

CHAIN REACTION

TANDEM TIME
November

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

PARAMOUNT RACING
2007

General Meeting

Wednesday November 14th, 7:00 pm

How Is Your' Helmet Holding Up?

Tony Coyne, of Axis Sports Group, which represents both Bell and Gyro helmets will be our guest speaker for November. Find out everything you should know before you buy your next helmet and when you should retire your current helmet. The meeting will start at about 7:00pm, food will be available at about 6:30pm to enjoy with friends.

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...

Board Meeting	Sun.	Nov.	4
General Meeting	Wed.	Nov.	14
Turkey Ride	Fri.	Nov.	23
Folding Party	Thu.	Nov.	29
Holiday Party	Sun.	Dec.	2

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BOARD MEETING

Sunday, November 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, November 29th, 7:00 pm

Hosted by:

Marlys & Dutch Stapelbroek

10611 Rockhurst Ave.

Santa Ana, CA 92708-3516

714.730.3734

stapelbroek@cox.net

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

DIRECTIONS: From the 55 frwy exit Chapman Ave. Go east approximately 5 mi. to Newport Blvd. Turn right and go to Rockhurst Ave. Turn right. House is on the right.

SPECIAL THANKS TO

Rick & Debi Butz

for Hosting the

October Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact! **Cheryl McMurray at cherylswan@earthlink.net.**

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By Barbara Tomita

The Extra Mile

I'll bet you think my article is about the wrong turn I made on a recent ride that resulted in extra mileage. However, my focus this month is on club members who go "the extra mile" to help others. Good deeds occur every day and frequently go unnoticed, but they are still significant.

The "extra mile" concept began when I got a message from a club member who asked if someone could teach him how to remove components from one frame and put them on another. I wondered what I could do to help, so I sent the message to several club members who are skilled mechanics. **Wayne Broadhag** immediately volunteered to help. **Wayne** was kind enough to schedule some time between his out-of-town trips to help.

At the Amtrak Century a couple of year ago, **Ralph and Judy Burton** went the extra mile as sag drivers. They noticed a rider who had broken his rear wheel. So, they generously loaned the rider a spare wheel so he could finish the century ride. I've also seen **Charlie Simons** stop to help riders. **Charlie** pulls out his toolbox and loans riders everything from peddles to cleats to chains to help people finish the rides.

Marlys Stapelbroek came up with the idea to assist club members who were ill and/or injured. She not only wrote the proposal for OCW Member Support activities, she volunteered to serve as the coordinator. **Marlys** has organized food deliveries, served as a contact person to distribute information, and sent cards and gifts on OCW's behalf. Our members and their families have been very appreciative.

A few weeks ago, I was on my way to a dental appointment. I saw a woman walking her bike, so I stopped. She had a flat and was out of tubes. She was calling a cab because she had to pick up her child from school. My husband, **Ken Fry**, stopped what he was doing and quickly helped her change the tire and get on her way home.



A young student cyclist was going to be in our area for a short time. The young man was looking for a place to stay for a short period of time, so he sent me a note. I didn't really know what to do about this request, so I sent the note to our Executive Board. I received an immediate reply from **Fred and Peg Bauer** who graciously offered their home. A few years ago during the Redlands Classic, some Professional women riders needed housing. **Rick & Debi Butz** came forward and generously hosted two of the riders in their home.

One Sunday morning, my husband and I rode our tandem to the OCW ride. Just as we arrived, we had a major mechanical problem. We were six miles and one big hill (Newport) away from home. **Mike, Alex & Lorna Laugen** came to the rescue. They didn't even hesitate as they handed us the keys to their truck so we could get home.

A group from San Diego wanted to do a ride in South Orange County. They sent me a message asking for a safe route. I called on **Fred Guttentag** because of his extensive knowledge of South County. **Fred** went right to work and recommended the best and safest route for our cycling brothers and sisters in San Diego. Several times throughout the year, I receive requests from out-of-the area visitors about cycling in Orange County. Each time a request has come in, **Kent Parish** has quickly responded to assist our fellow cyclists.

This is a small sample of the good deeds that take place in our club every day. While many of the special efforts by our club members are never shared with others, they leave a lasting mark. It's the spirit of being part of our cycling community. Therefore, I challenge every club member to make a difference for someone by going the "extra mile."

P.S. For those who thought the President didn't go the



**OCW Wishes
You
A Happy Birthday!**

November Babies

Claire Hanley	11/2
Anita Brewer	11/3
Laura Perone	11/3
Hilary Crowley	11/4
Martin Aguerre	11/5
Martin Bernstein	11/5
Lisa Fritsche	11/5
Duane Bloom	11/6
Sue Buck	11/6
Monty Pettus	11/6
Will Wertenberg	11/7
Brian Rapp	11/7
Doug Jensen	11/10
David Johnston	11/11
Denice Woyski	11/12
Jim Ream	11/12
Gerry Hall	11/14
Robin Reams	11/14
Ralph Burton	11/15
Ervin Gasperlin	11/15
Ron Viloría	11/15
Mark Parish	11/16
Tom Weber	11/16
Rachel Johnson	11/16
Lee Painter	11/17
Angus Lemon	11/17
William Clark	11/17
John Miller	11/18
Karen Simon	11/18
Wally Peck	11/21
Stuart Mathews	11/23
Lynne Billie	11/24
Sally Rich	11/27

Continued from Page 3

“extra mile” on the last Tandem Time ride, you were misinformed. The President didn’t stop for the rider with a flat because she didn’t see the rider. It’s difficult to see anything when you spend the entire 35-mile ride looking down at the ground while gasping for air.

September General Meeting Recap

STANDING ROOM ONLY

By **Dan Gorman**

The September General Meeting, featuring Garmin Sales Representative Sean Kneale, was hugely popular, possibly setting an all time attendance record for OCW General Meetings. As it turned out all but a handful of attendees already owned Garmin products. A good portion of the meeting was dedicated to putting Sean against the ropes trying to explain some of the quirks experienced by many of those users present, including fluctuating speed readings when using the GPS mode and total elevation gains that differed from the readout on the computer itself compared to the downloaded number. No product is perfect, and Garmin is apparently no exception. On the plus side, Garmin computers do offer an extraordinary array of data recovery, including the standard average and max numbers for speed and heart rate. Garmin also can return max and average cadence (when using the added hardware) as well as very accurate elevation profiles. One of the more interesting features that many people were not aware of is the ability to upload and download rides to the Web and from the Web. This is a great feature for anyone who is looking for new rides in their area or who travels with their bikes. You just go to the website, enter the town that you want to ride in and possibly come up with several tried and true routes including distance and elevation profiles so you will know what you are getting in to. Every turn is spelled out for you.

The next generation of Garmin cycle computers due out either late this year or early next year will have even more features. They will have the ability to

interface with wireless power units such as the SRM Training System, which will eliminate the need for multiple computers. New Garmin cycle computers will also be able to load street maps onto the computer with a color display, which is great for navigating when you are lost, run into road closures or just want to check out a new area.

It would appear that the Garmin cycle computers are already a popular choice and the company is trying very hard to continue to improve on what is already a good product.



President's Ride

By Barb Tomita

Despite the gale force winds, we had an enjoyable President's Ride in October. Hopefully, the weather will cooperate for our next ride. So, please join me for a no-drop ride on **Sunday, November 4th**. The President's Ride will follow the short ride on the OCW Sunday Ride (see the Sunday Ride schedule in this newsletter or go to www.ocw.org for details on time and location). After the ride, everyone is invited to enjoy free sodas at Carl's Jr. Members are also invited to attend the Board meeting beginning at 11:30 a.m.



**End of
Daylight
Savings...
FALL BACK!**

August General Meeting Recap

THESE TOURS AIN'T FOR SISSIES

By Dan Gorman

Second Summer Tours, run by multiple ultra distance event record holder Rob Templin, offers some of the most scenic and demanding bicycle tours around. Rob has created tours in Hawaii, New Zealand, and the Andes to name a few. These tours offer more daily miles than your typical bike tour with mileages in the 70 to 90 mile range being most typical. His Maui tour includes what he calls the "Maui Triple Challenge", which includes a 75 mile ride of Maui's southern portion, an 80 mile ride up the famed Haleakala volcano with 40 miles up 10,000 feet and 40 miles down and finally after one rest day, a century which includes a trip down the Hana Highway. Having driven the Hana Highway, I can think of no better way to see the amazing sights along this route than by bicycle.

Rob's other tours offer similar challenges with lots of miles and tuff terrain to conquer, with rates that won't break the bank. Check out his website at SecondSummerTours.com for more information



LONG BEACH TURKEY RIDE

(47 Miles)

When: November 23th (Friday)

Where: Mile Square Park, Fountain Valley. Enter the park at the intersection of Heil and Brookhurst and park by the tennis courts.

Time: 8:30 am

Flat ride to Long Beach via Warner, PCH, 2nd St. Shoreline Dr. Return via Long Beach Bike Trail, 2nd St., PCH, Santa Ana River Trail, Slater.

CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By Frank Neal

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

The Fall Cal Triple Crown (CTC) Series is in full swing. It started last month with the Mt. Tam Double. September is the traditional end of the Season and the Awards Breakfast Event. However, this year we still have three Doubles left in October: BLP (Fresno), SVA (Solvang), and DVF (Death Valley). I will report on those in next month's CR.

9/29/07, Knoxville Fall Classic Double:

Starting in Vacaville, this is truly a "Classic" Double Century. It travels through some of the most scenic wine country areas in Napa, Pope, and Chiles Valleys. While this is no ride for beginning Double Century Riders, with 13,000 ft. of elevation gain, it is one of the most scenic. This course climbs over Mt. Howell and Mt. Cobb. It is a challenge for most DC riders! But, the volunteer support and Rest Stop Faire is "Second-to-None"! Jesse Smith cooks up some awesome red potatoes each year. They are the Best! Scott Halversen is like the Best Ambassador for cycling! Their name is Quack Cyclists ("Quite Unique And Completely Krazy"). They are an awesome team that puts together two Great Doubles each year; Devil Mountain and Knoxville Doubles. This year the weather was perfect for the Knoxville Double. It was quite cold in the morning (I saw temps as low as 36*). But, that kept the afternoon temps down to the low 80's. That is a good alternative to the 100+* that has been a challenge in the past years! OCW had a record Knoxville turnout this year and Congratulations to our OCW Finishers: **Chuck Bramwell, Jim Cawthon, Charles Chen, Paul D'Aquanni, Andrew Melczer, Tom Parkes, Doug Patterson, and Brian Rapp.**

9/30/07 Vacaville Awards Breakfast:

Chuck Bramwell, the CTC, and the Knoxville Quacks put together a Great Awards Breakfast each year on the morning after the Knoxville Double.

Awards include: Stage Race Winners, CTC Double Century Awards, Hall of Fame Awards, and 100 Double Century Club Awards.

Congratulations to the OCW Members who completed one or two CTC Double Centuries: **Doris Bingo, Charles Chen, Paul D'Aquanni, Mark Kaufman, Jorge Saavedra, and Ron Williams.**

Congratulations to OCW's current 2007 Triple Crown Award Winners: **Chuck Bramwell, Jim Cawthon, Jim Kehr, Andrew Melczer, Bill Murphy, Mark Parish, Tom Parkes, Doug Patterson, Brian Rapp, Jeff Rich, and Rene Rodarte!** This list continues to expand each month!

Additional Recognition to: **Chuck Bramwell, Jim Cawthon, Andrew Melczer, Bill Murphy, Tom Parkes, Doug Patterson, and Brian Rapp** who have completed the Thousand Mile Award! This requires five 2007 CTC Doubles!

Special Kudos' to our GOLD Thousand Mile Award Winners who, also, volunteered (or provided a volunteer) for a CTC Event. Congratulations, OCW Members: **Chuck Bramwell, Tom Parkes and Doug Patterson.**

"Over-The-Top" Recognition goes to the following OCW Members:

Chuck Bramwell: Six 2007 CTC Doubles completed.
Andrew Melczer: Eight 2007 CTC Doubles completed.
Brian Rapp: Eight 2007 CTC Doubles completed.
Bill Murphy: Nine 2007 CTC Doubles completed.
Doug Patterson: Ten 2007 CTC Doubles completed.
Tom Parkes: Eleven 2007 CTC Doubles completed.

Special Recognition to OCW's newest member to be inducted into the CTC Hall of Fame: **Andrew Melczer** after completing his 50th CTC Double Event!

"Over-The-Top" Special Recognition to **Tom Parkes** for his induction into the 100 Doubles Club! Hearty Congrats to **Tom!** He is the fifth member to be inducted into this Prestigious Club!

Ride Safe out there! -
Frank Neal, Cycleman@BigPlanet.com



November 11, 2007

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

Larry Black	Fountain Valley
Jim Byrne	Mission Viejo
Marc Comtois	Irvine
Randy Frantz	Yucaipa
Suzanne Frantz	Yucaipa
Nik Halzis	Costa Mesa
Patti Hamburg	Mission Viejo
Rachel Johnson	Laguna Woods
Peter Kompaniez	Huntington Beach
Alan Vester	Placentia
John Santry	Newport Beach
Dennis Thomas	Corona
Diane Thomas	Corona



SAVE THE DATE

The OCW Holiday Party Committee is hard at work. Committee Chair, Debbie Myers, has another outstanding event planned. So, please reserve **Sunday, December 2nd**, for the OCW Holiday Party. The party will begin at 5:00 p.m. at Sarducci's in San Juan Capistrano. The \$10 per person fee will include food, beverages, and most importantly, fabulous desserts. Don't forget that we'll also be collecting toys for Hannah House at the party. Please watch the newsletter and website for details on this outstanding holiday event.



BOARD MEETING MINUTES

October 7, 2007

ATTENDANCE

Officers and Directors Present

Barb Tomita, Dan Gorman, Jim Walker, Debi Butz, Kent Parish, Irene Walker, Mike Lee, Ross Ritari, Lee Stebbins, John McKee, Alan Dauger, Lorna Laugan, Ken Fry, Peg Bauer, Paul D'Aquanni, Sylvia Grotz, Charlie Irwin, Michelle Kashima, Mike Laugen, Debbie Myers, Jeff Rich

MEMBERS PRESENT

Alex Laugen, Steve Zellers, Joel Brown.

CALL to ORDER

The meeting was called to order by President **Barb Tomita** at 11:31 am

MINUTES

Motion made by **Alan Dauger** and seconded by **Dan Gorman** to approve the Minutes from the September 2007 Board Meeting. Motion carried.

TREASURER'S REPORT

OCW and OCW/Paramount are solvent. Board approved the Treasurer's Report.

STATUS

President: October 6th, held a "No Drop Ride". Scheduled 1st Sunday of each month. There have been multiple requests for Route Sheet Holders. Do we want to order more in 2008? Charlie Irwin to research product.

Vice President: Shimano will be speaking at the October General Meeting. Tony Coyne, a Helmet Distributor will be the speaker in November.

Membership: OCW has 457 members, with 10 new members in September. Paramount has 126.

Paramount Racing: John McKee announced that 15 people had signed up for the Fall Metric. He'll be promoting the event to other bicycle clubs.

OCW COMMITTEE REPORTS

Share the Road: **Michelle Kasima** reported that Road 1 Training signups are on-going. **Ken Fry** to deal with text that **Michelle** will send to him to promote training.

Nominating Committee: **Alex Laugen** reported that all positions are open if anybody would like to run for office. He stated that all Officers "Not Termed Out" will be returning to serve another term. Committee is busy looking for members to fill the other positions.

Budget Committee: **Jim Walker** and committee are preparing preliminary Budget for 2008. Paramount Racing to submit a budget as well.

Membership Committee: Nothing to report.

Donations Committee: Formed with committee members **Ken Fry, Sylvia Grotz, and Debbie Meyers.**

OLD BUSINESS

None

NEW BUSINESS

Holiday Party Committee: Holiday Party to be held December 2nd at Sarducci's in San Juan Capistrano. Event will start at 5:00 pm. \$10 will hold your place at the event. Registration will be done on the WEB Site.

Financial Practices & Procedures will be discussed at the November Board Meeting.

Mike Lee displayed a new OCW Brochure to the Board. Brochure is 6"X9" printed on cardstock, 4 on 4 color. **Debi Butz** motioned to spend not more than \$500 for brochures and racks to hold cardstock. **Lee Stebbins** seconded. Motion carried.

ADJOURNMENT

Jim Walker motioned **Dan Gorman** seconded to adjourn the October 7, 2007 OCW Board Meeting. Motion carried. The meeting was adjourned at 12:19 pm.

Respectfully submitted by **Jeff Rich**



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.

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

THURSDAY

Thursday Evening Rides - 5.30 pm Directions: From the 405 Frwy exit University heading south to Ridgeline Dr.. Turn left and go to Turtle Rock Dr., turn left and go to Sunnyhill. Turn left on Sunnyhill. Use the parking lot with the tennis courts and bathrooms. 1 Sunnyhill Rd., Irvine at Turtle Rock Community Park. Ride Leader is **Sue Buck**, 714.508.9061 or cell 714.697.2964 or suebuckrider@cox.net

FRIDAY

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

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 four rides scheduled each Saturday-Short, Medium, Long and Extra 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. **The Rides start at 8:30am.**

November 3rd

- S 27 Miles, Rollies-Edinger, Toledo, Serrano, Alton
- M 33 Miles, Hilly-Newport Blvd., Cannon, Meats, Plantera, Tustin Ranch
- L 42 Miles, Some Hills, 1,380 Ft. Gain-Edinger, El Toro, Laguna Cyn., PCH, Irvine Ave.
- XL 62 Miles, Flat to Rolling, 900 Ft. Gain-Lampson, Katella, L.A. River Trail, Appian Way, PCH

November 10th

- S 23 Miles, Flat to Rolling-Walnut, Jeffrey, Eastbluff, Campus
- M 33 Miles, Rollies, 700 Ft. Gain-Irvine Ctr., Toledo, Irvine Blvd., Tustin Ranch
- L 42 Miles, Hilly-Alton, Jeronimo, Santiago Cyn. (CCW), Tustin Ranch
- XL 54 Miles, Hilly, 2,400 Ft. Gain-Bake, Marguerite, Stonehill, Golden Lantern, Barranca

November 17th

- S 23 Miles, Rollies-Red Hill, Portola, Jeffrey, University
- M 31 Miles, Rollies, 850 Ft. Gain-Alton, Serrano, Dimension, Irvine Blvd., Harvard
- L 41 Miles, Hilly, 1,240 Ft. Gain-Eastbluff, Ridgeline, Turtle Rock, Jeffrey, Tustin Ranch
- XL 59 Miles, Hilly, 3,000 Ft. Gain-Tustin Ranch, Santiago Cyn. (CW), Bake, Laguna Cyn., PCH

November 24th

- S 23 Miles, Rollies-Red Hill, Brookhurst, PCH, Dover
- M 37 Miles, Hilly, 1,400 Ft. Gain-Edinger, Jeronimo, Olympiad, Barranca
- L 50 Miles, Rollies, 1,650 Ft. Gain-Irvine Blvd., Moulton, Laguna Cyn., S.A. River Trail, Sunflower
- XL 64 Miles, Hilly, 3,480 Ft. Gain-Bake, Antonio, Camino Capistrano, Niguel Rd., Aliso Creek, Alton

December 1st

- S 21 Miles, Rollies-Back Bay, PCH, Dover, Galaxy, Main
- M 29 Miles, Rollies-Edinger, Irvine Blvd., Serrano, Alton
(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 64 Miles, Very Hilly, 4,000 Ft. Gain-Bake, Jeronimo, Pacific Pk., Laguna Cyn., Newport Coast, Harvard

Greetings! Have an enjoyable month of cycling and a great Thanksgiving.

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, December 1 , 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 after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

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

Sunday Rides

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

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

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

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

November 2007 Schedule

November 4, 2007 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:30AM). 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. **President's Ride**, Von Karman, Harvard, Moulton, Bake, Irvine Blvd., Jeffrey/University.

M 36 Miles. Turtle Rock, Jeffrey, Alton, Jeronimo, La Paz, Barranca, Irvine Ctr., Harvard.

L 45 Miles. Alton, Muirlands, Los Alisos, Alicia, Pacific Is., Golden Lantern, Jeffrey.

November 11, 2007 Albertson's Mall, Orange. From the 55 Freeway take the Chapman Avenue eastbound exit in the city of Orange. Go east 4.1 miles and turn right into the Albertson's shopping center on the corner of Jamboree and Chapman. Park near Taco Bell.

S 21 Miles. Tustin Ranch, Red Hill, Arroyo, Foothill, Wanda, Taff, Santiago Cyn.

M 37 Miles. Tustin Ranch, Irvine Ctr., Bake, Portola, Canada, Serrano, Irvine Blvd., Jamboree.

L 48 Miles. Irvine Blvd., Bake, Antonio, Oso, La Paz, Barranca, Bryan, Jamboree.

November 18, 2007 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. Tustin Ranch, Red Hill, Alton, Muirlands, Bake, Irvine Blvd.

M 36 Miles. Irvine Ctr., Muirlands, Ridge Route, Irvine Blvd., Portola, Tustin Ranch, Red Hill, Mesa, Von Karman.

L 43 Miles. Irvine Blvd., Alicia, Glenwood, El Toro, Laguna Cyn., PCH, UCI, Culver.

November 25, 2007 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 27 Miles. Culver, Irvine Ctr., Alton, Irvine Blvd., Bryan, University, Michelson.

M 34 Miles. Alton, El Toro, Laguna Cyn., PCH, Poppy, Dover, Campus, Culver.

L 43 Miles. Harvard, Jamboree, Santiago Cyn., Jeronimo, Alton, University.

December 2, 2007 Carl's Jr., Irvine. (Board Meeting Scheduled at 11:30AM). 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).

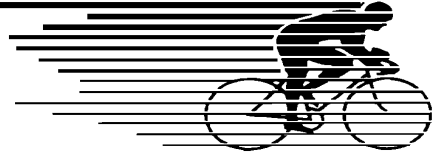
S 25 Miles. **President's Ride**, Von Karman, Red Hill, Portola, Hick's Trail, Jeffrey/University, Harvard, Campus.

M 34 Miles. Red Hill, Bryan, Jeffrey, Muirlands, Los Alisos, Ridge Route, Alton, Jeffrey, Michelson.

L 45 Miles. Von Karman, Barranca, Red Hill, PCH, Seapoint, Garfield, PCH, Dover.



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	Ben Spurgeon	ben.d.spurgeon@kp.org
Webmaster	Matt Whiteside	matt@biketough.com
Public Relations	Joe Kelly	joe.kelly@maritz.com
Squad Director	Monty Pettus	sngltrkguy@yahoo.com
Race Director	John Bergman	jands.bergman@verizon.net

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

Saturday: 7:30 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.

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PARIS - BREST - PARIS: ONE TOUGH RIDE!

By **Frank Neal**

Hi! Its me...**Garfield** (you know, the Kickstand Guy!).

Tour de France is arguably the toughest sports challenge on the Planet. It is a race of 2,200 total cycling miles completed in 20 Stages, against the top cyclists in the sport (steroids not withstanding!). Each Stage (day) averages about 110 miles. It is a grueling test of human endurance!

Paris-Brest-Paris is a little different. It has only ONE Stage of 750 miles! A major difference to the T'dF is that the folks who ride the Tour de France are Pro's and get paid. PBP is completely amateur and riders have to cover their own expenses. And, PBP does NOT allow Support vehicles! So, Every Finisher is a Winner! Each Finisher is recorded in the "Great Book". You will find my name there from the 1999 PBP.

The rules make PBP the toughest single-stage, unsupported, cycling challenge in the World!

First run in 1891, that makes PBP older than the Tour de France which started in 1903.

PBP was the precursor to the Modern Olympics. PBP is held only once, every four years. Its course is based on 1200km (about 750 miles). Riders are given their choice of time limits: 80 hrs, 84 hrs, or 90 hrs. Start times are staggered. The 5,000 riders are broken into starting groups of about 600. The starting times run from 8:00pm - 5:00am the following morning.

Beginning in the suburbs of Paris, the course travels across northern France, out to the Western Coast, to the port city of Brest, and then returns to Paris.

Participating in this event is a life altering experience. Along the entire route, the support of the public is inspirational. When I rode it, I rode through the first night. At 2:00am there were cheering crowds lining the streets in the villages where we passed. That support lasted, without fail, through my next three days of riding!

Along the way, folks jumped out of their cars and stopped traffic on intersecting streets. Who in the US would do that?!

The Check Points are based at host cities with awesome host schools. The schools offer a gym and cots to sleep, a cafeteria for a food buffet (at a nominal cost), bike security, a wake up call, and best of all; a gym shower (for about \$1 US)!

This year saw the worst weather in 50 years of recorded French history! There was more wind, cold, and rain than ever before. The riders endured untold misery!

There was a 30% DNF (Did Not Finish) rate this year.

Congratulations to OCW Members **Doug Patterson** and **Brian Rapp** for their Finish at 2007 PBP!

Ride Safe out there!

- Frank Neal, Cycleman@BigPlanet.com

PARIS - BREST - PARIS 2007

By **Doug Patterson**

Paris-Brest-Paris (PBP) is the Granddaddy of all amateur cycling events. At 1200 kilometers (750 miles), it is not for the faint of heart. This event is run every four years and qualifying Brevets are required. Preparation for this event basically starts a year before as the Brevets start early in the year.

I rode this event in 1999 and was in awe of the whole thing after a successful ride. Missing the event in 2003 was hard and talks soon surfaced about 2007. As the year approached, plans were made to ride tandem with **Lynn Katano** and several others were to accompany us as well.

The process of building base miles began and soon we were riding our first Brevet. Success! Our second Brevet found us in Arizona. Temperatures were below freezing for the first 5 hours but we survived again. Our 3rd Brevet found us back in San Diego for a very challenging 400k (250 mi). Lots of climbing and some

warm temps tested us as we worked our way up to Mt. Laguna. Then it happened. My saddle rail broke in the middle of nowhere! 50 miles later, I got a new saddle and was able to sit straight again. A long day but we were rewarded with another completion.

Our final Brevet was the 600k (380 mi) in Arizona. This was a beautiful and challenging course to say the least. But, it mostly represents the ride in France. We had our problems but once again we were greeted with success. Everything was complete and it wasn't even May, yet. Conditioning must continue until PBP in late August.

Many other events were ridden over the course of the next few months for preparation and testing. The California Triple Crown Double Century Series was used for a lot of it. Some events were ridden solo; others ridden on tandem. They included the Grand Tour Triple Century on the tandem. Everything was going per plan.

In July, **Lynn** and I decided to do a ride down from the San Francisco Bay area back home over a weekend. While we did not actually finish the ride we felt we were successful when we dismounted on San Marcos Pass due to heavy traffic and dangerous conditions. Besides, we needed to catch the Tour de France stage that day as it was the big one. Priorities!

With just a few weeks to go, all the plans were final. Then, they unraveled. Our riding partner friends could not make it for one reason or another. And then **Lynn** called with the bad news that she, too, could not go. Change gears (literally) and figure out a new plan of attack! I had one friend left from the original group but our start times were not the same. So, riding together was out. A solo, and hard, ride was my only choice.

Standing at the start line of PBP is almost frightening as the clock counts down. My start time was 9:30pm. Three minutes before the gun went off, it started to rain. For me and 700 of my newest and closest friends, that made for a very challenging start. Crashes were abundant during the first five miles.

Avoiding these, I soon found myself near the front of the pack and climbing the rollies with a smile despite

the rain. People were lining the streets in the villages cheering us on as we rode through.

Still I was thinking, "What, are you nuts?! It's raining!"

I guess one answer was the support of the people along the way. At 2:00am, we came out of a cornfield into a small village. In the middle of the village, there was a turn-about (traffic circle). Standing in the middle was an elderly gentleman. He was dressed in a grey wool suit and a grey wool cap. He was pounding out tunes on his accordion! Could this be the same guy I saw in 1999? Yes!

I made good time getting to the first Control as the rain got heavier and the wind was picking up. I took a break and waited for it to get light out.

Wind and rain was the story for the day. Yet, everywhere I rode people were out cheering all the riders onto victory. Umbrellas were their story for the day. They just didn't seem to mind. They had no need to be out in the rain. So, how could I mind the rain?!

By nightfall the rain ended as I got into the last Control before Brest. I could make Brest by 1:00 am if the rain stayed away. Everything was going "to plan" until my last battery failed before I got there. Getting lost several times in the dark and finding my way back on course was a challenge. Eventually I got to Brest (half way done!) and got some sleep.

I had to wait the next morning for the fog to lift before I was allowed to start (without a headlight). But, then it was sunny and dry!

I got back to the next Control and found my friend who had just arrived on his way out to Brest. He was abandoning and gave me his battery which was fully charged. We had lunch in the sun and felt the rain drops at the same time.

As I continued on the ride, the rain was intense the rest of the day and into the evening. Inspired by the people still on the side of the road cheering us on, I pushed on hoping to make it to the second-to-last Control and get some sleep before the final day.

The wind and rain had other ideas. I had to make an

unscheduled stop and take shelter for a while and snoozed a little under a porch I found along the way.

Cold and wet; I finally pushed on and got to the Control and found a bed and got some sleep.

The final day was mixed with wind, sun, rain, and hail. I found THAT thunderstorm in the final 10 miles! Still, people were out cheering but from under shelters now.

I finished just as the sun broke out again. I was happy it was over but sad at the same time. You don't find this kind of support in the States.

The feeling of accomplishment was overwhelming. It was reported that the weather was the worst seen in over 50 years and the ride had about a 30% failure rate to go with it.

Yes, it definitely added to the challenge but gives one that much more satisfaction.

- Doug Patterson



2007 Paris - Brest - Paris

By **Brian Rapp**

This was my 4th Paris-Brest-Paris and the most difficult, due to rain and bike problems. I had ridden three previous P-B-P's in sunny weather, without so much as a flat tire. This year, it rained...every day! Not a lot, but enough to get my clothes and feet totally wet. After dark, the cool temperature and the wet clothes chilled me to the bone as soon as I would get off the bike. This, of course, turned even a minor bike

problem into a miserable event.

As in previous years, I opted for the 84-hour ride. This meant that I departed at 5:00 AM on Tuesday morning, long after both the 90-hour and the 80-hour riders' departures the previous evening.

The start went smoothly and I was soon cruising along with a group of riders. Then, about 4 hours into the ride, it started to rain. I put on a rain jacket and slipped plastic bags over my socks. The plastic bags only collected water so I had to stop again and remove them. Four hours later, the rain stopped and it remained dry for the rest of the day. I was amazed how quickly my new Pace shorts dried. Unfortunately, stopping to put on the rain gear caused me to lose the fast group of riders I was with.

The first bike problem occurred 80k from the third control point (CP) at Fougères, when the rear derailleur cable broke. The derailleur went to the smallest cog which, fortunately, was not too much of a problem since there aren't many hills on this segment. A mechanic replaced the cable at the control point at Fougères, charging me only 2 euros. Meanwhile, I ate an excellent meal in the CP cafeteria, while I waited to get the bike back.

No additional problems occurred during the rest of the day, but the rain and broken cable caused me to arrive at my overnight CP at Loudeac (CP#5) at about 1 AM, over two hours later than four years ago. As during my last two P-B-P's, **Claire** met me at a hotel in town (arranged by **Claus** of Des Peres Travel), where she had an array of Chinese take-out items for a late dinner. I ate while she massaged my legs. I fell asleep soon after finishing the meal, but **Claire** told me later that that didn't stop her from finishing my massage.

After about five hours of sleep and breakfast at the hotel (which started their breakfast buffet at 2AM!), I was off at 7:00 AM, or an hour later than in 2003. I rode much of this segment with a cyclist from Florida. He was having problems with the rain from the previous day, the headwind and the cool temperatures. He stopped for lunch about 30k before the turn-around at Brest (CP#7) and I pressed on. Then shortly after he stopped, I had a flat tire. The CO2 cartridge that I had bought at a local bike store near St Quentin was

not compatible with my CO2 fixture. Fortunately, a French rider with a pump arrived not long after this and I was soon on my way. I had not checked out the cartridge for the ride because I have never had a flat in France. This was the first, after riding approximately 7,000 lifetime miles in the country.

Several hours after leaving Brest, dark clouds appeared in the northern sky. Up until then, it had been mostly sunny with the high near 75 degrees. An hour after leaving the next CP at Carhaix, about 8:30 pm, it started to rain. I had left my rain jacket at Loudeac, so I just rode fast to stay warm. A good meal at Carhaix helped keep me warm also. It was really scary going down roads that didn't have any white or yellow lines and peering through glasses covered with rain. All I could do was follow the blurry red taillights of the riders ahead of me. I arrived back at the hotel in Loudeac, soaked to the skin, trailing streams of water, with fingers so cold that **Claire** had to peel off my gloves. She had turned on the small electric wall heater in the room, and draped the wet bike gear over the furniture. Soon the room was as hot and steamy as a Turkish bath (although **Claire** said it was like sleeping inside a gym locker that hadn't been cleaned in a decade).

The next morning I had the privilege of riding with **Kitty Goursole**. **Kitty** was the first woman to compete in RAAM back in 1984 and has recently started to ride again. She was very talkative. It was just what I needed to make me forget about the drizzle that was coming down that morning. She stopped in Tinteniac (CP#10) to get a meal and I pressed on. Part of the fun of P-B-P, is the unexpected opportunities to ride with cycling legends. In 2003, I was lucky enough to ride with **Lon Haldeman** for a couple of hours.

About 30k after Villaines (CP# 12) I had another flat just as it started to rain again. I had not bothered to carry a replacement tube because I didn't expect to get another flat. I had a patch kit, but it was out of patches. Luckily, it wasn't long before two Italian riders stopped; one had a tube and CO2. I tried to give him money, but he would not accept it. Another great part of P-B-P is the help you receive from strangers, people you have never met before and will probably never see again. And they often speak another language: Italian, Japanese, Hebrew, Spanish and French. The ride, the endeavor, brings everyone together; whatever their

culture or background. And I was soon riding in the rain again, heading for Mortagne, and my third night "on the road."

Mortagne (CP#13) offers showers, hot meals, and a gym outfitted with cots and scratchy wool blankets. It provides what I like to call "the full P-B-P experience." You can wash off the road grime, eat a great meal (roast chicken, potatoes, pasta, veggies, puddings, fruit, yoghurt, salads, drinks (including wine and beer), then bunk down with a hundred other exhausted, snoring and smelly bodies for a couple of hours, wake-up call included, for less than 10 euros.

Well, they didn't charge me for the shower because the hot water had run out. It was great to hear rain hitting the roof of the gymnasium as I was falling asleep. But then I thought of all those riders still logging their way through the darkness.

The next morning it was cloudy but warm, so I got an early start at 5:00 AM. In 2003, the morning had been sunny and cold and we had hung around Mortagne until 7 AM, waiting until it warmed up. Because of this early start, my time for this year's P-B-P was 30 minutes faster than in 2003. About 30k into this last day of riding, I had my first and only major physical problem; my right ankle hurt when I bent it. After a while I found if I kept my right foot near vertical it didn't hurt as much. I rode that way for about 90k. A lot of people were passing me at this point. Here a few rain drops fell but it was not significant.

With 40k left to go to the finish, I got a second wind. It was getting warmer and the ankle didn't hurt as much. Plus, I was familiar with this segment, having ridden it twice with other cyclists staying at our St Quentin hotel, during the several days of rest and relaxation before P-B-P. I set a goal to ride this segment in less than 1.5 hours. If I could do this, I would finish in 79:30 hours or 30 minutes faster than in 2003. Now instead of getting passed I was the one doing the passing. Only two riders passed me as we approached town. I finished in 79:29, my second fastest time. I claimed the can of free beer they gave all the finishers, got the pictures that they took of me during the first day and headed to the hotel. **Claire** was eating lunch at a sidewalk cafe near the hotel, enjoying the sun that was just then breaking through the clouds. She yelled at me as I rode by and dragged me off the bike to sit

down in front of a plate of steaming pasta that had just been served. When she tried to hide my bike in an inconspicuous spot, out of the traffic lane, the Italian waiter insisted that we park it in a place of honor right at our table. And that is how my 2007 P-B-P ended. With a plate of homemade pasta and a glass of wine, sitting in the warm sunlight in a French café, with the miseries of rain and cold and dark fading fast, and the warm memories and great stories of friends and accomplishments remaining for a long time to come. Until P-B-P 2011.

The next day I rode over to the bike shop and returned the unworkable CO2 cartridge. The ankle was still stiff but was not as bad as the day before. The second day after the finish, the pain was gone. There was no numbness in my fingers or saddle sores. The Pace shorts were great. I had numbness in three toes, but that was a condition that existed before P-B-P. **Claire** and I went on a six-day hiking trip in Brittany, not far from the P-B-P route and the weather was great. In fact it didn't rain for the rest of our stay.



Provence, France, Mont Ventoux, “Club des Cingles”

By **Paul D’Aquanni**

In September my wife **Kathy** and I took a bike tour to Provence, France with **Link’s Bike Tours**. What a great experience, as we spent 14 days experiencing the food, the culture, the people, the history, the scenery and oh yes, the great cycling. Before going, I was told that the cycling in France

was unlike anything I could have imagined, since I have only cycled here in California. What I had heard was, no stop signs, no traffic lights, smooth back roads, no flat tires, rolling hills, challenging cols, famous mountains, and bicycle respectful drivers. All was true. **Kathy** is only a part time cyclist, but she also enjoyed the cycling experience immensely. Not having to worry about cars as we do here in the States, allows you to enjoy the cycling experience that much more.

For me one of the highlights of the trip was becoming a member of the “Club des Cingles”. (Translates to club of the nuts or crazies) To become a member you must climb Mont Ventoux 3 times in one day. I must admit this was my most fun day of cycling ever! The day I choose to climb was a spectacular day. The weather atop Mont Ventoux can be brutal. It can be hot, cold, windy, very unpredictable, but this day seemed perfect! Each climb must originate from one of the three villages that surround Mont Ventoux, Malaucene in the northwest, Bedoin in the south, and Sault in the east. I choose to climb from Malaucene first, and started at 7:30 in the morning after a couple of croissants and a cup of coffee. What a quite peaceful journey up, nobody else on the road. At the summit it was cold and foggy with only one other cyclist around, who had come up from Bedoin. We chatted briefly, I had my card stamped at 9:42, and proceeded down to Bedoin, my choice for the second climb. The decent was interesting as I had to avoid a heard of sheep on the road in the fog near the top. I also broke 2 spokes on the way down, which would need to be repaired once arriving in Bedoin. I passed many cyclists on the way down who were making the climb from Bedoin.

The ascent from Bedoin would probably be my toughest ascent, as it would be the greatest elevation gain (1610 meters) and it would be at the hottest part of the day. The turnaround in Bedoin was a good rest stop for me, good for resting, refueling, and getting my bike repaired. I had my card stamped in the village and started back up the steepest of the 3 climbs. 6 km from the top, I emerge from the forested road at Chalet Reynard, where the landscape changes from forest to white limestone. Here with the bright sunlight, the peak is now in plain view. I pass the Tommy Simpson memorial for the second time today, with about 2 km to go, but do not stop. At 2:04 I reached the summit, and quickly stamped my card and headed down to Sault, as I still had some climbing to do. I would of liked to linger at the top, as it was quite a different

atmosphere from when I had been there less than 5 hours earlier. Sun was shining, lots of cyclists, shops open, souvenirs being sold, pictures being taken, and a generally a festive atmosphere of those cyclists that had just climbed Mont Ventoux.

Sault on paper is the easiest of the 3 climbs, as its average grade is only 5%, (the other 2 are 7.5%) but it is the longest at 16 miles. Sault proved to be a good choice for the last climb, as I must admit I thoroughly enjoyed the last climb. I did not want the day to end, as the weather was great from the base to the summit on this ascent. My support team supplied me with nourishment half way up, and I was just chugging along enjoying the view as the summit became closer

and closer. The last 6 km on this climb duplicate the last 6 km from Bedoin, so I stopped at Chalet Reynard and the Simpson memorial, to help gather my thoughts as I chatted with some folks that were also enjoying the moment. After leaving the Simpson Memorial I was soon being acknowledged by my support team as they cheered me on with 1 km to go. I would soon be able to have my card stamped for the third time and say I was a member of the Club des Cingles.

The complete days journey was 14,500 feet of elevation gain, in a distance of 42 miles, and 29 miles of downhill, what a day!

Much thanks to my support team **Link and Kathy Taylor**, and my wife **Kathy**.

WESTERN STATES RIDE CALENDAR

11/3/2007	Solvang Prelude	SCOR	562.690.9693
11/3/2007	The Diehard Double Century	Anny Beck	
11/4/2007	Giro d Vino Bicycle Wine Tour	Delta Velo	209.465.7252
11/10/2007	Solvangs Finest	Planet Ultra	
11/10/2007	Tour de Foothills	Upland Chamber of Commerce	909.931.4108
11/10/2007	Tour de Julian	R&B Bicycle Club	760.765.2200
11/17/2007	El Tour De Tucson	PBAA	520.745.2033
12/1/2007	Zion Canyon 200k brevet		435.559.0895
1/6/2008	Casa Grande Century	Greater Arizona Bicycling Asso	602.444.8280
1/12/2008	Stagecoach Century, Winter	Shadow Tour LLC	858.756.4940
1/26/2008	Borrego Springs Century	R&B Bicycle Club	760.765.2200
2/9/2008	Tour de Palm Springs	GTE Directories	760.770.4626
2/16/2008	Butterfield Double Century	PlanetUltra	
3/1/2008	Death Valley Century and Double Century - Spring		310.570.2613
3/2/2008	LA Bike Tour	Los Angeles Marathon	310.444.5544
3/8/2008	Solvang Century & Half Century	SCOR	562.690.9693
3/15/2008	Tour de Sewer	Bell Gardens Lions Club	
3/15/2008	Tour of Borrego	R&B Bicycle Club	760.765.2200
3/16/2008	Solvang Spring Tour	Planet Ultra	
3/29/2008	Solvang Double Century (Spring)	PlanetUltra	
4/5/2008	Cinderella Classic	Valley Spokesmen	925.806.9467
4/5/2008	Hemet Double Century & Single Century	Watrous Cycling Enterprises	
4/5/2008	Stagecoach Century, Spring	Shadow Tour LLC	858.756.4940
4/17/2008	Sea Otter Classic	Cypress Group	650.306.1414
4/19/2008	Bike Around the Buttes	Benefit ride for I Diabetes Society	530.674.9112
4/22/2008	Katy Ram Challenge	Ram Band Boosters	
4/26/2008	Wildflower Century	San Luis Obispo Bicycle Club	805.543.5973
4/27/2008	Monster Cookie Metric Century	Salem Bicycle Club	
5/3/2008	Breathless Agony Ride	Santiago Cycling	714.544.6091

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PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !

FOR SALE: Trek 5200 FOR SALE: Black/Red 2004 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Durace front and Ultegra 9 rear, double chain ring, Trek cycle computer, light weight Salle San Marco Aspide seat and Look pedals. It has a few minor scratches on the shift levers and the frame. Regularly maintained by bike shop mechanics. \$500 OBO. Contact Pejmon Tagizad at 949.640.8658

FOR SALE: Trek 5200 FOR SALE: Black/Red 2004 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Durace front and Ultegra 9 rear, double chain ring, Trek cycle computer, light weight Salle San Marco Aspide seat and Look pedals. It has a few minor scratches on the shift levers and the frame. Regularly maintained by bike shop mechanics. \$500 OBO. Contact Pejmon Tagizad at 949.640.8658

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FOR SALE: Cannondale RT 1000 Tandem Bought New in 2003. Clean and well maintained. Model RT 1000, Fairly low milage. Shimano 105 Drive Train 27 Spd, Mavic 519 Tandem rims with Shimano Tandem hubs. Suspension Seat Post for Stoker. Size X/S. A little to large for me and I'm 5'10 1/2. Worked well for my wife, she is 5'5 1/2. Mike 714-225-5081 familylife1@mac.com Contact Michael Lanphere at 714.996.3445

FOR SALE: SoftRide R1 Road Bike Large frame Aluminum w/ carbon beam Durace 9 speed components Spinergy Wheelset Timetrial bars w/clip-on aerobars \$1000.00 Contact Ken Brant at 714.772.9589

FOR SALE: American Classic Wheels 24 front 28 rear with Velocity rims \$ 200 Contact Howard Miller at 562.429.7915

FOR SALE: Helium wheels Mavic Helium wheels \$ 200 Contact Howard Miller at 562.429.7915

FOR SALE: FSA carbon cranks 172.5 cranks with bb \$175.00 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: seven ti 56cm with 57 top tube camp corus 10 speed, itm bar and stem, mavic rims. \$ 1,500 Contact Howard Miller at 562.429.7915

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 Clynnsn@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

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