

CHAIN REACTION

TANDEM TIME
December/January

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

PARAMOUNT RACING
2009/2010

General Meeting

Wednesday, January 13th, 7:00 pm

Mystery Speaker

Who knows?! Again.
If you see the VP, ask him what's up with this!

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

Tandem Time	Sat.	Dec.	5
Holiday Party	Sun.	Dec.	13
Folding Party	Thu.	Jan.	28
Awards Banquet	Sat.	Feb.	20
Ride Around the Bear	Sat.	Jun.	12

OCW CLUB OFFICERS

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Director	Jeff Rich	714.998.5587 richriders@bbcnnet.com
Director	Lee Stebbins	714.593.9226 bikraak@socal.rr.com

BOARD MEETING

Sunday, December 6th, 11:30 am

Sunday, January 3rd, 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, January 28th, 7:00 pm

Hosted by:

Ken Fry & Barb Tomita

734 N. Lemon Hill Trail

Orange, CA 92869

714-289-0917

tomitacat@aol.com

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

DIRECTIONS: From I-5 exit at Jamboree and proceed north for approx. 5 miles. Go thru the intersection of Chapman/Santiago Cyn. Turn left at the next light at Santiago Cyn. Go through the intersection of Newport and make a left into Broadmoor Park Homes. Dial 122 on the phone outside the gate. Make an immediate left and proceed thru the gate. The house is the 4th garage door on right side. Park across the street from the house.

From Ithe 55 fwy exit at Katella and proceed east for approx 5 miles. Katella becomes Villa Park and then becomes Santiago Cyn. Go past the cemetery and turn right into Broadmoor Park Homes. See dialing directions above.

SPECIAL THANKS TO

Rob Templin

for Hosting the

November Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Barb Tomita** at **tomitacat@aol.com**

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By **Charlie Irwin**

Wow! Here it is the end of November, another year is coming to an end. I don't know about you, but the years don't seem to be as long as they used to be. Year-end is a time to look back and see what we have accomplished and move forward to set goals for next year. 2009 was a good year for OCW. All of our events did well!

To recap the year's events, the Spring Metric got a new route through Santiago Canyon. For once, it did not rain. Next year's Spring Metric will be a members-only ride, and that means we can ride for free. Non-members can join OCW as regular members and ride. Anyone that joins OCW to ride the Spring Metric will get the member price for any OCW event for the next year. This is a great deal! Joining OCW for \$29.00 saves \$6.00 on the Ride around the Bear and the Amtrak Century. The Fall Metric and the 2011 Spring Metric, they can ride for free. Great way to add new members!

The Ride Around the Bear was its usual great event! Both the riders and volunteers had a great time. It was easier to get the volunteers this year because volunteers get to sign up for the Amtrak ahead of the general public and get a discount. If you want to ride the 2010 Amtrak the best way to guarantee a spot is to volunteer for the Bear ASAP.



The Amtrak was great! We are constantly working on ways to make as many riders happy as possible. This year we expanded our Refund and Transfer policies to make sure we got as many riders as possible on the ride. Anyone that could not ride could ask for a refund or ask to transfer their registration to another rider. We are looking at some improvements on the route for next year.

We tried something new on the Fall Metric. We made it a regular members only ride. Members rode for free. Non-members had to join OCW in order to ride. This gave us 44 new members! We also got more of our current membership to ride the event. In the past only a few current members made the trip. The ride itself was hard, but rewarding. The climb up to Oak Glen is long and tedious. There is nothing like it in OC, but we need to ride more of our hills to train for it. I love getting out of the OC for a ride.

2010 needs to be the year of the OCW member. We need to work on getting and keeping new members. That is my goal. That and riding more miles. Have you thought of yours?

Charlie

OCW President's Ride

By **Charlie Irwin**

Sunday, December 6, 2009 and Sunday, January 3, 2010 - Please join **Charlie Irwin**, 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 or call 714-547-0194.



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

Armstrong, Greg	Rancho Cucamonga
Armstrong, Laura	Rancho Cucamonga
Barber, Drew	
Bunch, Shannon	
Burns, David	
Christoffersen, Aaron	Apple Valley
Conmy, Philip	
Crocker, Terry	Westlake Village
De Los Santos, Randy	
Deyarmie, Tim	Barstow
Ellicott, Vernon	Moorpark
George, David	
Giles, Stephen	Dana Point
Goslin, Steve	Murrieta

Goya, Lorena	
Hanna, Robert	Victorville
Hartmann, Lorraine	Laguna Hills
Hartmann, Tom	Laguna Hills
Hoglund, Allen	Riverside
Karlstrom, Ann	Oak Park
Kuerzinger, Richard	Yucaipa
Lapean, Kirk	Corona
Machova, Alena	
Morgan, Rebekah	
Ohm, David	Loma Linda
Paolinelli, Gisela	Lake Forest
Park, David	Riverside
Park, Mary	Riverside
Parsons, Jack	Claremont
Pim, Matt	
Plouff, Mike	Dana Point
Rainwater, Justin	Chino Hills
Rennard, Peter	Costa Mesa
Rochin, Al	Palm Springs
Romine, Steve	
Skoglund, Gary	Riverside
Vreeman, Joseph	Apple Valley
Zandbergen, Tim	Aliso Viejo

AWARDS BANQUET

By **Mike Lee**

Mark your calendars! Watch for the sign up for this year's annual Banquet and Awards dinner. The date has been set for February 20, 2010 at the Tustin Banquet Center. I am still working out the details of speaker/entertainment and food for the event.



Season's Greetings



OCW HOLIDAY PARTY



Come and join the fun on Sunday night, December 13th at the Huntington Harbour Yacht Club. The club is on the water (imagine that) and there should be lots of decorated boats passing by for our entertainment.

Party starts at 5 pm and dinner is at 7pm. Join us early for hors d'oeuvres. The boat parade starts around 5:30 pm.

There will be a \$10.00 per person fee that will include a catered dinner with lots of desserts. There will be a no host bar available. Please make your reservation on the OCW web site by December 4th. Web site opens November 1st.

The menu will include: Wine Braised Brisket of Beef, Teriyaki Chicken, Penne Pasta with Sauteed Eggplant, potatoes, seasonal vegetables, green salad, rolls and lots of desserts.



Huntington Harbour Yacht Club
3821 Warner Ave.
Huntington Beach
562-592-2186
(Next to the Fire Station, just east of PCH)



Please bring an unwrapped toy for a foster child. The toys will be taken to Hannah's House in Orange. They are extremely grateful for our donations.

If you have any questions please call **Irene Walker** at 562-943-9403.



Cycle Oregon in the Mythical State of Jefferson

By Dave Rusher

In mid-September, for the third year in a row I did Cycle Oregon. It is hard for me to resist signing up when details for the next year are released in early February and I recall how I enjoyed the previous year. The 2000 rider limit is reached in a few weeks, and the tent and porter service is sold out even quicker. The ride lasts seven days and covers 400 to 500 miles in a loop course that has varied for all 22 years of the ride. All aspects of the ride are supported very well which, to me at least, compensates for the tent accommodations. Also, the ride timing tends to conflict with the Amtrak Century.

One purpose of the event is to support small towns in Oregon that may be struggling economically. This was the first year to cross into California. The theme of the ride was the "State of Jefferson", probably to avoid the dreaded California name. Just before World War II, Southern Oregon and Northern California were very close to forming a new state called Jefferson. The seal for the new state (which has two Xs to represent being double-crossed by both states more populous regions) is still displayed in this part of both states.

Cycle Oregon sets up a stage at each location, sometimes right on the main street at the town center. Each evening there is the Beer Garden, if you like, dinner, a yoga option, massage, nearly continual musical entertainment from 4 pm to about 9 pm, a bike clinic on many topics, a summary of the day's ride by the ride founder Jonathon Nicholas, a preview of the next day including the weather forecast by a Portland weatherman. There has been no rain of significance in the last three years. A traffic guru briefly reviews how the riders did with traffic and safety issues. Cycle Oregon doesn't encourage pacelines (nor do they ban them). A few drivers on single lane roads got angry when they were temporarily blocked by pacelines passing other riders. I saw a few single riders blatantly do the same thing in front of approaching cars. However the large number of riders was usually not a significant problem.

One highlight each year is a "Bike Rodeo" put on by the volunteer bike mechanic crew who are mostly very skilled riders. This is a hilarious event that is hard to describe. For example, they have a demolition derby with about ten riders where the goal is to be the last bike standing.

This year the start was in Medford, Oregon with a 66 mile ride through Ashland and over the Siskiyou Mountains to Yreka, CA with 5500 feet of elevation gain. After crossing into California there were great views of Mt. Shasta while we were buffeted by a head or crosswind. The second day was easier—going 75 miles to Happy Camp, CA, mostly downstream along the Klamath River. The hillsides changed from brown and sparsely vegetated



near Yreka to heavily timbered as we peddled down the river valley toward the coast. This very remote area is considered "Bigfoot Country". In fact, in a meadow near Happy Camp about ¼ mile off the road something (or someone) resembling an ambling Bigfoot was spotted by many of the riders.



On day 3 we headed back over the Siskiyou Mountains to Lake Selmac in Oregon. The first 20 miles were all up to the 4800 feet elevation pass with maximum grade of around 8%. Very rare Brewer's Spruce is along the road near the top. We were told it only grows there and in Siberia and Lapland. Soon after a fast downhill we had a great lunch stop at the Bridgeview Winery where I limited myself to one tasting. I was glad I did later when the route left the road on a paved bike trail that was headed back up. Our map showed an 8% grade on the trail except for one part that had a #@! cuss notation. We soon discovered what that meant. There was a short climb at a constant 21-22% grade! While most riders ahead resorted to walking, I was macho enough to try it and barely made it. This day's ride only covered 54 miles with 5200 feet of gain, but still seemed fairly tough.

On day 4 we headed further north covering 71 miles with many rollers along the scenic Rogue River to Glendale, Oregon. Other highlights were the lunch location at Indian Mary Park and a rest stop at the historic Wolf Creek Inn. Nearly all rest, water, and lunch stops for the week had live musical entertainment.

Day 5 was a great ride of 76 miles and 3200 feet gain into Grants Pass. The first 30 miles was a gradual climb of 1700 net feet along small creeks and the Galesville Reservoir. There was a heavy cloud cover so low that it looked like we might get to the clouds as the road climbed more steeply to Goolaway Gap. It didn't rain as we crossed the Gap and started a great descent with an amazingly cloudless sky. The contrast was unforgettable. The descent got more gradual, but continued to Grants Pass.

Day 6 was an optional rest day with two nights at Riverside Park at the Rogue River near downtown Grants Pass. On other years I have ridden on the rest day. This time I skipped a 43 mile loop ride around Grants Pass so that I could take a 36-mile jet boat trip through Hellgate Canyon. It was a warm day so they did a few maneuvers to get us wet. Going into a 360 degree turn at over 40mph was exciting. There were many other things to do. Denis Paez who shared tent and driving with me decided to volunteer for trail maintenance work.

On the return to Medford, Denis and I chose the tougher of two options, which was 53 miles of riding with 4000 feet elevation gain. We were rewarded with a great downhill to a rest stop in Jacksonville which I believe is the oldest town in Southern Oregon. Downtown buildings have been extensively restored to the original state (names and all). On the day prior to the ride we visited the town and had lunch at Beekman's Express which has a huge variety of good hamburgers—we had either elk or buffalo. On day 7 a few easy miles brought us back to Medford for a final lunch and the end of the ride.



December and January Birthdays

OCW Wishes You A Happy Birthday!

McNelly, Mike	12/1	Gate, Tom	1/1
Vaughan, Greg	12/2	Gate, Margaret	1/1
Nelson, Donna	12/6	Groover, Mike	1/1
Hansen, Jan	12/7	Herndon, Lynn	1/1
Paulsen, Steven	12/7	Casady, Bob	1/1
Cawthon, James	12/8	Goslin, Steve	1/1
Hansen, Ralph	12/9	Plouff, Mike	1/1
Hoglund, Allen	12/10	Neal, Frank	1/1
Gaston, Liz	12/10	Dauger, Marlene	1/1
Ohm, David	12/11	Taylor, Kathy	1/2
Mizutani, Garren	12/11	Mac Vicar, William	1/3
DiPasquale, Lori	12/11	Zandbergen, Tim	1/5
Patterson, Steven	12/11	Harvey, Don	1/5
Nelson, Steve	12/12	Dosier, Susan	1/6
Sanders, Don	12/12	Steven, David	1/8
D'Aquanni, Paul	12/13	Cozza, Alison	1/9
Brickner, Fred	12/13	Burns, David	1/9
Marshall, Bruce	12/14	Ruris, Barbara	1/10
Rich, Doug	12/14	Kobata, Dennis	1/10
Bell, Denise	12/15	Mesmer, Bibi Anna	1/12
Nguyen, Tony	12/15	Bruney, Joseph	1/13
Byrne, Jim	12/15	Morrison, Ollie	1/15
Major, Nancy	12/17	Mesmer, Paul	1/16
Golden, Don	12/18	Hauptert, Tom	1/17
Kompaniez, Peter	12/22	Grotz, Sylvia	1/19
Burns, Mike	12/23	Engle, Diedre	1/20
Bergman, Mary	12/23	Levenson, Alan	1/20
Woyski, Ron	12/24	Walz, Bob	1/21
Castleman, Vern	12/24	Deyarmie, Tim	1/22
Berstein, John	12/24	Shuler, Ed	1/24
Alvarez, Mike	12/26	Prince, Scott	1/24
Kindel, Bill	12/26	Giles, Stephen	1/27
Dosier, Curt	12/29	Buck, Janet	1/27
Byron, Jeff	12/30	Hanson, David	1/27
Wells, Mark	12/30	Stechert, Judy	1/28
Schneider, Harold	12/31	Machova, Alena	1/29
		Goya, Lorena	1/29
		Kuemerle, Marcia	1/30
		Whitney, David	1/31

Edible Ibuprofen

Submitted by **Michelle Kashima**

Heal muscles and speed recovery with these five foods

These foods contain compounds that reduce inflammation, similar to ibuprofen. But unlike the man-made anti-inflammatory, says Miles, “they have antioxidant properties that may decrease muscle damage, speed recovery and possibly enhance performance.”

BLACK OR GREEN TEA Sports scientists at Rutgers University found that a nine-day supplement of black-tea extract decreased delayed-onset muscle soreness after cycling intervals. “The black-tea extract reduces the oxidative stress of the exercises and speeds recovery between intervals,” says assistant professor Shawn Arent, PhD.

Recharge: “Add four bags of decaffeinated tea to 32 ounces of cold water and steep in the refrigerator overnight,” suggests Barbara Lewin, RD, a sports nutritionist who owns Sports-Nutritionist.com. Drink tea in place of water before, during and after rides.

SOYBEANS AND TOFU The branched-chain amino acids in soybeans stop muscle degradation during long rides while the antioxidants help alleviate postride aches and pains. Research published in The Nutrition Journal found that both soy and whey proteins build lean muscle mass, but soy protein also prevents exercise-induced inflammation.

Recharge: “Chocolate soy milk makes an excellent recovery drink,” says Lewin. Also, keep soy nuts in the car or at the office for a great protein-rich snack.

SALMON AND TUNA Though we don’t usually think of fatty foods as performance-enhancers, the omega-3 fatty acids in salmon and tuna go way beyond serving as an energy source. “Omega-3s generally increase blood flow,” says Jay Udani, MD, an assistant clinical professor at the University of California, Los Angeles. “This may help wash out inflammatory cells in damaged muscles” that cause pain and swelling.

Recharge: Keep canned salmon and tuna on hand for sandwiches and salads— aim for two to three servings a week.

TURMERIC Loaded with a potent antiinflammatory compound called curcumin, this yellow spice may help to increase endurance and speed recovery. In a 2007 study at the University of South Carolina, exercise physiologists gave mice curcumin supplements for three days before a 2.5-hour downhill run. The curcumin reduced muscle inflammation and increased endurance more than 20 percent the next day.

Recharge: Make turmeric your go-to spice. Add it to marinades, rice, vegetables, etc. You’ll hardly notice the subtle flavor.

CHERRIES AND BERRIES In a study at the University of Vermont, students who were given 12 ounces of tart cherry juice before and after strenuous exercises suffered only a 4 percent reduction in muscle strength the next day compared with a 22 percent loss found in subjects given a placebo. “Antioxidants and anti-inflammatory molecules in tart cherries suppress and treat the micro-tears in muscles,” says Declan Connolly, PhD. These molecules are also found in blackberries, raspberries and strawberries.

Recharge: Stock up on frozen berries, and add them to smoothies, yogurt and cereal. Or, defrost a few in the microwave for a sweet postride snack.

The above was Written by Michaeleen Doucleff, PhD for Bicycling Magazine

SATURDAY TRAINING

Come out and join us every Saturday (weather permitting) at 7:30 am at the corner of Culver and Irvine Blvd at Northpark Plaza parking next to Jack in the Box in Irvine.

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



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**, dmgoran@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



Seasons Greetings

Please join us for the next Tandem Time ride:

When: Saturday December 5, 2009 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 32 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 rbutz@earthlink.net or call her at (714) 996-4366 if you have further questions.

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.**

December 2009 Schedule

December 5, 2009. Rides start promptly at 8:30

Sprint - 34 miles Hilly - Main, Harvard, Irvine Ctr, Barranca, Alton, Toledo, El Toro, Portola, Bake, Muirlands/Barranca, Irvine Ctr/ Edinger, Red Hill, MacArthur

Slow to fast

23 miles Rollies - Red Hill, Walnut, Tustin Rch, Portola, Jeffrey, E Yale Loop, University, Campus, Von Karman, Main

Tandem Time - no drop ride - 34 miles Elevation Gain 700 ft. Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Toledo, Trabuco/ Irvine Blvd, Jeffrey, Portola, Tustin Ranch, Walnut, Harvard, Main, MacArthur

59 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

December 12, 2009. Rides start promptly at 8:30

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 Rch, Walnut, Red Hill, Von Karman

32 miles Flat - Red Hill, Edinger/ Irvine Ctr, 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, Olympiad/ Felipe, Oso/ Pacific Park/Glenwood, Aliso Creek, El Toro, Laguna Cyn, PCH, Marguerite, San Miguel, Bonita Cyn, Newport Coast, Pelican Hill, Harvard, Main, MacArthur

December 19, 2009. Rides start promptly at 8:30

Sprint - 37 miles Elevation Gain 1350 ft. Hilly - MacArthur, Main, Alton, Jeronimo, Olympiad, Marguerite, La Paz, Muirlands/ Barranca, Von Karman, Main MacArthur

Slow to fast

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

34 miles Flat/ Rolling - Main, Sunflower, S.A. River Trail, Slater, Warner, PCH, Dover, Galaxy, Irvine/ Campus, Von Karman

44 miles Hilly - Red Hill, Barranca, Harvard, Culver/ Bonita Cyn/ Ford/ East Bluff/ University, Ridgeline, Turtle Rock, Ridgeline, University/ Jeffrey, Portola, Tustin Ranch, Walnut, Yale, W Yale Loop, Main, MacArthur

December 26, 2009. Rides start promptly at 8:30

Sprint - 36 miles Elevation Gain 750 ft. Rollies, Red Hill, McGaw, Von Karman, Campus, Turtle Rock, University/ Jeffrey, Irvine Blvd, Alton, Red Hill, Barranca, Von Karman, Main, MacArthur

Slow to fast

27 miles Rollies - MacArthur, Main, Jamboree, Harvard, Irvine Ctr/ Moulton, Lake Forest, Irvine Blvd, Jeffrey, Irvine Ctr, Harvard, Barranca, Von Karman, Main, MacArthur

34 miles Hilly - MacArthur, Main, Harvard, Campus/ Irvine, Dover, Bayside, Marguerite, Spyglass, Bonita Cyn, Shady Cyn, Turtle Rock, University/ Jeffrey, Walnut, Harvard, Barranca, Von Karman, Main, MacArthur

54 miles Flat - Main, Sunflower, S.A. River Trail, Slater, Springdale, Westminster/ 2nd, Appian, 2nd, Beach Bike Trail, Marina, Ocean, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur

Saturday Rides

Ride Leaders-Bob Fairfield and Jim Pugh

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January 2010 Schedule

January 2, 2010. Rides start promptly at 8:30

Sprint - 37 miles Elevation Gain 1300 ft. Hilly - MacArthur, Main, Michelson, Rosa Drew/ Ridgeline, Shady Cyn, Bonita Cyn, San Miguel, PCH, Broadway/ Laguna Cyn, El Toro, Moulton/ Irvine Ctr, Alton, Von Karman, Main, MacArthur

Slow to fast

22 miles Flat/ Rolling - Red Hill, Walnut, Tustin Ranch, Portola, Jeffrey/ University, Harvard, Main, MacArthur

38 miles Hilly - Red Hill, Alton, Bake, Portola, Marguerite, La Paz, Muirlands, Alton, Red Hill, MacArthur

54 miles Hilly - Red Hill, Alton, Irvine Blvd/ Trabuco, Marguerite, Santa Margarita, Antonio, Crown Valley, Moulton, Paseo De Valencia, Los Alisos, Muirlands/ Barranca, Irvine Ctr, Harvard, Main, MacArthur

January 9, 2010. Rides start promptly at 8:30

Sprint - 37 miles Elev Gain 1000 ft. Rollies - Red Hill, Edin/ Irvine Ctr, Barranca/ Muirlands, Los Alisos, Marguerite, Jeronimo

Slow to fast

23 miles Rollies - Red Hill/ Santa Ana, 22nd/ Victoria, Brookhurst, PCH, Dover, Galaxy, Bike Path, Main, MacArthur

30 miles Hilly - Main, Jamboree, Ford, Spyglass, Marguerite, PCH, Laguna Cyn, Old Laguna, Alton, E Yale Loop, Main

57 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

January 16, 2010. Rides start promptly at 8:30

Sprint - 33 miles Hilly - MacArthur, Main, Jamboree, East Bluff, Spyglass, San Joaquin Hills, Newport Coast, PCH, Brookhurst

Slow to fast

23 miles Flat - Main, Harvard, Walnut, Yale, E Yale Loop, Yale, Univ, Campus, Bonita Cyn/ Ford/ East/ Bluff/Univ, Campus

32 miles Hilly - Red Hill, Newport, Crawford Cyn, Rancho Santiago, Cannon, Via Escola, Meats, Taft, Hewes, Foothill

59 miles Hilly - Main, Harvard, University/ East Bluff/ Bonita Cyn, Spyglass, Marguerite, PCH, Crown Valley, La Paz, Olympiad, Jeronimo, Marguerite, Olympiad, Alicia, Muirlands, Lake Forest, Moulton/ Irvine Ctr, Harvard, Main

January 23, 2010. Rides start promptly at 8:30

Sprint - 33 miles Rollies - Red Hill, Alton, Laguna Cyn, PCH, Back Bay, East Bluff/ University, Harvard, Main, MacArthur

Slow to fast

27 miles Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Serrano, Toledo, Alton, E Yale Loop, Main, MacArthur

37 miles Rollies - Main, Harvard, Irvine Ctr, Barranca, Jeronimo, Los Alisos, El Toro, Toledo, Barranca, Irvine Ctr/ Edin

59 miles Hilly - Red Hill, Walnut, Tustin Ranch, Pioneer, Jamboree, Santiago Cyn, Glen Ranch, Portola, Bake, Irvine Ctr/ Moulton, Aliso Creek, El Toro, Laguna Cyn, PCH, Dover, Irvine/ Campus, Von Karman, Main, MacArthur

January 30, 2010. Rides start promptly at 8:30

Sprint - 35 miles Flat - Main, Sunflower, S A River Trail, Slater, Edwards, Seapoint, PCH, Bayside, Marguerite, San Miguel, Bonita Cyn/ Culver, Campus, Von Karman, Main, MacArthur

Slow to fast

25 miles Flat - Red Hill, Walnut, Jeffrey, Irvine Blvd, Alton, E Yale Loop, Main, MacArthur

40 miles Hilly - Red Hill, Alton, Irvine Blvd/ Trabuco, El Toro/ Santiago Cyn, Jamboree, Tustin Ranch, Walnut, Red Hill

60 miles Hilly - Red Hill, Alton, Irvine Blvd/ Trabuco, Marguerite, Santa Margarita, Antonio, Ortega, Rancho Viejo/ Marguerite, Cabot, Paseo de Valencia, Los Alisos, Muirlands/ Barranca, Irvine Ctr, Harvard, Main, MacArthur

Sunday Rides

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

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

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

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:30 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.

December 2009 Schedule

December 6, 2009. Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

S-27 Miles. Campus, Jeffrey, Irvine Blvd., Alton, Red Hill, Barranca, Von Karman.

M-34 Miles. Harvard, Jeffrey, Alton, Jeronimo, La Paz, Barranca, Irvine Ctr., Harvard.

L-45 Miles. Von Karman, Harvard, Red Hill/Santa Ana, PCH, Seapoint, Bushard, PCH, Bayside, PCH, Dover, Campus.

December 13, 2009. Peppertree Park, Tustin. Take the 4th 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 1st 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.

December 20, 2009. Tustin Sports Park, Tustin. Take the Santa Ana Fwy (5) to Jamboree and exit north. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.). Go 0.2 miles and enter the parking lot on the left.

S-22 Miles. Irvine Blvd., Toledo, Alton, Irvine Ctr., Walnut, Tustin Ranch, Irvine Blvd.

M-36 Miles. Irvine Blvd., Los Alisos, Oso, Moulton, Valencia, Los Alisos, Irvine Blvd.

L-43 Miles. Portola, Modjeska, Irvine Blvd., Bake, Irvine Ctr., Jeffrey, Campus, Red Hill, Newport Blvd., Jamboree.

December 27, 2009. Northpark Plaza, Irvine. Take the Santa Ana Fwy. (5) to Culver and exit North. Go 1 mile to Irvine Blvd. The shopping center is on the Northwest corner. Park between Jack-in-the-Box and the French Bakery.

S-22 Miles. Hick's Trail, Jeffrey, Irvine Blvd., Barranca, Harvard, Tustin Ranch, Irvine Blvd.

M-34 Miles. Irvine Blvd., Bake, Marguerite, Jeronimo, Serrano, Barranca, Jeffrey, Yale.

L-40 Miles. Irvine Blvd., Bake, Antonio, Oso, La Paz, Barranca, Jeffrey, Bryan, Culver.



Sunday Rides

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

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

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

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:30 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.*

January 2010 Schedule

January 3, 2010. Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).
S-29 Miles. Irvine Ave, Cliff, PCH, Goldenwest, Lake, Atlanta, PCH, Dover, Campus.
M-36 Miles. Campus, Turtle Rock, Jeffrey, Alton, Jeronimo, Barranca, Irvine Ctr., Harvard.
L-39 Miles. Alton, Jeronimo, Olympiad, Marguerite, La Paz, Barranca, Irvine Ctr., Jeffrey.

January 10, 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. Birch, Bastanchury, Lakeview, La Palma, Santa Ana Cyn., Orangethorpe, Kramer.
M-34 Miles. Kramer, River Trail to Green River, Lakeview, Bastanchury, Kramer.
M-34 Miles. Rollies thru Cal Poly, original route.
L-42 Hilly Miles to Chino via Carbon Cyn.; return via Golden Springs/Colima, Lambert.

January 17, 2010. University Park Shopping Center, Irvine. Take the San Diego Fwy. (405) to Culver and go south 0.3 miles to Michelson. Park near Carl's Jr.
S-24 Miles. Culver, Barranca, Bake, Irvine Blvd., Modjeska, Portola, Yale, Michelson.
M-36 Miles. Jeffrey, Irvine Ctr., Bake, Muirlands, Irvine Blvd, Portola, Tustin Ranch, Red Hill, Birch, Von Karman.
L-43 Miles. Culver, Trabuco, Alicia, Oso, El Toro, Laguna Cyn., PCH, Newport Coast, Culver.

January 24, 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-29 Miles. Bonita Cyn., Shady Cyn. Trail, Sand Cyn., Portola, Tustin Ranch, Harvard, Eastbluff.
M-34 Miles. Bonita Cyn., Shady Cyn., Turtle Rock, Alton, Irvine Blvd., Portola, Tustin Ranch, Eastbluff.
L-38 Miles. Newport Coast, PCH, Seapoint, Magnolia, Hamilton, Dover, PCH, Marguerite, San Miguel.

January 31, 2010. Peppertree Park, Tustin. Take the 4th 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 1st Street.
S-25 Miles. Bryan, Tustin Ranch, Portola, Irvine Blvd., Alton, Irvine Ctr., Red Hill, Main.
M-34 Miles. Bryan, Tustin Ranch, Jamboree, U Portola, Irvine Blvd., Bake, Irvine Ctr., Red Hill.
L-39 Miles. Irvine Blvd., Marguerite, Oso, Glenwood, Irvine Ctr., Walnut, Tustin Ranch.

February 7, 2010. Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).
S-27 Miles. Campus, Michelson, Culver, Barranca, Alton, Irvine Blvd., Tustin Ranch, Harvard.
M-33 Miles. Irvine Ave, Cliff, PCH, Seapoint, Slater, Gothard, Lake, PCH, Dover, Campus.
L-43 Miles. Von Karman, Barranca, Irvine Blvd., Bake, Portola, Jeronimo, Alton, Turtle Rock, Campus.

November Hike to Icehouse Saddle

By Alan Dauger

Twelve OCW hikers had a super time hiking Icehouse Canyon, which is just outside Mt. Baldy Village, to Icehouse Saddle, elevation 7580 feet. We achieved 2660 feet of elevation gain in just two hours and were back to the cars shortly after 12 noon. The total round trip distance was 7.2 miles. The weather was beautiful and the creek and several small waterfalls were flowing nicely. Fall colors abounded on those trees that still had their leaves. Most flowers were gone by now, but the honeysuckle were still blooming near streams that crossed the trail. This hike had been postponed twice due to the Station fire so we were lucky to do it before the winter snowfalls. Please see the photo of hikers **Stuart Gaston, Richard Scobey, Gloria Nafel, Alan Allred, Donna Allred, Cathy Painter, Kevin Ivey, Rick Butz, Alan Dauger, Lee Painter, Lorna Laugen, and Doris Bingo.**



CYCLING CRYPTOGRAM PUZZLE

By Dan Gorman

Break the code to decipher a famous cycling quote:

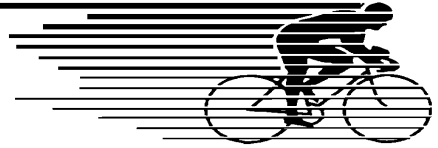
“Y LEW! Y LEW! Y XEW’H MNRT HE AE HE VKMEEF NWSDEGT.”

- ***TXXS DTGKCI***, NOHTG LYWWYWA MYV OYGVH ZYCT GNKT

(Answer on page 20)



PARAMOUNT RACING



TEAM MEETING

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

President	John McKee	pres@paramountracing.org
Vice President	Curtiss Dosier	cdosier@kmob.com
Secretary	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

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

JAX BICYCLE CENTER

TREK BICYCLES

TUSTIN TOYOTA

HAWAIIAN ISLANDS CREATIONS

FEATHER BRAKES

ORANGE COUNTY WHEELMEN

VITTORIA TIRES AND TUBES

BONTRAGER WHEELWORKS

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Paramount Poised for Success in 2010

By **Curt Dosier**

Paramount Racing is pleased to announce that it will re-establish a women's elite team in 2010. **Hilary Crowley, Dianna Del Fante** and **Alicia Boland** return to Paramount after a couple of years on another team. **Suzie Given** will join these three to form a very competitive squad. Additional racers may be added to the squad before the start of the season.

All four are accomplished racers and will represent Paramount well in both the elite and masters categories. **Hilary** won the district championship road race in the 35+ and finished 7th overall at the Callville Bay Classic in 2009, with a 2nd in the criterium stage. She also finished 5th at Barrio Logan. **Hilary** is also a former winner of the Glendale GP, the Indio GP and the Swiss criterium (in 2007 as a member of Paramount). This year, **Alicia** won the criterium stage of the Callville Bay Classic (ahead of teammate **Hilary**) and finished 11th in the overall. In 2008, **Alicia** finished 4th at San Marcos and Manhattan Beach. **Alicia** is also a former winner of the Valley of the Sun criterium stage in 2007 (as a Paramount member). **Dianna Del Fante** finished 6th at the district championship road race in the 35+,

13th at Barrio Logan and 14th at San Luis Rey in 2009. **Dianna** is a former winner of the SLO criterium in 2007 (as a Paramount member) and the Long Beach Memorial Day criterium in 2005. **Suzie Given** won the Roger Millikan in 2009 and finished 3rd at the tough Camp San Luis road race. **Suzie** is also a former winner of the La Mirada GP in 2008.

The Elite men's team will continue in 2010 with the same make up as last year. **Marcos Corona, Ethan Ede, John Bernstein, Jeff Carchidi, Wilson Crider** and **Curt Dosier** will compete in the Cat. 3's. **Jason Gersting** and **Stephen Cotton** will race the Cat. 4's.

The Masters squad will be strong once again in 2010. **John McKee, Monty Pettus, Jim Morehouse** and **Dan Crain** will represent Paramount in the 60+ category and **Howard Miller** will race the 55+ category. In 2009 60+ SoCal Cup, **John** finished 4th, **Monty** finished 8th, **Jim** finished 11th and **Dan** finished 34th. The 55+ and 60+ squad had five victories and many podium finishes in 2009.

Paramount Racing is still seeking additional racers to bolster these squads. In particular, we would like to add a number of both men Category 4 and 5 racers and women Category 4 racers.



JB and Jeff on a recent training ride.



JB savoring the smack-down he put on Jeff and Curt up Newport Coast and Vista Ridge. That, and counting the days until the Boulevard RR.

Fall Metric Wrap Up

I always have to start my event wrap up with a Big Thank You to the volunteers. This year the ride was for members only, and it was free! So, I am most grateful to the volunteers, as they allowed all members that wanted to ride, the opportunity to ride, while OCW was still capable of putting on a quality event!

Great job to **Jim** and Sharon **Pugh**, **Anita Brewer**, and Grae Jones for running a great rest stop at Oak Glen. **Sally Rich** transported purchases of apple pies and cider down the mountain for the riders. **Team Walker, Jim & Irene**, were involved with registration, shopping, and day of the ride Sylvan Park activities, along with **Liz Gaston** and Amy Schapel. SAG was handled by **Tom Madden** and **Bob Fieldhouse**. Great job to all!

I mentioned that the ride was free and only available to OCW members. We now have 42 new members as a result of this promotion. I welcome all of those new members, and hope to see you at other OCW functions and events. We have the Holiday Party coming up on Dec 13th, which is for Members only, so go to the web site and click on Meetings and Parties, then click on Holiday Party and read all about it.

Now, a bit about the ride itself. It was a spectacular day, clear as a bell with pleasant temperatures, which were greatly appreciated after reaching Oak Glen. San Timoteo Canyon was a lot of fun, as the riders enjoyed a slight tail wind, so it was mighty fast through this stretch of the route. We changed the route a bit this year with a nice final five miles meandering through the old residential area of Redlands. The neighborhood was highly decorated for Halloween and there were lots of folks just walking the streets admiring the houses. We finished with a ride through the campus of the University of Redlands, and back into Sylvan Park for chips and salsa, guacamole, pizza, salad, cold drinks, and fresh Apple Crisp.

Great job to all, Riders and Volunteers.

Paul DAquanni / OCW Events



Jim Walker and Liz Gaston working registration



Dennis Thomas at the start



Jeff and Sally Rich at the end



Grae Jones at the rest stop



Paul D'Aquanni at the end



Alvin Trafton, Bob Fairfield, Dave Rusher and Dan Gorman at the end

BOARD MEETING MINUTES

November 1, 2009

ATTENDANCE

Officers & Directors Present: **Lorna Laugen, Mike Laugen, Alex Laugen, Bob Fairfield, Frank Neal, Dennis Thomas, Mike Lee, Jim Walker, Irene Walker, Lee Stebbins, Paul D'Aquanni, Doris Bingo, Dan Gorman, Alan Dauger, Charlie Irwin, John McKee**

Members Present – **Monty Pettus, Art Pressel**

CALL TO ORDER

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

MINUTES – **Charlie Irwin** motioned to approve minutes of October meeting, **Jim Walker** seconded. Motion carried.

TREASURER'S REPORT - Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORP. REPORT - Jim Walker reported OCW Paramount as solvent.

BOARD MEMBER REPORTS

President: **Charlie Irwin** - no report

Vice President: **Mike Lee** reported that Michael Clayton will be the speaker for the November meeting.

Membership: **Jim Walker** reported that OCW has 412 members, 25 new members joined last month.

Paramount: The women's team is being redeveloped with 4 team members. A meeting needs to be scheduled to discuss the budget for Paramount. Shop sponsorship will still be Jax and will be the same Pro deal as 2009. **Curt Dosier** is also offering discounts and team deals for Paramount members.

OCW COMMITTEE REPORTS

OCW/PARAMOUNT – No report

CTC –.No report

OLD BUSINESS

Holiday Party – Available for sign-up on the website.

Nominating Committee – No progress

NEW BUSINESS

Fall Metric - Overall the event ran smoothly. New members were added due to the incentive of the membership discount for the Fall Metric. A total of 42 new members joined – most of which were based in the Inland Empire. Discussed running the Spring Metric the same way.

E-Mail System Issues – Atlanta server has been blocked for those who have Roadrunner. This includes half of the board members. A solution is pending.

Special Events – No OCW rides are to be scheduled when there are special OCW events such as the Fall and Spring Metric, Ride Around The Bear, and Amtrak. An OCW event is classified as a special event when the Treasurer and Membership account for the number of riders.

Web Pictures – Pictures were taken for Amtrak and Ride Around the Bear. An agreement was made that the pictures shall be on one site and not posted on any other site.

Important Dates –
Bear Registration March 1st
Ride Around the Bear – June 12th
Amtrak Registration – June 20th
Amtrak Ride – September 11th

ADJOURMENT: Meeting adjourned.

Notes submitted by **Patrick Huey**

CRYPTOGRAM ANSWER

From page 15

By **Dan Gorman**

"I won! I won! I don't have to go to school anymore."
— **Eddy Merckx**, after winning his first bike race

Maui Wowie

By Scott Martin of RoadBikeRider.com
Submitted by **Rob Templin**

Years ago there was a TV commercial for shampoo. It featured a gorgeous model cooing, "Don't hate me because I'm beautiful."

In that spirit: Don't hate me because I spent last week cycling in Maui.

While my riding buddies back home were doing lactate-threshold intervals in meat-locker temperatures, I was pedaling past lush Hawaiian hillsides and sparkly waterfalls while wearing shorts and a short-sleeve jersey. Believe me, having to apply sun block day after day was no picnic. Except for the times when I did it at a roadside picnic.

I was in Maui on a trip organized by Second Summer Tours, a bike-touring company run by an old friend named **Rob Templin**. This was no "ride 30 miles, eat 8,000 calories" tour. You wouldn't expect that from a Race Across America veteran.

Dubbed the Maui Triple Challenge, the weeklong trip boasted three deliciously daunting rides:—the 75-mile West Maui loop hugging the dramatic coastline

—a 36-mile climb from the beach to the top of the spectacular 10,000-foot Haleakala volcano (followed by, yes, a 36-mile descent)

—a century on the famed road to Hana along the rugged, remote, McDonald's-less eastern shoreline So rugged was the Hana century that a 10-mile section of potholed, patched and re-patched pavement cracked open my seatpost clamp like a coconut. Then again, maybe I'd just eaten too much fresh banana bread and pineapple.

And poi. No . . . probably not too much poi, a starchy paste that looks like sew-up tire glue.

Anyway, the trip was awesome, and I'm not saying that to make you envious. I'm saying that to inspire you to get out of your frozen rut and have a cycling adventure, soon. You won't regret it.

So, go ahead and hate me. But go.

(Scott Martin wrote feature articles for Bicycling magazine for a dozen years)



Shimano - October General Meeting

By Mike Lee

October was a visit from Wayne Stetina from Shimano. Wayne treated us to the new DII electronic shifting from Shimano. Wayne demonstrated and reported on his experiences of using this innovative shifting mechanism. We also were able to experience it first hand on the trainer. I for one was amazed by the ease and quickness of shifting. Basically Shimano has taken the shifting routine to be so effortless that you have little to finesse with or think of, just push the lever and boom you're in the next gear, or 2 or 3 or 4 cogs. As a long time Campy fan it certainly made me stop and reconsider the Campy design, even the new 11 speed. This system as Wayne reported has been able to get hundreds of miles on a single charge of the battery. The package is small and compact and although I don't remember the exact weight of the system, it did not add that much to the whole group. Check the website for the specs. Check out the photos for some of the details of this system.



DII battery on Wayne's bike



Wayne Stetina



DII rear
derailleur



Paul D'Aquanni checking out the DII shifting

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: Colnago Master A beautiful black/yellow near new condition. Ultegra 10 spd, FSA Compact crankset (50-34) 175 arms, Colnago stem (110), Campy Proton Wheelset, near new Gatorskins, Thomson Seatpost, Chris King Headset, Fizik Aliante Saddle (new). I'll also include a Colnago product catalogue signed by Ernesto Colnago for your collection. \$1995.00 OBO. Located in Fullerton. Contact Dan Clark at de_clark@msn.com or 714.572.1136.

FOR SALE: 2005 Ride Around the Bear Jersey (Free) Free to Good Home. Jersey was worn once and is clean. Size large. Contact Dennis Thomas at dennis84m@ca.rr.com or 951.340.0144

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: Santana Tandem Sovereign SE Red Excellent condition. Large/Med frame. New: King Headset, cassette, chains, bottom brackets, chain ring. Ultegra 9 speed triple. Avid V brakes. Multiple stoker options and accessories. Contact for pics, details, test ride. \$3,000 Contact John Stechert at judith.stechert@sbcglobal.net or 949.349.0254.

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 pdrubaker@yahoo.com.

FOR SALE: Cannondale SP 1000 hybrid bike. Blue and Silver color, seat post shock, Head shock. Medium size, very clean bike. price \$250.00 KB@kennybz.com Contact Ken Brant at 714.772.9589.

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.

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!

"Beerview" Cyclists Rear View
Mirrors
Irvine, CA 92614-7064
(949)551-6353

Dee Bessee Massage Therapist
Costa Mesa, CA 92627-5542
(949)548-4595

Pace Sportswear
Garden Grove, CA 92841-3920
(714)891-8716 X108
www.pacesportswear.com

Allegro Specialties
Fountain Valley, CA 92708-3516
(714)593-9226

Kenny BZ.com
Anaheim, CA 92802-2259
(714)772-9589
www.kennybz.com

Springdale Villa Apartments
Westminster, CA 92683-1976
(714)894-5718

Matloff and Associates
Mission Viejo, CA 92692
(714)267-2193

Rich Photographic Service
Big Bear City, CA 92314-2937
(909)584-7030
<http://www.richphoto.photorelect.com>

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

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested

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



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