

**CHAIN REACTION**

**TANDEM TIME**

**GOAT HILL**

**PARAMOUNT RACING**

**March**

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

**2010**

***General Meeting***

*Wednesday, March 10th, 7:00 pm*

***SERFAS  
CYCLING ACCESSORIES***

See page 16 for details.

**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**

Spring Metric	Sat.	Mar.	27
Tandem Time	Sat.	Apr.	3
Paramount Race	Sun.	May	9
Ride Around the Bear	Sat.	Jun.	12
Amtrak Century	Sat.	Sep.	11

## OCW CLUB OFFICERS

President	Michael Lee	949.458.0205 President@ocw.org
Vice President	Jim Brewer	714.525.9995 Vpresident@ocw.org
Treasurer	Irene Walker	562.943.9403 Treasurer@ocw.org
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## BOARD OF DIRECTORS

**2010 Board of Directors  
will be elected at the  
March Board Meeting.**

**Happy St. Patrick's Day**



## BOARD MEETING

**Sunday, March 7th, 11:30 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.

## FOLDING PARTY

**Thursday, March 25th, 7:00 pm**

Hosted by:

**Jim & Irene Walker**

15907 Lawnhill Dr.

La Mirada, CA 90638

562-943-9403

teamwalker@bbcnnet.com

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

**DIRECTIONS:** From Interstate 5 or Hwy. 91, exit Beach Blvd. heading north to La Mirada Blvd. Turn left on La Mirada Blvd., and then right on Santa Gertrudes (2nd light). Lawnhill is a right turn off Santa Gertrudes.

## SPECIAL THANKS TO

**Rick & Debi Butz**

**for Hosting the**

**February Folding Party**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Doris Bingo** at **Editor@ocw.org**.

(OCW reimburses up to \$100)

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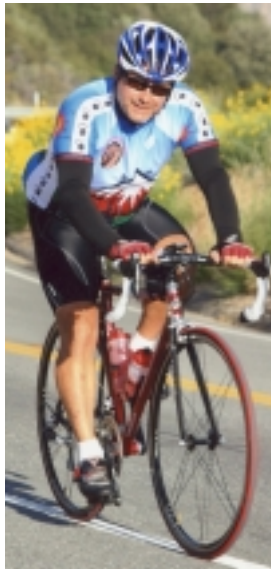
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## FROM THE PRESIDENT...

By Mike Lee

This being my first letter to the members as your new president, I thought it might be appropriate to introduce myself and what I bring to the table. I think we all get philosophical when you assume this position whether it is in a corporate structure, a small business or the many networking groups for social and professional connections, either in person or online. So I actually started this in December 2009 while at our mountain home and facebooking with friends. I think this may sort of establish my commentary of cycling for life. Be it in a club, on your own, on race teams, or just going to the store to pickup something.

The subject that I am tackling for this month, what happened to letting kids outdoors? We can all remember the first time we learned how to ride a bike. But what about when we wanted to venture further than the front of our home. To school, to the store, to the park or beach. As a photographer for schools it is amazing how much planning I see goes into how parents drop off and pick up their children from school. Remember the movie Mr. Mom when Michael Keaton as a new stay at home Dad went in the wrong way. So what happened to riding your bike to school? I rode the 1+ mile from home to school from the first time I could ride until it was cooler to walk home, in 6<sup>th</sup> or 7<sup>th</sup> grades, with the girls? So how did we get here? We drive our kids to school, to their afterschool activities, and it goes on and on. Interesting the state we have come to. So the point is this, how are we educating our kids about having fun without structure, riding your bike to get someplace, like to your friend's house. There are many reasons you hear for not riding or letting your children outdoors. The traffic is worse; drivers don't pay attention, more cars on the road, no bike lanes. Again, due to safety, the point is we have created this lifelong problem of fitness and activity. The statistics for obesity and diabetes is growing every year. I never worried or dieted as a kid. I couldn't even keep any weight on. Not so anymore.



But I've looked at my life and have always been active in some sport at some time. My teen years until my mid twenties were filled with backpacking and skiing. When I went back to school for my undergraduate degree in business I looked for a sport that wouldn't blow out my knees, backpacking did and skiing wasn't the best but I loved it. When I came upon cycling I found that was it. Cheap, it is outdoors, sunshine, elevated cardiovascular, and we got somewhere and the scenery was pleasant as we rode by. It wasn't until I moved to Mission Viejo and bought a better bike that I really got into cycling. The hills were my new challenge. I eventually was riding to work 3 times a week, (Mission Viejo to Anaheim, (Rockwell Intl)) and then riding another 100-150 miles on the weekend. Eventually, after 15 years I tapered off to not riding at all due to self-employment. Bad Mikey!

I do have to backtrack a bit to children and activities. When raising our kids it was softball and soccer. Emily my oldest, got into Girls Fast pitch softball which led me to joining a men's fast pitch team, which I was involved with for a few years. This meant we began driving her all over S.C. for tournaments and games. Our youngest daughter, Brenda loved soccer and that meant we were driving her all around. By the way, our kids did walk the neighborhood to get to elementary school, but not with Middle or High school, they had to use the dreaded bus. The point here again is they were outside much of their childhood playing in sports, interacting with peers, and staying away from TV, computers, and the internet, lucky for us the internet was still in it's infancy for use in the home. Our first was a PC (286) in 1986.

So why don't we let our kids outdoors? I hope that with what we may do as a club with the community that we may be able to clear the path for safer street riding for kids to go to and from their activities. This of course

might even mean that parents may ride with their kids for family outings. I've never had that experience but would so welcome it, maybe our granddaughter?.

So I have made a list of goals, which I would like to accomplish. Some are the ones that **Charlie** started and was unable to finish, but I will try to push them forward. Sometimes the hardest thing is to make the first step whether it is right or not, but you get something started. So this year, I'll listen and plan and look at the goals I have written down. By the way, let's have a little fun and exercise, we're just a bike club, but "*the*" bike club in the OC!

So glad I joined OCW to motivate myself and find people to ride with.  
Stay safe on the roads,

**Mike**

## OCW President's Ride

By **Mike Lee**

Sunday, March 7, 2010 - Please join **Mike Lee**, OCW President, for a friendly introductory ride. New and beginning riders are encouraged to join us. We'll meet for the OCW Sunday Ride at Carl's Jr. in Irvine (Campus & Von Karman) at 8:30 a.m. and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to [president@ocw.org](mailto:president@ocw.org) or call 949-458-0205.

## 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

Lawrence, Dale	Irvine
Shintani, Dennis	Orange
Wolzmuth, John	Irvine

## March Birthdays

### OCW Wishes You A Happy Birthday!

George, David	3/1
Collins, Graham	3/2
Karlstrom, Ann	3/2
Rochin, Al	3/3
Eck, Mark	3/3
Lee, Michael	3/3
Ivey, Kevin	3/6
Hood, Rosalie	3/6
Bingo, Doris	3/8
Allmeida, Ed	3/8
Turner, Robert	3/10
McMurray, Cheryl	3/11
Trudell, Alan	3/12
Phillips, Gary	3/13
Cozza, Greg	3/16
Klages, Scott	3/17
Watanabe, Alyce	3/18
Niehaus, Kathi	3/18
Clarke, Liz	3/22
Wickersham, Art	3/22
Bird, Arline	3/23
Ede, Ethan	3/24
Watanabe, Anthony	3/24
Cotton, Stephen	3/25
Laugen, Lorna	3/28
Boland, Alicia	3/28
Connors, Kim	3/28
Guttentag, Lori	3/31

# Ride like the Pros

By Mike Lee

- ✓ Are you new to cycling?
- ✓ Looking for help in changing flats?
- ✓ Intimidated by riding with cars zooming by on the street?
- ✓ Not sure how to ride with traffic?
- ✓ How do cyclists get into the left hand turn pocket?
- ✓ How do you get in and out of your clipless pedals without falling?
- ✓ When stopping at the intersection where should I stop?
- ✓ Where should I stop when there is a right turn pocket?
- ✓ How do you trip the traffic loop so I can get a green light?
- ✓ OCW has a program for you to help make you safer on the road for you and the motorists.

If you are new to riding on the road, new to cycling or just wanting to hone your road skills and feel safer riding on the roads. Come ride with one of our many experienced members. We can show you the best way to work with traffic negotiate changing lanes and the all too familiar challenge of getting into the left hand turn pocket quickly and safely and even have motorists acknowledge you and give you the right of way to complete the maneuver. This Saturday only ride will be the short or medium distance it's your call. We will have someone available every Saturday for you to ride with. We rotate our experienced riders throughout the year for this ride. Show up to the Saturday ride at the square and mention to the ride captains that you want to take advantage of the Ride like the pros group ride.

These members have either completed the League of American Bicyclists Road 101 course, or have demonstrated to the Board of their bike handling skills, proficiency and knowledge of rules of the road as it pertains to cyclists. OCW wants to educate all our members in proper operation of your bicycle and being courteous on the road as this is a reflection of all cyclists and members of OCW.

Initial list of Ride leaders:

<b>Michael Lee</b> –	949-458-0205	president@ocw.org
<b>Paul D'Aquanni</b> –	949-766-2951	pdaquanni@cox.net
<b>Michele Kashima</b> –	714-368-1315	training@ocw.org
<b>Lee Stebbins</b> –	714-593-9226	bikraak@socal.rr.com
<b>Charlie Irwin</b> –	949-552-8480	csirwin@bbcnet.com
<b>Bob Fairfield</b> -	714-505-7375	mobile412@ca.rr.com
<b>Debi Butz</b> -	714-996-4366	rdbutz@earthlink.net

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## ARTICLES WANTED

If you have anything you would like to write about for the OCW Chain Reaction Newsletter on any bicycling or bicycle-related subject, please submit any articles to the OCW editor. We love to publish photos also. Please e-mail all articles and photos to the OCW editor at [Editor@ocw.org](mailto:Editor@ocw.org).



# Bicyclists and the California Law

## Part 2

By **Brian DeSousa**

Vice President, California Association  
of Bicycling Organizations (CABO)

Last month I gave an overview of key California laws governing bicycling. (Once again I will offer the following disclaimer: I am not an attorney, but I have spent my own time reviewing laws applicable to bicycling.) The application of the law to individual bicyclists is fairly straightforward, but here is where it gets a little muddy – how does the law apply to bicyclists traveling together in a group?

But first, some unfinished business regarding the law as it applies to individual bicyclists. Last time I wrote that complying with the “as close as practicable to the right” provision of CVC 21202 is not required for lanes that are too narrow to safely share. But who gets to decide what is too narrow to safely share? Most of us at one time have been in lanes that are marginally wide enough for a motorist and bicyclist to fit side by side when stopped, but where you’d be passed too close for comfort if you tried to share the lane when moving. So wouldn’t it be reasonable that a bicyclist should have latitude to use his own judgment in determining if the lane is shareable, especially because he is the one who suffers in the event of error?

The reality is that a bicyclist’s judgment is subject to second-guessing by police officers and the courts. There have been several cases in California and other states where bicyclists have been unfairly cited for not being “as far right as practicable”, and anyone who has been to traffic court knows that police testimony carries significant weight. This puts the burden on the bicyclist to justify his choice of lane position to the court. If a bicyclist is to have the latitude to choose whether or not to share a lane for his own safety, then why would there even be a law that essentially says “you must share the lane unless you can prove it’s not safely shareable” – a duty that is required of bicyclists but not any other slower drivers? So the best that we can do under current law is to educate motorists, bicyclists, and police that there are cases where a bicyclist needs to “control the lane” for his own safety.

Now on to bicyclists traveling in a group – here is where things get a bit tricky. A common question is whether bicyclists riding in a group have to ride single file. Nothing in California law explicitly requires bicyclists to ride single file or prevents them from riding two or more abreast. However, some police officers have argued that single file is required, because the bicyclist on the left is not riding “as close as practicable to the right-hand curb or edge of the roadway” per CVC 21202. But on the other hand, strictly speaking the bicyclist on the left cannot ride farther to the right, because of the presence of the bicyclist on the right. Furthermore, there’s no law prohibiting any two road users from driving side by side within a lane – so riding two abreast is arguably legal because it’s not illegal.

Nevertheless, such an interpretation requiring single file would only be applicable in those instances where a lane is wide enough for a motorist to safely share with single file bicyclists, but not with bicyclists who are two or more abreast. If a lane is too narrow for a single bicyclist to safely share with a motor vehicle, then CVC 21202 doesn’t apply, and since a single bicyclist slower than other traffic can be anywhere in the rightmost lane per CVC 21654, it would follow that the group may use the whole right lane.

In addition, bicyclists may lawfully ride two or more abreast on the shoulder, because the shoulder is not part of the roadway, and therefore not subject to the provisions of CVC 21202. Likewise, bicyclists may ride abreast, one on the roadway and one or more on the shoulder. Finally, bicyclists may ride two or more abreast in a bike lane, as CVC 21208 regulating bike lane use, requires at most that they ride within the bike lane, without specifying any particular position in it.

Furthermore, the “as close as practicable to the right” provision of CVC 21202 (as well as the mandatory bike lane use provisions of CVC 21208) only apply to those bicyclists traveling “at a speed less than the normal speed of traffic moving in the same direction at such time.” Clearly bicyclists moving at the speed of other traffic, which is common on downhills or in slow urban traffic, are not subject to the provisions of CVC 21202 or 21208, and so a group of bicyclists may use the whole right lane. In addition, where the traffic at a certain time consists predominantly of bicyclists (as might be the case with a club ride on a lightly traveled road), their speed determines the “normal speed of

traffic ... at such time”, and they would arguably also be exempt from CVC 21202/21208 and may also use the right lane. However, to my knowledge this has not been tested in court.

But regardless of what the law says, we as bicyclists should strive to be cooperative with other traffic when it is safe for us to do so. On a rural two lane road, that might mean switching to single file if needed to make it easier for a motorist to overtake, reverting to two abreast after the motorist passes. On the other hand, it seems ridiculous that a large group of bicyclists is expected to be strung out in a bike lane on a six lane roadway when there’s little traffic on an early weekend morning. It is especially frustrating when bicycling according to this expectation does nothing to facilitate motorist overtaking (since there are other lanes available for passing) and actually causes more delay to motorists making turns or pulling out of driveways or cross streets, compared a group of bicyclists using the whole right lane. It also does nothing to decrease our risk and may even increase it, since most car/bike crashes are from turning and crossing movements, rather than from faster traffic approaching from behind. The only way to try to change these attitudes is for the bicycling community to be involved and work with local governments in the places we ride.

Many thanks to Alan Wachtel, whose article “Bicycles and the Law: The Case of California” provided much background information for this article. Alan’s article is available here: <http://www.cabobike.org/articles/bicycles-and-the-law>



## SATURDAY TRAINING

Come out and join us every Saturday (weather permitting) at 7:30 am at the Orchard Hills Shopping Center in Irvine, on the corner of Portola and Culver/ Orchard Hills.

If you haven’t already, please sign up on the training email list to receive weekly emails on the next Saturday distance rides and also any weather that might cancel a ride.

**Michelle Kashima**  
training@ocw.org

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## CYCLING CRYPTOGRAM PUZZLE

By **Dan Gorman**

Break the code to decipher a famous cycling quote:

“AWTLDU OCGU GUCN NLWYRI NGBTFF . . . FAG ’N ULBG R FCGGFA HCG.” –

***REABCMRW SFIABN***

(Answer on page 14)



## Ride Around the Bear June 12<sup>th</sup>

By Paul D'Aquanni

The date is set, June 12<sup>th</sup> and we are looking for volunteers for one of the most popular century rides in Southern California. If you do not feel like riding this year, come on out and be part of the fun in cheering on, catering to, and offering support for those 400 riders who are taking on the challenge of "Riding the Bear." Remember that volunteering for "The Bear" gets you an early registration privilege for this year's Amtrak.

If you are riding, sign up at [ocw.org](http://ocw.org)  
If you want to volunteer, contact **Paul DAquanni** at [events@ocw.org](mailto:events@ocw.org).



### REMINDER

Daylight Savings Time begins on Sunday, March 14.



## SPRING METRIC 2010 Let's Recruit New Members Saturday, March 27, 2010

This year's Spring Metric and 40 Miler will be a Members Only Ride. What this means is, the ride is **FREE** to OCW Members. As always it will be a fully supported ride with 2 rest stops, roving SAG, and a delicious Pollo Loco Chicken Dinner at the finish. The routes will be the same as last year. Both rides will start at Yorba Regional Park, with a 7 mile warm up down the Santa Ana River Trail, where you will then head through Santa Ana Canyon into Irvine. After a rest stop at Jax Cycle Shop, the 40 mile group will return towards the start with a stop in Orange, at Santiago Hills Park. The Metric group will leave Jax and head out through El Toro Marine Base toward Mission Viejo, and then back through beautiful Santiago Canyon. A rest stop at mile 52 is just prior to the last climb of the day. Then you will get to enjoy the final 10 miles of flats along Santa Ana Canyon Road where back at Yorba Regional Park the volunteers are waiting to feed and congratulate you on a job well done.

Please encourage non-member friends that this is a great time to join OCW. Join the Club for \$29.00 and you will get this great event free, as well as all the privileges that we all enjoy as OCW Members. So, please choose to sign up and join the fun by either riding or volunteering.

Sign up for the ride at [ocw.org](http://ocw.org), or if you would like to volunteer, please contact **Paul D'Aquanni** at [events@ocw.org](mailto:events@ocw.org)

Ride safe & share the road,  
**Paul D'Aquanni**

# Weekly Ride Schedule

## TUESDAY

**Tuesday Training Rides** - Hill Training - **9:00 am**. 1,000-2,000 feet of climb, 30 miles. Meet near Taco Bell at Albertson's Mall at Chapman & Jamboree. Ride Leader **Jim Walker**, 562.943.9403 or email him at teamwalker@bbcnet.com.

## FRIDAY

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

## SATURDAY

**Saturday Rides** - **8:30 am**, The Square, Irvine (Main and MacArthur). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. See Saturday Rides in the center pages of the Newsletter. Ride Leader **Bob Fairfield**, mobile412@ca.rr.com and **Jim Pugh**, in-line@pacbell.net.

## CENTURY SERIES

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

## SUNDAY

**Sunday Rides** - **8:30 am**, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader is **Donna Parish**, 714.549.8363 or ridecaptain@ocw.org.

### **Tandem Time**

**Ride Director**  
**Debi Butz**



Please join us for the next Tandem Time ride:  
When: Saturday, April 3, 2010 starting at 8:30 a.m.  
Where: The Square located at Main and MacArthur in Irvine near the John Wayne Airport.

The ride is approximately 30 miles in length.  
Stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders and e-mail **Debi Butz** at [rdbutz@earthlink.net](mailto:rdbutz@earthlink.net) or call her at (714) 996-4366 if you have further questions.

Next upcoming Tandem Time is June 5, 2010.

# Saturday Rides

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

The Saturday Rides are offered to improve individual and group riding skills and to promote the sport of bike riding. There are four rides scheduled each Saturday-Sprint, Short, Medium and Long. We do not ride when weather conditions are unsafe or if there is an **OCW** Special Event that day. The rides start at The Square, (formerly called Food Park), located at the NW corner of Main and MacArthur, in the city of Irvine. We park in the lot behind Starbucks. If you are new to **OCW** rides or are just returning to cycling, let us know, so we can suggest a group that fits your present riding ability. **The rides start at 8:30am.**

## March 2010 Schedule

All rides start promptly at 8:30

### March 6, 2010

**Sprint** - 35 miles Rollies - MacArthur, Main, Von Karman, Campus, University/East Bluff, San Miguel, Marguerite, PCH, Laguna Cyn, Old Laguna Cyn, Sand Cyn, Trabuco, Yale, W. Yale Loop, Main, MacArthur

#### **Slow to fast**

24 miles Mostly Flat - Red Hill, Barranca, Harvard, Irvine Ctr, Sand Cyn, Portola, Tustin Ranch, Walnut, Red Hill, Von Karman, Main, MacArthur

32 miles Elevation Gain 500 ft. Flat - Red Hill, Edinger/Irvine Ctr, Harvard, Walnut, Yale, E. Yale Loop, Alton, Irvine Ctr, Lake Forest, Toledo, Irvine Blvd, Jeffrey, Walnut, Harvard, Main, MacArthur

65 miles Hilly - Red Hill, Edinger/Irvine Ctr, Barranca, Alton, Bake, Portola, Marguerite, Jeronimo, Olympiad/Felipe, Oso/Pacific Park/Glenwood, Aliso Creek, El Toro, Laguna Cyn, PCH, Marguerite, Newport Coast, Pelican Hill, Harvard, Main, MacArthur

### March 13, 2010

**Sprint** - 35 miles Elevation Gain 810 ft. Rollies - Red Hill, Edinger/Irvine Ctr, Barranca, Toledo, El Toro, Los Alisos, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

#### **Slow to fast**

26 miles Elevation Gain 600 ft. Flat/Rollies - Main, Alton, Irvine Blvd, El Toro, Muirlands/Barranca, Von Karman, Main MacArthur

33 miles Hilly - Red Hill, Edinger/Irvine Ctr, Barranca, Alton, Bake, Portola, El Toro, Toledo, Alton, Main, MacArthur

46 miles Rollies - Main, Von Karman, Campus, University, Michelson, Culver, Alton, Irvine Blvd, Sand Cyn, Trabuco, Culver, Portola, Tustin Ranch, Walnut, Edinger/ Irvine Ctr, Barranca, Warner, Red Hill, MacArthur

### March 20, 2010

**Sprint** - 37 miles Elevation Gain 1000 ft. Rollies - Red Hill, McGaw, Von Karman, Campus, Turtle Rock, University/ Jeffrey, Irvine Ctr, Sand Cyn, Irvine Blvd, Alton, Von Karman, Main

#### **Slow to fast**

27 miles Elevation Gain 525 ft. Rollies - Red Hill/Santa Ana, Mesa/Birch, Von Karman, Barranca, Jeffrey/ University/East Bluff/Ford/Bonita Cyn, California, Harvard, Main, MacArthur

33 miles Flat - Red Hill, Edinger/Irvine Ctr, Barranca, Toledo, Trabuco/Irvine Blvd, Portola, Tustin Ranch, Walnut, Harvard, Main, MacArthur

59 miles Flat - Main, Sunflower, Sullivan, 5th, Newhope, Trask, Western, Crescent/Centralia, Studebaker, SG River Trail, Westminster, Bolsa Chica, Heil, Newland, Slater, SA River Trail, Sunflower, Main

### March 27, 2010

No Saturday ride due to OCW Spring Event

# Sunday Rides

**Rides start promptly at 8:30 am.**

**S=Short M=Medium L=Long**

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

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

**FOR YOUR INFORMATION:** Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:30 am. Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. **A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET!!** *Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.*

## March 2010 Schedule

**March 7, 2010 Carl's Jr., Irvine.** (Board Meeting Scheduled at **11:30 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. (at Von Karman).

S-23 Miles. Von Karman, Red Hill, Tustin Ranch, Portola, Sand Cyn., Alton, University.

M-36 Miles. Campus/Irvine, Cliff, PCH, Warner, Gothard, Lake, PCH, Dover, Campus.

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

**March 14, 2010 Bonita Canyon Sports Park, Newport Beach.** Take the 55 Fwy. south to the 73 Fwy. exit on MacArthur Blvd. Left on Bonita Canyon Rd., then right on Mesa View and left on Ford. The park is located on the left at the first stop sign.

S-20 Miles. Jamboree, Back Bay, Eastbluff, Harvard, Yale, Bonita Cyn. Bike Trail, Bonita Cyn.

M-31 Miles. Jamboree, Back Bay, Eastbluff, Alton, Laguna Cyn., PCH, Marguerite, San Miguel.

L-43 Miles. Jamboree, Back Bay, Eastbluff/Jeffrey, Harvard, Alton, Laguna Cyn., PCH, Marguerite, San Miguel.

**March 21, 2010 Tri-City Park, Placentia.** Take the Orange Fwy (57) to Yorba Linda Blvd. Exit east and go 0.9 miles to Kraemer Blvd. Turn left and go 1.1 miles to Golden Ave. and turn left into the park. Follow park road left 0.3 miles to parking lot.

S-26 Miles. Orangethorpe, Fairmont, La Palma, River Trail to Gypsum, Lakeview.

M-33 Miles. Birch, Valencia, Yorba Linda, La Palma, Santa Ana Cyn., Lakeview.

M-36 Miles. Rollies thru Cal Poly, newest route.

L-44 Hilly Miles to Chino via Carbon Cyn.; return via Golden Springs/Colima, Lambert.

**March 28, 2010 Peppertree Park, Tustin.** Take the 4<sup>th</sup> Street exit off the 55 Fwy and go east 0.3 miles to B Street. Go right (south) 0.2 miles to the park. Pepper Tree Park is on the southeast corner of B Street and 1<sup>st</sup> Street.

S-28 Miles. Bryan, Red Hill, Back Bay, PCH, Dover, Campus, Von Karman, Red Hill.

M-33 Miles. Bryan, Red Hill, Irvine, PCH, Hamilton, Campus, Harvard, Walnut, Tustin Ranch.

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

**April 4, 2010 Carl's Jr., Irvine.** (Board Meeting Scheduled at **11:30 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. (at Von Karman).

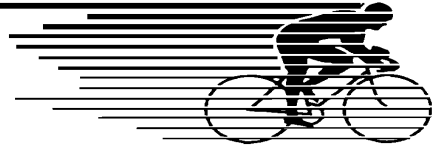
S-29 Miles. Campus/Irvine, PCH, Goldenwest, Lake, Atlanta, PCH, Dover, Campus.

M-33 Miles. Irvine Ave, Cliff, PCH, Seapoint, Slater, Gothard, Lake, PCH, Dover, Campus.

L-45 Miles. Von Karman, Barranca, Walnut, Red Hill, PCH, Seapoint, Atlanta, PCH, Dover.



# PARAMOUNT RACING



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## TEAM MEETING

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

President	Curtiss Dosier	cdosier@kmob.com
Vice President	John McKee	ajmckee@sbcglobal.net
Secretary	Jeff Carchidi	jcarchidi2001@yahoo.com
Race Director	Monty Pettus	sngltrkguy@yahoo.com
Rider Advocate/Recruitment Director	Ethan Ede	motiongraf@yahoo.com
Sponsorship Coordinator/OCW Liaison	Michelle Kashima	kashima@cox.net
Women's Race Director	Hillary Crowley	hilarynv@yahoo.com

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

### PARAMOUNT TEAM TRAINING RIDE

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

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

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

## **RACE TEAM SPONSORS**

JAX BICYCLE CENTER

TREK BICYCLES

TUSTIN TOYOTA

HAWAIIAN ISLANDS CREATIONS

FEATHER BRAKES

VITTORIA TIRES AND TUBES

BONTRAGER WHEELWORKS

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# Paramount Race Report

By **Suzan Given**

A full squad represented Paramount Women's Racing at the Red Trolley Criterium in La Mesa on February 7, 2010. Clear skies, clean air from the previous day's rain, and a fast safe race made for ideal race conditions. Always a morale booster, Hector Castillo provided race support and was waiting with a canopy and wrench in hand to set up the bikes on the trainers and help the squad prepare for the race. Everyone was more or less ready to warm up 90 minutes before the start of the race as three Ducati's and one Bailey were set up on trainers with athletes in blue skin suits spinning approximately 60 minutes before the race starting time—wakening up those legs and trying to make the mind/body connection for a safe and fast race. Approximately forty racers showed up at the start line, with most racers sporting new team kits, so the Paramount racers were excited to wear new threads this season.

The race was fast, technical, and SAFE. The average speed was 22 MPH average over 50 minutes with a maximum speed of 36 MPH. The hardest part of criteriums is maintaining a good position as riders tend to be aggressive and everyone is fighting for the best line. My lungs were burning as I shocked my body to move into action after several months of base-mileage training. The pack stayed together, but was also strung out for the majority of the race with no break-aways.

Paramount worked it for the finish. For the last couple laps, teams were grouping together for the lead-out. **Alicia Boland** worked hard with a small break of five rabbits two laps to go. Now with one lap to go, **Hilary Crowley** got on **Dianna Del Fante's** wheel and finished in the podium placing at third place. Way to go Paramount Racing: a safe race! Let's keep the positive vibes and camaraderie going for the next one—the goals of the team are the highest purpose and should be the reason of our sport.

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## **BOARD MEETING MINUTES**

**February 7, 2010**

### **ATTENDANCE**

Officers & Directors Present: **Mike Lee, Paul D'Aquanni, Debi Butz, Dan Gorman, Doris Bingo, Alex Laugen, Lorna Laugen, Mike Laugen, Bob Fairfield, Ken Brant, Charlie Irwin, Michelle Kashima, Lee Stebbins, Patrick Huey, Alan Dauger Jim Pugh, Jeff Rich, Kent Parish**

Members Present: **Curt Dosier, Marni Witte, Don Harvey, Brian DeSousa, Pete Van Nuys**

### **CALL TO ORDER**

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

### **MINUTES**

A motion was made by **Mike Lee** and seconded by **Debi Butz** to approve the minutes of the January Board Meeting. Motion carried.

### **TREASURER'S REPORT**

Absent -no report

### **OCW PARAMOUNT CORPORATION REPORT**

Absent -no report

### **BOARD MEMBER REPORTS**

President: No report

Vice-President: **Mike Lee** reported that the speaker for March will be Serfas. The focus will be on road and racing equipment. Speaker for April will be Harold Clayton.

Membership: No report (absent)

Paramount: **Curt Dosier** reported that Paramount racing is off to a great start with several wins already.

### **OCW COMMITTEE REPORTS**

OCW/Paramount Relationship: No meeting

Bike Shop Sponsorship: No meeting

**CTC REPORT:** No report - absent

### **OLD BUSINESS**

OCW oath - has been revised according to suggestions made by OCW members at last meeting. Signatures will not be required or asked for - hoping to publish in OC Register. Want to make it a PR item and not a legal document. Discussed possible legal issues of implementing this oath. **Charlie Irwin** suggested a committee should be formed to discuss further. Committee will include **Mike Lee, Charlie Irwin, Lee Stebbins, Patrick Huey,** and **Michelle Kashima.**

Bylaws changes: A committee has been formed to work on the changes to the bylaws. Committee to include **Mike Lee, Charlie Irwin, Lee Stebbins, Kathy Pilcher, Brian DeSousa, Alan Dauger,** and **Debbie Butz.**

### **NEW BUSINESS**

Spring Metric - **Paul D'Aquanni** is looking for members to help pass out fliers and place in bike shops to promote the ride.

Project 999 contribution request - Fundraising ride which benefits families of fallen police officers. They have requested \$1K donation from OCW. **Mike Lee** suggested that OCW give \$2K with \$1K going to sponsor one Irvine PD officer that is participating in the ride. **Debi Butz** motioned to approve \$2K, **Lorna Laugen** seconded. Motion passed.

OCW fan page on Facebook - **Mike Lee** would like to have an OCW page on Facebook with a link to the club website. **Alan Dauger** made a motion, seconded by **Debi Butz** to allow **Mike Lee** to use OCW name on Facebook. **Curt Dosier** wanted to add an amendment to motion to allow Paramount to have a page on Facebook as well. Motion passed.

OCW-Paramount Website - **Charlie Irwin** wants to separate hosting of OCW and Paramount website and update software currently used. The software we are currently using is outdated, upgrading would help streamline and increase ease of use. **Mike Lee** made motion to switch to ASPX software and cover expense

of updating Paramount as well. Motion was seconded by **Alan Dauger.** Motion passed.

Changes at OCBC - Orange County Bicycle Coalition is a cycling advocacy group that would like the support of OCW. They have recently undergone some leadership and administrative changes. Several representatives came to the board meeting to outline their goals for the upcoming year. Goals include creating a program for school age children to encourage safe cycling, increase membership through membership drives, have members in place on city planning committees to make sure cyclists are represented. **Alan Dauger** made a motion to donate \$1K now with the possibility of an additional donation in 6 months. Motion seconded by **Debi Butz.** Motion passed.

Changes to Ride with the Pros - **Mike Lee** suggested we change the name from "Ride With The Pros" to "Ride Like the Pro's" to make it less intimidating for new riders. We, as a club, need to encourage new riders by offering assistance and coaching.

### **ADJOURNMENT**

A motion was made by **Dan Gorman** and seconded by **Mike Lee** to adjourn. Motion carried. The meeting was adjourned at 12:55 pm.

Respectfully submitted by **Patrick Huey**

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## **CRYPTOGRAM ANSWER**

From page 7

By **Dan Gorman**

"Enough with this sunday stroll...let's hurt a little bit."  
— **American Flyers**



# January Hike to Sitton Peak

By Alan Dauger



On Sunday January 31 we hiked to one of the favorite nearby lower mountains, Sitton Peak, in the San Mateo Canyon Wilderness. Our trailhead was just off the Ortega Highway, halfway to Lake Elsinore from San Juan Capistrano. The main part of the hike is known as the Bear Canyon Loop, which is a 6.5 mile round trip through pleasant wooded areas. We first hiked to the upper end of Bear Canyon to a saddle called Four Corners where five (not just four) trails come together. All the hikers were game to continue on to Sitton Peak, for three additional miles round trip. The trail was a pretty easy grade, some of it being service roads, until the last quarter mile which was a steep narrow path to the summit where we enjoyed some wonderful views. Please see the photo of hikers **Alan Dauger**, **Dave Rusher**, **Victor Matloff**, Larry Linn, **Debi Butz**, **Lorna Laugen**, and **Doris Bingo**. We then headed back down to Four Corners and then returned via Bear Ridge to the trailhead. The net elevation gain was about 1300 feet.

If you would like to be added to the hiking email list, please send a message to [abiker@social.rr.com](mailto:abiker@social.rr.com).





## Serfas Cycling Accessories – Bringing you *MORE* in 2010...

**March General Meeting  
March 10, 2010**

By **Mike Lee**

Back by popular demand, Serfas will be in the house once again – bringing you *MORE* of what you love. Serfas has been busy developing new and innovative products aimed to enhance your cycling experience. James Thomas will be joining us to discuss Serfas' latest and greatest road specific products. There will be prizes and a once a year opportunity to purchase Serfas products at a special price. This deal is only available to those who attend the meeting. You won't want to miss this one, just ask anyone who attended the Serfas presentation last year.



James Thomas of Serfas

Check out their products by visiting the website at [www.serfas.com](http://www.serfas.com)

Photos from Serfas' last appearance at an OCW General Meeting



James Thomas with Scott Klages



Some great Serfas products

# Link Lindquist

## January 2010

### General Meeting Recap

By Mike Lee

I'd like to take this opportunity to thank **Link** for sharing his accomplishments this past season with the club. To accomplish this incredible task was not a walk in the park. **Link** walks his talk in terms of his fitness level and regimen. As **Link** has mentioned many times to me of the need to cross train, and utilizing impact exercise routine to help build bone density and using pull ups bars in his home to continually work and improve his fitness.

I feel that OCW is honored to have a member like **Link** to remind us of that total fitness to quote a famous cyclist "is not just about the bike."



## WESTERN STATES RIDE CALENDAR

3/1/2010	The Immortals	Cycling Escapes	714.267.4591
3/6/2010	Death Vly Cent and Double Cent-Spring	AdventureCORPS, Inc.	
3/6/2010	Kings River Blossom Bike Ride	Reedley Lions Club	559.638.5391
3/6/2010	Tour de Sewer	Bell Gardens Lions Club	866.866.7090
3/7/2010	Gran Fondo Colnago San Diego		
3/7/2010	Tour of the Unknown Valley-.South		800.482.2453
3/7/2010	Tour of the Unknown Valley-South	Chico Velo Cycling Club	800.482.2453
3/13/2010	Solvang Century & Half Century	SCOR Cardiac Cyclists Club	562.690.9693
3/14/2010	Tour of Death Valley	Cycling Escapes	714.267.4591
3/15/2010	Solvang Spring Tour	Planet Ultra	
3/20/2010	Tour of Borrego	R&B Bicycle Club	760.765.2200
3/21/2010	California Central Coast Bike Tour	Undiscovered Country Tours	877.322.1667
3/21/2010	Tour of Solvang Wine Country	Cycling Escapes	714.267.4591
3/26/2010	Solvang Getaway Weekend	Undiscovered Country Tours	877.322.1667
3/27/2010	Redlands Rotary Ride	Redlands Rotary Club	
3/27/2010	Solvang Double Century (Spring)	Planet Ultra	
3/27/2010	Spring Metric Century	Orange County Wheelmen	714.956.2453
3/28/2010	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
4/3/2010	El Tour De Phoenix	Perimeter Bicycling Assoc of America	520.745.2033
4/3/2010	Hell's Gate Hundred: Death Valley Cent	AdventureCORPS, Inc.	
4/3/2010	Party Pardee Century	Sacramento Bike Hikers	916.453.1870
4/3/2010	Santa Clarita Century	Santa Clarita Child & Family Center	
4/10/2010	Cinderella Classic and Challenge	Valley Spokesmen Bicycle Club	925.209.1369
4/10/2010	Julian Death March MTB Race	R&B Bicycle Club	760.765.1598
4/10/2010	Katy Ram Challenge	Ram Band Boosters	
4/10/2010	Mulholland Challenge	Planet Ultra	
4/10/2010	Mulholland Double	Planet Ultra	
4/11/2010	Primavera Century	Fremont Freewheelers	510.797.6515
4/15/2010	Sea Otter Classic	Cypress Group	650.306.1414
4/17/2010	Bike Around the Buttes	Benefit ride for local Diabetes Society	530.674.9112
4/17/2010	Cycle for Sight	Rotary Club of Napa	707.257.5611
4/17/2010	Gold Coast Ride For Literacy	Ventura Rotary Club	805.642.7089
4/17/2010	Hemet Double Cent and Single Cent	Watrous Cycling Enterprises	
4/17/2010	Mount Laguna Bicycle Classic	AdventureCORPS, Inc.	
4/17/2010	Rosarito Ensenada	Bicyling West	858.483.8777
4/17/2010	Tierra Bella Century	Almaden Cycle Touring Club	408.353.2668
4/17/2010	Zion Canyon 200k Brevet	Color Country Cycling Club	435.559.0895
4/18/2010	Zin Spin	ROCKET SPORTS FOUNDATION	209.759.9911
4/24/2010	Devil Mountain Double Century	Quackcyclists	
4/24/2010	The Alpine Challenge	Alpine Kiwanis Foundation	619.445.9005
4/24/2010	Tour De Orange County	Abused Children Charities	
4/24/2010	Wildflower Century	San Luis Obispo Bicycle Club	805.543.5973
4/25/2010	City of Angels Fun Ride	Southern California Bicycle Expo	818.377.2006
4/25/2010	Diablo Century	Contra Costa JCC	925.938.7800
4/25/2010	Monster Cookie Metric Century	Salem Bicycle Club	
4/25/2010	The Wildflower	Chico Velo Cycling Club	800.482.2453
4/25/2010	Tour of theTucson Mountains	Perimeter Bicycling Assoc of America	520.745.2033

# CLASSIFIED ADS

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

## **PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !**

**FOR SALE: 07 Sram Carbon Force** Selling my '07 Sram Force drivetrain; Compact carbon 50/34 with english integrated BB, 170mm (BB fit Trek Madone), carbon rear derailleur, front braze-on derailleur, ultimate stopping power of the Force front/rear brakes. Approximately 2k miles. I upgraded to Red a year ago and these parts have been hanging in my garage ever since. I totally forgot about them until I noticed I need a new drivetrain on my MT. Unfortunately can't use road stuff. \$450. Contact Michelle Kashima at kashima@cox.net or 714.368.1315

**FOR SALE: hed time trial** hed time trial bike hed tri spoke wheels, hed call the size a med , hed bars full dura ace. \$2500 less then 10 hrs this bike is mint ready to go Contact Graham Collins at grahamcollins@mac.com or 714.293.5150

**WANTED: 700c rims** 36 hole, box section, polished aluminum rims. I could use up to 3, they do not need to match, prefer used in good condition. Contact Randy Kiefer at raymond.kiefer@navy.mil or 949.653.6346

**FOR SALE: Merlin Ti Road** 59cm Campy Record 9 speed; Velomax Orion II wheels; \$875 Contact Henry Pilcher at hkpilcher@aol.com or 714.998.5734.

**FOR SALE: Felt S32** unused (new), red, gipiemme parade rims, seat serfas cr-mo, carbon fiber seat post, felt carbon fiber frame, carbon fiber cranks and all capinolla gear, \$2500 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

**FOR SALE: Flite 700 serfas** cr-mo, carbon fiber seat post and cats eye electronics, unused (like new), \$1000 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

**FOR SALE: Paramount Clothing** for sale, 1 or 2 years old. Medium "wind jacket" (warmer than wind-breaker) long sleeved with pockets, like new \$25. Large jersey \$10. Large skinsuit worn once \$30. Two older club jerseys (large) \$5 each. One pair medium club shorts worn twice (\$10). Call Paul Brubaker 949.439.3432 or email at pbrubaker@yahoo.com.

**WANTED: FULL TIME HEAD MECHANIC** Looking for an experienced and professional head mechanic for a boutique road bike shop in Orange County. Experience with bike fitting and good retail sales skills strongly preferred. This person will be well-rounded and the main face of the shop in addition to the owner. Could start soon on a part-time trial basis with full-time work beginning in Spring 2009. Please email resume to brucedmarshall@yahoo.com. Contact Bruce Marshall at 949.748.6129.

**FOR SALE: American Classic tubulars** Zipp 330 rims with american classic hubs about 1100 grams per pair \$800 Contact Howard Miller at 562.429.7915.

**FOR SALE: 56cm cannondale Six13 team bike** RED carbon and blue, with dura ace 9 speed \$2000 Contact Howard Miller at 562.429.7915.

**FOR SALE: cannondale 56 cm** caad 8 team bike with a dura ace 9 speed triple \$1500 Contact Howard Miller at 562.429.7915.

# 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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(714) 891-8716 X108  
www.pacesportswear.com

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(714) 916-0110

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Emergent Success  
Laguna Hills, CA 92653  
(949) 885-6467  
www.emergentsuccess.com

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

Post Office Box 219  
Tustin, CA 92781

Change Service Requested

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



**FIRST CLASS MAIL**

