stop in Riverside just before our turn onto the beautiful and historic Victoria Street located off La Sierra. **Barb** of course had everything we needed and the food was yummy. Bathrooms were located a very quick few steps away at Jack in the Box.



Once loaded up we continued our journey to our first and really only notable climb up Alessandro. Alessandro is not a steep climb but about 2 miles long, however it does come early in the ride so that was good to get it out of the way on fresh legs.

Alessandro is our longest stretch for almost 13 miles (only about 2 miles of climbing) and boy has the scenery changed! New houses and shopping centers have sprung up since I rode this route four years ago. But it is nice to know that there are places to stop for food or bathrooms just in case.

After Alessandro we made our left turn onto Redlands. A short time on that and we have a blasting down hill. Then we turned onto San Timoteo. San Timoteo can have some head wind usually but Friday was very strong from the Santa Ana's we had earlier in the week. We broke into smaller groups at that point and I was lucky to have **Jeff Rich** and **Lee Stebbins** as my wind block, and they did an excellent



job. Thanks guys! This road runs along the railroad tracks for the freight trains. The trains go really slow through this canyon and they always toot their horns and wave at cyclists. At one point we stopped to rest and were greeted by a train who's conductor played what seemed to be a little musical song. I waved and he waved back.



A short time later we were in Beaumont, our lunch stop! Once again **Barb** had our sandwiches all prepared by special order. **Larry Linn** did a terrific job sagging for us by assisting anyone who needed help or water. There were a couple of riders who needed that water in San Timoteo because of the wind, and next year we will plan a water/ice stop there.



Off to Palm Desert we went! We could almost see our destination from Beaumont. But we had to battle a little more wind. Once around highway 111 the wind was blocked by the trees to the side of the road and San Jacinto Mountain range.



In Palm Springs (no wind) we had our last sag stop, with **Barb** of course there doling out Gatorade, water and ice. We weren't there long because we all could smell the barn!

Friday night we first enjoyed wine and cheese in **Barb's** room and then we enjoyed a nice dinner at The Cheesecake Factory located about a mile from the hotel at The River. Six people from Desert Cycle Club joined us there including **Doug Winters**, their president. What a treat to have them meet us, and what a nice group of people they are. We had some great conversations and then off to bed for some well deserved rest.

Saturday some of us rode with Desert Cycle Club while **Barb, Cheryl McMurray** and I shopped and got things ready for the BBQ at my parents home in Palm





Desert.

The BBQ was at 4pm. Perfect weather time and we all enjoyed sitting outside by the pool with some wine and goodies. My dad manned the BBQ and cooked up some awesome hamburgers. The salt water pool was inviting, but everyone was looking to someone else to get in first. I can't believe I forgot my bathing



suit!!! Next year we'll be throwing someone in!

Sunday morning was perfect for riding back. We all started just after 7am and this time we were able to ride directly through the middle of Palm Springs on highway 111 since there were hardly any cars. That was neat! There was a strong headwind all the way to the first sag from the outskirts of Palm Springs, but **Barb** had everything out and ready for us. I think after

we ate and did our bathroom thing we had almost forgotten about the wind! **Paul Garfiel** joined us at this point as our roving sag like **Larry** had done on Friday.

We had a truly awesome descent on highway 79 out of Beaumont with the most gorgeous scenery of the Hemet Valley over to Lake Perris. Paul had a perfect water and ice stop for us in the valley floor before we turned onto Ramona Expressway toward Lake Perris. Just after Lake Perris we had a really nice and cool lunch stop at a park that Barb chose (Thanks Barb!). Of course Barb once again had all our sandwiches made and ready. We even had a nice Orzo salad to go with it. After that we were off again with **Barb** meeting us for water and ice just after Victoria Street in Riverside. Thanks to **Jeff Rich** for a wonderful suggestion to our route, which lessened our mileage and almost no climbing. Thanks again Jeff!!!

We made it back in record time with what seemed like tons of down hill miles and a lot less wind! I really felt good at the end. I'm glad I did because I had a dinner party to get to!

Now I can't wait until next year. Especially with some added water stops and maybe a couple other great changes that will make this ride even better!

SPECIAL THANKS TO:

Tustin Toyota for the start room at Best Western in Anaheim Hills.

Barb Tomita for some SERIOUS sag support and organization.

Larry Linn for awesome sag support going out.

Paul Garfiel for awesome sag support coming back.

Cheryl McMurray for helping with shopping and prep work before the BBQ.

OCW for providing food and gas funds to make this possible for its members.

Desert Cycle Club for welcoming us Friday at dinner and riding with us on Saturday.

Without the above people/companies/clubs we would have never been able to put on such a fun weekend on our bikes. THANK YOU!

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>.



CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT FINAL 2008 RESULTS AND RECAPS

By Frank Neal

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

It has been a busy October, with five Events. The 2008 California Triple Crown Fall Series is now complete and the final 2008 CTC Results and Records are now "in the Books"! You can view them all at www.CalTripleCrown.org

Here are the final results.

10/5/08: Furnace Creek 508. While not a CTC Event, it is an ultradistance cycling Event in So. Cal. It is a 508-mile continuous race that starts in Santa Clarita, travels to central Death Valley, and ends in Twentynine Palms. It has 30,000 ft. of elevation gain! The time limit is 48 hours. Hearty congratulations to OCW Member **Andy Melczer** who finished in the Solo Class in 42:03! Congrats to our OCW 2-man (father/son) Relay Team, **Doug Patterson** and **Steven Patterson** (18 years old) for their finish in 31:43. Awesome Finishes!!

9/27/08: Tour of Two Forests: Cancelled by the Organizer.

10/11/08: Bass Lake: A classic Double traveling the forests of Southern Yosemite Valley. Some climbing was deleted from the previous course to make this event more available to more riders. This year, the higher elevations were as beautiful as ever, but FREEZING! Temps were in the low 30's! Beautiful, challenging, and as well supported as any CTC Double; this year was Epic because of the freezing temps! Congrats to all who Finished and to all of the dedicated volunteers who supported them! OCW had no Starters this year.

10/18/08: Solvang Autumn: Much more difficult than Solvang Spring, but the new scenery is well worth the ride! The new course up Tempusquet Canyon is well worth it to be so close to see coyotes and deer. I really saw them! Prefumo Canyon is a classic climb. It is not real severe, but it is long and a good challenge to new

Double Riders! Congrats to the OCW Finishers: **Chuck Bramwell, Jim Cawthon, Paul D'Aquanni, Mark Kaufman,** and **Tom Parkes.**

10/25/08: Death Valley Fall: One of the most challenging areas to ride because it can be 110*, with outrageous winds and sandstorms, or it can be 30* and snowing (trust me; I've personally ridden in both situations out there!). This year the weather was mild. Riders had it "easy"...Ho Hum, just another 200-mile day on the bike. ;-)! OCW had no Members in Death Valley Fall this year.

11/1/08: Borrego Double Ordeal: This was the inaugural ride from Borrego Springs to Oceanside and back. It is a challenging ride with 15,000 ft. of elevation gain. It is one of the toughest Doubles in the CTC. The scenery is awesome. The previous fire damage has been replaced with new green growth along a portion of North San Diego County. The temps were mild all day staying in the mid 70's* from Start to Finish. The winds were light. The lunch was a postcard picture overlooking the beach in Oceanside. Julian treated the riders to fresh and hot apple pie! The support was rated as excellent. Congratulations to our OCW Finisher, **Bill Murphy!**

Final Stats for our OCW Riders.

Finished at least one 2008 CTC Double:

Chuck Bramwell, Jim Brewer, Jim Cawthon, Paul D'Aquanni, Mark Kaufman, Dan Lipnisky, Andy Melczer, Bill Murphy, Tom Parkes, Doug Patterson, Steven Patterson, Rene Rodarte, and Ron Williams.

Triple Crown Award Winners:

Jim Brewer - 3 CTC Double Finishes (First time Winner).

Steven Patterson - 3 CTC Double Finishes (First time Winner, at age 18).

Chuck Bramwell - 4 CTC Double Finishes.

Paul D'Aquanni - 4 CTC Double Finishes.

Bill Murphy - 4 CTC Double Finishes.

Rene Rodarte - 4 CTC Double Finishes.

Jim Cawthon - 5 CTC Double Finishes.

Mark Kaufman - 5 CTC Double Finishes.

Andrew Melczer - 5 CTC Double Finishes.

Tom Parkes - 7 CTC Double Finishes.

Doug Patterson - 8 CTC Double Finishes.

Special Awards:

Thousand Mile Club. Jim Cawthon, Mark Kaufman, and Andy Melczer.

Gold Thousand Mile Club. Tom Parkes and Doug Patterson.

2008 Hall of Fame. Bill Murphy.

100 Doubles Club. Doug Patterson.

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

Days Volunteered by OCW Members:

Chuck Bramwell: 1 Event.

Steven Patterson: 1 Event.

Doug Patterson: 2 Events.

Tom Parkes: 4 Events.

Frank Neal: 9 Events.

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

I'll see you all out there next year!

Ride Safe! - Frank Neal

CTCDataGuy@Verizon.net



FIELD FIXES

By Frank Neal

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

Newspaper. Yeah, the days seem warm, but it can get cold or windy very quickly this time of year. It can even happen during the full daylight hours without warning! So, you forgot to bring your jacket or thought you wouldn't need it? Here is a quick fix: Buy a newspaper! Newsprint is very "wind resistant". Put it down the front of your jersey and in your arm warmers. You will be surprised how this can warm you up! Just FYI...It works in unexpected rain, also!



Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, December 6, 2008, starting at 8:30 a.m. (Summer starting time!) from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 32 miles in length. Remember to stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

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

Upcoming Tandem Time ride is Saturday February 7, 2009



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 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 - 8:30 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

OCW TRAINING JANUARY-MAY

SEE PAGE 12 FOR TANDEM TIME
DETAILS



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 8:30am.**

DECEMBER 2008

12/06/2008 8:30 AM

- S 29 mi. Elev. 600ft. Rollies - Red Hill, Edinger/Irvine Ctr, Sand Cyn, Irvine Blvd, Toledo, Alton Pkwy, E. Yale Loop, Main, MacArthur
- M 34 mi. Elev. 700ft. "Tandem Time Ride" Rollies - Red Hill, Edinger/Irvine Ctr, Trabuco/Irvine Blvd., Portola, Tustin Ranch, Harvard, Main, MacArthur
- L 51 mi. Elev. 1960ft. Hilly - Red Hill, Alton, Irvine Ctr/Moulton, Crown Valley, Antonio, Alicia, Jeronimo, Muirlands/Barranca, Von Karman, Main, MacArthur
- XL 61 mi. Elev. 2770ft. Hilly - Main, Jamboree, Alton, Bake, Portola/Santa Margarita, Antonio, Ortega, Rancho Viejo/Marguerite, El Toro, Alton, Von Karman, Main, MacArthur

12/13/2008

- S 21 mi. Flat - MacArthur, Campus, University/Jeffrey, Sand Cyn, Bike Trail, Harvard, Barranca, Von Karman, Main, MacArthur
- M 37 mi. Hilly - Red Hill, Edinger/Irvine Ctr, Barranca, Alton, Jeronimo, Muirlands/Barranca, Irvine Ctr, Harvard, Main, MacArthur
- L 46 mi. Hilly - Red Hill, Tustin Ranch, Jamboree, Santiago Cyn, Bike Path @ Cook's Corner, Moulton, Alton, W. Yale Loop, Main, MacArthur
- XL 54 mi. Hilly - Red Hill, Alton, Irvine/Trabuco, Santa Margarita, Antonio, Crown Valley, Moulton, Muirlands/Barranca, Irvine Ctr, Harvard, Main, MacArthur

12/20/2008

- S 23 mi. Elev. 400ft. Flat - MacArthur, Main, Harvard, Walnut, Yale, University, Bonito/Ford/Eastbluff/University, Campus, Von Karman, Main, MacArthur
- M 37 mi. Elev. 810ft. Rollies - Red Hill, Edinger/Irvine Ctr, Toledo, El Toro, Los Alisos, Jeronimo, Irvine Ctr, Harvard, Main, MacArthur
- L 48 mi. Elev. 1800ft. Hilly - MacArthur, Main, W. Yale Loop, Alton, Laguna Cyn, El Toro, Moulton, Oso, Antonio, Santa Margarita, Trabuco/Irvine Blvd., Alton, Von Karman, Main, MacArthur
- XL 63 mi. Elev. 900ft. Flat - Sunflower, SA River Trail, Lampson, Katella/Willow, LA River Trail, Beach Bike Trail, PCH, Dover, Santa Ana/Red Hill, Sky Park South, Sky Park Cir

12/27/2008

- S 25 mi. Mostly Flat - Red Hill, Alton, Irvine Blvd, Portola, Jeffrey, Yale, W Yale Loop, Main, MacArthur
- M 34 mi. Hilly - Red Hill, Edinger/Irvine Ctr, Jeffrey/University, Campus/Irvine, Bayside, Newport Coast, Shady Cyn, Turtle Rock, Harvard, Main, MacArthur
- L 43 mi. Elev. 1700ft. Hilly - Red Hill, Edinger/Irvine Ctr, Sand Cyn, Irvine Blvd, Bake, Portola, Glen Ranch, El Toro/Santiago Cyn, Jamboree, Tustin Ranch, Walnut, Red Hill, MacArthur
- XL 55 mi. Elev. 2200ft. Hilly - Red Hill, Walnut, Tustin Ranch, Portola, Sand Cyn, Barranca, Bake, Rue De Fortuna/Rue De Valore, Glenn Ranch, Santiago Cyn/Chapman, Crawford Cyn, Newport, Red Hill

Have a great month of cycling



Saturday Training Schedule

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



JANUARY 2009

1/03/2009

- S 26 mi. Flat to Rolling - Main, W. Yale Loop, Alton, Irvine Blvd, El Toro, Muirlands/Barranca, Von Karman
- M 34 mi. Hilly - Red Hill, Edinger/Irvine Ctr, Bake, Portola, El Toro, Toledo, Barranca, Irvine Ctr, Harvard
- L 42 mi. Elev. 1250ft. Rollies - Red Hill, Edinger/Irvine Ctr, Sand Cyn, Irvine Blvd/Trabuco, Bake, Irvine Ctr/Moulton, El Toro, Laguna Cyn, PCH, Dover, Irvine/Campus, Von Karman, Main, MacArthur
- XL 53 mi. Elev. 2600ft. Hilly - Red Hill, Walnut, Tustin Ranch, Jamboree, Santiago Cyn, Portola/Santa Margarita, Cabot, Muirlands/Barranca, Alton, Main, MacArthur

1/10/2009

- S 22 miles Flat - Red Hill, Alton, Von Karman, Michelson, Jeffrey, Irvine Ctr, Harvard, University, Von Karman, Main, MacArthur
- M 40 miles Hilly - Red Hill, Edinger/Irvine Ctr, Barranca/Muirlands, Los Alisos, Marguerite, Jeronimo, Alton, Irvine Ctr, Harvard, Main, MacArthur
- L 49 miles Elev. 1600ft. Hilly - Red Hill, Alton, Jeronimo, Olympiad, Marguerite, Crown Valley, Moulton/Irvine Ctr/Edinger, Red Hill, MacArthur
- XL 59 miles Elev. 3000ft. Hilly - Red Hill, Walnut, Tustin Ranch, Jamboree, Santiago Cyn/El Toro, Glen Ranch, Portola, Bake, Irvine Ctr/Moulton, Laguna Cyn, PCH, Dover, Irvine/Campus, Von Karman, Main

1/17/2009

- S 22 miles Elev. 375ft. Rollies - Red Hill, Tustin Ranch, Portola, Peters Cyn Bike Trail, Walnut, W. Yale Loop, University, Campus, Von Karman, Main, MacArthur
- M 37 miles Hilly - Red Hill, Edinger/Irvine Ctr, Barranca, Alton, Jeronimo, Olympiad, La Paz, Muirlands/Barranca, Irvine Ctr, Harvard, Main, MacArthur
- L 45 miles Elev. 1420ft. Hilly - Red Hill, Edinger/Irvine Ctr, Barranca/Muirlands, La Paz, Crown Valley, Alicia, Moulton, Muirlands/Barranca, Irvine Ctr, Harvard, Main, MacArthur
- XL 55 miles Elev. 2700ft. Hilly - Red Hill, Irvine Blvd., Bake, Portola/Santa Margarita, Olympiad/Felipe, Marguerite, Del Obispo, Golden Lantern/Moulton, Alton, Main, MacArthur

1/24/2009

- S 25 miles Mostly Flat - Red Hill, Walnut, Jeffrey, Irvine Blvd, Alton, E Yale Loop, Main, MacArthur
- M 37 miles Rollies - Red Hill, Edinger/Irvine Ctr, Toledo, El Toro, Los Alisos, Jeronimo, Irvine Ctr
- L 49 miles Elev. 2800ft. Hilly - Red Hill, S.E. Skyline, Foothill/Skyline, Beverly Glen, La Colina, Tustin Ranch, Jamboree, Santiago Cyn, Los Alisos/Melinda, Alicia, Jeronimo, Muirlands/Barranca, Harvard
- XL 61 miles Elev. 1950ft. Hilly - Red Hill, Alton, Irvine Blvd./Trabuco, Antonio, Ortega, Rancho Viejo/ Marguerite, Cabot, Paseo De Valencia, Los Alisos, Muirlands/Barranca, Irvine Ctr, Harvard, Main

1/31/2009

- S 25 miles Mostly Flat - Red Hill, Walnut, Jeffrey, Irvine Blvd, Alton, E Yale Loop, Main, MacArthur
- M 37 miles Rollies - Red Hill, Edinger/Irvine Ctr, Toledo, El Toro, Los Alisos, Jeronimo, Irvine Ctr
- L 44 miles Elev. 1750ft. Hilly - Red Hill, Alton, Laguna Cyn, PCH, Newport Coast, Shady Cyn, Campus, University/Jeffrey, Walnut, Red Hill, MacArthur
- XL 61 miles Elev. 1950ft. Hilly - Red Hill, Alton, Irvine Blvd./Trabuco, Antonio, Ortega, Rancho Viejo/ Marguerite, Cabot, Paseo De Valencia, Los Alisos, Muirlands/Barranca, Irvine Ctr, Harvard, Main

Have a great month of cycling

Sunday Rides

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.

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

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 8:30 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.*

December 2008 Schedule

December 7, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

- S 27 Miles. Culver, Barranca, Alton, Irvine Blvd., Tustin Ranch, Harvard, Michelson.
- M 35 Miles. Irvine, PCH, Seapoint, Bushard, PCH, Avocado, San Miguel, University.
- L 48 Miles. Alton, Laguna Cyn., PCH, Seapoint, Goldenwest, PCH, Dover, Campus.

December 14, 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. Walnut, Red Hill, Alton, Irvine Blvd., Sand Cyn., Portola, Jeffrey, Irvine Blvd.
- M 32 Miles. Portola, Tustin Ranch, Foothill, Hewes, Wanda, Newport Blvd., Culver.
- L 44 Miles. Jamboree, Santiago Cyn., Alicia, Jeronimo, Jeffrey, Culver, Irvine Blvd.

December 21, 2008 Pepper Tree Park, Tustin. Take the 4th Street exit off the 55 Fwy and go east 0.3 miles to B Street. Go right (south) 0.2 miles to the park. Pepper Tree Park is on the southeast corner of B Street and 1st Street.

- S 28 Miles. Red Hill, University, Back Bay, PCH, Campus, Von Karman, Red Hill, Bryan.
- M 33 Miles. Red Hill, Irvine, Dover, PCH, Bayside, San Miguel, Culver, Bryan, Main.
- L 39 Miles. Irvine Blvd., Marguerite, Oso, Glenwood, Moulton, Walnut, Tustin Ranch.

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

- S 28 Miles. Walnut, Harvard, Campus/Irvine, Highland, Galaxy, Red Hill, Walnut.
- M 32 Miles. Tustin Ranch, Portola, Irvine Blvd., Serrano, Alton, Barranca, Red Hill.
- L 43 Miles. Yale, UCI, Turtle Rock, Jeffrey, Alton, Jeronimo, La Paz, Irvine Ctr.

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 8:30 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.*

January 2009 Schedule

January 4, 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. Von Karman, Red Hill, Tustin Ranch, Portola, Alton, University, Campus.
- M 34 Miles. Campus, Jeffrey, Alton, Bake, Serrano, Canada, Bake, Walnut, Harvard.
- L 45 Miles. Barranca, Harvard, Red Hill, PCH, Seapoint, Bushard, PCH, Dover, Campus.

January 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. Culver, Barranca, Bake, Irvine Blvd., Modjeska, Portola, Yale, Michelson.
- M 36 Miles. Jeffrey, Irvine Ctr. Muirlands, Irvine Blvd., Portola, Walnut, Red Hill, Birch.
- L 45 Miles. Harvard, Irvine Blvd., Moulton, Laguna Cyn., PCH, Dover, Campus.

January 18, 2009 Tustin Sports Park, Tustin. Take the Santa Ana Fwy (5) to Jamboree and exit north. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.). Go 0.2 miles and enter the parking lot on the left.

- S 23 Miles. Portola, Yale, Irvine Blvd., Alton, Barranca, Irvine Ctr., Red Hill, Tustin Ranch.
- M 33 Miles. Tustin Ranch, Harvard, Eastbluff, Bayside, PCH, Red Hill, Tustin Ranch.
- L 43 Miles, 1600 Ft. Gain. Portola, Modjeska, Irvine Blvd/Trabuco, El Toro, Santa Margarita, Antonio, Felipe, Marguerite, Jeronimo, Barranca, Edinger, Red Hill, Tustin Ranch.

January 25, 2009 Tri-City Park, Placentia. Take the Orange Fwy (57) to Yorba Linda Blvd. Exit east and go 0.9 miles to Kraemer Blvd. Turn left and go 1.1 miles to Golden Ave. and turn left into the park. Follow park road left 0.3 miles to parking lot.

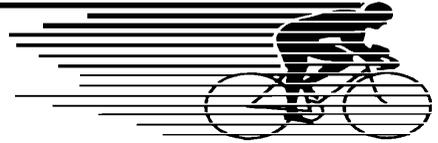
- S 22 Miles. Bastanchury, Rose, La Palma, Santiago Cyn., Lakeview, Chapman, Kramer.
- M 34 Miles. Kramer, River Trail to Green River, Lakeview, Bastanchury, Kramer.
- M 36 Miles. Rollies thru Cal Poly, new route.
- L 42 Hilly Miles to Chino via Carbon Cyn.; return via Golden Springs/Colima, Lambert.

February 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 29 Miles. Irvine, PCH, Goldenwest, Lake, Atlanta, Brookhurst, PCH, Dover, Campus.
- M 38 Miles. Campus, PCH, Warner, Slater, Bushard, Brookhurst, PCH, Dover, Campus.
- L 43 Miles. Barranca, Jeffrey, Bake, Jeronimo, Alton, University, Culver, Turtle Rock.



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

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FI'ZI:K SADDLES

HAMMER NUTRITION



Paramount Track Day

By Alan Dauger

Have you ever been curious about riding a fixed-gear track bike on a wood-surfaced indoor oval bike track? I got my chance to do it on Paramount Track Day in October at the wonderful ADT Event Center Velodrome facility at Cal State Dominguez Hills. Olympic cyclist and Coach Roger Young, who is also Director of the facility, explained the rules of the road and the techniques of riding a track bike to several novices from OCW/Paramount and from the UCI racing team. These bikes have no gears and no brakes. Everything is controlled via the crank. In case of problems up ahead, don't stop because you can't, but just pedal harder and move to the right and up the banked track. If a rider falls in front of you, he will simply slide down out of your way before you even reach him. I certainly had trepidations about doing that kind of riding, and I did not expect the great pleasure it would bring me.

Track bikes were provided to those who didn't have one. All I had to supply were my pedals. To start out I had to hold onto the safety rail on the inner part of the track and clip in, apply pressure to the pedals and off I went. To stop, just apply reverse pressure to the pedals for a while, and move toward the safety rail. These bikes are so light and responsive that riding was not hard at all. I soon got the hang of riding on the flat part of the track, then moving up to the 13 degree banked blue entry path, then on up to the 45 degree banked

track. We were instructed on the use of each part of the track. The lowest 5 feet or so, marked by black and red lines, is for performance and passing. About ten feet higher than that is a blue line, which is where you should be for backing off your speed or for endurance runs.

We novices rode three multi-circuit sessions, the first just to get the hang of it, the second as a paceline following an expert rider, and the third as eight interval sets. Meanwhile the experienced riders did some faster and more advanced workouts. Please see the photo by Ken Brant of Jim X, Bill Jackson, and Joe Mastro. When it was all over, I felt the pleasure of a good workout and the exhilaration of learning and almost mastering a completely different kind of bike riding.

GENERAL MEETING

SPEAKER RECAP 2008

By Michael Lee

So this was my first year of selecting and working with speakers for the club. As a novice at selecting cycling related presenters I hope that the club was happy with my selections and/or coersions to bring these presenters to our club meetings.

I want to thank all the speakers for their time and contributions they brought to the club.

I feel that all the speakers I brought in enlighten us to different aspects of the sport of cycling be it either for the professional, semi pro, or recreational levels. We all took something away that I'm sure helped our performance and fitness levels.

Here was the 2008 lineup:

Martha Deters - Personal Trainer

Link Lindquist and Paul D'Aquanni – Bicycle vacations in Europe

Sean Milam - Chiropractor

Campagnolo – Need we say anything

Jim Linebeck – Cycling until 100

Chuck Bramwell – California Triple Crown

Juice Plus – **Cheri Lynn RN**, Certified Health Educator - Eat Well - Be Well

Sgt Steve Randall, Irvine Police Department

Amber Neben – 2008 Women's World Time Trial Champion, 2008 Beijing Olympics



Awards Banquet 2009

Join us at the annual Awards Banquet. This year we will step outside of the usual cycling related presenter/speaker and experience the magical/comedy act of Randy Kappe. Randy is a featured family entertainer at the world renowned Magic Castle in Hollywood .

In addition Randy is the Master of Ceremonies and featured performer for Bailey's House of Magic, He has appeared on Nickelodeon's hit show "Hi-Jinks" and Discovery Channel's show "Animal Planet".

Don't miss this years Banquet ! We will also be awarding to those club members for their activities, mileage, and other club categories.

Date : Feb 21, 2009

Location : Tustin Banquet Center , Tustin , CA

Time : 6 : 00 pm

Award Banquet Reservation Fee : \$20.00 (Look for the sign up listing on the website after January 1, 2009)



TOY DRIVE

Campagnolo/ Fulcrum North America will be hosting a toy drive for local charities. Toys must be unwrapped, in packaged new condition for ages : infant to 17. We will have Bagels/ Coffee at 8am and a 30 mile ride at 10:30am. Location is 5431 Avenida Encinas Ste C, Carlsbad , CA 92008 . For more information, Please contact Brian Sarmiento 760-931-0106 or Sarmiento@campagnolona.com .



BOARD MEETING MINUTES

November 2, 2008

ATTENDANCE

Officers & Directors Present:

Dan Gorman, Irene Walker, Jim Walker, Lee Stebbins, Charlie Irwin, Doris Bingo, Ken Fry, Debi Butz, Barb Tomita, Rick Butz, Kathy Pilcher, Mike Lee, Frank Neal, Alan Dager, John McKee, Paul D'Aquanni, Jeff Rich, Kent Parish, Donna Parish, Mike Laugen, Alex Laugen, Michelle Kashima.

Members Present:

Dennis Thomas, Bob Fairfield, Henry Pilcher.

CALL TO ORDER

The meeting was called to order by President **Charlie Irwin** at 11:30 am.

MINUTES

A motion was made by **Mike Lee** and seconded by **Jim Walker** to approve the minutes of the October Board Meeting. Motion carried.

TREASURER'S REPORT

Irene Walker reported that OCW is solvent. We are close to the budget.

OCW PARAMOUNT CORPORATION REPORT

Jim Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: No report.

Vice-President: Amber Neben will be the General Meeting speaker in November. There will be no general meeting in December. January's guest speaker will be

Campy. **Mike Lee** needs a \$150 check from the treasurer for Amber and another \$150 check for the USA Women's Cycling Association. **Charlie Irwin** said that we will vote on this under old business.

Membership: OCW has 389 members with 1 new member. Paramount has 95 members.

Last month, we had 388 OCW members with 94 Paramount members.

Last year, this month we had 452 members with 123 Paramount members.

Paramount: The date for the Paramount race is set for May 31 next year. It's a great date, because the 4th of July is a problem getting volunteers. Clothing order is to be concluded by December 2. The team will concentrate on jerseys, shorts, arm warmers and vests. **John McKee** will send around the finished design. They will have a separate sock order. The Paramount logo will be on the sides and the OCW logo will be on the back. Pro deal night will be December 2 at Jax in Irvine. OCW only members can upgrade for \$21 and get in on the deals. At least one complete bike, maybe two, will be offered along with wheels, heart rate monitors and cycle computers. **John** will have the list of products out this week on Team Talk. Team members must come that night to buy the pro deal items. **John** is working on other pro deals that will be available to all OCW members, possibly Featherlite brakes.

OCW COMMITTEE REPORTS

OCW/Paramount Relationship Committee: No report. No meeting was held.

Nominating Committee: **Jeff Rich** reported that he had filled the events, editor and public relation positions. He still needs to find a secretary.

OLD BUSINESS

Fall Metric: **Charlie Irwin** reported that he rode the Fall Metric. The club made about \$500. We had about 40 riders. He has ideas to improve the ride next year.

Holiday Party: **Irene Walker** reported that the Holiday Party will be held on December 14. It should be really nice. The cost is \$10 per person. Sign up is open on the web site, and there is a deadline. There will be hand carved beef and turkey, vegetables, mashed po-

tatoes, salads and lot of desserts served on china. There will be two bottles of wine on every table. The yacht club does not allow any liquor brought onto their property, so don't bring any. We have the facility from 5 to 11 pm. It must be cleaned up by 11:00, and we can be there before 5:00 to set up. Jay's Catering is providing the food.

Awards Banquet: **Mike Lee** reported that the banquet date is February 21. The Tustin Banquet Center has been reserved and the entertainment has been secured. We will set this up on the web after the Holiday Party. Cut off for signing up for the banquet will be February 9.

2009 Budget Committee: No report. No meeting was held.

General Meeting Amber Neben: **Mike Lee** reported that Amber asked that OCW match her payment of \$150 with a contribution to the USA Women's Cycling Association. Amber said that she will give the \$150 that she receives from OCW to the association also. **Mike** took an e-mail vote and received 14 yes votes and 2 no votes. **Mike** could not find that they are a 501c3 organization, but they are applying for it. A motion was made by **Debi Butz** and seconded by **Barb Tomita** to give an additional \$150 to the USA Women's Cycling Association. **Frank Neal** was concerned that if the organization is not 501c3, then we are illegal. **Charlie** indicated that's not true. We can pay them, but we just can't say that it's a donation. **Debi** said that we could easily defend our position in case of an audit. **Kent Parish** suggested that we just give Amber \$300. An amendment to the motion was made by **Debi Butz** and seconded by **Barb Tomita** to pay Amber Neben \$300 for speaking at the General Meeting. **Frank** was opposed to paying for a General Meeting guest. Motion carried with one opposed.

Fiesta 150: **Charlie Irwin** reported that the club has been talking with the Alzheimer's Group and they are interested in helping with the ride. They would like to change the name to incorporate memory ride in the title. We will start planning in January. **Debi Butz** will take the lead on this ride and get the Alzheimer's Group to do most of the work.

Grant Request: **Kathy Pilcher** passed out a draft of the contribution request form. It still needs a change at the



OCW HOLIDAY PARTY

Come and join the fun on Sunday night, December 14th at the Huntington Harbour Yacht Club. The club is on the water (imagine that) and there should be lots of decorated boats passing by, for our entertainment.

Party starts at 5 pm and dinner is at 6 pm.

There will be a \$10.00 per person fee that will include a catered dinner with lots of desserts. There will be a no host bar available. Please make your reservation on the ocw web site by December 4th.

The Menu will include: Turkey Breast, Brisket of Beef, Vegetarian Rotollo, potatoes, vegetable medley, salad, rolls and lots of desserts.



Huntington Harbour Yacht Club
3821 Warner Ave.,
Huntington Beach
562 592-2186



(next to the Fire Station, just east of PCH)

Please bring an unwrapped toy for a foster child. The toys will be taken to Hannah's House in Orange. They are extremely grateful for our donations.

If you have any questions please call Irene Walker 562-943-9403



WESTERN STATES RIDE CALENDAR

12/13/2008	Club Christmas Century		
12/27/2008	Borrego Springs Century	R&B Bicycle Club	760.765.2200
1/6/2009	The Torture Clinic	Santiago Cycling	714.544.6091
1/11/2009	Casa Grande Century	Phoenix Metro Bicycle Club	480.239.8228
1/17/2009	Stagecoach Century, Winter	Shadow Tour LLC	858.756.4940
2/14/2009	Tour de Palm Springs	GTE Directories	760.770.4626
2/21/2009	Camino Real Double Century	Planet Ultra	
2/21/2009	CORPScamp Death Valley: Five Day Cycling Camp		AdventureCORPS
2/22/2009	Chilly Hilly	Cascade Bicycle Club	206.522.3222
2/28/2009	Death Valley Century and Double Century - Spring		Adventure Corps
2/28/2009	Mardi Gras Century	Ventura Velo	805.804.7720
3/1/2009	Cactus to Ghost Towns		714.267.4591
3/7/2009	Kings River Blossom Bike Ride	Reedley Lions Club	559.638.5391
3/14/2009	Solvang Century & Half Century	SCOR	562.690.9693
3/14/2009	Tour of Borrego	R&B Bicycle Club	760.765.2200
3/14/2009	Tour of Death Valley		714.267.4591
3/15/2009	Solvang Spring Tour	Planet Ultra	
3/21/2009	Tour de Sewer	Bell Gardens Lions Club	
3/28/2009	Redlands Rotary Ride	Redlands Rotary Club	909.793.0249
3/28/2009	Solvang Double Century (Spring)	Planet Ultra	
3/28/2009	Spring Metric Century	Orange County Wheelmen	714.956.2453
3/28/2009	Tour of Solvang Wine Country		714.267.4591
4/4/2009	Cinderella Classic and Challenge	Valley Spokesmen	925.806.9467
4/4/2009	El Tour De Phoenix	Perimeter Bicycling Assoc.	520.745.2033
4/4/2009	Stagecoach Century, Spring	Shadow Tour LLC	858.692.6220
4/5/2009	Tour of Big Sur & CA Coast		714.267.4591
4/11/2009	Joshua Tree Double Century	Anny Beck	
4/11/2009	Katy Ram Challenge	Ram Band Boosters	
4/11/2009	Mulholland Challenge	Planet Ultra	
4/11/2009	Mulholland Double	Planet Ultra	
4/12/2009	Tour of Arches and Canyonlands		714.267.4591
4/16/2009	Sea Otter Classic	Cypress Group	650.306.1414
4/18/2009	Hemet Double and Single Century	Watrous Cycling	
4/22/2009	City of Angels Fun Ride	Southern California Bicycle Expo	818.377.2006
4/25/2009	Tour De Orange County	Abused Children Charities	
4/25/2009	Wildflower Century	San Luis Obispo Bicycle Club	805.543.5973
5/2/2009	Borrego Springs Die Hard Double Metric		
5/2/2009	Fiesta 150	Orange County Wheelmen	714.956.2453
5/3/2009	Delta Century	Stockton Bicycle Club	209.482.2429
5/9/2009	Tour of Utah - Color Co.to Canyonlands		714.267.4591
5/17/2009	Foothill Century	SPHDS	408.738.3060
5/22/2009	Great Western Bicycle Rally	Great Western Bike Rally	866.909.4927
5/24/2009	Tour of Big Sur & CA Coast		714.267.4591
6/6/2009	Ride Around the Bear	Orange County Wheelmen	714.956.2453
6/20/2009	Tour of Lake Tahoe, Yosemite & Sierras		714.267.4591

LUNCH IN IRVINE

The Last Wednesday Lunch Bunch for 2008



"It's his fault" says Bob Fairfield of Jeff Rich.



Denis Kuermerle looks stylish in his Discovery jersey.



Jeff Rich is on his way.



I hope you guys didn't make Dan Gorman cry.



Dan feels better after a latte in San Juan Capistrano. Dave Rusher thought it was a good idea too.



Lunch in Irvine, the real reward for a good ride.



**OCW Wishes
You
A Happy
Birthday!**

December Babies

Mike McNelly	12/1
Greg Vaughan	12/2
Donna Nelson	12/6
Jan Hansen	12/7
Steven Paulsen	12/7
James Cawthon	12/8
Ralph Hansen	12/9
Liz Gaston	12/10
Lori DiPasquale	12/11
Tommie Kozlov	12/11
Steven Patterson	12/11
Don Sanders	12/12
Paul DAquanni	12/13
Fred Brickner	12/13
Bruce Marshall	12/14
Denise Bell	12/15
Jim Byrne	12/15
John Redgrave	12/16
Don Golden	12/18
Thomas Kenny	12/21
Peter Kompaniez	12/22
Mike Burns	12/23
Mary Bergman	12/23
Vern Castleman	12/24
John Berstein	12/24
Bill Kindel	12/26
Mike Alvarez	12/26
Curt Dosier	12/29
Jeff Byron	12/30
Mark Wells	12/30
Harold Schneider	12/31

January Babies

Tom Gate	1/1
Margaret Gate	1/1
Mike Groover	1/1
Frank Neal	1/1
Marlene Dager	1/1
Kathy Taylor	1/2
David Marino	1/2
William Mac Vicar	1/3
Don Harvey	1/5
David Steven	1/8
Alison Cozza	1/9
Alison Painter	1/9
Barbara Ruris	1/10
Dennis Kobata	1/10
Bibi Anna Mesmer	1/12
Joseph Bruney	1/13
Ollie Morrison	1/15
Paul Mesmer	1/16
Pejmon Tagizad	1/17
Tom Hauptert	1/17
Wesley Seely	1/19
Diedre Engle	1/20
Alan Levenson	1/20
Bob Walz	1/21
Ed Shuler	1/24
David Hanson	1/27
Suzanne Ackley	1/29
Anthony Tintelnot	1/29
Marcia Kuemerle	1/30

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 SEROTTA LEGEND TI Beautiful condition custom 48cm(52) sloping top tube. Titanium/carbon F3 carbon fork, ST carbon seat stays/drop outs. Sapphire Blue paint/raw titanium. Top of the line components, Campy Record Ultra Torque compact carbon 170 cranks and Record drive train brakes and shifters, Ksyrium ES Anniversary Ed. wheelset, Wintech wireless computer/cadence, Dura Ace pedals, perfect condition. Smooth/stable ride. Purchase/servicing Edge Cycle Sports. Records included. \$3500. Contact Michelle Kashima at 714.368.1315

FOR SALE: Sign-up for Torture Prelude Cycling Clinic at Santiago Cycling When:Tues. & Thurs. Evenings, Oct.2nd thru Nov. 25th, 2008 Class Times: 5:25 pm or 7:05 pm Where:Santiago Cycling at 115 N. Prospect Av., Tustin. Phone: (714) 544-6091 Call for Information or visit www.cyclingpros.com Contact Robert Kahler at 714.713.9557

FOR SALE: 2004 Specialized Enduro Comp Mountain Bike Very good condition. Full suspension. Frame size large. Many up-grades including Fox Talas Fork. XT components. Color; blue anodized. XT disc brakes. Mavic wheels. Bontrager tires and saddle. \$999.00 or best offer. Contact Alan Vester at 714.231.3164

FOR SALE: 2 amtrak entrys with train returns.....give me a call 310 614 0291 or 714 974 6986..Tom Contact Tom Madden at 310.614.0291

FOR SALE: TANDEM WHEELS NEW (WELL ALMOST) ONLT 100 MILES ON A NEW SET OF CO-MOTION TANDEM WHEELS. HUGI DT HUBS, WHEELSMITH SPOKES, VELOCITY RIMS, RIM STRIPS. 36 SPOKE FRONT, 40 SPOKES REAR. COST \$530.SACRIFICE FOR \$300. Contact Tom Gate at 951.279.6204

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

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

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

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

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

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

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

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

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

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

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

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

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

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

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

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

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

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

THE ORANGE COUNTY WHEELMEN

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