

CHAIN REACTION

TANDEM TIME

GOAT HILL

PARAMOUNT RACING

July

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

2010

General Meeting

Wednesday, July 14th, 7:00 pm

***Alan Ptak &
Chuck Bramwell***

See page 5 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

OCW BCI Bike Rally	Sat.	Jul.	3
Tandem Time	Sat.	Aug.	7
Picnic	Sun.	Aug.	15
Amtrak	Sat.	Sep.	11
Fall Metric	Sat.	Oct.	30

ORANGE COUNTY WHEELMEN BOARD

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Director	Alvin Trafton	
Director	Open	
Director	Open	

BOARD MEETING

Sunday, July 11th, 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.

FOLDING PARTY

Thursday, July 29th, 7:00 pm

Hosted by:

Mike Lee

23676 Via El Rocio
Mission Viejo, CA 92691
949-458-0205
president@ocw.org

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

DIRECTIONS: Exit 5 Freeway at Alicia and head northeast on Alicia. Turn right on Trabuco Rd., left turn on Via Victoria, left turn on Via El Rocio. Third house on the right.

SPECIAL THANKS TO Art & Judee Wickersham for Hosting the June 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)

Chain Reaction is published 11 times a year by the Orange County Wheelmen, a bicycle club. Current circulation is 500.

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FROM THE PRESIDENT...

By Mike Lee

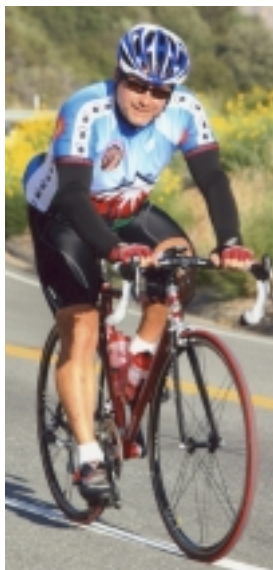
July 2010

The 2010 edition of the Bear is history; the 2010 edition of Amtrak is only two months away. Now is the time that many of you who have not been riding will start pulling the bikes out of the garage and looking for some great riding. Well you're in luck since OCW offers the most diverse rides in the county. Club rides include Saturday out of the square, Sunday rides from various OC locations, the Tuesday hill climbing group, the Friday sprint group, and the lunch bunch ride on the 3rd Wednesday of the month. Plus don't forget the Century series with **Chuck Bramwell**. We have so many choices for our members it is really staggering. So what kind of riding do you want? A slow leisurely ride, the fast and furious sprinters, the steady but sure long rides?

We have a ride for all. We even have tandem time rides for those that ride with their spouse, friend, significant other or family. Check the ride calendar on the website for all the ride possibilities.

This summer, besides all the regular rides, we have the picnic in August, a first ever cooperative ride with BCI on July 3 out of Deerfield park with lunch sponsored by OCW for members of both clubs. If ever there was a question about riding for a club, OCW is making progress with becoming more novice friendly. This is not to say that we don't appreciate our fast riders. But for this club to grow we need to expand the base of riders to accommodate the novice rider. Sure we all know there are fast groups out there, but I think that OCW has the right mix of riding and socializing to make our riding a great workout and fun all rolled into a half day or less of riding.

If you haven't noticed yet, there have been many changes to the ride calendar. **Lee Stebbins** has been working with all the ride leaders to standardize our ride descriptions and have route slips on the website for download and printing. So you now have more



information about upcoming rides and the particular route.

What's next? I'm not really sure but the board has been working toward a more cohesive focus. I have questioned many things that have just been accepted as business as usual. But because we organize two rides that are sell outs, it forces us to be accountable for all that we participate in and support. To that end the bylaws will soon be brought to the general membership for ratification. You will be notified of when and how you will be able to view and approve them. In addition, I have asked that we incorporate a separate document that is mentioned in the bylaws that gives future officers more direction on the many requests that we entertain from other outside

organizations, how to respond with other situations that occur, and many other day to day activities that I have had to rely on the history from our long standing members for direction. Creation of this supplement will greatly improve my efficiency in performing my duties and will save me time. We all want to ride more and spend less time on the administration which allows us more free time to ride.

OK, one more plug, our general meetings! **Jim Brewer** has been doing a great job of lining up speakers. It's great to have a new perspective from new officers with our general meetings. So what more do you need to convince you to be a member and join us for a ride?

I rode many years by myself intimidated by club riding. Maybe I'm not fast enough; do I have the right bike? Well after almost a decade of not riding and losing all motivation for exercise, I ballooned to a whopping 225 lbs! So five years ago I set my goals at getting back on the bike and getting fit. It went well until the motivation started to wane and I saw the Amtrak ride and without any thought joined the club and signed up for the ride. Or shall I say I got lucky and got in on the signup day.

So now five years later I have expanded my circle of friends and have found new motivation to keep me riding. So I challenge anyone on the fence, what do you want? My guess, ride and have fun and not worry who I may be riding with. I can virtually guarantee you that you will find many new friends to ride and socialize with.

What will be your next ride?

Ride safe
Mike

OCW President's Ride

By **Mike Lee**

Sunday, July 11, 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 8:00 am and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to 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

Carter, Rob	Victorville
Hearn, Ron	Huntington Beach
Perez, Diego	Long Beach
Rinker, Ted	

July Birthdays

Ellicott, Vernon	7/2
Kline, Stacy	7/3
Watanabe, Herb	7/3
Crider, Wilson	7/4
Eltz, Kurt	7/5
Jensen, Patty	7/6
Kline, Greg	7/6
Bramwell, Chuck	7/6
Kuemerle, Denis	7/7
Pettus, Bill	7/9
Cassidy, Bob	7/12
Kalcevich, Daniel	7/13
Szymanski, Sheila	7/13
Mendoza, Silvia	7/15
Baird, Bonnie	7/16
Everett, Jim	7/17
Matloff, Daniel	7/17
Stebbins, Lee	7/18
Carson, Don	7/19
Ripke, J.A.	7/19
Vester, Alan	7/20
Ritari, Ross	7/22
Ryder, Marilyn	7/23
Corrough, Mary	7/24
Bessee, Dee	7/25
Aronson, Judy	7/27
Conmy, Philip	7/29
Wildgoose, Tammy	7/30
Keyes, Robert	7/31
Bloom, Gordon	7/31
Wilson, Dave	7/31

**OCW Wishes You
 A Happy Birthday!**

OCW PICNIC

By Jim & Irene Walker

Sunday, August 15, 2010
11:00 a.m. to 3:00 p.m.
Central Park
Huntington Beach



The picnic will be held in the covered area of Huntington Beach Central Park behind "Breakfast in the Park". **Lee Stebbins** has planned the Sunday rides to start and finish at the park.

Again we are grilling burgers and dogs. The club will provide the food, including lots of salads and desserts. We will also have water and lemonade. Bring anything else you would like to drink (no alcohol).

BRING CHAIRS AND GAMES

This is a dog friendly park, so feel free to bring your dog.

The park is located in Huntington Beach at 6622 Lakeview Drive. Enter the area off of Edwards on Inlet Drive, which turns into Lakeview Drive. Inlet Drive is 0.6 miles south of Slater or 0.4 miles north of Ellis. **PARKING IS FREE!**

Please RSVP to **Jim & Irene Walker** before Wed. Aug. 11th. 562-943-9403 or teamwalker@bbcnet.com

JULY GENERAL MEETING

July 14, 2010 at 7:00 pm

By **Jim Brewer**

In September of 2009, Troy Raffelson, Alan Ptak and **Chuck Bramwell** went on the cycling trip of a lifetime riding a one week Dolomites Tour in the Italian Alps with Andy Hampsten then many of the French Alps on their own. They will focus their talk on the French Alps climbs from the Tour de France including the Roselend, Iseran, Madeleine, Glandon, Croix de Fer, Mollard, Telegraphe, Galibier, L'Alpe d'Huez, and topped off with three different ascents of Mont Ventoux. They took thousands of photos and hundreds of Hi-Def movies and will show the best of the best of these climbs.

Chuck Bramwell has completed 95 Double Centuries in the California Triple Crown Series. Working with

fellow OCW members **Charlie Irwin** and **Frank Neal**, **Chuck** is the California Triple Crown Guy. He has ridden Across America 3 times with PAC Tours and completed Paris-Brest-Paris in 1999. He has been a member of OCW since 1991 and has been leading the OCW Saturday Centuries since 2001.

Alan Ptak began serious cycling on the road in 2007 and completed two Double Centuries that very first year!! He completed his first California Triple Crown in 2008 by completing three Double Centuries that year. Even with an extremely heavy work schedule with lots of travel, he manages to complete the best workouts he can out of the many hotels and gyms across the United States. He loves to practice Yoga and has found it to be a secret to his success as he was flying up the many mountain passes in Europe last year.

MAY GENERAL MEETING RECAP

By **Jim Brewer**

The May General Meeting was attended by 45 people. **Anita's** homemade meatball sandwiches, salads and deserts were a delight.

Paul D'Aquanni went over the final route for the Bear ride and **Bob Fairfield** gave the safety talk.

Anny Beck gave a wonderful Power Point presentation that included ways to prevent cramping and dehydration. We were all amused by her stories of how not to cramp and things you can do to avoid dehydration. She said that there are many products on the market such as ionic minerals that help you prevent cramping. She brought a whole assortment of products for us to examine and ask questions. Also discussed were ways to test for acidity and alkalinity.

The response was tremendous. We will have her back in October and she will bring us more information that is totally new.

Door prizes included: Tubes, taillight, water bottle and a Starbucks gift card.



Checking dehydration and cramping products, Alan Dauger wants to know how dehydration and cramps medicine works.



Enjoying the food and listening intently, Alvin Trafton and Bob Fieldhouse relax during the meeting.

"Taking the lane" is one of Bob Fairfield's main themes of his safety talk.



Laughing at the thought of riding a "Double", Renee Bianco and Paul Defeo discuss the possibility.



Explaining "Bear" ride, Paul D'Aquanni finalizes the route and answers the questions.



Explaining the contents of these products was one of Irene Walkers' concerns while Anny Beck elaborates.



(Above right) Having fun at these General Meetings is one theme as Michelle Kashima and Alan Vester enjoy Anny Beck's humor.



Anny Beck

May Hike to the Devil's Punchbowl

By Alan Dauger

Our May hike took us to the Devil's Punchbowl, which is a point where the San Andreas Fault collides with the Punchbowl Fault, creating upwards jutting vertical walls as high as 300 feet. It was a spectacular setting, with the high desert spreading out on one side and the pine covered Angeles National forest on the other. We first did a one-mile loop hike into the Punchbowl and its stunning rock formations. Then we did a seven mile roundtrip to the dramatic Devil's Chair, a breathtaking overlook with 360 degree views of the geologic formations. A kaleidoscope of colorful rocks surrounded our precarious perch: undulating tan crags, green-gray ledges, brown slabs, and pink-streaked white cliffs. Please see the photo of hikers **Alan Dauger, Debra Butz, Lorna Laugen, Kevin Ivey, Doris Bingo**, and Larry Linn. To our right, behind us, you can see the vertical crush zone of the fault, marked by white rocks.

If you are interested in being notified of future OCW hikes, please email **Alan Dauger**, abiker@socal.rr.com.



Alan Dauger, Debi Butz, Lorna Laugen, Kevin Ivey, Doris Bingo & Larry Linn on the Devil's Chair

IRVINE TO BALDY AND BACK

By **Michelle Kashima**

Eleven riders, including one tandem, set out from Orchard Hills in Irvine on an epic 120 mile adventure through Carbon Canyon, Chino Hills, Pomona, Claremont and up to Ice House Canyon, then over Glendora Mountain Road, through San Dimas, Diamond Bar, Placentia, Orange, Tustin and finally back to Irvine.

It was a beautiful day for our last group distance ride of the season and Baldy delivered BIG time. Baldy road threw heat at us, as well as wind but we kept going.

GMR was gorgeous with the crystal blue water of the reservoir hundreds of feet below while we meandered down the mountain carving out every turn.

It wasn't without problems though, what ultra distance ride is? There was the heat, which took a toll on a few of us, including me. I think I was pacing back and forth at Ice House waiting to succumb to heat stroke, for what seemed like hours, but I was told only 20 minutes. But I recovered only to be stung by bees. Hopefully everyone else faired better, or at least I got friendly emails telling me they did, or they were just polite, in which case I'll never see them again!

But all this is why I love distance cycling. We can use our bikes to ride almost anywhere, and why not challenge ourselves and make friends while doing it.

See you in January!



Saturday Distance Training starts back up in January.

**Palm Dessert Weekend Ride
is October 8, 9 and 10, 2010.**

Project 999 – Final day 25 mile ride

May 25, 2010 @ 14:30 hours

By **Mike Lee** and **Dennis Thomas**

Every year approximately 60 Orange County law enforcement officers, gather to ride from the State Peace Officers' Memorial in Sacramento to the Orange County Peace Officers' Memorial in Santa Ana.

Each participant in the ride represents an Orange County law enforcement officer who has been killed in the line of duty.

The grueling 630 miles, five day journey is the largest fund raiser for Project 999, a foundation formed in 1980 by the Orange County Sheriff's Advisory Council. The mission of Project 999 is to assist the family of any Orange County POST Certified Deputy or Officer who is injured or killed in the line of duty.

The foundation has raised in excess of two million dollars for the sole purpose of assisting peace officers and their families. *(From website)*

Two years ago they incorporated a 25 mile ride from Seal Beach to OC Sheriffs headquarters in Santa Ana. I have participated in this portion since its inception.

We roll out of Seal Beach at 14:30 hours onto southbound PCH with full motor escort of about 20 motors. Triple row formation on PCH in the # 2 lane. The day is sunny clear with a slight onshore breeze. There are over 100 cyclists cruising toward Orange County sheriffs Headquarters in Santa Ana. At the Santa Ana river trail we head north still with a few motors in escort. At 17th Street we turn off the River trail and head to headquarters, to a reunion of all the families of officers that rode the 630 miles.

Once at the finish, the riders were treated to shade, a BBQ dinner, cold drinks and a well stocked raffle. **Frank Neal** was gracious enough to provide his information booth, and along with **Dennis Thomas**, handed out pamphlets and information to those who strolled by. For those who have never seen **Frank's** set up, he has an excellent display of material ranging from children's bicycle related coloring books to the California Triple Crown and other ultra cycling events.



Mike Lee



We are grateful to have **Frank's** support in helping to promote OCW throughout the year.

With the clubs support, we have donated to date \$3000 to this cause. I feel that it is a very worthwhile cause since we have such a close relationship to rules of the road and officers from many jurisdictions. Many of our members are officers and many ride our four major rides.

Next year, I will propose to the club that we continue our donation of \$2000, and increase our participation in the 25 mile ride with up to five club members. The cost for the 25 mile final leg is \$100 per rider. This includes the jersey and dinner.

This year's donations totaled \$100,000 from all sponsors.



Weekly Ride Schedule

TUESDAY

Tuesday Training Rides - Hill Training - **8:30 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.

WEDNESDAY

3rd Wednesday Of The Month-Beginning at **9:00 am** there will be a Lunch Bunch ride to various locations. If interested in information or attending, RSVP the Ride Leader, **Bob Fairfield**, at mobile412@ca.rr.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 Leader **Dan Gorman**, dmgorman@aol.com.

SATURDAY

Saturday Rides - **8:00 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 - **8:00 am**, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader **Lee Stebbins**, ridecaptain@ocw.org.

Tandem Time

Ride Director
Debi Butz



Please join us for the next Tandem Time ride:
When: Saturday, August 7, 2010 starting at 8:00 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 or call her at (714) 996-4366 if you have further questions.

Next upcoming Tandem Time is October 2, 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 8:00am.**

July 2010 Schedule - PART 1

New start time - All rides start promptly at 8:00

July 3, 2010

Deerfield Park, Irvine - The Inaugural Orange County Bike Rally, a celebration of Orange County Cyclists
Sponsored by Orange County Wheelman and The Bicycle Club of Irvine

July 10, 2010

Sprint - 35 miles Elevation Gain 1200 ft. Hilly – Red Hill, Edinger/ Irvine Ctr, Jeffrey/ University, Campus/ Irvine, Dover, Bayside, Marguerite, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Harvard, Main, MacArthur

Slow to fast

28 miles Hilly - Red Hill, Barranca, Harvard/ Bike Trail, Eastbluff, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Campus, Bike Path after University, Main, MacArthur

37 miles Elevation Gain 1000 ft. Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca/ Muirlands, Los Alisos, Marguerite, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

56.8 miles Hilly - Red Hill, Walnut, Tustin Ranch, Jamboree, Santiago Cyn, Live Oak/ Plano Trabuco, Santa Margarita, Marguerite, Olympiad, La Paz, Muirlands, Los Alisos, Pasao de Valencia, Moulton/ Irvine Ctr, Barranca, Von Karman, Main, MacArthur

36th Annual Amtrak Century

Here we are again, # 36 . The Orange County Wheelmen are in the planning stages of Amtrak 2010. This is a great first time Century, the best in So Ca. If you have never volunteered for this event, now is your chance to sign up. Helping 1,100 riders get to the train on time is a lot of fun. Considering that there is a high percentage of first time century riders, it makes the volunteer experience even more rewarding. OCW prides itself in this very special event, and we go out of our way to keep these century riders as comfortable as we can on that long journey down to San Diego.

We could not put on this premiere event without the membership and their friends supporting these 1,100 riders. I am amazed at the wonderful participation we get every year to be a part of this event, riding or volunteering.

We are very appreciative and offer to all those who volunteer for Amtrak, to ride in the 2011, Ride Around the Bear, at no cost. You will also be given an Amtrak T-shirt. Locations available are, Start, Rest Stop 1, Rest Stop 2, Rest Stop 3 (lunch), Rest Stop 4, Finish, and SAG. So if you are interested in volunteering please contact me at events@ocw.org. with your preference for location and T-shirt size.

Thanks,

Paul DAquanni

OCW Events Coordinator

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 8:00am.**

July 2010 Schedule - PART 2

New start time - All rides start promptly at 8:00

July 17, 2010

Sprint - 36.6 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

21.5 miles Elevation Gain 500 ft. Flat to Rolling - Red Hill, Tustin Ranch, Portola, Jeffrey/ University, Harvard, Main
30 miles Elevation Gain 530 ft. Flat - Red Hill, Alton, Quail Hill, Alton, Irvine Blvd, Portola, Tustin Ranch, Walnut, Harvard, Warner, Von Karman, Main, MacArthur
58.5 miles Elevation Gain 1200 ft. Rollies - Red Hill, Hewes, Wanda/ Santiago Cyn, Gypsum Cyn, S.A. River Trail, PCH, Dover, Highland, Irvine/ Campus, Mesa/Birch, Von Karman, Main, MacArthur

July 24, 2010

Sprint - 31 miles Elevation Gain 680 ft. Flat - Red Hill, Edinger/ Irvine Ctr, Walnut, Yale, E. Yale Loop, Alton, Irvine Ctr, Bake, Irvine Blvd, Jeffrey, Walnut, Harvard, Main, MacArthur

Slow to fast

22.9 miles Rollies - Red Hill, Walnut, Tustin Ranch, Portola, Jeffrey, E Yale Loop, University, Campus, Von Karman, Main, MacArthur
33.1 miles Rollies - Red Hill, Alton, Laguna Cyn, PCH, Back Bay, East Bluff/ University, Harvard, Main, MacArthur
58.8 miles Hilly - Red Hill, Edinger/ Irvine Ctr, Sand Cyn, Irvine Blvd/ Trabuco, Marguerite, Camino Capistrano, Bike Trail, PCH, Crown Valley, Moulton/ Irvine Ctr, Red Hill, MacArthur

July 31, -2010

Sprint - 36.8 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

27.1 miles Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Serrano, Toledo, Alton, E Yale Loop, Main, MacArthur
34.2 miles Elevation Gain 480 ft. Flat/ Rolling - Main, Sunflower, S.A. River Trail, Slater, Warner, PCH, Dover, Galaxy, Irvine/ Campus, Von Karman, Main, MacArthur
62.9 miles Elevation Gain 700 ft. Flat/Rolling - Main, Sunflower, Greenville, S.A. River Trail, Lampson, St. Cloud/ Monticeto, Katella/ Willow, L.A. River Trail, Beach Bike Trail, PCH, Dover, Irvine/ Campus, Santa Ana/ Red Hill, Main, Sky Park Cir



Sunday Rides

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

Rides start promptly at 8:00 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.*

July 2010 Schedule

July 4, 2010 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.

S-26 Miles Flat ride thru Seal Beach, Huntington Beach & Santa Ana River Trail.
M-35 Miles Flat ride thru Seal Beach, Huntington Beach & Newport Beach.
L-46 Miles Flat to Hilly ride thru Seal Beach, Huntington Beach & Newport Beach with a climb up Newport Coast.

July 11, 2010 Carl's Jr., Irvine. (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.

S-23 Miles Flat to Rolling ride thru Irvine & Tustin.
M-30 Miles Hilly ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills.
L-48 Miles Rolling to Hilly ride thru Irvine, Laguna Beach & Newport Beach.

July 18, 2010 Alicia Park, Mission Viejo. Take the 5 Freeway to Alicia Pkwy. Go 1.4 miles NE to Via Linda. Turn left and the park is on the right.

S-21 Miles Rolling ride thru Mission Viejo, Lake Forest & Irvine.
M-30 Miles Hilly ride thru Mission Viejo, Rancho Santa Margarita & San Juan Capistrano.
L-41 Miles Hilly ride thru Mission Viejo, Rancho Santa Margarita, San Juan Capistrano & Laguna Niguel.

July 25, 2010 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.

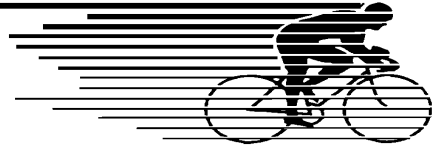
S-27 Miles Flat ride thru Irvine.
M-36 Miles Hilly ride thru Irvine, Lake Forest, Tustin & Costa Mesa.
L-43 Miles Hilly ride thru Irvine, Mission Viejo, Aliso Viejo, Laguna Beach & Newport Beach with the last climb up Newport Coast.

August 1, 2010 Carl's Jr., Irvine. (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.

S-24 Miles Flat to Rolling ride thru Irvine & Tustin.
M-35 Miles Rolling to Hilly ride thru Irvine, Shady Cyn Trail, Laguna Beach & Newport Beach.
L-45 Miles Hilly ride thru Newport Beach with climbs up San Joaquin Hills, Spy Glass & Turtle Rock, returning thru Irvine & Tustin.



PARAMOUNT RACING



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	Hilary Crowley	hilarynv@yahoo.com

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

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

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

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

RACE TEAM SPONSORS

ORANGE COUNTY WHEELMEN

JAX BICYCLE CENTERS

JOUR SANS BIKE SHOP

PROFESSIONAL CYCLIST.COM

BIKELICIOUS

TUSTIN TOYOTA

ORACLE CYCLING

KENNY BZ ACTION PHOTOS

FEATHER BRAKES

2010 District Criterium and Road Race Championships

By Curt Dosier

The 2010 Southern California/Nevada District Criterium and Road Race Championships took place in late May/early June and Paramount enjoyed a great deal of success. Some highlights from the races are provided below.

Women 1-3 Road Race Championships

The highlight of the championship season for Paramount was **Tammy Wildgoose's** win in the Women 1-3 road race in Bakersfield. **Tammy** took a great victory on a tough course in hot and windy conditions against an impressive group of competitors. **Tammy** will have the honor of wearing the district/state champs jersey for the next year. **Alicia Boland** supported **Tammy** in the road race and also finished 13th.

Masters 60+ Road Race Championships

Jim Morehouse finished on the podium with a 3rd place in the 60+ district road race championships in Bakersfield. The road race course took in the Round Mountain climb that was featured in the Tour of California this year. Several other Paramount racers rode in support of **Jim**, with **John McKee** finishing 9th, **Dan Crain** 13th and **Monty Pettus** 14th.

Men's Cat. 3 Criterium Championships

Marcos Corona took a podium position in the criterium championships with a fine 3rd place. The report from **Marcos**:

The heat made the Championship race extra hard. I learned after the race that many racers had run out of water long before the finish. I had anticipated this in the morning and so made a point of drinking double the amount of water—good call since I was well-hydrated throughout the race and in fact had water to spare after crossing the finish line.

Anyway, the pack was strung out right from the get go. Soon after the start, John Schmidt got into a break of about four; I immediately went to

the front of the pack—second wheel—and blocked. The gap grew, and as others came around me to chase down John et al I immediately got on their wheel and did not pull through, continuing my blocking tactic—as far as I know there were no other teams blocking.

But this was a championship race, and no one was going to be allowed to go, and so the group was caught. There was some bumping and barging as the pace picked up substantially, and with two laps to go, I muscled my way to fifth wheel to stay out of any trouble—read crashes—and at the bell lap Sho-Air emerged: Elan leading out Sal, with Derek Johnson (last year's State Crit Champion) right on his wheel, and I jumped on that train—John Schmidt had managed to dig deep into his reserves to take Derek's wheel soon after turn two, and before turn three I moved alongside John and he graciously granted me the spot, so that going into turn three I was fourth wheel; then after turn three, behold!, Lee Muse popped out of nowhere and, I think, displaced Derek, and about 75 meters from the final corner he made a rather impressive pounce and got a gap on us at which time we all jumped but Sal, being closest to the front and shielded by Elan, had the advantage on Derek and me. We all came around Elan, and Sal and Lee were neck-and-neck going into turn four, with Sal taking the inside line and Lee overcooking the turn, careening out of control and slamming into the hay bales and flying up and over them. It was unfortunate for Lee, but it affected my line and I could not come around Derek, and since Sal was already on the finishing straight there was no way Derek and I could close in, and so we finished in that order: Sal and his victory salute, then Derek, then yours truly.

Due to some technical difficulties the organizers were having, the top three finishers had to wait around for about an hour and a half before the podium presentation, and during that time I learned that Sal used to race Pro some time ago, regularly outsprinting such fastmen as 'Fast' Freddy Rodriguez, George Hincapie and others who went on to win World Championships (I couldn't squeeze more details out of him) and he himself even won several U 23 championships. And so, I suppose, considering Sal's pedigree and that last

year's Champion got second, third is none too shabby.

Women's 1-3 Criterium Championships

Dianna Del Fante raced the crit champs and finished a fine 12th place without teammates and in a tough field of competitors. Congrats to all the Paramount racers that competed in the criterium and road race championships.

Paramount Elite Women's Team

By **Suzan Given**

Memorial Day Criterium, Carson 05.31.10

Dianna del Fante and **Suzan Given** raced on Memorial Day, in a fast, fun race. The race results included two top ten finishes with **Dianna** in very well earned 3rd with a break-away and **Suzie** in 8th place.



(Left) Dianna won't get caught at the finish by the chasing pack!

*Photo compliments of Kenny Brant.
http://public.fotki.com/kennybz/bike_racing_photos*

(Below) Suzie finishing with the field.

*Photo compliments of Kenny Brant.
http://public.fotki.com/kennybz/bike_racing_photos*

*Golden Empire Classic, Women 1-3
Bakersfield 06.06.10*

Tammy Wildgoose and **Alicia Boland** represented Paramount for the California State Championship Road Race in Bakersfield. Congratulations to **Tammy Wildgoose** for winning the bear jersey with tough competition, and to **Alicia Boland** for a solid 13th place!





Orange County Bike Rally, a Celebration of Orange County
Cyclists

Sponsored by Orange County Wheelman &
The Bicycle Club of Irvine



Saturday, July 3, at Deerfield Park, 55 Deerwood West, Irvine



Heading Northbound on I-5:

1. Exit Jeffrey Rd and turn Left
2. Turn Right onto Irvine Center Dr
3. Turn Right onto Deerwood



Heading Southbound on I-5:

1. Exit Culver Dr and turn Right
2. Turn Left onto Irvine Center Dr
3. Turn Left onto Deerwood

⇒ 8:00 a.m. mass start with a couple of ride options

→ Sign up ASAP on the BCI website at www.bikeirvine.org/signup.php

⇒ Lunch will be provided for OCW and BCI members at noon. All others, lunch will be \$5.00. Send \$5 to Linda Crown, 57 Diamante, CA 92620 or email her at leecrown@cox.net

⇒ Bring a lawn chair or blanket to sit on for lunch

→ Arrive early to sign in and pick up route slip

⇒ Bring cycling items for a bike swap

→ Wear your club jersey

→ Subway will be catering the event

⇒ OCW members contact Paul D'Aquanni 949.766.2951 or pdaqanni@cox.net

→ Be quiet upon arrival not to disturb neighbors when parking around Deerfield



Ride Around the Bear 2010

By **Paul D'Aquanni**

As the weather cooperated this year, we had a perfect day for this event. Please check the OCW web site for details of the statistics, comment board, and the pictures that were taken by our Volunteer Photographer, **Lynn Bille**, and other rest stop volunteers.

As the volunteers are what makes the difference in the success of our events, I must mention all of them by name, as they truly did a super job.

Charlie Irwin coordinated all web site and registration / electronic maintenance issues. Along with that, timing of the event, as well as getting all that info ready for all of us to view on line less then 24 hours after the ride. The riders love that!

Team Walker always amazes me with their energy. For all of the things we know that they do, they do much more again, that we do not see!

Debi Butz, did a great job with the Jersey again this year and she is already working on next years version.

Friday, Prep Day, had **Jim Walker** leading the truckers, with **Tom Madden, Art Pressel, Larry Gowing, Jim Pugh, Herb Johnson, and Art Wickersham** all pitching in. **Barb Tomita** headed up a strong shopping team of **Irene Walker, Cathy Painter, Judee Wickersham,** and **Kris Jones**. Boy did they shop!

Night before "sign in" out in Redlands was fun, as **Team Walker** and the **Wickershams** did a great job with those who chose to sign in early, rather than sign in Saturday morning.

The next morning we were at the Park at 5:00am where **Charlie** set up timing, **ECS** set up their Command Post, and the **Walkers, Wickershams, Geoff Cram, Paul Defeo, & Carol Davidson** started the process of getting the riders signed in. At 5:45 **Jim Walker**, **Brennen Porras,** and **Tom Madden** headed up the mountain with Truck 1 to unload the rest stop supplies. Back at the park, as sign-in was winding down, the activities of setting up for the finishing riders begins. **Paul Defeo, & Geoff Cram** did an awesome job (once they got the truck running) as both were new to the job this year.

They had help from the rest of the registration team, **Irene, Art, & Judee**. Then comes our Food prep Team, headed up by **Jayne Ramos**, and her husband **Adrian**, **Vonnie Troidi, Katrina Baumann, Jim & Anita Brewer, & Art & Judee Wickersham**.

Rest Stop 1 always comes with a full tank of energy and 2010 did not disappoint. **Mimi Brown**, and her group of **Pirates, Debby Kelly, Nicole Herold, Val Schepens, Loine Lynch, Meredith Peake,** and **Mike Sullivan**. They did a wonderful job of welcoming the riders into the rest stop after that very difficult climb.

Rest Stop 2 had **Debi Butz**, and her efficient team of husband **Rick, Jeff & Marissa Hindman, Judy Stechert, John Ryder, Steve McArthur,** and **Mike Spitt**.

Rest Stop 3, **Tracy Sharp** continues to Captain the "Feed Zone" with the riders very appreciative of the choices they have to fulfill their individual nourishment desires, prepared by **John Cook, Therese Hancock, Lynn & Lizzy Herndon, Karen Thrope, Brennen Porras,** & **Wilson Crider**.

Rest Stop 4, **Cathy Painter**, and the usual cast, continue to make **Onyx Summit** a special place for more than the obvious reason. **Bill Kerefoot** continues to delight the riders with his home made soup. Along with **Cathy** and **Bill** they each bring along their families, **Lee Painter, Allison and Greg Cozza,** **Beth, Rick, Anne,** & **Lisa Kerefoot, Trica Widekind,** and **Ralph Petersen**.

Rest Stop 5 had **Scott Sharp** along with two of the **Paramount Gals** taking care of those who thought they needed to make one last pit stop before that 19 mile down hill back to **Sylvan Park**.

As rest stops were closing, Truck 2 with **Brett Gross** and **Herb Johnson**, were following the route loading up all of the equipment, left over supplies, and trash. Our **SAG & Sweep** teams did an excellent job assisting and encouraging riders along the entire route bringing every one in safe and sound. **Frank Keenan & Steve Brown, Mike Schepens & Jim Finlayson,** and **Rick Berkey** rode **SAG**. **Jim Pugh, Rob Tripp,** and **Lee Stebbins** rode **Sweep**.

As **Charlie** scanned the finishing riders in, **Renee Bianco** greeted the finishing riders with congratulations and the finishing "Bear Patch".

If you think that is the end, we had **Dee Bessee** giving massages to those who desired and **Doug Rich** up at North Shore taking photos. Tracy Lenocker and his team of 30 volunteers, provided communications throughout the day at every rest stop and strategic points along the route.

Ahh, we still have some more work to do, 10 am Sunday morning it is unload the trucks, clean all the equipment, repack the truck and return everything back to storage. The group did this in record time this year, **Team Walker, Team Painter, Team Wickersham, Team Butz, Team Laugen, Dan Gorman and Doris Bingo, Alan Dauger, and Lee Stebbins.**

GREAT JOB TO ALL!

So on behalf of OCW, I salute all of you on a "job well done" thank you!



Irene Walker, Paul Defeo, Carol Davidson, Art & Judee Wickersham



Art Wickersham & Charlie Irwin



Lee Stebbins



Rene Bianco



Judee Wickersham & Jim Brewer

The Advocate's Corner

By Randy Kiefer

Along with promoting safer cycling through the League of America Bicyclists Certified Instructor program with certified instructors and classes, another aspect of advancing riding is through advocacy. This article is the first of what will be monthly updates on improving bicycle infrastructure through the planning and political process.

Club advocacy will be addressed in collaboration Orange County Bicycle Coalition (OCBC). The OCBC has recently taken on a more visible advocacy role in the county under the direction of Pete van Nuys. With Los Angeles and San Diego counties' coalitions forming solid foundations with their respective government agencies, the OCBC also intends to build membership to advance the cause of all riders throughout Orange County as well. The intent is to have the OCW as a part in these undertakings.

One item that the OCW and the OCBC is currently addressing is the lack of adequate bike rack facilities on Amtrak trains. A common weekend ride for OC cyclists is to depart the Irvine train station for Oceanside, Solana Beach, or San Diego with the intent to have a leisurely train ride return, but getting that return ride can be dicey at best. With some weekend trains limited to racks for just six bikes, riders are left to the mercy of the train crew for additional baggage car space which isn't always granted.

With many challenges ahead, there have also been accomplishments over the past months. They range from negotiating the continuous access to the Santa Ana River Trail during construction along the Santa Ana River, agreement with the city of Placentia to address continued on street bike access, and numerous signage improvements. The most recent achievement is the increased capacity of bicycles on Metrolink. These trains now will carry 3 to 5 bikes— up from 2— per car. Bicyclists are asked to alternate your bikes, left, right, left, and secure the 3rd bike with a bungee, in the space originally assigned for two bikes. The other 2 to 3 bikes can go beneath the staircase, where a 3 person jump seat has been removed from most cars.

At a minimum, future Advocacy Corner columns will provide updates on existing projects, and list any new undertakings. Should you have any bicycle related items you would like the Club or OCBC to address, please contact **Michelle Kashima** at: sharetheroadsaveslives@cox.net.

BOARD MEETING MINUTES

June 6, 2010

ATTENDANCE

Officers & Directors Present:

Mike Lee, Paul D'Aquanni, Irene Walker, Dan Gorman, Doris Bingo, Debi Butz, Lorna Laugen, Bob Fairfield, Charlie Irwin, Dennis Thomas, Jim Pugh, Alan Dauger, Lee Stebbins, Jim Brewer, Michelle Kashima, Frank Neal, Ken Brant, Randy Kiefer, Art Pressel.

Members Present: **Mike Laugen, Marni Witte, Patrick Huey, Wilson Crider**

CALL TO ORDER

The meeting was called to order by President **Mike Lee** at 11:33 am.

APPOINTMENT OF DIRECTORS

President **Mike Lee** appointed the following as Director: **Art Pressel**. A motion was made and seconded to approve the director. Motion carried.

MINUTES

A motion was made and seconded to approve the minutes of the May Board Meeting. Motion carried.

TREASURER'S REPORT

Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Irene Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Mike Lee** spoke to Rick Dana of Performance Bike Laguna Niguel about promotions for our members.

Vice-President: **Jim Brewer** said that the May meeting had an excellent turnout for Anny Beck's presentation. He spoke about the June meeting and the Banquet, which is scheduled for Feb 26, 2011.

Membership: OCW has 415 members with 3 new members. Paramount has 89 members.

Paramount: **Michelle Kashima** reported that the May Criterium broke even. Attendance may have been low because it was held on Mother's Day.

Ride captain: **Lee Stebbins** reported that the Saturday and Sunday ride routes will be on the website, but the newsletter will show less detail.

OCW COMMITTEE REPORTS

OCW/Paramount Relationship: **Charlie Irwin**: No report.

Bylaws: **Mike Lee** said that the committee is doing well. Its next meeting will be 6/30/2010 @ 5:30pm.

CTC REPORT: **Frank Neal** said that there was not too much OCW participation in May. **Jim Brewer** did the Davis Double.

LCI – certification: No Report

Training: **Michelle Kashima** stated that distance training has ended for the year and that on the last ride most of the group made it to Ice House Canyon.

NEW BUSINESS

Tandem Time: **Debi Butz** reported that she would need a substitute for August. **Irene Walker** volunteered to provide the refreshments in August.

OLD BUSINESS

Project 999 May 25: **Frank Neal** stated that the group was large. Not everyone did the whole distance. OCW was the primary participant in the Expo. **Mike Lee** participated in the last 25 miles.

Bike Shop Sponsorship: **Mike Lee** stated that all OC Jax stores will help promote our rides. He will try to get the Long Beach stores to do so as well.

BCI Bike Rally Status 7/3/10: **Paul D'Aquanni** stated that OCW members must sign up to get lunch. He will send out a bulk email on how to do this. There will also be a bike swap meet that day.

NEW BUSINESS

Amtrak: **Lee Stebbins** reported that the price will be \$72 for train and \$42 for no train. The train will have space for 900 riders. The Amtrak website will be improved over last year's so that all riders' questions will be answered.

OCW-Paramount Website: **Charlie Irwin** said that work is continuing on it.

The Bear: **Paul D'Aquanni** rode the route via motorcycle on Friday. The route condition is excellent.

Ride like a Pro Saturday program: **Mike Lee** did this on June 5. There were some difficulties since there was just one rider, who was on a mountain bike. The "Ride like a pro" leaders will try to make a schedule with the available personnel.

Road 1 course for Board and Directors: **Mike Lee** asked for ten Board member volunteers for the first session.

- i. Classroom 8/11 @ 6:30p, Location: IRWD meeting room. Time estimate 2-3 hours
- ii. Parking Lot skills will be prior to the classroom. The Road Test will be scheduled on another day.

Condolences: **Mike Lee** offered to create a card with OCW logo to be sent by the President on behalf of the club. **Irene Walker** moved to donate \$100 to the Leukemia and Lymphoma society in the name of **Fred Brickner**, who passed away two weeks ago. Motion passed.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:32 pm.

Respectfully submitted by **Alan Dauger**.

CLUB RIDE TOTALS FOR 2010

Minimum 50 miles or 25 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act
Allred, Alan	58	1989	481	2470	34	0
Alvarez, Mike	0	0	0	0	0	25
Bauer, Terrence	1	64	0	64	64	0
Bell, Denise	0	0	0	0	0	25
Berkey, Ricky	3	107	0	107	35	0
Bernstein, Martin	4	94	0	94	23	25
Bessee, Dee	0	0	0	0	0	50
Bianco, Renee	28	961	116	1077	34	25
Bingo, Doris	10	339	158	497	33	*
Black, Larry	21	671	0	671	31	0
Bloom, Gordon	1	64	0	64	64	0
Bradley, Patrick	6	342	3	345	57	0
Brant, Ken	1	29	0	29	29	50
Brewer, Anita	0	0	0	0	0	50
Brewer, Jim	34	1172	1520	2692	34	*
Brickner, Fred	0	0	0	0	0	25
Brown, Joel	22	686	0	686	31	0
Burns, David	3	347	0	347	115	0
Butz, Debi	22	748	6	754	34	75
Butz, Rick	1	31	0	31	31	50
Camarena, Edward	4	152	0	152	38	0
Carlson, Alan	1	64	0	64	64	0
Casady, Bob	1	64	0	64	64	0
Chemotti, Lucas	0	0	0	0	0	25
Chemotti, Richard	6	297	76	373	49	50
Christoffersen, Aaron	1	64	0	64	64	0
Christoffersen, D.	1	64	0	64	64	0
Clanton, Diane	18	462	0	462	25	75
Clarke, Greg	2	118	0	118	59	0
Clarke, Liz	1	78	0	78	78	0
Cole, Len	2	46	0	46	23	75
Crain, Dan	0	0	0	0	0	50
Crider, Wilson	6	213	0	213	35	75
Daley, Laura	12	328	0	328	27	0
DAquanni, Paul	28	972	0	972	33	*
Dauger, Alan	25	928	535	1463	37	*
Davidson, Bob	1	163	0	163	163	0
Davidson, Carol	4	375	0	375	93	0
Decker, Will	0	0	0	0	0	50
Defeo, Paul	8	282	104	386	35	25

Member	Rides	Miles	To/Fr	Total	Avg	Act
Dosier, Curt	0	0	0	0	0	35
Dudaniec, Andrew	28	917	0	917	32	0
Engle, Diedre	33	1108	391	1499	33	50
Eugenio, Nancy	1	64	0	64	64	0
Fairfield, Bob	42	1961	402	2363	46	150
Fieldhouse, Bob	28	982	921	1903	35	75
Forward, Scott	2	76	0	76	38	0
Fry, Ken	4	139	0	139	34	50
Gaston, Stuart	14	550	99	649	39	25
Gate, Margaret	0	0	0	0	0	25
Gate, Tom	0	0	0	0	0	25
Geister, Peter	7	277	77	354	34	0
George, David	1	55	0	55	55	0
Given, Suzan	0	0	0	0	0	35
Gorman, Dan	60	2076	895	2971	34	345
Gowing, Larry	1	64	0	64	64	0
Grimes, David	1	64	0	64	64	0
Gross, Bret	0	0	0	0	0	100
Grotz, John	0	0	0	0	0	25
Grotz, Sylvia	0	0	0	0	0	50
Guttentag, Fred	21	735	0	735	35	0
Hancock, Therese	10	273	0	273	27	25
Hanson, Brenda	2	64	0	64	32	0
Hanson, Michael	16	557	0	557	34	0
Hartmann, Lorraine	1	64	0	64	64	25
Huey, Patrick	18	615	0	615	34	0
Hunter, Dick	11	259	0	259	23	0
Irwin, Charlie	17	610	0	610	35	0
Ivey, Kevin	1	40	0	40	40	25
Johnson, Herb	22	947	9	956	43	50
Kalcevich, Daniel	1	64	0	64	64	0
Kashima, Michelle	12	910	34	944	75	*
Kaufman, Mark	0	0	0	0	0	25
Kessler, Terry	5	418	58	476	83	0
Kiefer, Randy	4	214	0	214	53	0
Klages, Scott	11	402	4	406	36	25
Kline, Greg	1	64	0	64	64	0
Kline, Stacy	1	64	0	64	64	0
Kuemerle, Denis	4	216	0	216	54	25
Laugen, Alex	5	175	0	175	35	0
Laugen, Lorna	21	700	139	839	33	25
Laugen, Michael	8	277	14	291	34	25

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Lawler, Michael	2	97	0	97	48	0	Rodgers, Cristina	1	64	0	64	64	0
Lee, Michael	26	958	30	988	36	*	Romine, Steve	1	64	0	64	64	0
Lindquist, Link	0	0	0	0	0	25	Rusher, David	2	125	0	125	62	50
Loughran, Steve	8	326	0	326	40	0	Ryder, John	5	143	0	143	28	0
Mac Vicar, William	0	0	0	0	0	25	Sanders, Don	1	78	0	78	78	0
Madden, Tom	10	279	131	410	27	125	Schapel, Alan	22	1075	21	1096	48	0
Major, Nancy	1	89	0	89	89	0	Sepulveda, Irineo	5	172	10	182	34	0
Marino, John	7	563	13	576	80	0	Sepulveda, Margie	5	172	10	182	34	0
Mary, Joan	0	0	0	0	0	25	Shintani, Dennis	12	387	0	387	32	0
Matloff, Victor	2	60	0	60	30	100	Shuler, Ed	2	61	0	61	30	0
May, Andrew	3	170	0	170	56	0	Skoglund, Gary	3	347	0	347	115	0
Mcdaniel, Allyson	1	64	0	64	64	0	Spitt, Michael	0	0	0	0	0	50
McKee, John	0	0	0	0	0	75	Stebbins, Lee	37	1493	0	1493	40	*
Mendoza, Silvia	1	64	0	64	64	0	Stechert, John	2	64	0	64	32	0
Monroe, William	0	0	0	0	0	25	Stechert, Judy	2	64	0	64	32	0
Morgan, Roger	0	0	0	0	0	50	Stein, Richard	15	429	0	429	28	0
Morrison, Ken	28	781	0	781	27	150	Switzer, Todd	1	64	0	64	64	0
Morrison, Ollie	28	781	0	781	27	150	Szymanski, Sheila	1	64	0	64	64	0
Nafel, Gloria	11	387	221	608	35	0	Taylor, Kathy	0	0	0	0	0	25
Navarro, Robbin	1	64	0	64	64	0	Thomas, Dennis	17	541	0	541	31	*
Nguyen, Tony	8	308	0	308	38	0	Thomas, Diane	0	0	0	0	0	50
Niehaus, Kathi	1	64	0	64	64	0	Thorpe, Karen	21	682	0	682	32	50
Nordenstam, Crystal	13	445	0	445	34	0	Tomita, Barbara	5	167	0	167	33	50
Nordenstam, John	13	445	0	445	34	0	Trafton, Alvin	48	1904	3	1907	39	0
Ortmayer, Rob	0	0	0	0	0	25	Tripp, Rob	16	707	87	794	44	50
Osterfeld, Hank	12	772	0	772	64	0	Trudell, Alan	13	524	0	524	40	0
Pabian, Paul	2	72	0	72	36	0	Urman, Karen	3	168	10	178	56	0
Parish, Donna	13	342	5	347	26	0	Urman, Ron	3	168	10	178	56	0
Parish, Kent	13	342	5	347	26	0	Vaage, Christopher	1	64	0	64	64	0
Park, David	8	656	40	696	82	0	Vester, Alan	12	933	10	943	77	50
Park, Mary	9	745	40	785	82	0	Viloria, Ron	4	188	0	188	47	25
Patterson, Doug	0	0	0	0	0	25	Vorderstrasse, D.	12	619	0	619	51	0
Paulsen, Steven	4	176	0	176	44	0	Vreeman, Joseph	1	64	0	64	64	0
Pegg, Art	1	64	0	64	64	0	Walker, Irene	26	752	0	752	28	*
Perea, Miguel	21	844	18	862	40	0	Walker, Jim	28	810	0	810	28	*
Pero, Mark	13	853	0	853	65	0	Watanabe, Alyce	2	93	0	93	46	0
Pilcher, Henry	15	453	0	453	30	50	Wickersham, Art	3	133	0	133	44	125
Pilcher, Kathy	24	739	0	739	30	50	Wickersham, Judee	3	133	0	133	44	125
Powell, David	0	0	0	0	0	25	Witte, Marni	14	461	0	461	32	0
Pressel, Art	21	948	20	968	45	50	Yu, Ye	5	318	10	328	63	0
Pugh, Jim	22	1073	3	1076	48	*							
Renowden, John	29	1349	357	1706	46	25							

* Officers do not receive activity points.

TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	60	2076	895	2971	34	345
Allred, Alan	58	1989	481	2470	34	0
Fairfield, Bob	42	1961	402	2363	46	150
Trafton, Alvin	48	1904	3	1907	39	0
Stebbins, Lee	37	1493	0	1493	40	*
Renowden, John	29	1349	357	1706	46	25
Brewer, Jim	34	1172	1520	2692	34	*
Engle, Diedre	33	1108	391	1499	33	50
Schapel, Alan	22	1075	21	1096	48	0
Pugh, Jim	22	1073	3	1076	48	*
Fieldhouse, Bob	28	982	921	1903	35	75
DAquanni, Paul	28	972	0	972	33	*
Bianco, Renee	28	961	116	1077	34	25
Lee, Michael	26	958	30	988	36	*
Pressel, Art	21	948	20	968	45	50

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	60	2076	895	2971	34	345
Allred, Alan	58	1989	481	2470	34	0
Trafton, Alvin	48	1904	3	1907	39	0
Fairfield, Bob	42	1961	402	2363	46	150
Stebbins, Lee	37	1493	0	1493	40	*
Brewer, Jim	34	1172	1520	2692	34	*
Engle, Diedre	33	1108	391	1499	33	50
Renowden, John	29	1349	357	1706	46	25
Walker, Jim	28	810	0	810	28	*
Morrison, Ken	28	781	0	781	27	150
Morrison, Ollie	28	781	0	781	27	150
Dudaniec, Andrew	28	917	0	917	32	0
Fieldhouse, Bob	28	982	921	1903	35	75
DAquanni, Paul	28	972	0	972	33	*
Bianco, Renee	28	961	116	1077	34	25

TOP TO/FROM

Member	Rides	Miles	To/Fr	Total	Avg	Act
Brewer, Jim	34	1172	1520	2692	34	*
Fieldhouse, Bob	28	982	921	1903	35	75
Gorman, Dan	60	2076	895	2971	34	345
Dauger, Alan	25	928	535	1463	37	*
Allred, Alan	58	1989	481	2470	34	0
Fairfield, Bob	42	1961	402	2363	46	150
Engle, Diedre	33	1108	391	1499	33	50
Renowden, John	29	1349	357	1706	46	25
Nafel, Gloria	11	387	221	608	35	0
Bingo, Doris	10	339	158	497	33	*
Laugen, Lorna	21	700	139	839	33	25
Madden, Tom	10	279	131	410	27	125
Bianco, Renee	28	961	116	1077	34	25
Defeo, Paul	8	282	104	386	35	25
Gaston, Stuart	14	550	99	649	39	25

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	60	2076	895	2971	34	345
Morrison, Ken	28	781	0	781	27	150
Morrison, Ollie	28	781	0	781	27	150
Fairfield, Bob	42	1961	402	2363	46	150
Madden, Tom	10	279	131	410	27	125
Wickersham, Art	3	133	0	133	44	125
Wickersham, Judee	3	133	0	133	44	125
Gross, Bret	0	0	0	0	0	100
Matloff, Victor	2	60	0	60	30	100
Fieldhouse, Bob	28	982	921	1903	35	75
Cole, Len	2	46	0	46	23	75
McKee, John	0	0	0	0	0	75
Butz, Debi	22	748	6	754	34	75
Crider, Wilson	6	213	0	213	35	75
Clanton, Diane	18	462	0	462	25	75

2009 STATISTICS

Month	Rides	Miles
Jan	269	10178
Feb	180	6280
Mar	306	12731
Apr	294	12322
May	361	14219
Jun	86	3012

Totals	1496	58742
Average	39.27	

Day	Rides	Miles
Sun	418	14306
Mon	19	665
Tue	288	8257
Wed	4	242
Fri	82	3173
Sat	685	32099

Totals	1496	58742
Average	39.27	

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: BMC Pro Machine SLC01 '07 55cm Red/Black All Dura Ace, Mavic Ksyrium ES Wheelset, Easton EA 90, Forks, Bars, Seat post. \$1,800 Contact John Renowden at jsrenowden@mac.com or 863.447.0223

FOR SALE: SHIMANO BIKE SHOES SHIMANO MENS ROAD BIKE SHOES #SH-R300 "CUSTOM FIT" BRAND NEW.. NEVER USED... STILL IN BOX SIZE 43.5 PAID \$325 AT JENSONS SELL FOR ONLY \$150 Contact Tom Gate at a5xirnmn@sbcglobal.net or 951.279.6204

FOR SALE: Bob Jackson, '88 531c Reynolds 56cm frame with carbon forks painted in British racing green by Joe Bell. Chromed lugs and chainstays. Easton EC70 carbon seatpost. New Shimano 105 front derail and BB. New Chris King headset. Ibis polished Ti stem. Easton EA90SLX wheels. Dura Ace 9 spd triple crankset (53/39/30). photo on request. \$1600 OCW member Contact Cliff Nimrod at cnimrod@verizon.net or 562.428.1036

FOR SALE: New Assos F1.Uno S5 Bib Shorts - Medium - Black New in box Swiss engineered Bib shorts with chamois cream, Assos cleanser, mesh bag for washing without risking the straps being pulled, and catalog. All-around training and racing short. I normally wear Medium Bibs but these are for a slimmer more athletic build (would have fit me 20 years ago!). Retail is \$200. Sell for \$150. Contact Scott Klages at saklages@aol.com or 714.318.1400

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.

Please Support the Sustaining Members of the Orange County Wheelmen

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