

CHAIN REACTION

TANDEM TIME

October

GOAT HILL

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

PARAMOUNT RACING

2007

General Meeting

Wednesday October 10th, 7:00 pm

Shimano is coming!

Chad Roberts of Shimano will be our guest speaker for October. Shimano is constantly finding ways to improve bicycling components with new technology. Tubeless wheelsets and carbon two piece cranks are two of the newer innovations from Shimano. Come and find out what else might be on the horizon from Shimano. The meeting starts at about 7:00pm, food will be available at about 6:30pm to enjoy with friends.

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.

IN THIS ISSUE...

President's Message	Page	3
CTC Recap	Page	8
Sunday Ride Schedule	Page	11
Board Minutes	Page	14,15
Stats	Page	16-18

CALENDAR OF EVENTS...

Presidents Ride	Mon.	Oct.	7
Board Meeting	Sun.	Oct.	7
General Meeting	Wed.	Oct.	10
Folding Party	Thu.	Oct.	25
Fall Metric	Sat.	Oct.	27

OCW CLUB OFFICERS

President	Barbara Tomita	714.289.0917 President@ocw.org
Vice President	Dan Gorman	714.771.7741 Vpresident@ocw.org
Treasurer	Jim Walker	562.943.9403 Treasurer@ocw.org
Secretary	Doris Bingo	714.282.0949 Secretary@ocw.org
Events	Debi Butz	714.996.4366 Events@ocw.org
Ride Captain	Kent Parish	714.549.8363 RideCaptain@ocw.org
Membership	Irene Walker	562.943.9403 Membership@ocw.org
Editor	Cheryl McMurray	Editor@ocw.org
Statistician	Donna Parish	714.549.8363 Stats@ocw.org
Pub Relations	Michael Lee	949.458.0205 PubRelations@ocw.org
Training	Ross Ritari	714.968.6270 Training@ocw.org

BOARD OF DIRECTORS

WEB Master	Ken Fry	714.289.0917 frycat@aol.com
Paramount	John McKee	714.531.1376 pres@paramountracing.org
Tandem Time	Kathy Pilcher	714.998.5734 hkpilcher@aol.com
GoatHill	Alan Dauger	714.846.0862 abiker@socal.rr.com
Director	Sylvia Grotz	562.943.7357 LP.Sylvia@verizon.net
Insurance	Lorna Laugen	714.283.5153 bikefamily@netscape.com
Director	Lee Stebbins	714.593.9226 bikraak@socal.rr.com
Director	Rick Butz	714.996.4366 rdbutz@earthlink.net
Director	Paul D'Aquanni	949.766.2951 pdaquanni@cox.net
Director	Jeff Rich	714.998.5587 richriders@bbcn.net
Director	Mike Laugen	714.283.5153 bikefamily@netscape.com
Director	Charlie Irwin	949.552.8480 csrwin@bbcn.net
Director	Michelle Kashima	714.368.1315 kashima@cox.net
Director	Debbie Myers	949.388.7107 strong2legs@cox.net
Director	Peg Bauer	714.997.0892 prbauer@socal.rr.com

BOARD MEETING

Sunday, October 7th, 11:30 am

Carl's Jr., Irvine. 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). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

FOLDING PARTY

Thursday, October 25th, 7:00 pm

Hosted by:

Rick & Debi Butz
16985 Chestnut St.
Yorba Linda, CA 92886
714.996.4366
rdbutz@earthlink.net

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

DIRECTIONS: Exit the 91 Freeway at the Tustin exit. Go north, Tustin will turn into Rose Drive at Orangethorpe. Continue north to Imperial Hwy. Turn right (east) to the first stop light, Prospect (see LA Fitness on corner) turn left (north) and then turn right at Brooklyn (first street) continue to first stop sign 3rd Street turn left (north) continue to Chestnut Street (three streets) turn left (west) go to the end of the culdusac. We are the brown and white house.

SPECIAL THANKS TO

Dick & Arline Bird

for Hosting the

September Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Cheryl McMurray** at **cherylswan@earthlink.net**.

(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.

Copyright 2007; Orange County Wheelmen. Permission hereby granted to republish if credit is given to the author and OCW. All items submitted become property of OCW. Opinions of authors do not necessarily reflect the views of OCW.

FROM THE PRESIDENT...

By Barbara Tomita

The 2007 Amtrak Century is over and it was a phenomenal success, as usual. There is a reason that 1100 spots for this ride sell out in 39 minutes. OCW has a reputation for sponsoring a well-organized and supported century.

In the aftermath (**Frank Neal** refers to this as the "post mortem"), I've been contemplating the elements of our successful event. It ultimately came down to **TEAMWORK**.

Former NFL football coach, Vince Lombardi, said, "The achievements of an organization are the results of the combined effort of each individual." That is clearly the case with the Amtrak ride. No single individual was responsible for our achievement. Each person played a significant role by completing his/her assignment and together we accomplished the unthinkable. We successfully helped 1100 participants arrive safely in San Diego after riding 100 miles on city streets, multi-use paths, and the interstate freeway.

Teamwork always begins with good leadership and our OCW Amtrak leadership is a good example. **Lee Stebbins** has been at the helm of Amtrak for many many years (I'd say how many years, but it would give away his age since he has a youthful appearance). **Lee** does a phenomenal job of getting trains, permits, communicating with officials, developing the course, and a host of other important things. **Debi Butz**, OCW Events Director, is the amazing woman who organized the logistical details for the rest stops including all of the volunteers, food, and supplies. **Debi** even designed the logo for the jersey and the t-shirt this year. **Charlie Irwin, Irene & Jim Walker** were responsible for registration which is a tremendous burden with so many participants registering en masse and hundreds of changes in registration during in the weeks preceding the event.

Like Alberto Contador at the 2007 Tour de France, our OCW team leaders also rely heavily on domestiques. OCW domestiques include registration workers, rest



stop workers, food shoppers, truck drivers, course markers, baggage handlers, etc. Our overall success is dependent upon each of these volunteers/domestiques completing his/her job. A snafu at any point can affect the outcome of the Amtrak century.

After reflection about the need for teamwork in the Amtrak Century, I asked myself why 92 volunteers would give up Friday for Amtrak preparation, Saturday for the event and/or Sunday for Amtrak clean-up. Our members

are riders and the weekends represent precious training time. So, here are some possible reasons why volunteers spend their valuable time: A) They like watching people ride around in spandex; B) They enjoy the camaraderie of other volunteers; C) They are committed to a common goal of helping other riders succeed. If you selected B and C, you're correct. In some cases, all of the above may also be correct. Almost all of our volunteers have such a good experience that they return. We have many people who have participated for 5 or more years.

I recently read that TEAM = Together Everyone Achieves More. I know this is true for the Amtrak Century. I hope you'll become part of our OCW Team soon.

President's Ride. Just a reminder that there will be a President's Ride on Sunday, October 7th and Sunday, November 4th. The President's Ride will follow the short ride for the OCW Sunday Ride (see the Sunday Ride schedule for details on time and location). This will be a no-drop ride. After the ride, we'll enjoy free sodas at Carl's Jr. and if you're brave enough, you can stay for the OCW Board meeting.



HALLOWEEN



**OCW Wishes
You
A Happy Birthday!**

October Babies

Penny Poorman	10/1
Thomas Austin	10/4
Alan Carlson	10/5
William Monroe	10/5
Linda Lanphere	10/5
Dave Jones	10/5
Adrian Ramos	10/7
Pamela Clark	10/9
Carol Davidson	10/10
Scott Forward	10/10
Connie Gibson	10/10
Paul Pabian	10/10
Brenda Veit	10/12
Jim Cook	10/12
Alex Laugen	10/12
Richard Molnar	10/14
Phillip Fitzwater	10/15
Marissa Hindman	10/16
Tom Madden	10/17
David Rusher	10/19
Jim Brewer	10/23
Angela Carson	10/24
Crystal Nordenstam	10/24
Lori Reed	10/26
C.J. Williams	10/26
Alvin Constantino	10/26
Christopher Russow	10/26
Mike Noggle	10/27
Don Larkin	10/27
Lyle Willits	10/28
Emanuel Wilson	10/28
Irineo Sepulveda	10/28
Ron Williams	10/28
Steve Pohle	10/29
Ray Cook	10/31
Kevin Kelly	10/31
Denise Miller	10/31



August Hike to Mt. San Jacinto

By **Alan Dauger**

Our objective was to hike to the top of Mt. San Jacinto, elevation 10,804 feet which is a lofty goal made much easier by starting at the top of the Palm Springs Aerial Tramway, elevation 8516 feet. Our trip was nearly canceled due to the "Snow" fire that closed the Mt. San Jacinto State Park for a few days. Luckily, the park reopened just in time for our hike. The high elevation didn't bother our hikers, who enjoyed a nice 3 mile walk up to the first great viewpoint, Wellman's Divide. From there, it was just 2.4 miles on a good trail to an interesting stone shelter about 200 feet lower than the peak. The rest of the way was a fun scramble up some large rocks, where the group assembled for their summit photograph. Please see the photo by Cheryl McMurray of OCW hikers **Doris Bingo, Lorna Laugen, Cheryl McMurray, Jim Von Tungeln, Alan Dauger**, and guests Greg and Michael. Meanwhile, storm clouds started rolling in, obscuring the view somewhat. Occasional thunder reminded us to get back down while we were still dry. Some of us learned how disorienting it can be in this rocky wilderness area as we tried to navigate our way back to the stone shelter and the trail. Fortunately, all made it successfully and enjoyed our 5.4 mile walk back to the tram.



33rd Annual AMTRAK Century

By Debi Butz

They say it takes a village to raise a child well it takes an army to support the Annual Amtrak Century. Over 90 volunteers took time out of their busy schedules to register riders, cut up fruit, make gallons of Gatorade, thousands of sandwiches and get 1140 riders to San Diego safe and sound and 700 of them to the train on time. The riders truly appreciate your efforts and when you hear a comment like;

"Kudos and thanks to all the volunteers who helped make this a successful event. Registration was smooth, the route slips accurate and the SAG support second to none. I also really appreciated the tail wind all the way down the coast. I am already looking forward to next year's ride."

It makes all the effort and hours of preparation worth it.

I was fortunate to have worked with a fantastic committee of workers (if Barb have committees so can I) who were:

***Lee Stebbins** – Overall Coordinator

***Charley Irwin** – Web Management

***Debi Butz** - Volunteers

***Jim & Irene Walker** - Registration

***Margie Sepulveda** – Rest Stop #1

***Mike Lee** – Rest Stop #2

***Doris Bingo**

& **Dan Gorman** – Rest Stop #3

***Barb Tomita** – Rest Stop #4

***Frank Neal & Debbie Myers** - Finish

***Alan Dauger** – Dispatch

***Charley Simons** – SAG Vehicles

Every year **Lee Stebbins** seems to be able to pull a rabbit out of his hat and get Amtrak to provide us a train. This year he faced several other challenges. First there was the construction at the Irvine Train Station. The entire front parking area is torn up as they are constructing a three tier parking structure (hopefully it will be done by 2008 Amtrak. Then Pier 'B' was closed for construction. There was not much we could do about the situation in Irvine; however he was able to find us a new venue to end the ride with plenty of space to spread the riders out, park the trucks and have non-train riders' transportation meet



them.

This year we set another speed record for registration. We sold out of Amtrak train option spaces in 39 minutes. **Charlie Irwin** made sure the web site was ready for action this year and thankfully there were no major hiccups.

Jim & Irene Walker continue to amaze on how they handle the intricacies of signing up 1140 riders and then 2 weeks before the event transferring nearly half of those entries. Because they are so good at this the problem line on Saturday was never more than a handful of people. And they do all this with smiles!

In order to ensure the route is safe and marked, 16 volunteers covered the course on bicycles and in cars one week before the event. Volunteers included: **Lee Stebbins, Charlie Irwin, Jim Pugh, Wayne Broadhag, Wilson Crider, Randy Keifer, Paul D'Aquanni, Mark Kaufman, Alan Dauger, Doris Bingo, Dan Gorman, Barb Tomita, Debi Butz, and Irene & Jim Walker.**

A team of nine (9) spent a fun filled evening preparing the packets for 1140 riders on Thursday night before the ride. Thanks to **Irene Walker** we enjoyed a fantastic dinner. This years stuffers and sealers were: **Lee Stebbins; Irene & Jim Walker; Ken & Ollie Morrison; Ken Fry & Barb Tomita; Rick & Debi Butz.**

On Friday, September 7th, we assembled two more groups of volunteers, one group to retrieve rental trucks



behind.

Last minute mechanical problems were efficiently handled by: **Tim Peiffer** (Two Wheeler Dealer bike shop in Brea).

Charley Simons lead a team of five (5) SAG (support and gear) cars. These volunteers were briefed on how best to meet the needs of our riders. Outfitted with official badges, car signs and flags, our SAG team provided tubes, tires, pedal cleats, changed tires and a host of other things. Our SAG crew included: **Charley Simons, Jeff Holliday, Mike Burns, Dan & Sara Clark** and **Kris Jones**.

From 5:00 a.m. until 4:00 p.m., **Alan & Marlene Dauger** sat by the phones and fielded calls from riders. With the aid of Streets and Trips software and the internet, they directed SAG drivers to riders who needed assistance. I believe Alan mentioned something about also being the complaint department.

Margie Sepulveda took control of Rest Stop #1 in San Juan Capistrano and did her usual outstanding job. Riders were greeted by: **Irineo & Margie Sepulveda, Bob Fieldhouse, Bill & Pam Clark, Kathy Sly, Diedre Ingle** and **Kris & Cassidy Jones**.

As the riders continued south along the streets and trails of south Orange County Rest Stop #2 was set up at Las Pulgas Road. Rooky rest stop captain, **Mike Lee** and his crew, **Ron Viloría, Bill MacVicar, John Cook** and **Donna Nelson** served up on fresh pineapple and other delectable goodies. Short two volunteers they were still able to deliver the goods, job well done folks.

This year the riders jumped on the 5 freeway and sped along for 7.5 miles until they jumped back off in Oceanside. A platoon of masterful sandwich makers, Gatorade mixers and cheerleaders worked Rest Stop #3 at Buccaneer Park. They worked from 7:30 in the morning to ready themselves for the onslaught of hungry cyclists. Our volunteers served lunch to 1140 cyclists in just over two (2) hours. Amazing! Our volunteers were: **Doris Bingo and Dan Gorman** (Captains), **Rick Butz, Fred Guttentag, Mike & Brenda Hanson, Mike & Lorna Laugen, Anita Brewer, Stuart & Liz Gaston, and Marcia, Tom & Lorraine Kuemerle**.

and the other group to purchase food for 1140 riders. 1,000 gallons of water and thousands of cans of soda were delivered to **Charlie Irwin's** shop in Santa Ana where the drivers loaded them all on trucks. Drivers proceed to storage and all the equipment necessary for each registration, rest stops and the end of the ride. The shoppers bought food and got the goods to the **Painter's** residence in Orange where we staged each stops rations and waited for the trucks. By 3pm we had all the trucks loaded and were ready for the ride. Shoppers were: **Nancy Broadhag, Barb Tomita, Debi Butz, Sylvia Grotz, Donna Nelson, Cathy and Irene Walker**. Drivers were: **Wayne Broadhag, Ken Fry, Lee Painter, Bob Fieldhouse, Jim Pugh, Rick Butz and Jim Walker**.

Saturday September 8th finally arrived and even before the first rooster thought of crowing the registration volunteers showed up to set up for our big day. Volunteers huddled around flashlights to receive final instructions from **Jim & Irene Walker** as the crowd of anxious riders assembled. At 5:30am sharp **Lee Stebbins** announced on his bullhorn we were open for business and in about 90 minutes, 1140 riders were bagged, tagged and on their way. Volunteers for the Start were: **Lee Stebbins, Irene & Jim Walker, Dee Bessee, Nancy & Wayne Broadhag, John & Sylvia Grotz, Barbara Gross, Mark Kaufman; Randy Kiefer, Donna Nelson, Jim Pugh, Wilson Crider, Alex Laugen, Kent & Donna Parrish, Ken Fry & Barb Tomita, Jim and Irene Walker**. Also on hand to help load baggage onto a semi-truck and assist with the bike mechanic was the UCI Cycling Team: **Dave Jordaan (Coach): Tracy Kubas, Karl Kruse, Chris Jennings, Daniel Alavi, Marcos Corona, John Wolzmut, Michelle Wedemeyer, Simeng Yan, Eric Turner, Trung Nguyen, and Andy Anderson**. **Frank Neal** organized the group to make sure no bag was left

Riders left Buccaneer Park and prepared themselves to climb the infamous Torrey Pines grade. Thank goodness the weather cooled down this week-end and of course there was that fantastic tail wind. Rest Stop #4 is always a favorite because riders know ice cream is the big pay off for working so hard up that hill. **Barb Tomita** made sure her volunteers, **Heather Rose & Kelli Jones** (two of Paramount's Elite Women riders), **Loren Stephens, Adrian Ramos, Randy Keifer** and his kids **Isabel & David** serviced the riders every need.

The old adage "It's all down hill from here" is actually a positive thing to hear when you reach the top Torrey



Pines.

Frank Neal has fallen in love with the new venue we found in San Diego. The parking lot at the County of San Diego Building provided a generous area to stage trucks, alphabetize baggage, set up tee shirt & jersey sales, and provide food and sodas for the concurring hero's that completed the 101 mile course. The ride wouldn't be complete with out a professional massage from **Dee Bessee**. Our volunteers were: **Jeff Rich, Ken Brant, Alvin Trafton, Dave Gibson & Kim, Lucille Rhodes, Carmen Gray, Debbie Myers, Irene Walker, Dee Bessee** (massage therapist).

Three (3) volunteers from the "No Cry Babies" cycling club in San Diego, **Bob Esch, Ron Fields, and Turk Guild**, joined us again. They were invaluable in helping insure that all the bikes were loaded skillfully in the trucks so each rider would receive his or her bike in good shape back in Irvine.

After shuffling all the riders with train option to the station the train departed on-time.

The train and the bikes arrived back in Irvine at about 6:30pm. **Alex Laugen, Dave & Kim Gibson, Debi Butz and Barb Tomita** jumped in the back of the semi's and started the unloading process. Many of the riders even after riding 101 miles decided to speed up the process by jumping onboard and helping. By 7:15 pm all bikes and riders had disbursed and the 33rd Annual Amtrak was now in the history books.

Sunday before the OCW Board meeting members worked on the clean up. Once the trash was dumped from each truck, drivers **Rick Butz, Jeff Rich, Randy Keifer, Bob Fieldhouse** and **Jim Walker** followed by **Peg Bauer** took the trucks to storage, unloaded equipment, gassed up and were delivered back to Ryder by high noon.

Now, if you missed the event as a rider this year, don't despair. Have we got a deal for you, all you have to do is volunteer for the 2008 Ride Around the Bear on June7, 2008, and you'll receive priority status for the 2008 Amtrak. So, don't wait too long before you sign up as a volunteer for the Bear. Send your request to Events@OCW.org.

The popularity of this ride is a testament to the membership of OCW. We have riders from near and far that sign up every year to participate in this ride. It's all thanks to the volunteers that make an event such a success.

Thank you all for supporting our club!



CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By Frank Neal

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

The Fall Double Century Series kicked off with the Mt. Tam Double. This is a great Double. But, it was even greater as a special milestone for one of our OCW Members!

8/4/07: Mt. Tam Double. The full name is Mount Tamalpais Double. It takes place just north of the Golden Gate Bridge in San Rafael, Marin County. While this is a tough Double, it is one of the most scenic. The course climbs Mt. Tam! The panorama from the top is breathtaking as you can see the CA coast's most beautiful views from Muir Beach to Point Reyes! This year the weather was perfect! It was cold at the Start, but warmed quickly and never got too hot in the afternoon. With 14,000+ ft. of gain, this Double is not for beginners! But, for those who are strong enough, it is a true combination of strength and awesome sights! Congratulations to our OCW Members who Finished: **Andrew Melczer, Bill Murphy, and Tom Parkes!**

Special Notes from Mt. Tam Double:

The CTC Series started with four Double Centuries in 1990. In 1999, OCW's **Jim VonTungeln** became the first Rider to obtain a CTC Hall of Fame Award after 50 personal Double Century Finishes.

The California Triple Crown has 9,300 different riders who have participated since 1990. Through 2006, only 42 Riders have ever reached the CTC Hall of Fame with 50 Personal Finishes.

In 2004, **Paul Kopit** became the first "CTC 100 Double Club Award" Winner. Since then, there have only been four 100 Double Club Award Winners! That is: 100 Personal CTC Double Century Finishes!

Tom Parkes. At the Finish of 2007 Mt. Tam Double, OCW's **Tom Parkes** became the fifth Rider, ever, to capture the awesome 100 Double Club Award! Special Congratulations to **Tom!** Great Job!

California Triple Crown 2007 Awards (so far):

Congratulations to OCW's current 2007 Triple Crown Award Winners: **Chuck Bramwell, Jim Cawthon, Jim Kehr, Andrew Melczer, Bill Murphy, Mark Parish, Tom Parkes, Doug Patterson, Brian Rapp, Jeff Rich, and Rene Rodarte!** This list continues to expand each month!

Additional Recognition to: **Chuck Bramwell, Andrew Melczer, Bill Murphy, Tom Parkes, Doug Patterson, and Brian Rapp** who have completed the Thousand Mile Award! That is five 2007 Doubles!

Special Kudos' to our GOLD Thousand Mile Award Winners who, also, volunteered (or provided a volunteer) for a CTC Event. Congratulations, OCW Members: **Tom Parkes** and **Doug Patterson.**

"Over-The-Top" Recognition goes to the following OCW Members:

Andrew Melczer: Seven 2007 CTC Doubles completed.

Brian Rapp: Seven 2007 CTC Doubles completed.

Bill Murphy: Nine 2007 CTC Doubles completed.

Doug Patterson: Nine 2007 CTC Doubles completed.

Tom Parkes: Ten 2007 CTC Doubles completed.

Special Recognition to OCW's newest member to be inducted into the CTC Hall of Fame: **Andrew Melczer** after completing his 50th CTC Double Event!

For complete year-to-date CTC results, go to: www.caltriplecrown.org Click directly on "2007".

Upcoming CTC Events:

9/29/07, Knoxville Fall Classic Double: See:

www.quackcyclists.com/

9/30/07, CTC Awards Breakfast, Vacaville, CA:

www.quackcyclists.com/

10/13/07, Bass Lake Powerhouse Double: See:

www.fresnocycling.com/powerhouse/2006/

10/20/07, Solvang Autumn Double: See:

www.planetultra.com/solvangfall/index.html

10/27/07, Death Valley Fall Double: See:

www.adventurecorps.com/dvfall/index.html

Ride Safe out there! -

Frank Neal, Cycleman@BigPlanet.com

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

THURSDAY

Thursday Evening Rides - 5:30pm Directions: From Tustin: 91east to Imperial Highway, turn left and go 0.4 mile to La Palma, turn right on La Palma and go 1.0 mile to Fairmont Blvd, turn left and go 1.2 miles to Paseo De Las Palmas, turn right & go 0.7 mile to Avenida El Cid, turn right and go 0.05 mile, turn left into parking lot with 3 tennis courts. Distance is between 30 and 35 miles There is a rest room building for changing of clothes. Ride Leader is **Sue Buck**, 714.508.9061 or cell 714.697.2964 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**, abiker@socal.rr.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. **See Saturday Rides in the center pages of the Newsletter.** 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. **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 **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. ****New 8:30am Ride Start Time**

October 6th

- S 26 Miles, Flat to Rolling, 600 Ft. Gain-Main, Alton Pkwy., El Toro, Barranca
- 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 42 Miles, 1,250 Ft. Gain-Irvine Blvd., Moulton, Laguna Cyn., PCH, Irvine Ave.
- XL 61 Miles, Hilly-Trabuco, Antonio Pkwy., Ortega Hwy., Cabot, Muirlands

October 13th

- S 23 Miles, Flat to Rolling-Walnut, Jeffrey, Eastbluff, Campus
- M 30 Miles, Hilly, 1,200 Ft. Gain-Alton, Laguna Cyn., PCH, Newport Coast, California
- L 41 Miles, Hilly, 1,600 Ft. Gain-Tustin Ranch, Santiago Cyn (CW), Toledo, Alton
- XL 64 Miles, Very Hilly, 4,000 Ft. Gain-Bake, Jeronimo, Pacific Pk., Laguna Cyn., Newport Coast, Harvard

October 20th

- S 21 Miles, Flat-University, Sand Canyon, Harvard, Barranca
- M 33 Miles, Hilly, 1,000 Ft. Gain-Edinger, Bake, El Toro, Alton
- L 43 Miles, Hilly, 1,700 Ft. Gain-Laguna Cyn., Gleneyre, Crown Valley, Pacific Pk., Irvine Ctr.
- XL 58 Miles, Hilly, 2,900 Ft. Gain-Alton, Bake, Marguerite, Selva, Moulton

October 27th

- S 27 Miles, Rollies-Irvine Ctr., Bake, Irvine Blvd., Jeffrey
- M 37 Miles, Hilly, 1,400 Ft. Gain-Edinger, Jeronimo, Olympiad, Barranca
- L 45 Miles, Hilly-Sunflower, S.A. River Trail, Weir Cyn., Serrano, Tustin Ranch
- XL 55 Miles, Hilly-Tustin Ranch, Santiago Cyn. (CW), Los Alisos, Laguna Cyn., Newport Coast

November 3rd

- S 27 Miles, Rollies-Edinger, Toledo, Serrano, Alton
- M 33 Miles, Hilly-Newport Blvd., Cannon, Meats, Plantera, Tustin Ranch
- L 42 Miles, Some Hills, 1,380 Ft. Gain-Edinger, El Toro, Laguna Cyn., PCH, Irvine Ave.
- XL 62 Miles, Flat to Rolling, 900 Ft. Gain-Lampson, Katella, L.A. River Trail, Appian Way, PCH

Greetings. Congratulations to John Ryder who accomplished his first century ride by completing the Amtrak Century. Way to go John! **The start time for the Saturday ride will change to 8:30am beginning October 6th.** I hope you can join us for the rides in October.

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, October 6, 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 after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders and email us at Hkpilcher@aol.com or call us at 714/998-5734 if you have further questions.

Sunday Rides

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

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

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

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:00 am. Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. **A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET!!** Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.

October 2007 Schedule

October 7, 2007 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. Campus, PCH, Goldenwest, Lake, Atlanta, Brookhurst, PCH, Dover.

M 34 Miles. Turtle Rock, University, Irvine, PCH, Hamilton, PCH, Jamboree, University.

L 45 Miles. Von Karman, Barranca, Red Hill, PCH, Seapoint, Garfield, PCH, Dover.

October 14, 2007 Heritage Park, Irvine. Take the Santa Ana Fwy (5) to Culver. South on Culver 0.3 miles to Walnut. Turn left and go 0.8 miles to Yale. Left on Yale 0.1 miles, then left into parking lot.

S 28 Miles. Jeffrey, Campus/Irvine, Galaxy, 22nd St., Red Hill, Walnut.

M 33 Miles. Walnut, Irvine Blvd./Trabuco, Jeronimo, Alton, University, Yale.

L 43 Miles. Yale, University, UCI, Turtle Rock, Alton, Jeronimo, Olympiad, Barranca, Irvine Ctr.

October 21, 2007 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. Chapman, Orangethrope, La Palma, River Trail, Lakeview, Bastanchury.

M 34 Miles. River Trail to Green River & return, Lakeview, Imperial, Bastanchury.

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

L 42 Hilly Miles to Chino via Carbon Cyn.; return via Golden Springs/Colima, Lambert.

October 28, 2007 Pepper Tree Park, Tustin. (Board Meeting Scheduled at 11:00AM at the Painter's house). 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, Barranca, Red Hill, Main.

M 35 Miles. Jeffrey, UCI, San Miguel, Poppy, Bayside, PCH, Campus, Red Hill.

L 38 Miles. Newport Blvd., Santiago Cyn., Portola, Bake, Barranca, Edinger.

November 4, 2007 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).

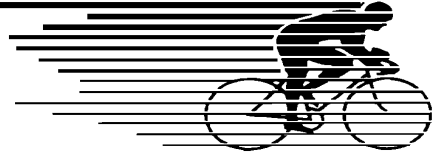
S 27 Miles. Von Karman, Harvard, Moulton, Bake, Irvine Blvd., Jeffrey/University.

M 36 Miles. Turtle Rock, Jeffrey, Alton, Jeronimo, La Paz, Barranca, Irvine Ctr., Harvard.

L 45 Miles. Alton, Muirlands, Los Alisos, Alicia, Pacific Is., Golden Lantern, Jeffrey.



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	Ben Spurgeon	ben.d.spurgeon@kp.org
Webmaster	Matt Whiteside	matt@biketough.com
Public Relations	Joe Kelly	joe.kelly@maritz.com
Squad Director	Monty Pettus	sngltrkguy@yahoo.com
Race Director	John Bergman	jands.bergman@verizon.net

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 SPONSORS

JAX BICYCLE CENTER

VITTORIA TIRES AND TUBES

TREK BICYCLES

BONTRAGER WHEELWORKS

RUDY PROJECT EYEWEAR

KENNYBZ.COM PHOTOGRAPHY

FI'ZI:K SADDLES

HAMMER NUTRITION

PROFILE DESIGN

Colorado Rockies Tour

By Kent & Donna Parish

If you have ridden with **Kent** and **Donna** you know how much they hate hills. So it was quite a surprise when Donna found the Colorado Rockies Tour with Santana Cycles, the group that does tandem tours. We had talked with several OCW cyclists about their trips to Colorado and they all said they were great but there were many hills. We decided to book the trip even though the hills made us nervous.

The tour started in Keystone, which is about 65 miles west of Denver at an elevation of 9200 feet. We took our van and made it a 3-day trip to Keystone. The condo accommodations in River Run's Village were very nice. The first day we rode to Breckenridge over Swan Mountain and ended up touring an old iron ore mine (elevation 10,000 feet). After lunch we headed back to Keystone but took the long way around Lake Dillon on some of the most beautiful trails we have ever ridden. The whole ride was only 40 miles.

The next day we got ready for our big ride over Vail pass (elevation 10,603 feet). The first 12 miles were mostly flat and then we started the ascent that climbs about 1600 feet in 12 miles. Donna was really worried about the climb but we never had to walk the tandem and were only short of breath because of the high altitude. The descent was much steeper than the ascent (they call it The Wall if you are riding from Vail to the pass). We had to stop 4 times to let the breaks cool off.

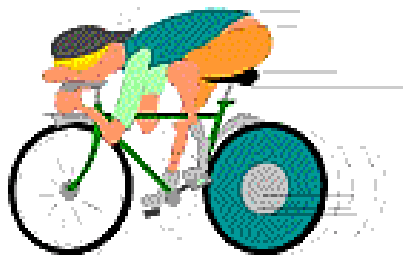
After a nice evening in Vail we set out the next day on a 60-mile down hill ride to Glenwood Springs. We had been through Glenwood Canyon in the car and had seen the 16-mile bike path that parallels the I-70 freeway through the beautiful canyon. We have always commented that some day we would like to ride the trail. The ride met our expectations and we stopped to take pictures of the rafters in the Colorado River that the trail follows. We must not have stopped as long as other riders because we were the first ones in. After helping load the tandems on a truck for their trip back to Keystone, we spent a relaxing afternoon at the Hotel Colorado. That evening we had a farewell dinner and got ready for a rafting trip down the Colorado River.



After a nice buffet breakfast we boarded buses that took us 9 miles up river. The rafting was a little wild, only category 3s, but we got soaking wet in the 3-hour trip back to Glenwood Springs. After a short lunch break we boarded busses for our 2-½ hour ride back to Keystone where we stayed overnight.

The trip home took 3 days with the last night in Las Vegas. It's about 950 miles from Costa Mesa to Keystone, but with the speed limit at 75 mph most of the way, it was not too bad a drive.

We have already scheduled our next Santana tandem trip that will be next Mother's Day at Chesapeake Bay in Maryland.



OCW President's Ride

Please join Barb Tomita, OCW President, for a friendly introductory ride. New and beginning riders are encouraged to join us. We'll meet on **Sunday, October 7th and Sunday, November 4th**. Please see the Sunday Ride section of this newsletter for the time and location of the ride. We'll follow the Short-Ride course. After the ride, join us for free sodas at Carl's Jr. Questions? Please send an e-mail message to president@ocw.org or call 714-289-0917.



BOARD MEETING MINUTES

September 9, 2007

ATTENDANCE

Officers & Directors Present:

Barb Tomita, Dan Gorman, Doris Bingo, Jim Walker, Debi Butz, Kent Parish, Irene Walker, Donna Parish, Lee Stebbins, Kathy Pilcher, Alan Dauger, Lorna Laugen, Sylvia Grotz, Charlie Irwin, Mike Laugen.

Excused Officers & Directors for Amtrak Clean-Up Responsibilities: **Jim Walker, Jeff Rich, Peg Bauer**

Members Present:

John Grotz, Cathy Painter, Charley Simons, Donis Simons, Alex Laugen, Lee Painter.

CALL to ORDER

The meeting was called to order by President **Barb Tomita** at 11:02 am.

MINUTES

A motion was made by **Debi Butz** and seconded by **Dan Gorman** to approve the minutes of the August Board Meeting. Motion carried.

TREASURER'S REPORT

The report is not ready, and the treasurer is excused. The report will be on the web site in a few days.

OCW PARAMOUNT CORPORATION REPORT

No report.

BOARD MEMBER REPORTS

President: **Barb** is going to ask **Paul D'Aquanni** to

schedule a storage locker clean-up day in January when it's cooler. They will figure out how long to keep documents. If you have things in the locker, you may want to pick them up. **Barb** has asked all the officers and directors to create a month by month list of things done for each position. The lists will be collected in February to be passed onto the new officers and directors.

Vice President: **Garmin** is coming this Wednesday. Still looking for a speaker for next month.

Membership: The report was unavailable.

Paramount: **Barb** reported that everything is in place for the Fall Metric. **John McKee** is out of town. The web site for the Fall Metric is up. They are going to give away \$200 to \$500 of gift cards from Jax. They will probably not do the time trial this year. A few last minute changes were made to the route due to road closures. The team is considering opening the purchase of 2008 Trek Madone to OCW members who join Paramount. They will need to work two events and the bike or frame can not be resold. **John** is getting better, but wishes it was faster. He should be riding again in January.

OCW COMMITTEE REPORTS

Amtrak Report: **Lee Stebbins** reported that he had fun. **Debi Butz** reported that it went great. There were only a couple of little spills for accidents, and no paramedics were required. OCW did a job well done, and the ride went smoothly. They will have a wrap up. **Barb** thanked **Irene Walker, Jim Walker** and **Charlie Irwin** for fielding thousands of e-mails. **Alan Dauger** got a few complaints, and he will talk about it at the wrap up.

2008 Annual Award Dinner: **Dan Gorman** reported that the committee has selected the Tustin Banquet Center, and we are looking at going with the Grand Buffet. The deposit is in. **Debi Butz, Irene** and **Jim Walker** and **Dan** went to look at the facility. The club will have the facility all to ourselves that evening. It's a good choice and should be nice.

Membership Committee: **Irene Walker** reported that

the committee had a meeting, but didn't have a report on it. She will get what was talked about in writing and will share it at the next Board Meeting.

Share the Road: **Barb** reported the club has talked to CABO. **Michelle Kashima** is waiting for the notice in newsletter asking for volunteers to take the training.

Holiday Party Committee: **Barb** reported that **Debbie Myers** is looking at several possibilities.

OLD BUSINESS

Financial Practices: **Barb** reported that **Tracy Sharp** could not make it today. **Tracy** sent some recommended accounting policies and procedures to the committee including printing checks from quick books and setting up profits and losses by event. This will be forwarded to **Barb** for approval by the Board. **Charlie Irwin** requested that another meeting be held before it is presented to the board.

NEW BUSINESS

Approval of Budget Committee: The budget committee will develop the budget for 2008. They will get what we spent in 2007, and what we expect to spend in 2008. **Jim Walker** will be the chair with **Debi Butz, Charlie Irwin, Tracy Sharp** and **Alan Dauger**. A motion was made by **Lee Stebbins** and seconded by **Lorna Laugen** to approve the budget committee. Motion carried.

Approval of Nominating Committee: The background for the nominating committee is that there are 11 officers. The term limit for the president is 2 years. There are three year terms on the rest of the positions. The vice president, secretary, treasurer, membership and training are termed out this year. **Debi Butz, Kent** and **Donna Parish** have one more year left. **Mike Lee** and **Cheryl McMurray** have served one year. The committee would be responsible to come up with the slate of officers for 2008 by the November meeting, to make the December newsletter. **Jeff Rich, Alex Laugen** and **Irene Walker** will be on the committee. A motion was made by **Debi Butz** and seconded by **Lee Stebbins** to approve the nominating committee. Motion carried.

OTHER

The October Board Meeting will be at 11:30 am.

ADJOURNMENT

A motion was made by **Irene Walker** and seconded by **Charlie Irwin** to adjourn. Motion carried. The meeting was adjourned at 11:22 pm.

Respectfully submitted by **Doris Bingo**.

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

Michael Forte
David Johnston
Amir Zand

Misson Viejo
Huntington Beach
Irvine



**Wednesday
Night Riders
Our Season is
over....
See you next May!**

CLUB RIDE TOTALS FOR Second Quarter of 2007

Minimum 150 miles or 100 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act						
Aguerre, Kelly	18	935	199	1134	51	125						
Aguerre, Martin	18	932	199	1131	51	125						
Allred, Alan	7	259	32	291	37	0						
Alqaisi, Sammy	5	185	0	185	37	25						
Alvarez, Mike	13	321	0	321	24	0						
Barr, Gregory	6	201	0	201	33	25						
Bauer, Fred	4	164	61	225	41	200						
Bauer, Peg	5	201	61	262	40	225						
Bell, Denise	1	40	0	40	40	100						
Bernstein, Martin	44	1390	0	1390	31	150						
Bessee, Dee	0	0	0	0	0	200						
Bingo, Doris	41	2371	652	3023	57	*						
Bird, Richard	0	0	0	0	0	100						
Bloom, Duane	11	378	0	378	34	0						
Bolin, Chuck	12	516	280	796	43	0						
Bowers, Sue	8	232	0	232	29	50						
Bramwell, Chuck	17	1717	66	1783	101	450						
Brant, Ken	10	305	0	305	30	175						
Brewer, Anita	0	0	0	0	0	100						
Brewer, Jim	21	882	0	882	42	100						
Brickner, Fred	1	37	0	37	37	100						
Broadhag, Nancy	0	0	0	0	0	150						
Broadhag, Wayne	5	292	0	292	58	175						
Brown, Joel	33	1132	0	1132	34	0						
Buck, Sue	40	1140	34	1174	28	1025						
Burnett, Ed	0	0	0	0	0	100						
Burton, Judy	4	165	0	165	41	0						
Burton, Ralph	4	165	0	165	41	0						
Butz, Debi	41	1320	12	1332	32	*						
Butz, Rick	7	276	0	276	39	350						
Byron, Jeff	3	226	0	226	75	0						
Byron, Kandy	3	226	0	226	75	0						
Camarena, Edward	5	167	0	167	33	0						
Carchidi, Jeff	0	0	0	0	0	100						
Carson, Angela	2	52	0	52	26	250						
Carson, Don	4	178	0	178	44	175						
Casassa, Garrett	5	230	0	230	46	0						
Cassidy, Bob	21	665	2	667	31	0						
Castleman, Vern	12	402	0	402	33	0						
Cawthon, James	13	395	371	766	30	0						
Clanton, Diane	25	601	0	601	24	75						
Conroy, Helen	20	620	0	620	31	0						
Constantino, Alvin	8	285	0	285	35	0						
Cook, Ray	7	165	0	165	23	75						
Crider, Wilson	28	1113	0	1113	39	100						
Daley, Laura	13	397	0	397	30	0						
DAquanni, Paul	68	3504	18	3522	51	675						
Dauger, Alan	44	1726	711	2437	39	1285						
Davidson, Bob	14	1318	112	1430	94	0						
Decker, Brad	7	211	0	211	30	25						
Decker, Will	0	0	0	0	0	125						
DiPasquale, Lori	8	243	0	243	30	0						
Ellis, Willie	10	371	0	371	37	0						
Engle, Diedre	63	1933	0	1933	30	50						
Fairfield, Bob	57	2627	484	3111	46	375						
Fieldhouse, Bob	26	968	0	968	37	0						
Fry, Ken	44	1495	136	1631	33	275						
Gaston, Stuart	11	387	144	531	35	50						
Gate, Margaret	1	150	0	150	150	0						
Gate, Tom	1	150	0	150	150	0						
Geister, Peter	15	514	108	622	34	0						
Gibson, Connie	19	572	0	572	30	0						
Gibson, Dave	15	515	96	611	34	60						
Golden, John	0	0	0	0	0	100						
Golden, Michele	0	0	0	0	0	100						
Gorman, Dan	112	4816	1946	6762	43	*						
Grotz, John	0	0	0	0	0	225						
Grotz, Sylvia	0	0	0	0	0	385						
Guttentag, Fred	74	2757	0	2757	37	0						
Hancock, Therese	13	395	0	395	30	0						
Hansen, Ralph	0	0	0	0	0	125						
Harvey, Don	0	0	0	0	0	145						
Haupt, Tom	1	150	0	150	150	25						
Huey, Patrick	50	1755	0	1755	35	175						
Hunter, Dick	27	671	0	671	24	0						
Irwin, Charlie	1	100	0	100	100	125						
Jones, Kris	27	930	24	954	34	0						
Kashima, Michelle	0	0	0	0	0	220						
Kaufman, Mark	9	705	0	705	78	50						
Keenan, Frank	0	0	0	0	0	100						
Kelly, Debby	0	0	0	0	0	100						
Kerfoot, Adrienne	0	0	0	0	0	100						
Kerfoot, Beth	0	0	0	0	0	100						
Kerfoot, Bill	0	0	0	0	0	100						
Kibble, Greg	89	3560	38	3598	40	750						
Kiefer, Randy	2	250	0	250	125	0						
Klages, Scott	42	1696	9	1705	40	100						
Kozlov, Tommie	0	0	0	0	0	200						
Kuemerle, Denis	10	472	0	472	47	0						
Larkin, Don	10	318	33	351	31	0						
Laugen, Alex	23	803	35	838	34	200						
Laugen, Lorna	37	1368	223	1591	36	375						
Laugen, Michael	33	1251	71	1322	37	375						
Laxamana, Kelley	36	1438	49	1487	39	100						
Lee, Michael	82	3758	572	4330	45	*						

Levenson, Alan	21	835	8	843	39	25	Saavedra, Jorge	3	271	5	276	90	0
Lindquist, Link	18	560	36	596	31	75	Schapel, Alan	26	1039	48	1087	39	0
Longo, Leo	3	163	0	163	54	0	Schneider, Harold	7	182	0	182	26	75
Mac Vicar, William	15	380	0	380	25	175	Sepulveda, Irineo	17	662	24	686	38	0
MacQuarrie, Wade	2	162	0	162	81	0	Sepulveda, Margie	21	615	23	638	29	0
Madden, Tom	7	237	0	237	33	50	Sharp, Scott	8	373	0	373	46	75
Madigan, Tim	8	279	0	279	34	0	Sharp, Tracy	1	150	0	150	150	125
Marino, David	4	386	0	386	96	0	Shuler, Ed	12	585	0	585	48	0
Mary, Joan	0	0	0	0	0	200	Simons, Charley	17	869	50	919	51	275
Mastro, Joe	3	114	0	114	38	100	Sly, Thomas	16	556	0	556	34	25
Matsuda, Beverly	1	150	0	150	150	0	Sorem, Terry	4	234	0	234	58	100
McKee, John	1	31	0	31	31	135	Stapelbroek, Dutch	22	744	0	744	33	100
McMurray, Cheryl	4	155	50	205	38	*	Stapelbroek, Marlys	19	644	0	644	33	135
McNealy, Don	23	783	0	783	34	75	Stebbins, Lee	28	1124	123	1247	40	225
Melczer, Andrew	7	255	144	399	36	0	Stein, Richard	27	807	0	807	29	0
Montoya, Colleen	6	156	0	156	26	50	Thorpe, Karen	11	327	0	327	29	0
Moore, Joseph	7	268	58	326	38	0	Tintelnot, Anthony	3	252	0	252	84	25
Morgan, Roger	0	0	0	0	0	225	Tisler, Sue	2	250	0	250	125	0
Morrison, Ken	43	1255	0	1255	29	325	Tisler, Tom	2	250	0	250	125	0
Morrison, Ollie	42	1230	0	1230	29	275	Tomita, Barbara	38	1264	52	1316	33	*
Myers, Debbie	23	961	0	961	41	235	Tripp, Rob	14	820	25	845	58	0
Nafel, Gloria	28	1057	565	1622	37	0	Trudell, Alan	15	521	0	521	34	0
Neal, Frank	0	0	0	0	0	200	Urlick, Lisa	8	326	0	326	40	0
Nordenstam, Crystal	15	530	0	530	35	0	Vandeventer, Scott	4	253	0	253	63	0
Nordenstam, John	15	530	0	530	35	0	Viloria, Ron	16	611	80	691	38	0
Norton, Mark	2	250	0	250	125	0	Walker, Irene	24	809	0	809	33	*
Norton, Sherri	2	250	0	250	125	0	Walker, Jim	40	1288	0	1288	32	*
Painter, Alison	1	40	0	40	40	100	Wedekind, Patricia	0	0	0	0	0	100
Painter, Cathy	2	71	0	71	35	125	Wells, Mark	9	296	105	401	32	0
Painter, Lee	2	71	0	71	35	125	Whitney, David	6	230	5	235	38	225
Parish, Donna	30	952	41	993	31	*	Will, David	17	773	78	851	45	25
Parish, Kent	35	1125	27	1152	32	*	Williams, C.J.	2	86	0	86	43	200
Patterson, Doug	2	197	0	197	98	175	Willits, Lyle	13	499	365	864	38	0
Perea, Miguel	13	453	0	453	34	0	Zellers, Steve	23	1091	0	1091	47	125
Pilcher, Henry	43	1585	0	1585	36	50							
Pilcher, Kathy	41	1516	0	1516	36	145							
Pohle, Steve	82	3195	29	3224	38	150							
Poorman, Penny	0	0	0	0	0	175							
Pugh, Jim	29	2029	14	2043	69	125							
Raffelson, Troy	2	188	12	200	94	0							
Ramos, Adrian	0	0	0	0	0	100							
Ramos, Jayne	0	0	0	0	0	100							
Rapp, Brian	14	518	28	546	37	50							
Renowden, John	38	1842	268	2110	48	0							
Rich, Jeff	19	1056	467	1523	55	385							
Rich, Sally	3	116	24	140	38	100							
Ritari, Ross	30	1083	0	1083	36	*							
Rodarte, Rene	4	199	0	199	49	25							
Rusher, David	8	374	38	412	46	75							
Ryder, John	48	1776	0	1776	37	0							



OCTOBER 27th, 2007

TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	112	4816	1946	6762	43	*
Lee, Michael	82	3758	572	4330	45	*
Kibble, Greg	89	3560	38	3598	40	750
DAquanni, Paul	68	3504	18	3522	51	675
Pohle, Steve	82	3195	29	3224	38	150
Guttentag, Fred	74	2757	0	2757	37	0
Fairfield, Bob	57	2627	484	3111	46	375
Bingo, Doris	41	2371	652	3023	57	*
Pugh, Jim	29	2029	14	2043	69	125
Engle, Diedre	63	1933	0	1933	30	50
Renowden, John	38	1842	268	2110	48	0
Ryder, John	48	1776	0	1776	37	0
Huey, Patrick	50	1755	0	1755	35	175
Dauger, Alan	44	1726	711	2437	39	1285
Bramwell, Chuck	17	1717	66	1783	101	450

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	112	4816	1946	6762	43	*
Kibble, Greg	89	3560	38	3598	40	750
Pohle, Steve	82	3195	29	3224	38	150
Lee, Michael	82	3758	572	4330	45	*
Guttentag, Fred	74	2757	0	2757	37	0
DAquanni, Paul	68	3504	18	3522	51	675
Engle, Diedre	63	1933	0	1933	30	50
Fairfield, Bob	57	2627	484	3111	46	375
Huey, Patrick	50	1755	0	1755	35	175
Ryder, John	48	1776	0	1776	37	0
Bernstein, Martin	44	1390	0	1390	31	150
Dauger, Alan	44	1726	711	2437	39	1285
Fry, Ken	44	1495	136	1631	33	275
Pilcher, Henry	43	1585	0	1585	36	50
Morrison, Ken	43	1255	0	1255	29	325

TOP TO/FROM

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	112	4816	1946	6762	43	*
Dauger, Alan	44	1726	711	2437	39	1285
Bingo, Doris	41	2371	652	3023	57	*
Lee, Michael	82	3758	572	4330	45	*
Nafel, Gloria	28	1057	565	1622	37	0
Fairfield, Bob	57	2627	484	3111	46	375
Rich, Jeff	19	1056	467	1523	55	385
Cawthon, James	13	395	371	766	30	0
Willits, Lyle	13	499	365	864	38	0
Bolin, Chuck	12	516	280	796	43	0
Renowden, John	38	1842	268	2110	48	0
Laugen, Lorna	37	1368	223	1591	36	375
Aguerre, Martin	18	932	199	1131	51	125
Aguerre, Kelly	18	935	199	1134	51	125
Melczar, Andrew	7	255	144	399	36	0

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Dauger, Alan	44	1726	711	2437	39	1285
Buck, Sue	40	1140	34	1174	28	1025
Kibble, Greg	89	3560	38	3598	40	750
DAquanni, Paul	68	3504	18	3522	51	675
Bramwell, Chuck	17	1717	66	1783	101	450
Rich, Jeff	19	1056	467	1523	55	385
Grotz, Sylvia	0	0	0	0	0	385
Laugen, Michael	33	1251	71	1322	37	375
Laugen, Lorna	37	1368	223	1591	36	375
Fairfield, Bob	57	2627	484	3111	46	375
Butz, Rick	7	276	0	276	39	350
Morrison, Ken	43	1255	0	1255	29	325
Morrison, Ollie	42	1230	0	1230	29	275
Fry, Ken	44	1495	136	1631	33	275
Simons, Charley	17	869	50	919	51	275

MONTHLY STATS

Month	Rides	Miles
Jan	283	10825
Feb	254	9413
Mar	367	15600
Apr	354	12789
May	326	15145
Jun	434	17840
Jul	379	14244
Aug	420	16503
Sep	129	5434
Totals	2946	117793
Average	39.98	

DAY OF THE WEEK STATS

Day	Rides	Miles
Sun	733	24631
Mon	42	1552
Tue	601	18328
Wed	109	3895
Thu	101	2801
Fri	210	8193
Sat	1150	58393
Totals	2946	117793
Average	39.98	

CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Members Only Page" area of the WEB site 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: Trek 5200 FOR SALE: Black/Red 2004 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Durace front and Ultegra 9 rear, double chain ring, Trek cycle computer, light weight Salle San Marco Aspide seat and Look pedals. It has a few minor scratches on the shift levers and the frame. Regularly maintained by bike shop mechanics. \$500 OBO. Contact Pejmon Tagizad at 949.640.8658

FOR SALE: Trek 5200 FOR SALE: Black/Red 2004 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Durace front and Ultegra 9 rear, double chain ring, Trek cycle computer, light weight Salle San Marco Aspide seat and Look pedals. It has a few minor scratches on the shift levers and the frame. Regularly maintained by bike shop mechanics. \$500 OBO. Contact Pejmon Tagizad at 949.640.8658

FOR SALE: Trek 5200 FOR SALE: Black/Red 2004 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Durace front and Ultegra 9 rear, double chain ring, Trek cycle computer, light weight Salle San Marco Aspide seat and Look pedals. It has a few minor scratches on the shift levers and the frame. Regularly maintained by bike shop mechanics. \$500 OBO. Contact Pejmon Tagizad at 949.640.8658

FOR SALE: Cannondale RT 1000 Tandem Bought New in 2003. Clean and well maintained. Model RT 1000, Fairly low milage. Shimano 105 Drive Train 27 Spd, Mavic 519 Tandem rims with Shimano Tandem hubs. Suspension Seat Post for Stoker. Size X/S. A lillte to large for me and I'm 5'10 1/2. Worked well for my wife, she is 5'5 1/2. Mike 714-225-5081 familylife1@mac.com Contact Michael Lanphere at 714.996.3445

FOR SALE: SoftRide R1 Road Bike Large frame Aluminum w/ carbon beam Durace 9 speed components Spinergy Wheelset Timetrial bars w/clip-on aerobars \$1000.00 Contact Ken Brant at 714.772.9589

FOR SALE: Custom Robert Zinn bike 62cm frame with 57cm top tube, Time carbon fiber forks, Campe mirage equipped, Mavic axles, Call for information \$250.00 Contact A.J. Nelson at 949.297.4944

FOR SALE: Trek Cruiser Classic 21" Men's aluminum frame. Bike is brand new, won it in a raffle, never ridden. Color is blue with white seat, single speed. \$150 Contact Denis Kuemerle at 714.871.8788

FOR SALE: FSA carbon cranks 172.5 cranks with bb \$175.00. **seven ti** 56cm with 57 top tube camp corus 10 speed, itm bar and stem, mavic rims. \$ 1,500. **Helium wheels** Mavic Helium wheels \$ 200. **American Classic Wheels** 24 front 28 rear with Velocity rims \$ 200 Contact Howard Miller at 562.429.7915

FOR SALE: 03 Trek 5200, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Ultegra front and rear, triple chain ring, extremely low mileage, Cateye cordless cycle computer. \$1,200. Contact John Cook at 714.968.0882

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. **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. E-mail for pictures Clynnspin@netscape.com \$2200 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. **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: 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. 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

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

Rich Photographic Service
Big Bear City, CA 92314-2937
(909)584-7030
www.richphoto.photorelect.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

Athletic Unlimited Personal
Training
Brea, CA 92821
(714)671-1177
www.athleticunlimied.com

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

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested

BIKE HOTLINE 714-956-BIKE

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



FIRST CLASS MAIL

