

# **THE ORANGE COUNTY WHEELMEN NEWS**

## **CHAIN REACTION**

**TANDEM TIME**  
**FEBRUARY**

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

**PARAMOUNT RACING**  
**2007**

## *General Meeting*

*No General Meeting in February*

## **2007 Awards Banquet**

Bob Roll, known as Bobke to the general public or Boob-ka to friends and teammates, will be the Awards Banquet speaker. Bob, who is well known for mangling the French language during his OLN coverage of the Tour DAY France also has a very impressive cycling history. He competed for the ground breaking American professional 7-11 Team from 1985 to 1990 and remained with the team after the sponsorship change to Motorola in 1991, then moving to Z Team of Greg LeMond,

After concluding his pro road career, Bob went on to compete professionally in mountain biking, becoming one of the first athletes to compete in both road and Mountain World Championships. Bob concluded his riding career in 1998 going on to announce cycling events for OLN and to become a prolific writer, having penned 'Bobke' and 'Bobke 2', the Continuing Misadventures of Bob Roll', Tour de France Companion 2005 and Tour de France Companion Victory Edition.

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### **CALENDAR OF EVENTS...**

Board Meeting	Sun. Feb. 4
Folding Party	Thu. Feb. 22
Tandem Time	Sat. Feb. 24
Awards Banquet	Sat. Feb. 24
Spring Century	Wed. Mar. 17

## OCW CLUB OFFICERS

President	Lee Stebbins	714.593.9226 President@ocw.org
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## BOARD OF DIRECTORS

WEB Master	Ken Fry	714.289.0917 frycat@aol.com
Paramount Racing	Greg Clarke	714.550.7646 gclarke@aol.com
Tandem Time	Charlie Irwin	949.552.8480 csirwin@bbcn.net
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Director	Scott Klages	714.318.1400 ssklages@aol.com
Director	Willie Ellis	714.256.2706 n2ridin@pacbell.net
Director	Ken Morrison	562.943.8144 okmorrison@aol.com

## BOARD MEETING

**Sunday, February 4th, 11:30 am**

All Officers and Directors are expected to attend to conduct business. Other interested members may also attend to observe how the Club is managed and may express ideas and opinions after Board business is concluded.

## FOLDING PARTY

**Thursday, February 22nd, 7:00 pm**

Hosted by:

**Ken Fry**

734 N. Lemon Hill Trail  
Orange, CA  
714-289-0917

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

**DIRECTIONS:** From the 55 Freeway go east on Chapman Ave. to Newport Blvd. (about 4 miles). Turn left on Newport Blvd. and go to Santiago Canyon Road. Turn left on Santiago Canyon Road and go about 200 yards to the entrance of Broadmoor Park Homes. Use the gate phone and dial the number listed for Fry. After you pass through the gate, turn left and you will be on Lemon Hill Trail.

## SPECIAL THANKS TO

**Sally and Jeff Rich**

**for Hosting the  
January Folding Party**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please call **Jeff Rich** at 714.998.5587.

**(OCW reimburses up to \$100)**

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## FROM THE PRESIDENT

By Barbara Tomita

Looking back on my first year as president, I am both exhilarated and exhausted by the numerous undertakings of our club. Since cyclists love to quantify their results, i.e. miles, time, heart rate, power, activity points, etc., I decided to quantify OCW's results for 2006. As you review this data, I'm sure you'll see why we're one of the best clubs in California and why we're all so tired! Thanks to all of you who make OCW such a great cycling club.

### Membership

470 Total members  
138 Paramount members  
317 Male members  
153 Female members

### Club Mileage and Activity Points

149,297 Total club mileage  
9,861 To/From miles to club rides  
3,798 Official Club Rides  
255 Riders  
42,155 Total activity points

### Club Events

Amtrak Century	
68 volunteers	1009 riders
Ride Around the Bear	
58 volunteers	366 riders
Spring Metric	
18 volunteers	70 riders
Fall Metric	
14 volunteers	135 riders
Fiesta 150	
68 volunteers	141 riders
Paramount Criterium	
21 volunteers	400 riders



### Club Activities

Cross Training Activities  
3 hikes  
Tandem Time Rides  
6 rides  
Oceanside for Lunch  
6 rides  
Holiday Rides  
4 rides

### Committees

Audit Committee	3 members
Awards Banquet Committee	6 members
Budget Committee	5 members
Donations Committee	5 members
Holiday Party Committee	5 members
Insurance Committee	5 members
Long Distance Committee	8 members
Membership Survey Committee	6 members
Share the Road Committee	4 members
Website Design Committee	6 members

### Meetings & Parties

Board Meeting Attendance	275 total for 12 meetings
General Meeting Attendance	247 total for 11 meetings
Folding Parties	128 total for 11 meetings
Awards Banquet	100 attendees
Holiday Party	66 attendees
Picnic	Cancelled due to rain

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## Special Recognition

**Jeff Rich** has served as the newsletter editor for the past three years. During that time, he has affably prodded and pleaded with us to submit our articles. In addition to the huge task of putting the newsletter together, he was responsible for printing, folding parties and mailing. It was a immense job and Jeff did it well. We are all grateful for his dedicated service.

**Barbara Barrett** is completing her third year as the Public Relations Director. As the PR Director, she successfully put articles about OCW on the front page of our local newspapers. Moreover, she effectively connected OCW with other cycling clubs to advocate for cyclist's rights. Lastly, she is the moving force behind the OCW Annual Picnic. Her energy and enthusiasm is an asset to OCW.

After listening to **Michelle Kashima's** excellent presentation at the December board meeting, the board voted unanimously to establish a "Share the Road" committee to promote cycling safety. **Michelle** has taken the initiative and OCW now has an on-line petition with over 800 signatures urging the legislature to create a cycling license plate with proceeds going toward cycling safety. Great work, **Michelle**.



## AND A GOOD TIME WAS HAD BY ALL

By Debbie Myers

On December 16, 2006, the Orange County Wheelmen held its Holiday Party at Sarducci's Capistrano Depot in San Juan Capistrano. The romance and ambience of this old train depot added to a wonderful evening of friendship, good food, and fond remembrances of the past year. Thanks to Lori Haas and Brenda Curtis, we enjoyed a variety of French pastries for dessert. YUMM—it was a chocolate lover's dream—too bad I was too full to try more than just one! After dinner, Ken Brant showed slides of Orange County Wheelmen in action during the past year. We all left with a full tummy and some very pleasant memories.

I'd like to thank my committee: Angie Carson, Margie Sepulveda, Marlys Stapelbroek, Barb Tomita, and Irene Walker, for their suggestions and input. To Lori and Brenda, thanks for the fabulous desserts. Lynne Billie, Doris Bingo, Charley Simons, and Ken Brant, we loved your photos; Ken, thank you for compiling them into a show. And finally, Barb Tomita, many thanks for all your help and support. It was a wonderful evening.

# SHARE THE ROAD

By Michelle Kashima

Orange County Wheelmen is in the process of communicating with our state senator, Dick Ackerman and state assemblyman, Chuck DeVore, along with the Department of Motor Vehicles. A petition has been created support a "Share the Road" license plate in California, such as the one that has been proposed in the state of Colorado. Shown at: [www.bicyclecolorado.org](http://www.bicyclecolorado.org).

Many of you have witnessed or encountered very hostile situations on the road between motorist and cyclists. Of course there are many cooperative motorists who do share the road with us. However, there seem to be many other motorists who are unwilling to abide by any rule or courtesy and will honk, yell, nick us with their side mirrors, or worse.

Recently we have had too many cyclists and joggers succumb to thoughtless motorists, because of drunkenness, road rage, cell phones, or just not paying attention. I have noticed weeks after these encounters the guilty motorists have usually gotten off with essentially just a slap on the hand. Unfortunately, the situation seems to be deteriorating as time goes by, and the list of injured, or worse (killed), cyclists and runners has grown longer.

Each special Colorado license plate sold will provide funding to support the Share the Road Education Fund in making roads safer. Some of their programs will include:

- Educating motorists on how to safely share the road
- Educating bicyclists on the rules of the road and safe riding
- Educating event directors and bicyclists on best practices for event safety
- Providing guidance to bicyclists involved in crashes
- Outreach to law enforcement on the rights and responsibilities of motorists and bicyclists

California, being a leader in innovative and safety-minded ideas, must give careful consideration to a program such as Colorado's. Because we have such a beautiful state that encompasses the ocean, desert, and mountains, we have thousands of cyclists and runners who enjoy being outdoors everyday, for exercise and for fun and transportation. This number of outdoor enthusiasts has increased within the last few years and will certainly continue to grow.

Orange County Wheelmen believe it is in California's best interest to move forward with Colorado's idea and form a petition to let the people of our beautiful state decide. We do believe there are enough cyclists and runners in California who are willing to see this idea come to life, as they have in Colorado.

Orange County Wheelmen is asking for support from other clubs and club members in the state of California who have experienced the same situations with motorists as we have, or who simply think this license plate proposal is a good idea.

Please help in any way in discussing this with the appropriate state or local leaders in your area, we would be very grateful. We believe we can make a difference.

Please sign the petition at:

<http://www.petitiononline.com/str1234/petition.html>

Thank you in advance for your support!

Sincerely,

Michelle Kashima

OCW Chair for Share the Road

[kashima@cox.net](mailto:kashima@cox.net)

You may also view the Share the Road letter on [www.biketiresforless.com](http://www.biketiresforless.com)

Coming in January we will have a dedicated website for Share the Road at [www.sharetheroadsaveslives.com](http://www.sharetheroadsaveslives.com) Please check it out as you will be able to get updated on happenings of our Share the Road campaign!

## A TALE OF TWO BIKE RIDES

By Dan Gorman

Two bike rides planned by individuals with very different motives sought to cross this country coast to coast this last year. One ride headed east and the other headed west. One ride had four team members and a support team which included several more people, two cars and a large motor home. The other ride was an absolutely bare minimalist approach with one rider and a total of little more than thirty pounds of gear including the bicycle.

In case you haven't guessed the effort with all of the gear was Team OC Quattro, four man RAAM contenders featuring Edward Bates, Douglas Browne, Bob Vezeau and Matthew Vujovich, who spoke at the OCW November General Meeting. This was a first and possibly last effort for Team OC Quattro which finished in a respectable seventh place even though one team member, Douglas Browne was eliminated in a bad crash in Colorado, suffering a broken clavicle, arm and nose while descending a steep downhill. The team had some hard choices to make whether to continue and how the carefully designed riding schedule would need to change if they were to go on.

The team did go on and managed a strong finish about half way up in the team standings with only three riders. An impressive ride to say the least. This was not an inexpensive effort by any stretch of the imagination nor was it easy. Someone was riding day and night for the entire duration of the event.

That brings us to our second rider, the minimalist. Adrian Stingaciu, our October General Meeting speaker, crossed the country on a solo ride in three weeks and change, 21

days, 23 hours and 15 minutes. Using techniques he picked up in ultra light camping, Adrian was able to put together a package weighing 30.3 lbs, which includes a sub 20 lb Trek 5200 and another 10 lbs plus of spares and extra clothing. This ride was an absolutely no frills event on a budget, likely spending only a fraction of what our RAAM team spent on gas alone. Camping was the order of the day and a sleeping bag was not part of the picture. Opting instead for a light weight combination of ground cloth, sleeping bag cover, a poncho, an insulation pad and collapsible water bottles for pillows all weighing in at around a pound. Adrian averaged 122 miles per day and was on the bike for more than 8.5 hours each day.

Both rides achieved the desired goals. Crossing the country by bicycle. One was an all out mad dash, the other a bit more leisurely effort affording much better sightseeing possibilities.

Both rides required a large commitment by the participants to see the effort through. It would have been easy for Adrian to call it quits and fly home at the first sign of bad weather or when the temperatures rose well above the century mark. Likewise for Team OC Quattro after losing a team member early on.

Both efforts stayed the course and proved to themselves and all of us that they have what it takes to overcome adversity and finish what they started.

I would like to thank you all again, first for coming to our meeting to tell your stories, but most importantly for opening all of our eyes to the possibilities to dare to try something that we might consider too big or too hard. All it requires is a commitment and a positive attitude.



## OCW Hiking Cross-training

### Hike to Dry Lake

The San Geronio Wilderness welcomed six intrepid adventurers on Sunday, November 12, 2006. The thermometer read only 40 degrees when we started at the South Fork Trailhead on Jenks Lake Road, just off Highway 38, and we were greeted by a thin, fresh layer of snow and ice encrusted streams at the higher elevations. When we reached Dry Lake we found it not dry at all, but about half full. The reflections of Mount San Geronio and other peaks in the lake were gorgeous to behold. This hike, eleven miles round trip with an elevation gain of 2400 feet, was beautiful and mostly tree-shaded. To make things even more exciting, we had three challenging stream crossings each direction. Thankfully we all managed to keep our balance on the logs and rocks and no one got wet. See photo by Cheryl McMurray of hikers Doris Bingo, Dan Gorman, Larry Linn, John Ryder, Cheryl McMurray, and Alan Dauger.

**Future hikes.** For 2007 we are planning to have one hike each month except December. To keep updated on future hikes, and to obtain more detailed information, please email Alan Dauger at [a\\_biker@dauger.com](mailto:a_biker@dauger.com).



**OCW Wishes  
You  
A Happy Birthday!**

### *February Babies*

Wade MacQuarrie	2/4
A.J. Nelson	2/4
Beverly Matsuda	2/5
Eric Meyer	2/7
John Nordenstam	2/7
Joe Mastro	2/7
Connie Teegarden	2/8
Andrew Melczer	2/12
Kandy Byron	2/14
William Stelzner	2/16
Dick Hunter	2/16
Diane Clanton	2/16
Joan Mary	2/17
Frank Dominik	2/18
Jeannette Barker	2/18
Michael Laugen	2/19
Barbara Danzi	2/20
Brad Decker	2/21
Cathy Painter	2/21
Michael Spitt	2/22
William Murphy	2/22
Kat Patteson	2/22
Rhonda Norman	2/23
Anne Wenninger	2/23
Henry Pilcher	2/23
Jeff Rich	2/23
Ron Smolka	2/24
Jeremy Patapoff	2/25
Kelly Aguerre	2/25
Paul Brubaker	2/28
Willie Ellis	2/28
Joe Sha	2/28

# CLUB RIDE TOTALS FOR 2006

Minimum 200 miles or 150 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act
Aguerre, Kelly	11	588	44	632	53	50
Aguerre, Martin	15	791	87	878	52	50
Allred, Alan	6	206	0	206	34	0
Alqaisi, Sammy	8	324	30	354	40	50
Alvarez, Mike	21	554	0	554	26	0
Barr, Gregory	7	242	0	242	34	0
Barrett, Barbara	3	112	0	112	37	*
Bates, Edward	0	0	0	0	0	285
Bauer, Fred	1	47	20	67	47	150
Bauer, Peg	1	30	0	30	30	185
Bell, Denise	6	320	0	320	53	0
Bergman, John	0	0	0	0	0	300
Bernstein, Martin	65	2127	19	2146	32	350
Billie, Lynne	0	0	0	0	0	200
Bingo, Doris	48	2217	884	3101	46	*
Binns, Steven	3	205	0	205	68	0
Bird, Richard	3	90	0	90	30	225
Bloom, Duane	16	571	0	571	35	0
Bolin, Chuck	19	747	528	1275	39	0
Bowers, Sue	9	331	3	334	36	0
Bramwell, Chuck	8	810	35	845	101	175
Brant, Ken	43	1600	0	1600	37	335
Brewer, Jim	20	716	0	716	35	0
Broadhag, Nancy	4	133	0	133	33	300
Broadhag, Wayne	11	582	0	582	52	525
Bruney, Joseph	15	380	0	380	25	60
Buck, Sue	25	761	69	830	30	175
Burns, Mike	3	270	0	270	90	0
Butz, Debi	50	1696	34	1730	33	*
Butz, Rick	11	375	0	375	34	700
Carson, Angela	5	235	0	235	47	225
Carson, Don	7	295	0	295	42	275
Cassidy, Bob	14	479	0	479	34	0
Castleman, Vern	21	787	0	787	37	0
Cawthon, James	3	238	0	238	79	0
Chico, Xavier	14	472	0	472	33	100
Clanton, Diane	40	1081	0	1081	27	75
Cook, Ray	15	379	0	379	25	75
Crider, Wilson	53	2059	63	2122	38	225

Member	Rides	Miles	To/Fr	Total	Avg	Act
Daley, Laura	16	451	0	451	28	0
DAquanni, Paul	73	3006	76	3082	41	175
Dauger, Alan	71	2851	1566	4417	40	1295
Davidson, Bob	7	427	34	461	61	0
Decker, Will	1	100	0	100	100	185
Delfante, Dianna	2	60	0	60	30	150
DiPasquale, Lori	25	784	0	784	31	0
Dosier, Curt	0	0	0	0	0	150
Ellis, Willie	33	1319	24	1343	39	295
Engle, Diedre	65	2051	0	2051	31	200
Fairfield, Bob	7	290	0	290	41	50
Fieldhouse, Bob	33	1256	0	1256	38	25
Flores, Marco	18	652	0	652	36	0
Forward, Scott	13	516	15	531	39	0
Fry, Ken	81	2822	143	2965	34	650
Gaston, Stuart	19	647	183	830	34	150
Geister, Peter	27	950	228	1178	35	0
Gerrard, Peter	5	293	12	305	58	25
Gibson, Connie	24	754	0	754	31	0
Gibson, Dave	17	604	21	625	35	0
Gorman, Dan	50	2279	893	3172	45	*
Grotz, John	0	0	0	0	0	150
Grotz, Sylvia	0	0	0	0	0	225
Guttentag, Fred	112	4318	0	4318	38	175
Hancock, Therese	20	631	2	633	31	0
Hanson, Brenda	36	1367	0	1367	37	200
Hanson, Michael	49	1869	0	1869	38	200
Hofflich, David	13	697	0	697	53	0
Hofflich, Heather	8	317	0	317	39	0
Hofstetter, Jeff	21	671	0	671	31	310
Howe, Bret	0	0	0	0	0	225
Huey, Patrick	86	3116	0	3116	36	250
Hunter, Dick	28	716	0	716	25	0
Irwin, Charlie	9	436	6	442	48	525
Jones, Kelli	0	0	0	0	0	150
Jordaan, Dave	0	0	0	0	0	150
Jorgensen, Erik	6	245	0	245	40	0
Kaufman, Mark	16	1050	42	1092	65	100
Kibble, Greg	94	3869	118	3987	41	1225
Klages, Scott	56	2198	9	2207	39	250
Larkin, Don	7	255	12	267	36	0
Laugen, Alex	39	1437	78	1515	36	575



Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Laugen, Lorna	49	1783	137	1920	36	575	Pohle, Steve	90	3804	90	3894	42	275
Laugen, Michael	66	2471	147	2618	37	675	Poorman, Penny	0	0	0	0	0	150
Laxamana, Kelley	30	1067	32	1099	35	25	Pugh, Jim	44	2232	0	2232	50	250
Lee, Michael	39	1507	154	1661	38	50	Rapp, Brian	37	1435	33	1468	38	400
Levenson, Alan	25	1064	0	1064	42	25	Rich, Jeff	18	894	680	1574	49	*
Lipnisky, Dan	5	242	16	258	48	75	Rich, Sally	0	0	0	0	0	225
Longo, Leo	8	256	35	291	32	250	Ritari, Ross	56	1993	16	2009	35	*
Mac Vicar, William	22	613	0	613	27	400	Ryder, John	52	1715	0	1715	32	0
MacQuarrie, Wade	3	226	0	226	75	0	Schapel, Alan	39	1758	0	1758	45	0
Madden, Tom	11	322	0	322	29	0	Schneider, Harold	1	28	0	28	28	150
Madigan, Tim	22	662	0	662	30	100	Sepulveda, Irineo	22	739	20	759	33	100
Marino, David	6	602	0	602	100	0	Sepulveda, Margie	24	776	10	786	32	200
Mastro, Joe	3	135	0	135	45	200	Sharp, Scott	0	0	0	0	0	550
McKee, John	0	0	0	0	0	465	Sharp, Tracy	0	0	0	0	0	200
McMurray, Cheryl	14	542	379	921	38	600	Shuler, Ed	13	636	0	636	48	0
McNealy, Don	4	122	0	122	30	225	Simons, Charley	9	343	2	345	38	375
Melczer, Andrew	3	311	9	320	103	0	St. James, Kasey	10	478	0	478	47	100
Mendoza, Gil	1	100	0	100	100	300	Stapelbroek, Dutch	42	1564	0	1564	37	225
Meyer, Eric	51	2325	113	2438	45	25	Stapelbroek, Marlys	30	1127	30	1157	37	230
Miller, Howard	1	40	0	40	40	150	Stebbins, Lee	52	2102	157	2259	40	900
Moore, Joseph	49	2183	249	2432	44	50	Tisler, Sue	3	265	0	265	88	0
Morgan, Roger	1	30	0	30	30	400	Tisler, Tom	3	265	0	265	88	0
Morrison, Ken	76	2459	0	2459	32	1050	Tomita, Barbara	49	1667	54	1721	34	*
Morrison, Ollie	59	1760	0	1760	29	950	Tripp, Rob	14	608	0	608	43	0
Myers, Debbie	35	1287	0	1287	36	470	Trudell, Alan	39	1545	0	1545	39	0
Nafel, Gloria	39	1404	793	2197	36	25	Urick, Lisa	8	356	0	356	44	0
Neal, Frank	7	481	203	684	68	325	Van Horn, Don	17	635	0	635	37	75
Nelson, A.J.	0	0	0	0	0	235	Vandeventer, Scott	4	290	0	290	72	0
Nelson, Donna	0	0	0	0	0	235	Velez, Mingo	6	216	0	216	36	0
Nishio, Alan	3	230	0	230	76	0	Viloria, Ron	21	809	0	809	38	100
Nordenstam, Crystal	27	911	0	911	33	0	Walker, Irene	48	1701	0	1701	35	*
Nordenstam, John	27	911	0	911	33	0	Walker, Jim	86	2846	0	2846	33	*
Painter, Cathy	3	189	0	189	63	285	Weathers, Kim	3	228	0	228	76	100
Painter, Lee	3	189	0	189	63	260	Wenninger, Joe	6	230	40	270	38	25
Pariseau, Brien	8	377	0	377	47	0	Whiteside, Julia	0	0	0	0	0	250
Parish, Donna	51	1610	221	1831	31	*	Whiteside, Matt	0	0	0	0	0	250
Parish, Kent	50	1574	208	1782	31	*	Whitney, David	8	306	10	316	38	150
Patapoff, Jeremy	0	0	0	0	0	150	Will, David	19	869	0	869	45	0
Patterson, Doug	3	299	0	299	99	125	Williams, C.J.	7	309	0	309	44	200
Peppard, Kent	2	131	0	131	65	300	Willits, Lyle	18	716	516	1232	39	0
Pilcher, Henry	65	2470	0	2470	38	350	York, Steve	12	475	0	475	39	0
Pilcher, Kathy	36	1292	0	1292	35	400	Zellers, Steve	13	638	0	638	49	25

## TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Guttentag, Fred	112	4318	0	4318	38	175
Kibble, Greg	94	3869	118	3987	41	1225
Pohle, Steve	90	3804	90	3894	42	275
Huey, Patrick	86	3116	0	3116	36	250
DAquanni, Paul	73	3006	76	3082	41	175
Dauger, Alan	71	2851	1566	4417	40	1295
Walker, Jim	86	2846	0	2846	33	*
Fry, Ken	81	2822	143	2965	34	650
Laugen, Michael	66	2471	147	2618	37	675
Pilcher, Henry	65	2470	0	2470	38	350
Morrison, Ken	76	2459	0	2459	32	1050
Meyer, Eric	51	2325	113	2438	45	25
Gorman, Dan	50	2279	893	3172	45	*
Pugh, Jim	44	2232	0	2232	50	250
Bingo, Doris	48	2217	884	3101	46	*

## TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Guttentag, Fred	112	4318	0	4318	38	175
Kibble, Greg	94	3869	118	3987	41	1225
Pohle, Steve	90	3804	90	3894	42	275
Huey, Patrick	86	3116	0	3116	36	250
Walker, Jim	86	2846	0	2846	33	*
Fry, Ken	81	2822	143	2965	34	650
Morrison, Ken	76	2459	0	2459	32	1050
DAquanni, Paul	73	3006	76	3082	41	175
Dauger, Alan	71	2851	1566	4417	40	1295
Laugen, Michael	66	2471	147	2618	37	675
Engle, Diedre	65	2051	0	2051	31	200
Bernstein, Martin	65	2127	19	2146	32	350
Pilcher, Henry	65	2470	0	2470	38	350
Morrison, Ollie	59	1760	0	1760	29	950
Ritari, Ross	56	1993	16	2009	35	*

## TOP TO/FROM MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Dauger, Alan	71	2851	1566	4417	40	1295
Gorman, Dan	50	2279	893	3172	45	*
Bingo, Doris	48	2217	884	3101	46	*
Nafel, Gloria	39	1404	793	2197	36	25
Rich, Jeff	18	894	680	1574	49	*
Bolin, Chuck	19	747	528	1275	39	0
Willits, Lyle	18	716	516	1232	39	0
McMurray, Cheryl	14	542	379	921	38	600
Moore, Joseph	49	2183	249	2432	44	50
Geister, Peter	27	950	228	1178	35	0
Parish, Donna	51	1610	221	1831	31	*
Parish, Kent	50	1574	208	1782	31	*
Neal, Frank	7	481	203	684	68	325
Gaston, Stuart	19	647	183	830	34	150
Stebbins, Lee	52	2102	157	2259	40	900

## TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Dauger, Alan	71	2851	1566	4417	40	1295
Kibble, Greg	94	3869	118	3987	41	1225
Morrison, Ken	76	2459	0	2459	32	1050
Morrison, Ollie	59	1760	0	1760	29	950
Stebbins, Lee	52	2102	157	2259	40	900
Butz, Rick	11	375	0	375	34	700
Laugen, Michael	66	2471	147	2618	37	675
Fry, Ken	81	2822	143	2965	34	650
McMurray, Cheryl	14	542	379	921	38	600
Laugen, Lorna	49	1783	137	1920	36	575
Laugen, Alex	39	1437	78	1515	36	575
Sharp, Scott	0	0	0	0	0	550
Irwin, Charlie	9	436	6	442	48	525
Broadhag, Wayne	11	582	0	582	52	525
Myers, Debbie	35	1287	0	1287	36	470

## 2006 STATISTICS

Month	Rides	Miles	Month	Rides	Miles
Jan	265	10387	Aug	434	16938
Feb	203	8101	Sep	416	21183
Mar	222	8318	Oct	301	11248
Apr	302	10519	Nov	301	11273
May	294	10760	Dec	319	11845
Jun	317	13022	Totals	3798	149279
Jul	424	15685			

Average 39.3

Day	Rides	Miles
Sun	1165	39767
Mon	40	1317
Tue	449	13213
Wed	101	3757
Thu	73	2190
Fri	285	11497
Sat	1685	77538
Totals	3798	149279

Average 39.3

# Weekly Ride Schedule

(Helmets are required)

## 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@bbcnnet.com.

**Tuesday Evening Rides** - 5:30 PM Training at The Square Take the San Diego Fwy (405) to the MacArthur exit and go north 0.1 miles to Main Street. Park behind Starbucks. Interval Training around Sky Park Circle. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

## WEDNESDAY

Mountain Bike Ride - The Wednesday Night Bike Ride is over for the winter. This ride will return in 2006.

## THURSDAY

**Thursday Evening Rides** - 5:30 PM Oak Creek Reservoir in Anaheim Hills. Parking is off Canyon Rim Rd and Laketop Drive, sign says Feather Hill, turn into that neighborhood and park in front of the reservoir, near Flicker Ct. Ride leader is **Sue Buck**, 714-508-9061 or [suebuckrider@cox.net](mailto: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 Leader **Alan Dauger**, [a\\_biker@dauger.com](mailto:a_biker@dauger.com).

## SATURDAY

**Training** - 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. Ride Leader **Ross Ritari**, 714.968.6270.

## CENTURY SERIES

If you're interested in doing centuries or double centuries, this is a great training tool. **Mike Burns** and **Chuck Bramwell** are 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](mailto:ridecaptain@ocw.org)

# Saturday Training Schedule

Ride Leader-Ross Ritari

The Saturday Training Rides are offered to improve individual and group riding skills and to promote the sport of bike riding. There are usually three rides scheduled each Saturday-Short, Medium and Long. We do not ride when weather conditions are unsafe or there is an OCW Special Event that day. The Training Rides start at The Square, (formally 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 me know, so I can find a group that fits your present riding ability. **Rides start at 8:30 AM.**

## February 3<sup>rd</sup>

S-29 Miles, Rollies-Edinger, Irvine Blvd., Serrano, Alton

M-37 Miles, Rollies, 1,000 Ft. Gain-Irvine Ctr., Los Alisos, Marguerite, Jeronimo

L-49 Miles, Hilly-Jeronimo, La Paz, Olympiad, Vista Del Lago, Moulton

XL-70 Miles, Hilly-Tustin Ranch, Santiago Cyn.(CW), Live Oak, Antonio Pkwy., Pacific Park, Muirlands

## February 10<sup>th</sup>

S-23 Miles, Rollies-Barranca, Vista Del Oro, Turtle Rock, Harvard

M-33 Miles, Hilly, 1,000 Ft. Gain-Edinger, Bake, El Toro, Alton

L-43 Miles, Hilly-Moulton, Aliso Creek, Laguna Cyn., Dover, Irvine Ave.

XL-61 Miles, Hilly-Trabuco, Antonio Pkwy., Ortega Hwy., Cabot, Muirlands

## February 17<sup>th</sup>

S-27 Miles, Rollies, 525 Ft. Gain-Mesa, Barranca, Eastbluff, Harvard

M-37 Miles, Hilly-Edinger, Jeronimo, Olympiad, Barranca

L-47 Miles, Hilly, 1,000 Ft. Gain-Tustin Ranch, Wanda, Lakeview, Hewes, Red Hill

XL-59 Miles, Hilly, 3,000 Ft. Gain-Tustin Ranch, Santiago Cyn.(CW), Bake, Laguna Cyn., PCH

## February 24<sup>th</sup>

S-24 Miles, Flat-Red Hill, Walnut, Jeffrey, Sand Canyon

M-33 Miles, Rollies, 700 Ft. Gain-Irvine Ctr., Toledo, Irvine Blvd., Tustin Ranch

(This ride is for both Tandem Time riders and single bike riders)

L-45 Miles, Hilly-Sunflower, S.A. River Trail, Weir Canyon, Serrano, Tustin Ranch

XL-61 Miles, Flat-PCH, S.A. River Trail, Gypsum Cyn., Hewes, Tustin Ranch Rd.

## March 3<sup>rd</sup>

S-24 Miles, Flat-Michelson, Alton, Irvine Blvd., Main

M-31 Miles, Rollies, 850 Ft. Gain-Alton, Serrano, Dimension, Irvine Blvd., Harvard

L-42 Miles, Some Hills, 1,250 Ft. Gain-Irvine Blvd., Moulton, Laguna Cyn., PCH, Irvine Ave.

XL-58 Miles, Hilly, 2,900 Ft. Gain-Alton, Bake, Marguerite, Selva, Moulton

Hi everyone. If you have any questions or concerns about the rides, let me know by emailing me at [Training@ocw.org](mailto:Training@ocw.org). Happy cycling!



## Tandem Time

### Ride Directors

Henry & Kathy Pilcher

Please join us for a Tandem Time ride on Saturday, February 24, 2007, starting at 8:30 a.m. from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 35 miles. Remember to stay and enjoy the dessert treats courtesy of the Orange County

Wheelmen.

Please share this information with interested tandem riders and email us at [Hkpilcher@aol.com](mailto:Hkpilcher@aol.com) or call us at 714-998-5734 if you have further questions.

We look forward to seeing you!

# Sunday Rides

**Call 714.956.BIKE for up-to-date OCW info.**

**Or: Internet Web: <http://www.ocw.org>**

**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.*

## February 2007 Schedule

**February 4, Carl's Jr., Irvine.** (Board Meeting Scheduled at 11:30AM). Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

S-24 Miles. Von Karman, Red Hill, Tustin Ranch, Portola, Jeffrey/University, Harvard.

M-34 Miles. **New**, Red Hill, Bryan, Irvine Ctr., Muirlands, Valencia, Carlota, Ridge Route, Irvine Ctr., Alton, Jeffrey, Michelson.

L-45 Miles. Alton, Muirlands, Los Alisos, Alicia, Pacific Is., Golden Lantern/Irvine Ctr., University.

**February 11, Pepper Tree Park, Tustin.** Take the 4<sup>th</sup> 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 1<sup>st</sup> Street.

S-24 Miles. Bryan, Portola, Jeffrey, Alton, Red Hill, Tustin Ranch, Bryan.

M-35 Miles. Bryan, Jeffrey, UCI, San Miguel, PCH, Dover, Von Karman, Red Hill.

L-38 Miles. Newport Blvd., Santiago Cyn., Bake, Barranca, Edinger, Red Hill, Bryan.

**February 18, Yorba Regional Park, Anaheim.** Take the Riverside Fwy (91) east to Imperial Hwy. Turn left (north) on Imperial Hwy and go 0.3 miles to La Palma Ave. Turn right on La Palma Ave and go 1.0 mile to the first park entrance on the right, near the baseball field.

S-21 Miles. La Palma, Esperanza/Orangethrope, Taft, River Trail, Lakeview, La Palma.

M-36 Miles. La Palma, Santa Ana Cyn. into Anaheim Hills. Return via River Trail, Lakeview and Yorba Linda Blvd.

L-40 Miles. River Trail, Green River, Ontario, Lincoln, Bedford Cyn., Ontario, Green River, La Palma.

**February 25, 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-26 Miles. Jeffrey, Irvine Ctr., Alton, Irvine Blvd., Tustin Ranch, Edinger, Walnut.

M-32 Miles. Tustin Ranch, Portola, Irvine Blvd., Serrano, Alton, Barranca, Red Hill, Walnut.

L-43 Miles. Yale, University, UCI, Turtle Rock, Alton, Jeronimo, Olympiad, Barranca, Irvine Ctr.

**March 4, Carl's Jr., Irvine.** (Board Meeting Scheduled at 11:30AM). Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

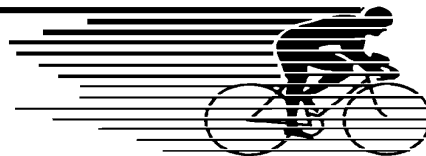
S-25 Miles. Von Karman, Red Hill, Tustin Ranch, Hick's Trail, Jeffrey/University, Harvard, Campus.

M-31 Miles. Campus/Irvine, PCH, Bayside, Poppy, PCH, Laguna Cyn., University.

L-37 Miles. Harvard, Turtle Rock, Jeffrey, Alton, Jeronimo, La Paz, Barranca, Irvine Ctr., Harvard.



# PARAMOUNT RACING



## TEAM MEETING

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

President	John McKee	pres@paramountracing.org
Vice President	Scott Sharp	scsharp@yahoo.com
Treasurer	Anne Wenninger	anne.wenninger@cox.net
Secretary	Angela Carson	arlcarrson@yahoo.com
OCW Liaison & Membership	Greg Clarke	glclarke@aol.com
Vice President Webmaster	Scott Sharp	scsharp@yahoo.com
Rider Advocate	Ethan Ede	motiongraf@yahoo.com
Vice President of Sponsorship	Joe Matsumoto	banzai_joe@hotmail.com
Vice President Coaching and Training	Kent Peppard	kpeppardphd@aol.com
Manager of Women's Elite Team	Matt Whiteside	matt@biketough.com
Race Director	John Bergman	jands.bergman@verizon.net

## PARAMOUNT TEAM TRAINING RIDE

**Saturday:** 8:30 am, Food Park Ride - Main St / MacArthur, Irvine. We and the other race teams will take the Laguna Canyon route to PCH, and through the Back Bay in Newport Beach (34 miles fast paced).

**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 race 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.

Paramount Racing Website: [www.ParamountRacing.org](http://www.ParamountRacing.org)

## *RACE TEAM SUPPORTERS*

SERFAS

TWO WHEELER DEALER

VITTORIA

CANNONDALE

HAMMER GEL

PROBICYCLES.COM

KENNYBZ.COM

RUDY PROJECT

FRYE SYSTEM SOLUTIONS

FIZIK

PROFILE DESIGN

# Paramount Spring Metric Century

## Century

By John McKee

Spring Century, Metric Century and 40 Mile Tester. This year the Spring Metric(3/17/07) has been expanded and gives the rider 3 options for your choose.

**Option 1** is the standard Metric Century that starts in Yorba Linda and goes out to Corona and comes back.

The new portion of the ride is **Option 2**. This also starts at YLRP but goes thru Anaheim, Orange, Irvine and gives you a test of a climb in the last 10 miles. The total distance of the OC portion is 40 miles.

**Option 3** will do the Orange County route and come back by the Park and then do the Metric Century.

The Park will obviously be a rest stop but there will also be a rest stop in front of new Paramount sponsor JAX. Their Irvine store will have a rest stop on the street near the store. There will also be the traditional rest stop at the turn around in Corona. There will be a drawing for Jax Gift certificates, team jerseys, water bottles and other stuff. There will be a meal of pizza, salad and apple pie when you return from your ride.

Paramount will be producing this ride so OCW members relax and just RIDE and enjoy yourself. More details will be available soon on the OCW website.



### 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!....***

John Berstein	Irvine
Joel Brown	Rancho Santa Margarita
Steven Fink	Costa Mesa
Emmie Heidner	Garden Grove
Gary Heidner	Garden Grove
Ben Lassanske	Lake Forrest
Nathan Lassanske	Irvine
Scott Wendling	Claremont

# *Orange County Wheelmen's Awards Banquet*

The Turnip Rose  
300 S Flower Street  
Orange, CA

Come and enjoy an evening of fine dining  
and excellent entertainment  
with your cycling friends.

Our Special Guest Speaker will be  
Bob Roll

Bob's career has included riding four Tours de France, three Giro d' Italia, including critical support of Andy Hampsten's 1988 Giro victory, the only American to ever win the Giro. Bob has also won stages at the 1985 Coors Classic and 1988 Tour de Romandie as well as overall wins at the 1997 and 1998 San Francisco Hill Climb.

*February 24, 2007*

*6:00 pm*

Adults and Children \$30.00, Non-Members \$40.00  
One guest per membership  
Register Online at <http://www.ocw.org>



# CAPTAINS & STOKERS

By Kathy Pilcher

**Captain:** From the Latin word capitaneus (chief) which is derived from caput (head). Commander of the ship and a dominant figure. Ranks below the Rear Admiral.  
**Stoker/The Rear Admiral:** From the Middle Dutch word stoken, which means to poke. Some scholars believe the original term was stokra, an early Roman word referring to a female slave who pushed carts uphill. The most convincing etymology is from the Greek word stoikos, having to do with Stoics, a sect who suffers without complaining.

When Henry and I purchased our first tandem about 20 years ago there were very few tandem riders. Singles quickly learned that once tandems gain momentum they can fly so singles lined up for fast downhill rides and over freeway overpasses. Within a few years more couples started purchasing tandems and pretty soon there were large groups of tandem riders within the Orange County Wheelmen, the Bicycle Club of Irvine, and other bike groups. Singles now had lots of tandems to choose from for every downhill and overpass. They loved it!

With the tandem captain having complete charge of the bike it leaves stokers with little else to do but pedal, pedal, pedal and stare at the white lines running down the street. Stokers are not to lean or move around otherwise upsetting the tandem and especially the captain. We are the gibs or gals in back. Someone once observed that stokers are a bit like Stepford wives. We make no decisions on when to brake or shift a gear. We put all our trust with the captain who keeps the bike upright and moving in a straight line while avoiding as many potholes as possible. We are there to serve the captain and pedal fast. So compatibility between the captain and the stoker is of paramount concern. In light of this, the United States Tandem Women's Organization (USTWO) suggests reviewing the following questions prior to purchasing a tandem:

Can you both agree on a pedal cadence?

Have you determined your matching jersey, vest, and socks color theme?

Have you successfully completed a major home project without becoming verbally abusive?

Are you riding a tandem to enjoy the scenery or to beat the dickens out of everyone in the pack?

As a stoker it's great to ride a tandem as we are never dropped from the group. We hang on for dear life on the back of the tandem pedaling as fast as we can while our captain sails down hills and over rolies. Now and then the captain throws out an encouraging word or two to push the stoker to pedal faster. However, a few single riders have heard comments from captains that are not quite up to the encouraging standards that one expects from the captain of a tandem. It seems that as the group increases the speed of the ride the captain expects the stoker to maintain that speed at all cost.

Following are a few choice comments singles have heard from captains:

What are you doing back there???

I said circles! Pedal in circles!!! We're getting dropped!!! Power up. Oh!  
Did you want more power???

If that's all you've got then we might as well turn around now!!!

If you can still talk then you're not working hard enough. No more talking!!!

Good girl. Keep on pedaling. That's a good girl!!!

Don't worry about anyone behind us. Just pedal!!!

Quit looking in the %#\*&%# mirror and pedal!!!

This is the last hill so you better not have anything left when we get to the top!!! Do you???  
Well, yes, I do. But you're not getting it.

Thank goodness none of the Tandem Time captains would make one of these comments! Looking forward to riding with everyone in 2007 and hearing other stories to add to the Tandem Time lore.

# BOARD MEETING MINUTES

December 3, 2006

## ATTENDANCE

Officers & Directors Present:

**Barb Tomita, Dan Gorman, Doris Bingo, Jim Walker, Debi Butz, Kent Parish, Irene Walker, Jeff Rich, Barbara Barrett, Kathy Pilcher, Alan Dauger, Charlie Irwin, Lorna Laugen, Ken Fry, Dutch Stapelbroek, Greg Kibble, Rick Butz, Scott Klages, Mike Laugen, Debbie Myers.**

Members Present:

**Alex Laugen, Claude Isambert, Ken Brant, Steve Zeller, Steve Pohle, Cheryl McMurray, Michelle Kashima.**

## CALL to ORDER

The meeting was called to order by President **Barb Tomita** at 11:30 am.

## MINUTES

A motion was made by **Dutch Stapelbroek** and seconded by **Irene Walker** to approve the minutes of the November Board Meeting. Motion carried.

## TREASURER'S REPORT

The club is solvent. A motion was made by **Irene Walker** and seconded by **Alan Dauger** to accept the treasurer's report. **Charlie Irwin** mentioned that the treasurer's report does not presently include some adjustments. Motion carried.

## VISITORS

**Barb Tomita** welcomed two visitors to the meeting, **Michelle Kashima**, and **Steve Zeller**, who just returned from Iraq two weeks ago.

## STATUS REPORTS

President: **Barb** has found some board members who are willing to deal with the folding party, so the folding parties will continue in 2007. **Jeff Rich** will schedule the folding parties. **Jim** and **Irene Walker** will have the newsletters shipped to them, and they will bring the newsletters to the folding party. **Jeff** mentioned that 30 people attended last month's folding party.

Touring committee will look at scheduling an easy weekend activity, possibly in Solvang for a weekend

ride and stay overnight. **Cindy Von Tungeln** will be on the committee, and she is in the process of asking other members to be on the committee.

Orange County Bicycle Coalition: **Don Harvey** thanked OCW for help on the Dana Point situation. Another issue has come up in Huntington Beach having to do with some closures. OCW may be asked to do something in the future.

OCW was written up in Bicycling Magazine regarding the Amtrak. The club made it into a national magazine.

Holiday Light rides organized by **Debby Kelly** will take place on two different nights, the 12<sup>th</sup> and the 19<sup>th</sup>.

Vice President: No report.

Secretary: **Jeff Rich** will do the minutes at the January board meeting.

Membership: OCW has 479 members with 9 new members. Paramount has 146 members.

Events: No report.

Ride Captain: No report.

Editor: No report.

Statistician: Absent. **Kent Parish** reported that all stats, especially the activity points are in.

Public Relations: No report.

Training: Absent.

Paramount: Absent.

Tandem Time: Tandem Time will be next Saturday at 8:30 starting from the Square. We will be having desserts again. There is a possibility of rain, but we will still have desserts even if it is raining. **Kathy Pilcher** indicated that the whole group will not necessarily stay together during the ride, but she would like a nice pace on a relatively rollie holiday ride for December. We've been getting a lot of non-OCW riders, so if the ride is at a moderate pace, everyone has a good time.

Goat Hill: No report.

Web Master: No report.

Inventory: No report. The **Walker's** computer is up and running.

Insurance: No report.

### **OCW COMMITTEES**

Holiday Party Committee: The Holiday Party will be on held on December 16 at Sarducci's in San Juan. There is a choice of four entrees for dinners, chicken, steak, eggplant and halibut. Forty people have signed up as of last night. Another mass e-mail will be sent out. There will be slide show and a blow out inventory sale on leftover clothing, first come, first serve. The train will not work out with the party, because it doesn't run late in the winter. Amtrak will work, however, but is more expensive.

Contributions Committee: **Greg Kibble** reported that they will deliver bicycles to the Hannah House, and he will be e-mailing committee members to help him carry the bikes. The bike shops which helped out with the donation were Road & Road Cyclery and Switchback. Camp Pendleton's Wounded Warriors were not interested, because they did not have enough room, so only half the amount that was approved was spent.

Awards Dinner Committee: Cover under new business.

Nominating Committee: **Jeff Rich** reported that no one else wants to run against the incumbents. The ballot will go out this week with everyone running unopposed.

### **OCW PARAMOUNT CORPORATION REPORT**

A meeting was held to take care of items relating to the insurance. The OCW treasurer is now also the OCW Paramount Corporation treasurer. The number of directors was reduced to three, which includes **John McKee, Alan Dauger** and **Jim Walker**. The insurance for the director and officers, which is \$3500 has been discontinued. **Alan** mentioned that all events are under OCW and so is the insurance coverage. Paramount Racing is part of OCW. **Jim** has requested

a cancellation of the insurance and the insurance company will pro rate the fee and send a check back, which will take about three weeks. OCW Paramount Corporation is solvent.

### **OLD BUSINESS**

2007 Budget Adoption: **Barb Tomita** would like the budget in place in January, 2007. The membership fee would go up \$5 for single and family memberships. **Charlie Irwin** thought it was supposed to be \$10, and we shouldn't adopt the budget until the numbers are verified. **Irene Walker** suggested that we go ahead and adopt the budget with the \$5 increase, then monitor it as the year goes on. **Jim Walker** stated that \$300 needs to be added as an expense for **Marlys Stapebroek's** Member Support Group. We usually set aside \$2000 for donations. Normally the club donates \$1000 to OCBC and \$1500 to the UCI Cycling Team. **Debi Butz** suggested that the club limit donations to \$2000, and then the club can vote on changing the amount depending on how our income fairs. A motion was made by **Alan Dauger** and seconded by **Irene Walker** to accept the 2007 budget as presented and as amended. Motion carried. **Irene** was instructed to go ahead with the \$5 increase in membership.

### **NEW BUSINESS**

California Bicycle Safety License Plate: **Michelle Kashima** reported that she became upset when she was grazed by a motorist, and these types of incidents seem to be escalating. Colorado is doing license plates to Share the Road. The proceeds go toward educating both motorists and cyclists about sharing the road. This is still in petition, and **Michelle** contacted Colorado to ask how they put this program together. You have to go to a state representative with a petition. She is hoping California would do something like this. We are all tired of hearing stories of riders getting killed, and we need more education for motorists. This would be a start. A motion was made by **Debi Butz** and seconded by **Jim Walker** to form the Share the Road committee chaired by **Michelle** to look at what the club could do in this area. **Barb** is asking the both the outgoing and incoming public relations officers for connections. **Greg Kibble** suggested legislation for motorists to keep a distance of 3 feet from cyclists. Motion carried.

Continued on Page 20

Audit Committee: **Barb** reported that the bylaws call for an annual audit. **Anne Wenninger** will chair the audit committee which will include **Brent Weindling** and **Tracy Sharp**. A motion was made by **Debi Butz** and seconded by **Dutch Stapelbroek** to approve the audit committee. **Charlie Irwin** stated that both sets of books, OCW and OCW Paramoun Corporation, need to be audited. Motion carried.

Inventory Party: **Barb** stated that the storage locker needs to be cleaned out.

Award Dinner: **Dan Gorman** reported that a member requested to send a check for the banquet rather than sign up on the website, and asked how the club should handle these situations. **Jim Walker** said to have him send a check to arrive on January 1, 2007. **Alan Dauger** and **Fred Guttentag** have volunteered to pick up the banquet guest speaker, Bob Roll, as long as **Alan's** wife can get a ride to the banquet. Bob Roll requested a wireless mic, a cord of 50ft or a wireless headset for the banquet. **Dan** will check with the Turnip Rose to ask if they have the necessary equipment. Only 53 people have signed up for the banquet. **Ken Fry** said he will put it on the front page of the website after the holiday party is over. **Dan** will send out a mass e-mail announcing that the banquet registration is now open, and if the member is signing up a guest, they must do it at the same time. A guest cannot be added later.

## ADJOURNMENT

A motion was made by **Alan Dauger** and seconded by **Dutch Stapelbroek** to adjourn. Motion carried. The meeting was adjourned at 12:18 pm.

Respectfully submitted by **Doris Bingo**.

## BOARD MEETING MINUTES

January 7, 2007

### ATTENDANCE

Officers & Directors Present:

**Barb Tomita, Jim Walker, Kent Parish, Donna Parish, Irene Walker, Jeff Rich, Ross Ritari, Lee Stebbins, Charlie Irwin, Lorna Laugen, Ken Fry, Scott Klages, Mike Laugen, Debbie Myers, and Ken Morrison**

Members Present:

**Steve Zellers, Mark Parish**

### CALL to ORDER

The meeting was called to order by President **Barb Tomita** at 11:30 am.

### MINUTES

A motion was made by **Lee Stebbins** and seconded by **Irene Walker** to approve the minutes of the December Board Meeting. Motion carried.

### TREASURER'S REPORT

The club is solvent. A motion was made and seconded by to accept the treasurer's report. Motion carried.

### STATUS REPORTS

President: **Barb** received a "thank you" letter from Hannah House thanking OCW for their toy contributions. Thank you to **Dutch Stapelbroek** and **Greg Kibble** for their support on the Bicycle Giveaway. International City Racing is looking for volunteers to help on the Amgen Tour of California on February 24<sup>th</sup>

Vice President: Absent.

Secretary: Absent.

Membership: OCW has 470 members with 9 new members. Paramount has 138 members.

Events: Absent.

Ride Captain: No report.

Editor: No report.

Statistician: No report.

Public Relations: Absent.

Training: Absent.

Paramount: Abse

Tandem Time: Absent.

Goat Hill: Absent.

## NEW BUSINESS

Web Master: No report.

Inventory: No report.

Insurance: OCW had received reimbursement on the cancellation of insurance for the OCW Paramount Corporation Officers and Directors

### OCW COMMITTEES

Holiday Party Committee: **Debbie Myers** stated that we had 66 attendees. The desserts were wonderful thanks to **Brenda Hanson** and **Lori Haas**. Thanks, also, to **Ken Brant** for putting together the slideshow.

Awards Dinner Committee for 2008: Investigate "Joe's Garage" in Tustin. Joe McPherson of Tustin Chevrolet owns a large banquet facility and this may be a possible site for next year's event.

Share The Road Committee: **Michelle** was absent but committee has been formed and they've been in contact with other bike clubs to create license plates.

Audit Committee: Questions have been submitted to **Jim Walker** and he's in the process of getting the information together.

### OCW PARAMOUNT CORPORATION REPORT

**Barbara** discussed the meeting held on December 5<sup>th</sup> for the clothing order for 2007 and the problem that they had. Bulk of the money has been collected from the members and submitted to the jersey manufacturer. Four members still had not paid. **Barbara** will submit suggested procedures for Paramount expenditures to the Board at the next Board meeting. OCW Paramount is solvent.

### OLD BUSINESS

Banquet has 140 registered members. Question concerning if Associate Members might be able to attend. Lee stated that we didn't need to fill the room to capacity. We had reached our minimum requirement. Bulk e-mail to be sent out to members reminding them that if they still wish to attend, they should sign up.

Discussion about why members were not renewing their membership. Motion made by **Charlie Irwin** to create such a committee, seconded by **Mike Laugen**. Motion approved. Committee will be chaired by **Irene Walker**.

Discussion whether President should give or not give gifts to Officers/Directors. **Lee** stated that the decision was up to the President. **Barbara** has stated that since the banquet was going to cost so much, that she would forgo gifts for this year's Officers/Directors.

Paramount Spring Metric/Century Event. Registration opens February 1<sup>st</sup>. Date will remain at March 17<sup>th</sup>.

Ride Around The Bear Event. **Charlie Irwin** has investigated having jerseys made by Champion Systems. Champion's advantage is that they can manufacture jerseys in small quantities. Minimum quantity is 10 and they're sold for \$45 each with an eight-week lead time. **Charlie** will ask **Willie Ellis** if he'll be designing this year's jersey. Motion made by **Ken Fry** and seconded by **Donna Parish** to increase event fee from \$45 to \$50. Motion was amended and a new motion was made by **Lee Stebbins** and seconded by **Lorna Laugen** to increase the event fee from \$45 to \$55, which includes the \$6 Associate Membership fee. Motion approved.

There was a question about upgrading Associate Members to Club Members. Should the \$6 be prorated or not. **Irene Walker's** committee will investigate this.

Insurance. **Lorna** stated that our Director/Officers insurance expires March 1<sup>st</sup> and Liability Insurance will expire on April 1<sup>st</sup>. **Lorna** will investigate increasing the liability insurance to levels required for the Bear and Amtrak and will report back to the Board.

### ADJOURNMENT

A motion was made by **Kent Parish** and seconded by **Jim Walker** to adjourn. Motion carried. The meeting was adjourned at 12:41 pm.

Respectfully submitted by **Jeff Rich** for **Doris Bingo**.

## **Group Riding Safety (Part 1)**

### **Be Predictable**

Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently. Motorists look for vehicles in the road; operating as a vehicle increases safety.

Bicyclists are subject to the same rules of the road as motorists. Pass others on their left. Say “on your left” to warn others that you are passing. If you need to pass someone on the right, say “on you right” clearly since this is an unusual maneuver. If you need to take the lane, signal and communicate to the motorists too. It is safer to take the lane briefly rather than squeeze along on the edge or curb, inviting motorists to split a narrow lane with you.

**Use Signals** Use hand and verbal signals to communicate with others in the group and with motorists.

### **Give Warnings**

Warn cyclists behind you of changes in direction or speed. The lead rider should call out “left” or “right,” in addition to a hand signal. The lead rider should announce the turn well in advance of the intersection, so members of the group have time to position themselves properly for the turn.

Most of the cyclists will not have a good view of the road surface ahead, so it is important to announce hazards. Indicate hazards by pointing down to the left or right and shouting, “hole,” “bump,” etc. Everyone should be made aware of hazards, however everyone does not need to announce them.

### **Ride Single or Double File**

Cyclists commonly ride single or double file as appropriate to the roadway, traffic conditions and where allowed by law. Most state vehicle codes permit narrow vehicles such as bicycles and motorcycles to ride double file or ‘split’ a lane. Even where riding double is legal, courtesy dictates that you single up when cars are trying to pass you if the lane is wide enough for them to safely do so.

The California motor vehicle law says “any person operating a bicycle upon a roadway at a speed less

than the normal speed of traffic shall ride as close as practicable to the right hand curb or edge of the roadway, except:” when passing or making a left turn. City of Irvine Municipal Code adds “or when reasonably necessary to avoid hazardous conditions that make it unsafe to continue along the righthand curb or edge” Since some police officers see the California vehicle code as saying bicycles must stay as far to the right as practicable, riding side by side even, in a Class I on-street bike lane, has been prosecuted as a violation of this law. The Irvine Municipal Code clarifies that IN IRVINE, “Persons riding bicycles upon a roadway or bike lane shall not ride more than two abreast.”

### **Maintain Your Place In Line**

When a group gets to a signal, do not take this as an opportunity to cut to the front of the others in the group; If you get there first, push the pedestrian button to help more of the group to get through a longer light. If you are the 12th to get there, stay in order.

Slower riders who cut into the front force everyone they cut in front of to pass them again and cause a bunch up at the limit line. Instead, maintain your position in the single or double line and work on your own pace when safely rolling along. Clustering up at intersections clogs traffic and causes unnecessary chaos when the light turns green. Experienced riders line up and stay in order.

### **Watch Out At Intersections**

When approaching intersections requiring vehicles to yield or stop, the lead rider should say “slowing” or “stopping” to alert those behind them. When passing through an intersection, some bicyclists say, “clear” if there is no cross traffic. This is a dangerous practice. It encourages riders to let others do their thinking for them. Each bicyclist is responsible for his or her own safety.

### **Special Thanks:**

Bicycle Club of Irvine Website  
League of American Bicyclists

# 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: 007 Motobecane Immortal Force 56CM** Full Carbon Fiber Frame/Forks and Compact FSA Crank. Derailleurs: Shimano 6600 Ultegra front and rear 10 Speed (20 Spd total) Shifters/Brakes: Shimano 6600 Ultegra 10 Speed STI (20 Speed total) Brakes Calipers: 07 CANE CREEK SCR-5 ULTRALIGHT ALUMINUM: 17 lbs. Incredible Bike. I rode it four times (total 130 miles) \$1425.00 714-225-5081 Contact Michael Lanphere at 714.996.3445

**FOR SALE: Park PCS-1 Home Repair Stand** Park PCS-1 Home Repair Stand in excellent condition, \$95. Contact Roger Morgan at 714.997.4204

**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 Clynnsnspin@netscape.com \$2200 Contact Carol Lynn Neal at 760.799.3856

**FOR SALE: Shimano Ulterga STI Shifters/Brake Levers** Brand new 10 speed Shimano 6600 Shifters. MSRP \$394. Sell for \$250. Contact Wayne Broadhag at 949.583.7811

**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: HP Laser Printer** Maker: Hewlett-Packard, Model: LaserJet 1100, Black & White. Very fast laser printer and very reliable, excellent condition. Printer Cable, Power Cable, Paper Trays, and Toner Cartridge are included. \*\*\*SPECIAL: I WILL THROW IN 3 BRAND NEW INK/TONER CARTRIDGES IN THEIR ORIGINAL SEALED BOXES FOR FREE\*\*\* A \$110 VALUE. asking price: \$55 or best offer. Contact Sammy Alqaisi at 714.522.6025

**FOR SALE: BONTRAGER Seatpost \*\*Brand New\*\*** Never mounted on a bike. Forged Aluminum. That's it! asking price: \$20 Contact Sammy Alqaisi at 714.522.6025

**FOR SALE: BONTRAGER 26mm Handlebar Clamp \*\*Brand New\*\*** Still in original package. Make: BONTRAGER, Model: RACE ROAD 120mm, 7 degree rise. Cold Forged 6061-T6 Aluminum, asking price: \$25. Retail at \$69.99 Contact Sammy Alqaisi at 714.522.6025

**FOR SALE: Windsor 52 CM Frame with Carbon Fiber Fork and Seat Stays** CF Forks, Head Set, and Seat Clamp included. All New. Turned out to be too big for my wife. \$200.00 Contact Michael Lanphere at 714.996.3445

**FOR SALE: 2006 Paramount jersey** Brand new, never worn, Men's size L & size M, hidden zip, short sleeve jerseys and Men's size M Cantara shorts \$50.00 each Contact Matt Kinder at 949.725.0586

**FOR SALE: Inventory clearance:** Dura Ace 9 sp bar-end shifters, like new \$35; Vision 250 mm carbon aero bars, used once \$75; Fi'zi:k Nisene saddle, like new \$20; Specialites 42-T Shimano 9 sp chain ring, new \$20; cow horn bars with dia comp brakes \$25 Contact Matt Kinder at 949.725.0586

# 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!

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## ***THE ORANGE COUNTY WHEELMEN***

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Change Service Requested

**BIKE HOTLINE 714-956-BIKE**

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