

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

**TANDEM TIME
MARCH**

GOAT HILL

PARAMOUNT RACING

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

2007

General Meeting

Wednesday March 14, 7:00 pm

Those Paris-Brest-Paris Guys are Back

The March General Meeting will feature a group of ultra distance maniacs bent on finishing a scenic 750 mile ride from Paris to Brest and back. Mark Kaufman, Brian Rapp, Chuck Bramwell (who will not be riding PBP this time) and Frank Neal (maybe) will be at our meeting to explain what it takes to train, qualify for and finish a 750 mile ride in less than 92 hours.

Meeting to be held at: Irvine Ranch Water District Board Meeting Room

Directions: Take the 405 FWY to Sand Canyon North, or take the 5 FWY to Sand Canyon South. Turn East on Water Works Way. Go Left into the parking lot and park behind the building.

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CALENDAR OF EVENTS...

Board Meeting	Sun.	Mar.	4
General Meeting	Wed.	Mar.	14
Spring Century	Sat.	Mar.	17
Folding Party	Thu.	Mar.	29
Cinco de Mayo Fiesta 150	Sat./Sun.	May	5/6

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BOARD OF DIRECTORS

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**2006 Board of Directors
will be elected on at the
March Board Meeting**



BOARD MEETING

Sunday, March 4th, 11:30 am

All Officers and Directors are expected to attend to conduct business. Other interested members may also attend to observe how the Club is managed and may express ideas and opinions after Board business is concluded.

FOLDING PARTY

Thursday, March 29th, 7:00 pm

Hosted by:

Scott & Tracy Sharp

2308 Redlands Drive
Newport Beach, CA 92660
949 646-3643

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

DIRECTIONS: From South 55 (Costa Mesa Frwy) exit Del Mar Ave./Fair Dr. and stay on Newport Blvd. Turn Left (South East) onto Santa Isabel Ave. Turn Right (South West) onto Redlands Dr.

SPECIAL THANKS TO

Ken Fry

**for Hosting the
February Folding Party**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please call **Cheryl McMurray at 714.530.3418**
(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 **Barbara Tomita**

Last week I was on an OCW club ride and everything was perfect – nice people, great route, sunshine, blue skies, no wind, and warm temperatures. I almost felt guilty because my poor friends living in snow country were languishing on their indoor trainers. I really felt like I had it all. Then, reality hit.

Cars flew by us at freeway speeds. A motorist was dialing a cell phone and meandered across the lanes. Another motorist raced to an intersection and turned right in front of us. There were obstacles such as road and lane closures, wrong way riders and pedestrians that forced us out into the traffic. While there were no accidents and no one was hurt, these incidents presented hazardous conditions on our ride. We were fortunate because recently there have been some serious accidents and fatalities involving cyclists and cars.

In December, based on the deteriorating conditions for cyclists, the OCW Board endorsed **Michelle Kashima's** proposal to create the OCW Share the Road Committee. The committee was formed to promote cycling safety and **Michelle** was named the chairperson. For those of you who have not met **Michelle** (and when you do, you'll be asked if you signed the petition), she is a veteran of the roads. She has completed many double centuries and routinely logs hundreds of miles each week. So, she's highly aware of the many hazards facing cyclists in Orange County and she was very concerned about the safety of cyclists. **Michelle** enlisted the help of **Frank Neal**, another cycling road warrior and active club member. Together, the two have been hard at work. They have contacted cycling clubs throughout California in order to collect signatures for a California Share the Road license plate. The license plate and funds from the plate would be used to educate motorists on how to safely share the road; educate bicyclists on the rules of the road and safe riding; educate event directors and bicyclists on best practices for event safety; provide guidance to bicyclists involved in crashes; outreach to

law enforcement on the rights and responsibilities of motorists and bicyclists. As of this writing, over 4500 people have signed the petition. The goal is 7500+ signatures. You can sign the petition at www.petitiononline.com/str1234/petition.html.

The petition for the California Share the Road license plate is only one part of the equation for promoting cycling safety. Another factor is rider education. Consequently, OCW is investigating a cycling certification program being offered by the California Association of Bicycle Organizations (CABO). Helping us become more aware of potential hazards, providing instruction on safe practices, and reviews of the law would benefit members of our club.

Finally, in conjunction with groups such as the Orange County Bicycle Coalition (OCBC) and CABO, OCW will engage in providing input to local governments as they develop policy and plans for roads and multi-use paths. The safety and enjoyment of cycling in Orange County rests on our full involvement in the cycling community. For more information on Share the Road, please refer to www.sharetheroadsaveslives.com.

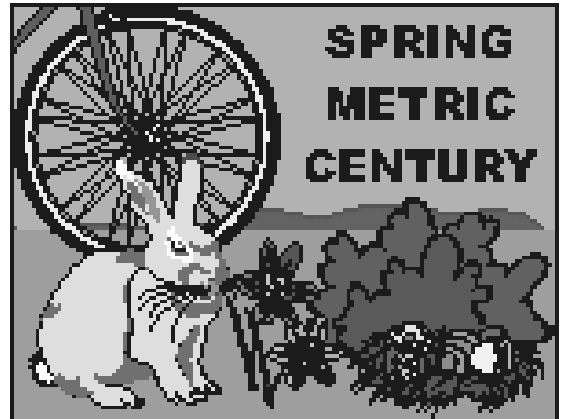




Calling All Bear Volunteers!

By Debi Butz

Do you want a guaranteed spot on the 2007 Amtrak Century? Have you ever wanted to enjoy Big Bear from the comfort of a sag stop? Then we have just the opportunity for you. We are looking for good people to help us on June 9th with one of the most popular rides in Southern California and have openings for all volunteer positions. This is a great way to help out your club, enjoy nature, and enjoy the gratitude of many hungry, tired cyclists as they tackle the "Ride Around the Bear". If you are interested in helping us out, please contact Debi Butz at events@ocw.org.



Spring Metric/Century

By John McKee

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!....

Brad Fowler	Irvine
Alexander Kuszytk	Aliso Viejo
George Kuszytk	Aliso Viejo
Peter Lee	Peroria
Link Lindquist	Foothill Ranch
Kathy Taylor	Foothill Ranch
Ron Williams	Mission Viejo

The Spring Century is March 17th, 2007. There will be 3 ride options. The shortest ride is 40 miles and starts at Yorba Linda Regional Park and goes thru Orange, Irvine and Anaheim Hills. There is a spirited climb up Serrano Rd. near the end of the ride. The second option is 64 miles and is the traditional route to and from Corona. The third option is a combination of the 2 rides for a total of 104 miles. A century plus. The rides cost OCW members \$23, \$28, and \$38 if you sign up before March 10th. Associate membership will be \$6. There will be 3 rest stops, roving sag support, a goodie bag with Hammer Gel and a energy drink. After the ride there will be a picnic with Pizza, Salad, Apple Pie and Drinks. All paid riders will be entered in a drawing for a heart monitor, pro team jerseys, water bottles, and Jax gift certificates. Online registration is available on the OCW website. We are keeping the prices down to encourage members to participate and have a good time.



**OCW Wishes
You
A Happy Birthday!**

March Babies

Adrian Stingaciu	3/1
Nancy Quarles	3/1
Graham Collins	3/2
Kelley Laxamana	3/3
Michael Lee	3/3
Christopher Rauh	3/3
Mark Eck	3/3
Rosalie Hood	3/6
Troy Larson	3/6
Doris Bingo	3/8
Kim Paine	3/10
Robert Turner	3/10
Cheryl McMurray	3/11
Gregory Judd	3/11
Brain Fascella	3/11
Samantha Raby	3/11
Alan Trudell	3/12
Nancy Broadhag	3/16
Scott Klages	3/17
Alyce Watanabe	3/18
Nicolas Raby	3/19
Ted Millard	3/21
Lad Perenyi	3/24
Ethan Ede	3/24
Anthony Watanabe	3/24
Lorna Laugen	3/28
Bret Howe	3/28
Nik Vallens	3/29
Sherri Norton	3/30

CINCO DE MAYO FIESTA 150

**Saturday & Sunday,
May 5 & 6, 2007
By Debi Butz**

Hola! Celebrate the Cinco de Mayo weekend with a fun, two-day scenic ride from Irvine to Del Mar hosted by Orange County Wheelmen/Paramount. The ride starts from the Irvine Amtrak Train Station on Saturday, May 5, 2007, when you check-in and drop off your overnight luggage between 8:00 a.m. and 9:00 a.m. The 75 mile coastal ride with two rest stops included travels from Irvine through Camp Pendleton (bring a picture ID) and continues on to Del Mar.

OCW/Paramount volunteers will have your luggage waiting in the parking lot behind the Marriott Hotel. (refer to www.ocw.org/Fiesta150/ for the list of the three event hotels, rates, and registration information). There will be a banquet with lots of great Mexican delights where you and your family can enjoy a fun party, great dinner (included with your registration), and an opportunity to win door prizes. Non-riders/guests may purchase dinner meal for an additional price (listed on the www.ocw.org website).

After a good night's sleep, you'll awaken bright and early Sunday morning, May, 6, 2007, for the 75 mile ride back to the Irvine Amtrak Train Station with two rest stops included. Again, OCW/Paramount volunteers will pick up the overnight luggage from the event hotels for transfer back to the Irvine Amtrak Train Station. Volunteers will be waiting for riders with chips & salsa and lots of cold soft drinks to welcome each of you back from your two day adventure.

Please refer to OCW's Website located at www.ocw.org/Fiesta150/ for further details and registration information. Register soon to reserve your space as the Cinco de Mayo Fiesta 150 is simply too good to miss!

Muy Bueno!

MORE POWER TO THE PEDALS

By Dave Gibson

Strength training is not just for fall/winter anymore. There is a new way of thinking in the realm of sports medicine: it will benefit cyclists to strengthen year round. After your winter heavy lifting sessions are over, it does not mean that it's time to stop weight training.

Doing even one leg workout a week will result in more power (force production). I suggest doing Legs on Monday or Tuesday. Give them a chance to recover by Wednesday or Thursday With some easy to moderate rides between. Going with lighter weights and more repetitions (3-5 sets of 20-25 reps) will promote greater muscle stabilization, endurance, and hypertrophy, i.e., muscle maintenance and power.

Year round core training is even more important to the cyclist. Core training involves working those muscles comprising the torso. The core muscles are the beginning point for all movement. To build a stronger core is to develop your power house. Most cyclists ignore the core muscles and focus just on leg strength, resulting in imbalanced and weaker core muscles. Research has shown that back pain is one major form of musculoskeletal degeneration seen in adults, affecting nearly 80 percent of the population. Stabilizing and strengthening the core Muscles ensures proper neuromuscular function and movement also helping with injury prevention.

I recommend core training two to three times a week. You will notice more strength emanating from your core muscles to help you turn over those pedals as you climb, sprint or just hammer down the road. Some overlooked core muscles are the in the abdomen (transversus and rectus abdominis, and internal and external obliques, back (erector spinae, multifidus, latissimus dorsi, rhomboids, and middle trapezius), and also deep core muscle like the psoas and quadratus lumborum. If you take the time to do proper core training, you will be riding stronger than ever!

For questions about this topic or if you are interested in a personalized training program, please contact Dave Gibson/Athletic Unlimited at (714) 671-1177. Dave Gibson NASM-CPT

CALIFORNIA TRIPLE CROWN DOUBLE CENTURIES 2007

By Frank Neal

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

The California Triple Crown Double Century Series for 2007 is in full swing!

2/17/07: Butterfield Double. The Double Century Series began with this epic Event which included rain in 2005 and 2006. As of press time, 2007 is yet to take place. I will include the OCW Results and Ride Report in the April CR. However, by now, you can probably find the complete results at: www.caltriplecrown.org Click directly on "2007". After it loads, click on "Potential Winners" in the header.

Upcoming CTC Doubles:

3/3/07: Death Valley Spring Double: Sold out!

3/31/07: Solvang Spring Double: See:

www.planetultra.com/solvang/index.html

4/14/07: Hemet Double: See:

www.inlandempirecycling.com/HemetDC/index.htm

4/14/07: Mulholland Double: See:

www.planetultra.com/mulholland/index.html

4/28/07: Devil Mountain Double: See:

www.quackcyclists.com/

5/12/07: Central Coast Double: See:

www.centralcoastdouble.com/

Upcoming Non-CTC Events:

3/10/07: Solvang Century.

3/17/07: San Diego 400k Brevet.

4/22/07: The Wildflower Century.

5/5/07: Diehard Double Century.

5/5/07: OCW Fiesta 150.

5/5/07: Breathless Agony Century.

During the Double Century Season, OCW hosts a Saturday Century Ride any time it does not conflict with one of the Events listed above. You can be included on the email list to get advanced notice of the OCW Saturday Century Schedule. Sign up for email notification of these Saturday rides at www.CalTripleCrown.com/EMailLists.htm

Weekly Ride Schedule

TUESDAY

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

Tuesday Evening Rides - 5:30 PM Training at The Square Take the San Diego Fwy (405) to the MacArthur exit and go north 0.1 miles to Main Street. Park behind Starbucks. Interval Training around Sky Park Circle. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

WEDNESDAY

Mountain Bike Ride - The Wednesday Night Bike Ride is over for the winter. This ride will return in 2007.

THURSDAY

Thursday Evening Rides - 5:30 PM Oak Creek Reservoir in Anaheim Hills. Parking is off Canyon Rim Rd and Laketop Drive, sign says Feather Hill, turn into that neighborhood and park in front of the reservoir, near Flicker Ct. Ride leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net.

FRIDAY

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

SATURDAY

Training - 8:30 am, The Square, Irvine (Main and MacArthur TBM 859-G4/28-C3). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. Ride Leader **Ross Ritari**, 714.968.6270.

CENTURY SERIES

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

SUNDAY

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

Saturday Training Schedule

Ride Leader-**Ross Ritari**

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

March 3rd

- S 24 Miles, Flat-Michelson, Alton, Irvine Blvd., Main
- M 31 Miles, Rollies, 850 Ft. Gain-Alton, Serrano, Dimension, Irvine Blvd., Harvard
- L 42 Miles, Some Hills, 1,250 Ft. Gain-Irvine Blvd., Moulton, Laguna Cyn., PCH, Irv. Ave
- XL 58 Miles, Hilly, 2,900 Ft. Gain-Alton, Bake, Marguerite, Selva, Moulton

March 10th

- S 21 Miles, Rollies-Back Bay, PCH, Dove, Galaxy, Main
- M 38 Miles, Rollies, 1,360 Ft. Gain-Irvine Ctr., Los Alisos, Marguerite, Jeronimo
- L 53 Miles, Hilly-Bake, Marguerite, Stonehill, Golden Lantern, Barranca
- XL 62 Miles, Flat to Rolling, 900 Ft. Gain-Lampson, Katella, L.A. River Trail, PCH

March 17th

No scheduled ride due to OCW Spring Metric.

March 24th

- S 22 Miles, Flat to Rolling-Red Hill, Tustin Ranch Portola, University
- M 36 Miles, Rollies, 1,000 Ft. Gain-Campus, Turtle Rock, University, Irvine Blvd.,
- L 41 Miles, Hilly, 1,240 Ft. Gain-Eastbluff, Ridgeline, Turtle Rock, Jeffrey, Tustin Ranch
- XL 73 Miles, Hilly-Tustin Ranch, Bake, Live Oak, Antonio Pkwy., Pacific Park, Muirlands

March 31st

- S 23 Miles, Rollies-Red Hill, Brookhurst, PCH, Dover
- M 33 Miles, Rollies, 700 Ft. Gain-Irvine Ctr., Toledo, Irvine Blvd., Tustin Ranch
- L 42 Miles, Some Hills, 1,250 Ft. Gain-Edinger, El Toro, Laguna Cyn., PCH, Irvine Ave.
- XL 65 Miles, Hilly-Moulton, El Camino Real, Niguel Rd., Crown Valley, Barranca

April 7th

- S 24 Miles, Flat-Barranca, Tustin Bike Trail, Portola, Tustin Ranch Rd.
- M 35 Miles, Rollies, 900 Ft. Gain-Edinger, Toledo, Los Alisos, Jeronimo, Irvine Ctr.
(This ride is for both Tandem Time riders and single bike riders)
- L 43 Miles, Hilly, 1,800 Ft. Gain-Tustin Ranch, Irvine Blvd., Los Alisos, Moulton
- XL 61 Miles, Hilly-Alton, Bake, Antonio, Marguerite, Jeronimo

Greetings everyone. I hope you all sign up for the Spring Metric. It looks like it will be a great event! Have a fun month of cycling.



Tandem Time

Ride Directors

Henry & Kathy Pilcher

Please join us for a Tandem Time ride on Saturday, April 7, 2007, starting at 8:30 a.m. from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 35 miles. Remember to stay and enjoy the dessert treats courtesy of the Orange County Wheelmen.

Please share this information with interested tandem riders and email us at Hkpilcher@aol.com or call us at

Sunday Rides

Call 714.956.BIKE for up-to-date OCW info.

Or: Internet Web: <http://www.ocw.org>

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.*

March 2007 Schedule

March 4, Carl's Jr., Irvine. (Board Meeting Scheduled at 11:30AM). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

S-25 Miles. Von Karman, Red Hill, Tustin Ranch, Hick's Trail, Jeffrey/University, Harvard, Campus.

M-31 Miles. Campus/Irvine, PCH, Bayside, Poppy, PCH, Laguna Cyn., University.

L- 37 Miles. Harvard, Turtle Rock, Jeffrey, Alton, Jeronimo, La Paz, Barranca, Irvine Ctr., Harvard.

March 11, 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-23 Miles Michelson, Yale, Irvine Ctr., Bake, Irvine Blvd., Portola, Yale, Culver.

M-35 Miles Culver, Shady Cyn., Turtle Rock, Jeffrey, Portola (U), Tustin Ranch, Barranca, Harvard.

L- 43 Miles Culver, Trabuco, La Paz, Oso, El Toro, Laguna Cyn., Newport Coast, Culver.

March 18, Albertson's Mall, Orange. From the 55 Freeway take the Chapman Avenue eastbound exit in the city of Orange. Go east 4.1 miles and turn right into the Albertson's shopping center on the corner of Jamboree and Chapman. Park near Taco Bell.

S- 24 Miles Jamboree, Portola, Jeffrey, Alton, Sand Cyn., Portola, Jamboree.

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

L- 43 Miles Santiago Cyn., Olympiad, La Paz, Irvine Ctr., Harvard, Tustin Ranch.

March 25, Pepper Tree 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-22 Miles Bryan, Jeffrey, Alton, Quail Hill, Sand Cyn., Barranca, Red Hill, Bryan.

M-32 Miles Bryan, Jeffrey, Alton, Irvine Ctr., Murilands, Alicia, Irvine Blvd.

L- 39 Miles Irvine Blvd./Trabuco, Oso, Moulton/Irvine Ctr., Walnut, Tustin Ranch.

April 1, Carl's Jr., Irvine. (Board Meeting Scheduled at 11:30AM). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

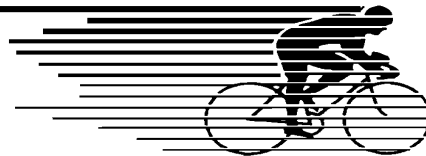
S-29 Miles Irvine, PCH, Goldenwest, Lake, Atlanta, PCH, Dover, Campus.

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

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



PARAMOUNT RACING



TEAM MEETING

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

President	John McKee	pres@paramountracing.org
Vice President	Curtiss Dosier	cdosier@kmob.com
Treasurer	Anne Wenninger	anne.wenninger@cox.net
Secretary	Ben Spurgeon	ben.d.spurgeon@kp.org
OCW Liaison & Membership	Greg Clarke	glclarke@aol.com
Vice President Webmaster	Scott Sharp	scsharp@yahoo.com
Rider Advocate	Ethan Ede	motiongraf@yahoo.com
Vice President of Sponsorship	Joe Matsumoto	banzai_joe@hotmail.com
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Manager of Women's Elite Team	Matt Whiteside	matt@biketough.com
Race Director	John Bergman	jands.bergman@verizon.net
Webmaster	Matt Whiteside	matt@biketough.com
Public Relations	Joe Kelly	joe.kelly@maritz.com
Squad Director	Monty Pettus	sngltrkguy@yahoo.com

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

Saturday: 7:30 am. Meets at Jax Bicycles Irvine (14280 Culver Drive). Route, pace and distance will change based on the racing season. E-mail us for information on the current ride.

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

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

RACE TEAM SUPPORTERS

SERFAS

JAX BICYCLE CENTER

VITTORIA

TREK BICYCLES

BONTRAGER WHEELWORKS

HAMMER GEL

PROBICYCLES.COM

KENNYBZ.COM

RUDY PROJECT

FRYE SYSTEM SOLUTIONS

FIZIK

PROFILE DESIGN

AMTRAK CENTURY TRAINING

By Ross Ritari

The first Saturday in April is the traditional kick-off of training for first time century riders who want to complete the OCW Amtrak Century in September. Seasoned cyclists need a comparatively short time to train for a century, but training for a first century requires some extra work and time.

Here is some of the essential gear required to ride a comfortable and safe century:

- **Helmet** – The Orange County Wheelmen require that you wear one.
- **Water or Sports Drink** – You can carry it in two water bottles or a Camelback.
- **Food** – Five months of training will give you ample time to figure out which fluid system works best for you and what kind and how much food to eat. Most people use sports bars or gel packs.
- **Tools** – A basic patch kit for fixing flats and a set of tire levers.
- **Tubes** – For quick fix when flats occur.
- **Pump** – Air or CO2.
- **Bike** – Should be in good mechanical condition with smooth tread “road type” tires.
- **Sun Block.**
- **Wrap Around Sunglasses** – Protects eyes from UV rays, wind, bugs and road debris.

More gear that’s almost essential:

- **Cycling Socks** – Cycling specific. Thin and not cotton.
- **Cycling Shoes** – Sneakers are OK for shorter rides, but the stiff soles of cycling shoes will prevent a lot of foot discomfort and transport maximum power to the pedals.
- **Cycling Shorts** – You may think they look silly, but they do the job of keeping you comfortable better than anything else you might wear.
- **Cycling Computer** – Helps measure your

progress by displaying miles traveled and average speed.

- **Heart Rate Monitor** – Learning how to use the monitor while you train, will help you acquire the stamina needed to complete your first century

First time century riders will find that they need every bit of the five months of training to acquire the stamina, strength and speed required to finish. The Amtrak Century is commonly referred to as an “easy century.” This may be true for a veteran cyclist, but not for a new rider. The Amtrak Century has about 3,000 feet of climb and a time limit. To complete this ride, a new rider must be able to maintain an overall riding average of no less than 12 mph. At that speed, it’s a long but doable day.

To that end, we begin with new riders riding 20-30 miles per Saturday Training ride in the month of April. During the month of May, the Saturday Training ride increases to 30-40 miles; June, 40-50 miles; July, 50-60 miles and August, 60-75 miles. Each month, the Saturday Training rides will start at the bottom of the mileage range and work toward the top. We highly recommend that you ride at least three times a week. The Saturday ride will become longer and hillier as you progress through the training. The other two rides can be used to concentrate on acquiring more speed and building a solid aerobic base.

There will be two training schedules available. One will be for those riders who just “want to finish”. The second will be for cyclists who want to have a fast average speed and really “conquer” the ride.

For more information please call me, Ross Ritari, at (714) 968-6270 or email me at Training@ocw.org. You can also find more information by going to the OCW website at www.ocw.org and click on “Training” and/or “Ride Calendar”.

Make OCW’s Saturday Training Ride part of your century training schedule. I hope to see you there!

BOARD MEETING MINUTES

February 4, 2007

STATUS REPORTS

President: **Barb** explained that no directors other than **Jeff Rich** will be listed in next month's newsletter, because the directors are not approved until the March Board Meeting. Approval of the new directors will be the first agenda item for March, so that they will be able to vote during the meeting. **Jeff** will be the only one who appears in the newsletter next month.

On Tuesday, at 11 pm on Channel 4, there is going to be a news piece on cyclists and motorists, and it is not flattering to cyclists. We're concerned about how it will affect the safety issues, we've been working on. **Barb** would like OCW to consider the possibility of joining the California Association of Bicycle Organizations (CABO) and the California Bicycle Coalition (CBC), to be more involved.

Vice President: We are wrapping up the details for the banquet. Menu selections have been made with the help of **Henry** and **Kathy Pilcher**. **Dan** asked if we should provide tableside service of non-alcoholic drinks at the banquet, which would cost \$3.75 per person. It was decided to not include the non-alcoholic drink service. **Dan** is getting **Alan Dauger** in touch with **Jessi Pacetti** to arrange transportation to the banquet for **Bob Roll**.

The March General Meeting will be on PBP with **Chuck Bramwell**, **Mark Kaufman**, **Brian Rapp** and **Frank Neal**. We are trying to set up a meeting with CABO for the future.

Secretary: No report.

Membership: OCW has 462 members with 7 new members. Paramount has 136 members.

Irene is ready to start the Membership Retention Committee, and **Charlie** has agreed to be on the committee. The committee will deal with membership issues and what to do about members who don't renew.

Events: The Cinco de Mayo committee has met, and registration for the ride will open by February 15. **Debi** is already getting volunteers for the Bear.

Ride Captain: No report.

Editor: It's been a wonderful three years, and the club

ATTENDANCE

Officers & Directors Present:

Barb Tomita, **Dan Gorman**, **Doris Bingo**, **Debi Butz**, **Kent Parish**, **Irene Walker**, **Jeff Rich**, **Ross Ritari**, **Lee Stebbins**, **Kathy Pilcher**, **Alan Dauger**, **Charlie Irwin**, **Ken Fry**, **Rick Butz**, **Mike Laugen**, **Ken Morrison**, **Debbie Myers**.

Members Present:

Don Harvey, **Alex Laugen**, **Cheryl McMurray**, **Mike Lee**, **Ken Brant**, **Steve Zeller**, **Michelle Kashima**, **Kelley Laxamana**.

CALL to ORDER

The meeting was called to order by President **Barb Tomita** at 11:30 am.

MINUTES

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

NEW BUSINESS

Orange County Bicycle Coalition: **Don Harvey** stated that he didn't know what his expenses will be for this year. They were evicted from their office, so he is operating out of his home. They also had a new computer donated to them last year. **Don** is asking for \$1000 based on tradition. If he doesn't use it all, he will ask for less next year. A motion was made by **Lee Stebbins** and seconded by **Debi Butz** to donate \$1000 to OCBC. **Kent Parish** stated that when he notices things that are not proper, such as parking problems or a problem with the river trail at Warner, he just contacts OCBC and it gets taken care of. **Barb** said that OCBC has helped OCW get involved with local governments regarding road closures, etc. **Lee** thought that since this is an annual thing, it should just be put in the budget. **Charlie Irwin** stated that it's already in the budget. Motion carried.

TREASURER'S REPORT

Charlie Irwin reported that OCW is solvent and OCW Paramount is solvent. A motion was made by **Alan Dauger** and seconded by **Ross Ritari** to accept the treasurer's report. Motion carried.

is in good hands for the next three years.

Statistician: Absent. No report.

Public Relations: Absent.

Training: **Ross** has spoken to **Charlie** about doing a training pamphlet again this year to get new riders to ride a century. The training rides are going well, the extra long ride is fairly popular with a core group. **Charlie** suggested the club get the flyers for the Cinco de Mayo ride and OCW membership done at the same time, so they can be distributed together.

Paramount: Absent. Registration for the Spring Metric is now open. The ride options are 40, 62 and 100 miles. The 40 and 62 miles rides will be the old course. The 100 miler will start in Orange County and then go out to Tom's Farms. Jax Bicycles will do one of the rest stops. Prices are \$22 for the 40 miler, \$28 for the 62 miler and \$38 for the century for OCW members.

Tandem Time: The next Tandem Time will be Saturday, February 24 which is the morning of the banquet. A note was sent out already, but the banquet was not mentioned because there are many riders on the Tandem Time e-mail list who are not OCW members.

Goat Hill: No report.

Web Master: No report.

Inventory: No report.

Insurance: Absent.

OCW COMMITTEES

Awards Dinner Committee: **Dan Gorman** had nothing more to add.

Share the Road Committee: **Michelle Kashima** reported that there are 4708 signatures on the petition web site. **Frank Neal** and **Michelle** met with CABO. CABO had a good website at www.cyclistview.com, which has training videos on how to ride in traffic. The special interest license plate, if approved in California legislation, should be available by late 2008. The

proceeds will go to education for cyclists and motorists and also elementary to high schools on how to treat cyclists and how to treat motorists on the road. Ten other states already have these types of plates. **Barb** would like to create a trainer in the club to train members on riding in traffic. **Michelle** is working with the Tour of California to pass out flyers at the event and also with the Santa Rosa Cycling Club. **Charlie** thought that \$500 would be sufficient to print enough flyers. A motion was made by **Charlie Irwin** and seconded by **Lee Stebbins** to approve up to \$500 for printing flyers for the Share the Road effort. Motion carried.

Audit Committee: **Brent Weindling** will lead the audit. Jim Walker has sent him materials, but **Brent** still needs the materials for fourth quarter. **Barb** will e-mail what is required.

Membership Retention Committee: Covered under the Membership status report.

Nominating Committee: **Jeff Rich** reported that 101 ballots, which is about 22%, were returned which is the most returned ever. All, who ran, are in. **Cheryl McMurray** and **Mike Lee** are new officers. **Cheryl** will be the editor and **Mike** will be public relations. **Barbara Barrett** has declined to be a director.

OCW PARAMOUNT CORPORATION REPORT

Covered under the Treasurer's report.

OLD BUSINESS

Policy for OCW Paramount Corporation Expenditures: A motion was made by **Alan Dauger** and seconded by **Charlie Irwin** to adopt the OCW Paramount policy on expenditures. Motion carried.

Award Dinner Attendance Criteria: **Irene** asked if we should open the banquet to members who joined after September or October, 2006, since we have spaces open. **Irene** has had two or three requests. A motion was made by **Lee Stebbins** and seconded by **Ken Fry** to open registration to any current member who joined in 2006. **Charlie** stated that tweaking can always be done. **Lee** thought that since the banquet is subsidized to a high degree that we should have a cut off. **Mike Laugen** said that he is satisfied with the status quo which is 150. **Charlie** said that the banquet is already budgeted for 200 attendees. Motion carried.

Barb asked that in exchange for Steve Hanson's services regarding legal advice on Bob Roll's contract, the club might allow Steve to attend the banquet at the club's expense. Steve did a very quick turn around, and he is not a member of OCW. A motion was made by **Dan Gorman** and seconded by **Debbie Myers** to allow Steve to attend the banquet at the club's expense. **Charlie** does not want to single out one person, and that the club asks many other professionals for help. **Lee** said that this is a volunteer organization, so we don't get reimbursed for services. Fifteen votes for, and 5 opposed. Motion carried.

Insurance: **Mike Laugen** stated that the club needs to vote on a rate increase on our insurance coverage. The rate was increased because the OCW Paramount Corporation was added. The cost increased from \$791 to \$941, a \$150 increase for additional coverage on liability and directors and officer insurance. A motion was made by **Alan Dager** and seconded by **Debi Butz** to approve paying the rate increase. Motion carried.

NEW BUSINESS

Ride Around the Bear Century Budget: **Debi** stated that the jersey amount in the budget could change. The food cost was increased by 10%, and the jerseys were taking out, which would actually show a profit of \$10K. **Charlie** passed around a jersey from Champion Systems, who specializes in short run jerseys. Their jerseys are sublimated, with any number of colors and are excellent quality. They need the artwork for two weeks and they have a 8 week lead time. We will probably sell jerseys for \$55. **Angie Carson** is working on the artwork for the Bear.

ADJOURNMENT

A motion was made by **Debi Butz** and seconded by **Lee Stebbins** to adjourn. Motion carried. The meeting was adjourned at 12:29 pm.

Respectfully submitted by **Doris Bingo**.

January Hike on Mt. Lowe Scenic Railway Loop

By Alan Dager

On Sunday, January 21, OCW hikers enjoyed an excursion back in time and high above Los Angeles via the Mount Lowe Railway Loop. An engineering marvel built in the 1890's, the Mt. Lowe Railway was for many years the most popular outdoor attraction in Southern California. Though it is now dismantled, hikers now enjoy traversing its route and enjoy the same spectacular views as visitors of yesteryear. Our OCW hikers climbed to Echo Summit via the Sam Merrill Trail, then followed the railway bed to the Sunset Ridge-Mt. Lowe fire road. We then saw the sites of the Cape of Good Hope, Horseshoe Curve, Grand Circular Bridge, Mt. Lowe Trail Camp, then finished at one of the most spectacular viewpoints above the L.A. Basin, Inspiration Point. Finally we headed down a zigzag, somewhat technical trail in Castle Canyon back to Echo Summit, then down the Sam Merrill Trail. The total distance was 11.5 miles with about 3100 feet of climbing. Please see the photo by Cheryl McMurray of our group, consisting of Ken Fry, Barbara Tomita, Kelley Laxamana, Henry Pilcher, Kathy Pilcher, Doris Bingo, Dave Rusher, Brent Weindling, Lorna Laugen, Mike Groover, Lettie Smith, Cheryl McMurray, and Alan Dager.

Future hikes. We are planning to have one hike each month except December. To keep updated on the status of future hikes, and to obtain more detailed information, please email a_biker@dauger.com.



CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Classifieds" area of the WEB site and clicking on "Members Enter 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: seven ti 56cm with 57 top tube camp corus 10 speed, itm bar and stem, mavic rims. 2000 Contact Howard Miller at 562.429.7915

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FOR SALE: Park PCS-1 Home Repair Stand Park PCS-1 Home Repair Stand in excellent condition, \$95. Contact Roger Morgan at 714.997.4204

FOR SALE: 06 Cannondale Six13 Team Premium Carbon Fork, FSA Compact Carbon Crank 170's, the rest is Dura Ace 10 sp. Profile Carbon Post and Flat bars, Easton Circuit wheels. Whole bike ridden less than 6 months and in EXCELLENT condition. Wheels practically new, ridden less than 5 times. E-mail for pictures Clynnsin@netscape.com \$2200 Contact Carol Lynn Neal at 760.799.3856

FOR SALE: Shimano Ulterga STI Shifters/Brake Levers Brand new 10 speed Shimano 6600 Shifters. MSRP \$394. Sell for \$250. Contact Wayne Broadhag at 949.583.7811

FOR SALE: Cannondale CAAD 8 (2005) 50cm road bike Paramount team paint, Premium carbon fork, FSA compact crank 50/34, all other components DA 10, Profile carbon post and flat bars, Easton Circuit wheelset, Fizik Aliante saddle, great shape, raced one season, \$1,700 OBO. Contact Carol Lynn Neal at 760.799.3856

FOR SALE: Cannondale CAAD 8 (2006) 52 cm Road Bike Paramount team color, Premium carbon fork, Full Dura-Ace 10-speed STI component group, Fi'zi:k Arione seat, carbon seat post, Mavic Ksyrium wheelset, perfect condition, frame new, less than 800 miles on components, \$2000. Contact Kent Peppard at 714.734.3447

FOR SALE: Litespeed Classic 53 cm road bike Year 2000, titanium, Full Dura-Ace 9-speed STI component group, Look carbon fork, Mavic Ksyrium SL wheelset, 3T stem, Deda handlebars, custom paint, excellent condition, \$2000 OBO. Contact Kent Peppard at 714.734.3447

FOR SALE: BONTRAGER Seatpost **Brand New** Never mounted on a bike. Forged Aluminum. That's it! asking price: \$20 Contact Sammy Alqaisi at 714.522.6025

FOR SALE: BONTRAGER 26mm Handlebar Clamp **Brand New** Still in original package. Make: BONTRAGER, Model: RACE ROAD 120mm, 7 degree rise. Cold Forged 6061-T6 Aluminum, asking price: \$25. Retail at \$69.99 Contact Sammy Alqaisi at 714.522.6025

FOR SALE: Windsor 52 CM Frame with Carbon Fiber Fork and Seat Stays CF Forks, Head Set, and Seat Clamp included. All New. Turned out to be to big for my wife. \$200.00 Contact Michael Lanphere at 714.996.3445

FOR SALE: Inventory clearance: Dura Ace 9 sp bar-end shifters, like new \$35; Vision 250 mm carbon aero bars, used once \$75; Fi'zi:k Nisene saddle, like new \$20; Specialites 42-T Shimano 9 sp chain ring, new \$20; cow horn bars with dia compe brakes \$25 Contact Matt Kinder at 949.725.0586

FOR SALE: 2006 Paramount jersey Brand new, never worn, Men's size L & size M, hidden zip, short sleeve jerseys and Men's size M Cantara shorts \$50.00 each Contact Matt Kinder at 949.725.0586

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

Tell them you're from OCW and continue to support those who support us!

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

