

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
March

GOAT HILL
www.ocwheelmen.org

PARAMOUNT RACING
2013



OCW
Spring

METRIC
Saturday, March 30th

General Meeting

Mike Lovegren
Secrets to Training and Racing with Power
Wednesday March 13th

Mike Lovegren has spoken before to our group and has provided an informative and entertaining evening. Come listen to Mike help get us prepared to step up our intensity and performance. A light dinner will be served at 6:30pm with the meeting starting at 7:00pm. Come join in at the Tustin Public Library and visit with other cycling enthusiasts. More details at www.ocwheelmen.org

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CALENDAR OF EVENTS

Ride Like a Pro	Saturday	@	8am
Goat Hill	Sunday	@	9am
Bear Registration Opens	Friday	Mar.	1
Board Meeting	Sunday	Mar.	3
Spring Metric	Saturday	Mar.	30

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

President	Jim Brewer	714.525.9995
Vice President	Paul D'Aquanni	949.766.2951
Treasurer	Jim Walker	562.943.9403
Secretary	Steve Loughran	949.348.9332
Events	Mike Lee, LCI	949.458.0205
Ride Captain	Lee Stebbins, LCI	714.404.1985
Membership	Irene Walker	562.943.9403
Editor	Michelle Vester, LCI	714.914.2778
Statistician	Jim Pugh	714.680.4828
Public Relations	Stacy Kline	949.554.9919
Training	Greg Kline	949.554.9919

DIRECTORS

Saturday Rides	Bob Fairfield, LCI	714.508.7375
Paramount	Jason Gersting	949.303.8894
Goat Hill	Alan Vester	714.231.3164
Web Master	Mike Lee, LCI	949.458.0205
Friday Rides	Dan Gorman	714.771.7741
Insurance	Ron Hearn	ronwhearn@gmail.com
Club Clothing	Art Pressel	714.914.9300
Director at Large	Frank Neal, LCI	CTCDataGuy@verizon.net
Director at Large	Alvan Trafton	310.489.1044
Director at Large	Randy Keifer	949.653.6346
Director at Large	Doris Bingo	714.225.9091
Director at Large	Alan Dauger	714.846.0862

BOARD MEETING

Sunday, March 3, 11:00 am

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

SPECIAL THANKS TO

Miquel Perea

For hosting the
February Folding Party

FOLDING PARTY

Thursday, March 28, 2013 7:00 pm

Hosted by

Paul D'Aquanni
22 Arado

Rancho Santa Margarita 92688

Please RSVP: pdaquanni@cox.net

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact Miguel Perea at 714.849.3519

(OCW reimburses up to \$100)

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President's Message

by Jim Brewer

Board Members

With officers installed at the Banquet, the Board is ready to tackle the new year with goals that will keep OCW on the upswing. We had an all-time high of 580 members in 2012 and it continues to improve. Last year's Board worked through many obstacles with difficult challenges that were posed by improving the Website and getting more riders involved. We are fortunate to have had a great Board of Directors that have had great positive feelings about improving the club. My goal is to continue working with the board try to improve every aspect of our club. Our Board Members have a passion for cycling and working to keep OCW running smoothly. For those cyclists in our club that would like to sit on the Board as a Director please attend the next board meeting.

Ladies

Men outnumber women in our club 4 to 1. It has been my conclusion from talking to OCW women cyclists, that we are a men's club and that they do not feel comfortable trying to stay-up with the men. There might be a lot of truth in that statement. If that is true, we want to change that this year. Starting in April, **Terry Kessler** will start a women's training ride on Saturday's rides and men are also invited. There will be a flier distributed to the local bike stores and other locations where cyclist hang out. Also, this information will be placed on the website.

Ice and cycling

Some of us enjoy biking Glendora Mountain Road (GMR). It is a wonderful training place for "climbers." But, the mixing of ice and climbing don't always have happy endings. In winter it is best to go there to ski, not cycle. Some of us went up there last Thursday and got trapped between the gate and Baldy Village. Ice doesn't melt very fast in shady areas so trying to escape riding on "black ice," the decision was to walk the bikes through those dangerous areas. Sometimes we get a little crazy doing adventurous rides and it "backfires." The good news is that no one got "snow balled" and everyone got 6600 feet of climbing on this "no traffic, beautiful, scenic adventure."

Weekly Ride Stats

Jim Pugh has done a marvelous job in keeping track of all the stats that are accumulated throughout the year. His expertise is demonstrated by looking at the Stat Book. Jim's work is never ending but he never complains, well, except when the the names recorded on the route check-in sheets are hard to decipher.



Saturday, February 9

This was the group doing the 60 mile ride through Long Beach.

Presidents Ride

By Jim Brewer

Once each month, the President's Ride, starts at Carl's Jr. located in Newport on the corner of Campus and Von Karman and begins at 9:00 am. It is always a no drop 20-30 mile ride and is followed by the 11 am Board Meeting. It is open to all members that are interested in how we make decisions regarding club policies. We have many club rides during the week, but two advantages of the Sunday Ride is that there is less traffic and starting locations vary from week to week. Come join us and meet new riders and have some fun.

It was a cool beginning but warmed up quickly. Dee Anne Doseman was a first-time rider and explained that she is getting back to riding and liked joining us for the Sunday Ride.

Outgoing Officers

Jeff Rich will be leaving as a Director at Large but will continue helping OCW with Bear Registration, Banquet Agenda, volunteering for events and helping where needed.

Max Kaldenberg will remain on the Board as a Director but will continue with his creative ideas and help the incoming Public Relations person.



Dee Anne Doseman preparing for her first OCW Sunday ride.



Top: **Jeff Rich** relaxing at his last meeting as a board member.

Middle: Studying the agenda, the Prez (**Jim Brewer**) gets advice from **Lee Stebbins**

Borrow: Anxious to get started for the Board Meeting, **Frank Neal, Alan Dauger** and **Paul D'Aquanni** are organizing their thoughts hoping it will end on time to watch the pre Super Bowl programs before the game.



Goat Hill

Why Not Reinvent the Wheel?

When mountain biking got its start back in the 1970's they were modified beach cruisers with 26 inch wheels. The 26 inch wheel then became industry standard, which had nothing to do with engineering efforts to come up with optimal size tires and wheels. 26 inch wheels are still used today on many mountain bikes.

29 inch wheels came on the scene about 2005. They were slow to catch on with bike manufactures because frames, suspension, and brakes all had to be redesigned to accommodate the 29 inch wheel. It was also a huge risk for bike manufacturers to invest in technology that may or may not be a hit with consumers. 29 inch mountain bikes, or 29er's as they are sometimes referred to, are slowly becoming the de-facto standard, with talk of phasing out 26 inch mountain bikes.

There is still a lot of controversy over which is better, the 26 inch or 29 inch mountain bike. Some riders still prefer the nimble and lighter 26 inch bike, while more riders are embracing the comfort and stability of a mountain bike with 29 inch wheels.

The latest trend is the 27.5 inch wheel, giving riders three sizes to choose from. The reality is the 27.5 inch wheel is closer to a 26 inch than a 29 inch wheel. The industry is now faced with a dilemma to jump on the 27.5 inch band wagon, or stay with the very profitable 29 inch wheels. A few small manufacturers have produced 27.5 inch bikes, and the early results are favorable. The big three; Specialized, Trek, and Giant have yet to release a 27.5 inch bike.

The current buzz with 27.5 inch wheels is that it's not much different than the 26 inch wheel. There are some riders who think 27.5 is the perfect size. I have ridden both 26 inch (my current bike) and 29 inch mountain bikes, and find them to be very different in handling and ride characteristics. My wife rides a 29 inch and likes it better than a 26 inch because of its stability over obstacles.

Currently I prefer my 26 inch hard tail. I'm waiting for my local bike store to stock 27.5 inch bikes so I can take one out on the trail, then my life will really be complicated!

See you on the trails

Alan Vester
Goat Hill



For more information on Goat Hill or to be added to the e-mail list just send me a note at: alanvester7@gmail.com

Hiking Corner

Article By: Larry Linn
Pictures By: Doris Bingo

Snowshoe Hike to Dollar Lake via South Fork Trail

January 30, 2013

Dollar Lake is a tiny little lake (pond) along the South Fork Trail tucked away at 9,219' elevation in a bowl in the hills and pine forests on the northern route to San Geronio Mt. This hike might be considered strenuous by some, but any dedicated bicycle rider who would find a century ride to be relaxing would certainly enjoy it. The hike group included **Alan Dauger, Lorna Laugen, Doris Bingo and Larry Linn**. After getting our snowshoes and gaiters securely attached at the trailhead, we hit the trail. The pristine white scenery along this 12.6 mile round trip hike made it all worth while. For the most part, we were the first group to make any footprints in the snow on the trail.

It started out as a fairly gentle teaser ascent toward Horse Meadows and Poopout Hill, but soon the grade difficulty level increased. A hint here is to go easy at the beginning of the trail and save strength for the last five miles to the lake. It was a relatively cold day which made hiking easier. After hiking over several small hills and bumps along the trail, the snow covered, frozen Dollar Lake came into view. We soon reached a nice clearing where we ate lunch and enjoyed the view. **Alan** made himself comfortable in a snow covered bush. **Doris** walked out across the ice to give herself a little sense of excitement. **Lorna** and **Larry** were content to just sit on a couple comfortable rocks.

This hike would be a great beginner hike during the summertime, but be prepared to spend about 7-8 hours on the trail.





Opposite Page: Waterfall at Dollar Lake - Top Left: Doris enjoying a snack - Above Left: Alan taking a break from snowshoeing
Above Right: Lorna kicking back on a rock - Right Middle: Larry stuck in a snow cave - Right Bottom: Larry enjoying the sun

Awards Banquet Wrap-Up

By Paul D'Aquanni, LCI

The OCW Awards Banquet was a special treat for the 70 members that attended. As always the food and drink was plentiful and delightful. Thanks to **Irene Walker!**

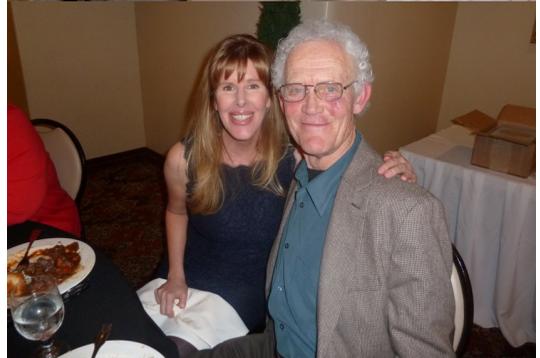
After watching a 5 minute intro and summary of our guest speaker, John Howard, he shared with us just what makes a world class performer excel. It is not always the best physical tools but the goal and determination. John shared with us some of the people who inspired him, and why they were so inspirational and life changing.

We then recognized the achievements of our members and had some fun with that. **Frank Neal** "Garfield the Kick-stand Guy" has now been explained & understood.

Max Kaldenburg won the "Presidents" award for innovative ideas. **Jim Walker** and **Mike Lee** were co winners of the "Member of the Year" award for their extraordinary effort on the new web site.

We had two new officers installed; **Greg & Stacy Kline** will be the Training and Public Relations Officers.

Thanks to all who helped out with logistics, pictures, and planning. Let's have a fun, safe and productive 2013, see you next year!





Traffic Skills 101

By Stacy Kline, LCI

With the goals of improving understanding of their rights on the road, traffic law as it pertains to cyclists, improving cyclists' bike handling skills, and increasing confidence on the road, on February 15 & 16, OCW again offered the League of American Bicyclists Traffic Skills 101 course free to members.

13 OCW members attended the two-day course which included a three-hour classroom portion and an all day "on the bike" training.

The classroom component reviewed elements of traffic safety. The "on the bike" segment reviewed each skill, allowing time for practice and then takes participants on the road to put into practice the skills and knowledge presented during the course.

The class culminates with an examination and a certificate for those who demonstrate mastery. In true OCW style, participants were provided dinner and breakfast!

A big thank you goes out to the OCW League Certified Instructors (LCI's) who donate their time to teach these courses, including **Mike Lee, Lee Stebbins, Michelle Vester, Paul D'Aquanni, Bob Fairfield, Ximena & Kevin Ansel, Stacy & Greg Kline, and Frank Neal.**



Recycle Tires and Tubes OCW Can Help!!

By Frank Neal, LCI

OCW can help you dispose of good used foldable bicycle tires and patchable bicycle tubes in an environmentally safe way.

Here is our plan: Bring any good used foldable tires and patchable tubes to any OCW Ride. The Ride Leader will collect them and pass them on to the OCW Board.

Tubes will be patched and tested to be sure they are useable. Tires will be fully inspected. Then, they will go to the OCW SAGS and Rest Stops for use by our riders at OCW events.

We are in particular need of 650 tubes and tires and 700X28c+ tandem tires and patchable tubes. They are still out there and the Amtrak is a great example of folks who still need them.

Rejected items will be turned in at a Household Hazardous Waste Roundup. They will be handled with the environment in mind.

So clean out your garage, be green, and help OCW riders in need!

Give your used tubes and tires to an OCW Ride Leader at any OCW Ride. They will be forwarded to the OCW Board to be patched and/or recycled in an environmentally safe way.

Ride Safe out there! – Frank Neal, OCW Board



By Frank Neal, LCI

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

The 2013 CTC Season is poised for another great year. In 2013 there will be 23 chances to become a Triple Crown Winner.

To become a Triple Crown Winner, just finish any three of these challenging double century events in the same calendar year.

The 2013 CTC Season started right here in Irvine with the 2/16 Camino Real Double Century. Followed by:

- 3/2, Death Valley Double
- 3/16, Joshua Tree Double
- 3/23, Solvang Spring Double
- 4/13, Hemet Double
- 4/13, Mulholland Double
- 4/27, Devil Mountain Double

The results are not published yet for Camino Real as of the press date. Stay tuned to next month's Chain Reaction to find out which OCW riders braved a Double Century.

To see the full CTC 2013 Schedule, with details, you can find it at:

www.caltriplecrown.com/schedule.htm

**Ride Safe out there! - Frank Neal, CTC Data Guy,
OCW Board Member, LCI #3386.
CTCDataGuy@Verizon.net**

Saturday Rides

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

Please arrive at the ride location with enough time to have your bike ready to roll at the scheduled time. 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 California Vehicle Code applies to bicycles.

The Saturday rides are offered to improve individual and group riding skills and to promote the sport of bicycling. We do not ride when weather conditions are unsafe or if there is an OCW special event on Saturday. If you are new to OCW rides or are just returning to cycling, let us know, so we can suggest a group that fits your current riding ability.

If the ride is cancelled, the calendar will be updated at least 1 hour prior to the ride start time with the word "CANCELLED".

RIDES START AT 8:30AM

March 2, 2013 The Square Irvine. Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. The Square is located at Main and MacArthur in Irvine near the John Wayne Airport. Park in the lot West of Starbucks.

23 Miles. Flat to rolling ride thru Irvine, Costa Mesa & Newport Beach.

34 Miles. Rolling ride thru Irvine & Lake Forest. 850 Feet Elevation Gain.

43 Miles. Flat ride thru Newport Beach, Huntington Beach, Seal Beach, Fountain Valley & Santa Ana. 400 Feet Elevation Gain.

March 9 2013 The Square Irvine.

24 Miles. Flat to rolling ride thru Irvine & Tustin.

34 Miles. Flat to rolling ride thru Santa Ana, Fountain Valley, Huntington Beach returning on PCH to Newport Beach and Irvine. 480 Feet Elevation Gain.

55 Miles. Hilly ride thru Irvine, Orange, Anaheim Hills, Yorba Linda (8-14 % grade for 2 miles up Hidden Hills Rd), Villa Park & Tustin. 3000 Feet Elevation Gain.

March 16, 2013 The Square Irvine.

26 Miles. Flat to rolling ride thru Irvine. 600 Feet Elevation Gain.

37 Miles. Hilly ride thru Irvine & Mission Viejo. 1400 Feet Elevation Gain.

46 Miles. Flat to rolling ride thru Irvine & Tustin.

March 23, 2013 The Square Irvine.

28 Miles. Hilly ride thru Irvine, Tustin, Newport Beach with a climb up San Joaquin Hills.

36 Miles. Rolling to Hilly ride thru Irvine, Costa Mesa & Newport Beach. 1300 Feet Elevation Gain.

63 Miles. Rolling ride thru western Orange County, Los Alamitos, Long Beach, Seal Beach returning on PCH to Newport Beach & Irvine. 900 Feet Elevation Gain.

March 30, 2013 Yorba Regional Park Anaheim. Take the 91 Freeway to Imperial Hwy exit North. Go 0.3 mile to La Palma Ave. and turn right. Go 1.0 mile and turn right at first park entrance. Park in dirt lot near baseball field.

43 Miles. Rolling to Hilly ride thru Orange, Tustin, Irvine, & returning thru Villa Park. 1250 Feet Elevation Gain.

64 Miles. Rolling to Hilly ride thru Orange, Tustin, Irvine, Mission Viejo & returning thru Santiago Cyn Rd and Villa Park. 2750 Feet Elevation Gain.

Sunday Rides

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

Please arrive at the ride location with enough time to have your bike ready to roll at the scheduled time. 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 California Vehicle Code applies to bicycles. If the ride is cancelled, the calendar will be updated at least 1 hour prior to the ride start time with the word "CANCELLED".

RIDES START AT 9:00AM

March 3, 2013 Carl's Jr. Newport Beach. (Board meeting scheduled at 11:00 AM). 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. Park on south side away from Carl's Jr.

29 Miles. Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine.

36 Miles. Hilly ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills.

48 Miles. Rolling to Hilly ride thru Irvine, Laguna Beach & Newport Beach. 1150 Feet Elevation Gain.

March 10, 2013 University Park, Irvine. Take the 405 Freeway to Culver Dr exit South. Go 0.3 mile to Michelson Dr. and turn left. Go 0.1 mile, turn right into parking lot. Park near Carl's Jr.

27 Miles. Flat to Rolling ride thru Costa Mesa & Newport Beach areas (House Tour).

35 Miles. Hilly ride thru Irvine & Tustin with climbs up Shady Cyn, Turtle Rock & Portola.

43 Miles. Hilly ride thru Irvine, Mission Viejo, Aliso Viejo, Laguna Beach & Newport Beach with the last climb up Newport Coast

March 17, 2013 Pavilions Seal Beach. Take the 405 Freeway to Seal Beach Blvd exit South. Go 3.0 miles on Seal Beach Blvd to Pacific Coast Hwy and turn right. Go 0.3 mile, turn right into the Pavilions parking lot. Park closest to PCH.

15 Miles. Flat ride thru Seal Beach, Belmont Shores & Beach Trail.

37 Miles. Flat to Rolling ride thru Seal Beach, Huntington Beach, Costa Mesa & Newport Beach.

46 Miles. Flat to Hilly ride thru Seal Beach, Huntington Beach & Newport Beach with a climb up Newport Coast.

March 24, 2013 Lions Park Costa Mesa. Take the 55 Freeway south to end. Continue south on Newport Blvd. for 0.4 mile to 18th Street. Turn right and go 0.1 mile to Park Ave. Turn right and park on street in front of Park.

23 Miles. Flat ride thru Costa Mesa, Huntington Beach & Newport Beach.

35 Miles. Flat to Rolling ride thru Costa Mesa, Huntington Beach, Newport Beach & Irvine.

56 Miles. Hilly ride thru Costa Mesa, Irvine, Lake Forest, Santiago Cyn & Tustin.

March 31, 2013 Pepper Tree Park Tustin. Take 55 Freeway north, to 4th Street exit East. Go 0.3 mile and turn right on "B" Street. Go 0.2 mile to the Park. Pepper Tree Park is located at the corner of 1st Street & "B" Street.

22 Miles. Flat to Rolling thru Tustin & Irvine.

35 Miles. Rolling ride thru Tustin, Irvine, UCI & Newport Beach. 850 Feet Elevation Gain.

41 Miles. Hilly ride thru Tustin, Irvine, Lake Forest & Santiago Cyn.

April 7, 2013 Carl's Jr. Newport Beach. (Board meeting scheduled at 11:00 AM). 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.

27 Miles. Flat ride thru Irvine & Tustin.

31 Miles. Rolling to Hilly ride thru Newport Beach, Laguna Beach & Irvine.

45 Miles. Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach. 500 Feet Elevation Gain.

Weekday Rides

TUESDAY

RIDE STARTS AT 9:00 A.M.

Albertson's Center, Orange. Take the 55 Freeway to the Chapman Avenue exit East. Go 4.1 miles and turn right into the Albertson's shopping center (Jamboree & Chapman). Park near Taco Bell. Ride leader Jim Walker, 562 943-9403 or email at teamwalker@ocwheelmen.org.

30 Miles. This is a moderate paced ride intended for hill training.
1500 Feet Elevation Gain.

THURSDAY

RIDE STARTS AT 8:30 A.M.

Rock n' Road Cyclery, Mission Viejo. Take 5 Freeway to El Toro Rd exit. Left on El Toro for 4.6 miles. Right on Santa Margarita Pkwy for .6 miles. Rock n Road Cyclery is 1st left signal after Los Alisos Blvd. Ride leader Max Kaldenberg, 949 857-4355 or email at max.kaldenberg@cox.net.

35 Miles. This is a moderate paced ride for fun & exercise.

FRIDAY

RIDE STARTS AT 9:00 A.M.

Deerfield Park, Irvine. Take the 405 Freeway to Culver Dr exit North. Go 2.1 miles to Irvine Center Dr. and turn right. Go 0.4 mile to Deerwood and turn left. Park on nearby residential streets. Ride leader Dan Gorman, 714-771-7741 or email at dgorman@aol.com.

40 Miles. This is moderate to fast paced ride with a food stop at the end.

Reward for Active Riders!!!!

Effective January 1, 2013 active OCW riders can register early for Amtrak.

An active rider is one that rides 20 OCW rides or more between January 1, 2013 and June 15, 2013.

By riding 20 times during that period, the rider will be given a window of 1 week to Pre-Register for Amtrak 2013.

The OCW member will pay the regular registration fee, but will be able to Pre-Register.

This is for OCW members only!!

Ride an additional 20 or more club rides between June 16, 2013 and December 31, 2013 for a total of 40 rides and you will be able to Pre-Register for the 2014 Amtrak Ride.

Starting January 1, 2014 active riders will need 40 rides per year to Pre-Register.

Remember this is only for:

Active OCW Members

This is non transferable

This is a great reward for active OCW members and a good reason to become a member!

Western States Ride Calendar

3/2/2013 Death Valley Century, Ultra Century, and Double Century, Spring Edition AdventureCORPS, Inc.

3/2/2013 Kings River Blossom Bike Ride, Reedley Lions Club

3/3/2013 Senorita Century Noble Pursuit, Inc

3/4/2013 CCSD TRAINING CAMPS 5 day road training camp CCSD

3/4/2013 Santa Monica Mtns Climbing Camp, Cycling Escapes

3/9/2013 Solvang Century, SCOR Cardiac Cyclists Club

3/10/2013 Tour of Death Valley, Cycling Escapes

3/10/2013 Unknown Valley Chico Velo Adventure Ride, Chico Velo Cycling Club

3/16/2013 Half Moon Bay 200k, Santa Cruz Randonneurs

3/16/2013 Joshua Tree Double Century, Mountain High Cycling

3/16/2013 St Paddy's Palomar Punishment, CCSD

3/16/2013 Tour of Borrego, R&B Bicycle Club

3/17/2013 Lake Mead and Valley of Fire Cycling Escapes

3/18/2013 CCSD Endurance Training Camp, CCSD

3/23/2013 Ay Chihuahua Century, Ramona Fun Riders

3/23/2013 Inaugural Spring Rush Century, Shadow Tour LLC

3/23/2013 Solvang Double Century, Planet Ultra

3/23/2013 Sonoita to Bisbee, Greater AZ Bicycling Assn Tucson

3/25/2013 Santa Monica Mtns Climbing Camp, Cycling Escapes

3/30/2013 Death Valley Bicycle Tour, from Lone Pine Wayne Martin

3/30/2013 Santa Clarita Century, Santa Clarita Velo

3/30/2013 Spring Metric Century, Orange County Wheelmen

3/31/2013 Tour of Solvang Wine Country, Cycling Escapes

Field Fixes

By Frank Neal, LCI

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

Tighten those nuts and bolts!

This is mostly to folks who do their own mechanicals on their own bikes. But, it really applies to all riders.

Home mechanics "hand-tighten" the nuts and bolts with the thought in mind that they will tighten them when they are done with the task. Then the phone rings, or it is dinner time, etc. The bolts never get tightened properly.

The same is true for non mechanics. The vibrations of just riding do loosen some of the nuts and bolts on your bike.

Of note are your bike bottle bolts and your brake nuts and bolts. I see this often. Derailleurs are another source of vibrations and loose bolts. Check them periodically.

Anyone can do this and needs to do this a couple of times each year. Check the tightness on all of the nuts and bolts on your bike.

Be cautious! DO NOT over-tighten them! If they are "snug", then do not tighten them any further! "Snug is good!" If they are snug the World of cycling is good! A good day is a ride without mechanical challenges without dealing with loose nuts or bolts!

Ride Safe! – Frank Neal, OCW Board Member, LCI #3386.



Events 2013

By Mike Lee, LCI



Come Ride The Canyons

Saturday March 30, 2013

REGISTRATION INCLUDES: Route Slips of your choice, 2 Food/Rest Stop, Roving Sag Support. END OF THE RIDE MEAL, EI POLLO LOCO Chicken, Rice and Beans with Drinks served. Check-In Opens: 8:00 a.m.

Start Times: 8:30 am - 9:00 am

Course Closes: 4:00 p.m.

This Ride is an OCW Regular Members Only Ride.

You will need to Join Orange County Wheelmen before registering for the ride.

See Below Left for Instructions.

If you are an OCW Associate Member you can upgrade to a regular member then register.

If you are not an OCW Member join OCW then come back to register.

See link on left side.

The Ride will not be cancelled due to inclement weather. Ride rain or shine

OCW Events Spring Metric and Beyond...

When you receive this issue of the Chain Reaction, the 29th Annual Ride around the Bear registration will be moments away from launching and I will be in the final throws of the Spring Metric and probably still looking for a few volunteers for the Spring Metric.

I am anticipating a terrific year for OCW and the 4 events we manage. As this being my main communication tool for event status and volunteer searching.

Website...

Speaking of volunteers, if you would like to help the club, the website can use another webmaster to assist in keeping it current. The website in my opinion once you understand the basic building blocks will only take maybe 4 hours a month to manage a small part of it. Although **Miguel Perea** would handle the Classified Ad area, he already has 2 other areas he is handling and I would like to lessen his load. The classified ad area has been set up to be self administered by all the members, making it easier for members to monitor their ads more closely.



The Hungry Cyclist

Rigatoni with Spicy Calabrese-Style Pork Ragu

Ingredients

1 medium onion, quartered
1 carrot, peeled, cut into 1-inch pieces
1 celery stalk, cut into 1-inch pieces
4 garlic cloves
2 teaspoons fresh oregano leaves
1/4 teaspoon crushed red pepper flakes
1/2 cup coarsely chopped flat-leaf parsley, divided
1 28-ounce can whole peeled tomatoes
1/4 cup olive oil
1 pound hot or sweet Italian sausage, casings removed
1 pound ground pork
Kosher salt, freshly ground pepper
1 tablespoon tomato paste
1 pound mezzi rigatoni or penne rigate
3/4 cup finely grated Parmesan or Grana Padano plus more

Preparation

Pulse onion, carrot, celery, garlic, oregano, red pepper flakes, and 1/4 cup parsley in a food processor until finely chopped; transfer to a small bowl and set aside. Purée tomatoes with juices in processor; set aside.

Heat oil in a large heavy pot over medium heat; add sausage and cook, breaking up with a spoon, until browned, about 4 min-utes. Add ground pork, season with salt and pepper, and cook, breaking up with a spoon, until no longer pink. Using a slotted spoon, transfer to a plate.

Increase heat to medium-high. Add reserved vegetable mixture to drippings in pot, season with salt, and cook, stirring often, until golden, 8-10 minutes.

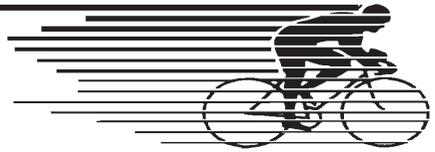
Stir tomato paste and 1 cup water in a small bowl; add to pot. Cook, scraping up any browned bits from bottom of pot. Bring to a boil, reduce heat, and simmer until liquid has almost evaporated, 6-8 minutes.

Add reserved meat and tomato purée and 1 cup water. Bring to a boil. Reduce heat; simmer, adding more water as needed to keep meat nearly submerged, until meat is tender, about 4 hours. Season with salt. **DO AHEAD:** Ragù can be made 3 days ahead. Let cool. Cover and chill, or freeze for up to 2 months. Reheat before continuing. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 2 cups pasta cooking liquid.

Add pasta and 1/2 cup pasta cooking liquid to sauce; stir to coat. Stir in 1/4 cup Parmesan and remaining 1/4 cup parsley. Increase heat to medium and continue stirring, adding more pasta cooking liquid as needed, until sauce coats pasta. Divide among bowls; top with more Parmesan.



PARAMOUNT RACING



TEAM MEETING

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

President	Jason Gersting	Jason.Gersting@kmob.com
Vice President	Monty Pettus	sngtrkguy@yahoo.com
Secretary	Curt Dosier	cdosier@kmob.com
Race Director	John McKee	ajmckee@sbcglobal.net
Rider Advocate/Recruitment	Ben Everton	Ben.Everton@kmob.com
Sponsorship Coordinator/Web	Scott Sharp	scsharp@yahoo.com
Elite Squad/Recruitment	Marcos Corona	coronam@uci.edu

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

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

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

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

RACE TEAM SPONSORS

ORANGE COUNTY WHEELMEN

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EARLY SEASON RESULTS FOR PARAMOUNT

Paramount has seen some decent results early in the racing season. **John McKee** has won 2nd , 4th, 5th and 6th place finishes. Chris Bright had a stellar 6th place finish in the tough category 3 division at Red Trolley on Feb. 3rd. New Development Squad member Conrad Wang had a 5th place finish at the very difficult Boulevard Road Race in category 4. Nice to have you aboard, Conrad. New 55+ racer Lee Romans had a quality race at Red Trolley with a 7th place finish in the field loaded 55+ category. We are looking forward to more Development Squad riders joining us from the ranks of the UCI racing program lead by Dave Jordaan. **Follow John McKee racing through his blog Johnnymckee.blogspot.com.**



Top: **John McKee** killing it at Red Trolley with Lee Romans in the back ground
Bottom: **John McKee** following a former Mr. Universe winner with Howard Miller in the back ground.

Did You Know?

By Frank Neal, LCI

GROUP RIDING

Riding in a group is very much different than riding on your own or with a good friend. The following details the etiquette needed to be a good group rider.

The following is courtesy of the Cycling Pro's at Veloce Santiago.

The following rules were initially developed by Frank Baker, a long time member of the Veloce Santiago Team, in order to help all cyclists to ride more safely in a paceline environment. They have been updated by Chuck Bramwell and his experience riding in pacelines. These rules will be updated in the future as needed.

1. Don't use Aero Bars while in a paceline. Aero Bars might be a great tool when you are riding solo or at the front of a paceline. However, if you are in the middle of a paceline, the time it takes to get from your Aero Bars to your brakes can be the deciding difference in whether you and those behind you have an accident or not. Keep your hands on your brakes or brake hoods while in a paceline.

2. Don't OVERLAP WHEELS!! This is especially important with some riders -- it can be a formula for disaster. Unless you are an exceptional bike handler riding behind a remarkably steady and predictable rider, the advantage gained by close following or a narrow echelon is not worth the risk of crashing.

3. When on the front, KEEP YOUR HEAD UP, CALL OUT THE JUNK, and WATCH THE LIGHTS. You are responsible for the safety of many riders. Don't let them down. Don't worry about what gear you are in or if you have an acorn in your cluster. Go easy off the lights, give the back time to get going without getting the "whip syndrome".

4. When pulling off the front of a double wide paceline and coming back on the left of the paceline, MAKE SURE THE TRAFFIC IS CLEAR behind the group so that you are not pulling out into traffic. If you are in a single wide paceline, it is usually safer to pull off to the right of the paceline so that you are away from traffic.

5. If you MUST chit chat in the pace line - SKIP THE EYE CONTACT. WATCH THE RIDER IN FRONT OF YOU AND THE TRAFFIC ON THE ROAD - ESPECIALLY AT THE FRONT. When on the front, don't talk: you have too much responsibility. You need to always be aware of what is in front of you, to the side of you and without looking back behind you.

6. Watch the rider in front of you, constantly. Depending on who it is, back off, especially when approaching a challenging rise in terrain or jump in pace. Some people, even on the best of days have an inconsistent speed that causes the bike to go back and forth. Other people brake suddenly or excessively. Know who these people are and stay back from them.

7. Ride in a straight line at a consistent pace. The key to a good paceline is to ride a steady speed. If there are accelerations within the paceline, it hurts everybody, so if one rider is stronger than the others, he doesn't go faster but pulls longer. The weaker riders maintain the speed but take shorter pulls. The paceline then runs at a steady speed which is key.

8. When moving from a seated to a standing position, stay on the power so you do not fall back into the bike behind you. Even some really strong riders tend to do that.

9. Never pass on the right unless you are ABSOLUTELY CERTAIN there is:

- a) Plenty of room and
- b) The rider in front absolutely knows you are coming around..(because you YELLED: COMING BY ON YOUR RIGHT and saw a visible reaction).

10. If you find that you can't hold with the paceline that you're in, signal, then pull out of the pace line and back off - don't start thrashing, weaving or gapping. If you are smart, you can jump back on AT THE REAR and get a break too. Unless you are at the tail end of a fast group who is determined to drop you (or you are about to be tandem-ectomized), back off on the steep or twisty descents.

11. Fixed Gear bikes don't descend, corner, or stop as fast as Freewheel bikes. When riding in pacelines with Fixed Gear bikes, give the Fixed Gear cyclist more room to descend, corner, or slow down. A group of cyclists on Fixed Gear bikes should ride together behind a group on Freewheel bikes so the Fixed Gear bikes can descend, corner, or stop at a different pace.

Our goal: have fun but be safe while cycling.

Classified Ads

URGENT!!! -Seatpost needed (size 26.8") for Baja donor bike
Please Contact Randy Kiefer at 949-653-6346, or e-mail rkayuga@sbcglobal.net".

UCI IN NEED OF PARTS. The team is in urgent need of road bike gruppo parts (especially shifters) and good used wheels. If any of your members have good used items e.g. if you upgraded from 9-speed to 10-speed or upgraded to Di2 electronic shifter and have your old parts gathering dust, please consider making a tax deductible donation to the UC Irvine Bike Club - your gruppo parts and/or wheels will be racing on a collegiate bike immediately. I can arrange collection if you send an email to me (address below).

Thanks very much for your continued support. Regards Dave

Dave Jordaan

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

head Coach UC Irvine Bike Club

USA Cycling 'Level 1' Coach

55 East Yale Loop, Irvine CA 92604

Cell: (714) 720-5472

2013 SHIMANO ULTEGRA 6700 GREY COMPONENTS



For Sale 2013 Shimano Ultegra 6700 Grey Components: Front and Rear Derailleurs and STI Shifters with Cables. I removed these non-used items from my 2013 6.5 P1 Madone and installed Ultegra Di2 components during the bike build. I am asking \$475 OBO.

Greg Kibble
kib4011@cox.net

FOR SALE Tandem, 1995 Santana Sovereign. Aluminum doubled butted, "Blueberry Swirl". Low rider for panniers on front included. Set up for touring. Tall captain and short stoker.
\$2000 OBO. Call Bob or Judy Aronson 714-960-5459

BICYCLE STAND FOR SALE. Bicycle stand for sale good condition with tool tray Price \$ 40.00
Contact A.J. Nelson at 949-297-4944 aj_nelson@yahoo.com

FOR SALE A CLASS WHEELSET. Shimano, 700c Tubeless, ALX 730 wheel set, New rear wheel, front one year old. Asking \$165 obo.
Contact Terry Sorem; 714-534-5219 - terry.sorem@gmail.com

PERFORMANCE HARD CASE AIRLINE TRAVEL BICYCLE BOX FOR RENT. Performance hard case airline travel bicycle box. \$20 per calendar month. This box is for a single bike. It will be picked up and dropped off at the OCW Board meeting, before or after, on the first Sunday of each month of the OCW Board Meeting at Von Karman and Campus in Irvine. For questions, call me: Frank Neal, 909.592.2727. Damages will be the responsibility of those who accept the bike box.



OCW Board Meeting Minutes

Sunday, February 3, 2013

In attendance: Jim Brewer, Paul D'Aquanni, Jim Walker, Irene Walker, Steve Loughran, Mike Lee, Lee Stebbing, Jim Pugh, Max Kaldenberg, Bob Fairfield, Dan Gorman, Ron Hearn, Art Pressel, Fran Neal, Alvan Trafton, Randy Keifer, Doris Bingo, Alan Dauger, Jeff Rich, Miguel Perea.

1. Approval of Minutes – January 6, 2013
 - a. Moved, seconded and approved
2. Treasurer's report – Jim Walker
 - a. For January 2013 (-1,149) for OCW
3. OCW Paramount Corp. Report – Jim Walker
 - a. No activity
4. Board Member Reports
 - a. President – Jim Brewer
 - i. Asking for more involvement and division of duties for Board
 - ii. Would like to see an improved end of ride for Amtrak
 - b. Vice President – Paul D'Aquanni
 - i. Banquet on track
 - ii. Would appreciate any help with ideas for speakers for monthly meetings
 - c. Membership – Irene
 - i. 25 new members this month
 - d. Paramount – Summary of 1/23/13 meeting – Alan Dauger
 - i. Association with Cranky's; specifics of member discount being developed; must be Paramount member and volunteer for race day and one OCW event
 - ii. Development squad being formed
 - iii. Five additional members added
5. Committee reports
 - a. LCI's – TS 101- Mike Lee
 - i. Date set, Feb 15 & 16, 2013
 - ii. Books are in
 - iii. 13 persons are sign-up for course
 - b. Public Relations – Max Kaldenberg
 - i. Reviewed "Reward Program" for clarification
 - c. Ride Captain – Jim Pugh (Stat totals for awards)
 - i. These are done for 2012
 - ii. Jeff Rich to check
 - d. Calendar – Lee Stebbins
 - i. Up to date and is completed many months in advance
 - e. Events – Mike Lee
 - i. Bear registration done and to open March 1.
 - ii. Spring metric on track – Possibility of association with Whole Foods
 - f. Goat Hill – No report
 - g. Budget Committee Report – Jim.
 - i. May need to adjust budget somewhat for increase in sales taxes

6. CTC Report – Frank Neal
 - a. Quite so far this year
 - b. First Double to be the 16th of February
 - c. 23 Doubles scheduled this year
 - d. Alzheimer’s association cancelled Spring program but four scheduled in the fall.
7. Old Business
 - a. Banquet – Paul
 - i. As above – On track
 - b. Bear Jersey Artwork
 - i. Front distributed
 - ii. Reverse in progress
8. New Business
 - a. Spring Metric
 - i. 95 registered thus far
 - ii. Donation to JDRF – Is in budget, Mike to send reminder/request
 - iii. Volunteers always welcome
 - b. Finish line for 2013 Amtrak
 - i. Parking lot removed for building so will not be available
 - ii. Will be evaluating potential sites
9. Other business
 - a. Website – Mike Lee
 - i. Mike continues to look at potential for site and evaluating others.
 - ii. New discount codes will be generated and used for all events
 - b. Miguel Perea to take on Classified ads for Chain Reaction
 - c. Mike Lee discussed access to website in terms of public vs. member status
 - d. Jim Walker addressed UCI request for donation
 - i. Requested \$2,300 for trainers and is in budget
 - ii. No action required – Discussion that this is less than the \$3000 last year.
 - e. Clothing – Art Pressel
 - i. Noted that new clothing is in and available for purchase
 - ii. Will bring old stock to banquet for purchase
 - f. Miguel noted that folding party will be on February 28th.

**Minutes submitted by:
Steve Loughran**



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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Pace Sportswear

12781 Monarch Street
Garden Grove, CA 92841
714.891.8716

Irvine Bicycles

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Irvine, CA 92618
949-450-9906

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Thomas "Cliff" McClain
Independent Associate
Small Business
and
Group Benefits Specialist
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tcmclain@legalsshield.com

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949-733-2453

Yorba Linda Physical Therapy

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Yorba Linda, CA 92886
714.577.0745

MVP Massage Therapy

15375 Barranca Parkway
Suite J-104
Irvine, CA 92618
949.439.0673

Trails End Cycling

1920 E. Warner Ave.
Suite 3C
Santa Ana, CA 92705
949.525.6070

AdventureCORPS, Inc.

638 Lindero Canyon Rd., #311
Oak Park, CA 91377
www.adventurecorps.com

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
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