

CHAIN REACTION

WINTER 2019



A QUARTERLY PUBLICATION OF THE ORANGE COUNTY WHEELMEN



OCW CLUB LINKS

HOME PAGE: www.ocwheelmen.org

CALENDAR: www.ocwheelmen.org/page/show/418357-calendar

OFFICERS: www.ocwheelmen.org/page/show/419328-officers

DIRECTORS: www.ocwheelmen.org/page/show/419332-directors

SUPPORTING MEMBERS: www.ocwheelmen.org/page/show/424483-supporting-memberships

MONTHLY BOARD MEETINGS

Held the first Sunday of each month starting 11am at Carl's Jr., Newport Beach. Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

MONTHLY BRAINSTORMING PARTIES

Held once a month, typically the last Thursday or Saturday of the month. These special "parties" are a way for OCW members to get together and "brainstorm" articles and ideas for our monthly NewsBlast and quarterly Chain Reaction while enjoying food and beverage. **COME JOIN US!**

If you would like to host a Brainstorming Party or supply food or beverage please contact Monica McCarthy at monica.mccarthy@cox.net. **OCW REIMBURSES UP TO \$150!**

REGISTRATION FOR OCW EVENTS

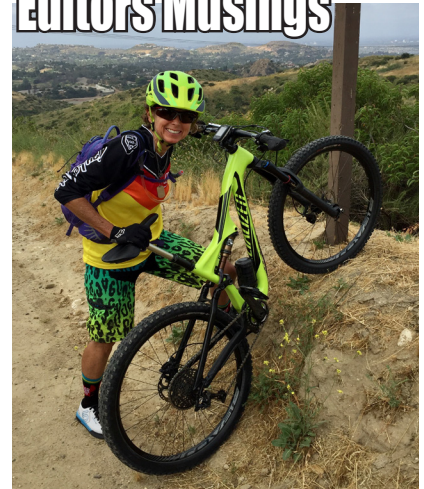
All Registration for OCW events require the registrant to be logged in. Be sure to always check for discount codes. You will only see the discount code if you are a current member of OCW. The discount code if applicable will be located on a separate page in the specific event area. To confirm if you are current, check the membership data base. If you do not see the link for the membership data base, your membership has expired by at least a month or more.

The new website, registration code, and discount codes are only visible to current members. The website functions are different and I have learned new ways within this site logic, to apply new and different ways of maintaining privacy for our members from email skimmers and other nefarious internet hacking. I am continually upgrading the website when there are better ways to protect your personal information, but have it available for our members to connect to each other.

Thank you for your continued support and membership to OCW.

Raffaele Spennato, Events

Editors Musings



Michelle Vester

As you read this issue 2018 has come to a close and 2019 is in its infancy.

What did 2018 mean to you? Was it the best year ever, was it just another year, or was it one of those years you just soon forget?

Did you travel to new places, experiencing new adventures, foods or drink?

Did you change jobs, or finally retire?

Did you finally clear that technical trail you've been walking? Were you able to ride your road bike on a beautiful scenic, quiet road without cars?

Looking forward into 2019 with anticipation, expectation, and hope.

NEW for 2019, be sure to check out page 22 and 23 for the the Classifieds. It's been a long time but classifieds for members to sell their bikes is back. Have fun shopping!

Happy 2019, and enjoy the ride!

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John Renowden

The President

I am just wondering how to write this column as it's near the end of December, with Christmas approaching fast, but it won't be read until January with Christmas all done and dusted. My grandmother would always say on the day after Christmas, "Well it's as far away as it's ever going to be." She was never much of an optimist.

Looking back, I must mention the Holiday Party, which was as good as ever, with around 100 attending. Thanks go to all who helped especially Jim and Irene Walker, Jim Brewer and Alan Dauger. We did have to make some economies on the wine to help close our budget gap but I hope that didn't affect peoples' enjoyment too much. Our income shortfall was of course caused by the reduced numbers for our Amtrak ride. The big hope for 2019 is that we get the train back or at least know what is happening with some prior notice. A lot of the problems last year were cause by the ongoing uncertainty up till the final hours, which didn't go down well with the riders.

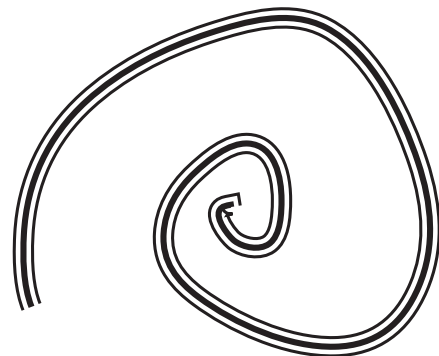
Looking forward we have the Awards Banquet on February 23, the Spring Metric on March 23 and Breathless Agony on April 27. Beyond our club events there is also a full calendar of rides, Fondos, Doubles and not forgetting Chuck Bramwell's well-attended Saturday centuries. Another date for the calendar is the Tour of California Stage 6, May 17, Ontario to Mt Baldy. If they follow the usual course it's possible to

see the riders twice at Baldy Village, definitely worth making the climb to see the stars perform. On a personal note I am signed up to ride Eroica California on April 7 and The Dolomites, Stevio, Gavia and Mortirolo in July. Only 44,000ft to climb on this trip. It's always good to set a goal or two to keep the motivation going.

Well, as I pack ready to spend Christmas in Wales I am thinking how honored I have been to be President of our great club for the last two years. I will be handing over to Joe Bernhardt at the awards banquet. Joe has been a tireless Vice President and, as with other Board members I have been lucky to have his support.

I trust your holiday season was as good as it could be and wish everyone health and happiness for 2019.

Clip in and ride on. John





HOLIDAY PARTY WRAP-UP

By John Renowden

The OCW Holiday Party was again held at the Huntington Harbor Yacht Club. Around 100 members and guests enjoyed a view of the annual boat parade followed by dinner and Jim Brewer's legendary video review of the year. Wherever we ride, there is Jim and his support crew capturing images of riders, members and volunteers. I know from experience how long it takes to put together a show like this, so many thanks Jim for helping us remember all the events of the year.

And thanks also goes out for the generous gifts for the children of Hannah's House. The picture only shows a small part of the generous gifts that are sure to bring some joy to a child's Christmas.



What is a Bicycle Social Party?

By Joe Bernhardt

When I first joined OCW three years ago, I saw each month in the calendar an event titled “Folding Party.” I thought “what the heck is that,” and figured that it must be something only for Board Members or some sort of mysterious committee. I thought “this doesn’t apply to me” so I never bothered to look into attending one of these meetings.

Once I became Vice President of the club, I found out what I had been missing. Turns out the Folding Party is really a Social Party with no real agenda other than to meet fellow riders and spouses and to have a good time for a few hours. The monthly party is hosted by a club member at their home and is totally casual in nature.

I invite all club members to give it a try and attend one of our future Social Parties. On the bike we do talk and kid around, but conversations are usually limited to the length of a stop light. At the social party with our diverse group of members, there is never a shortage of topics to discuss. In addition the food and drink is first class.

At our board meeting, we adopted a resolution dropping the name Folding Party and have re-named it to better describe it for what it is, a “Social Party”. I encourage you to take a look at the calendar and try to find time to attend an upcoming Social Party.

Be sure to RSVP as the hosts need to know how many guests to expect. OCW reimburses up to \$150. Contact Monica McCarthy at: monica.mccarthy@outlook.com.

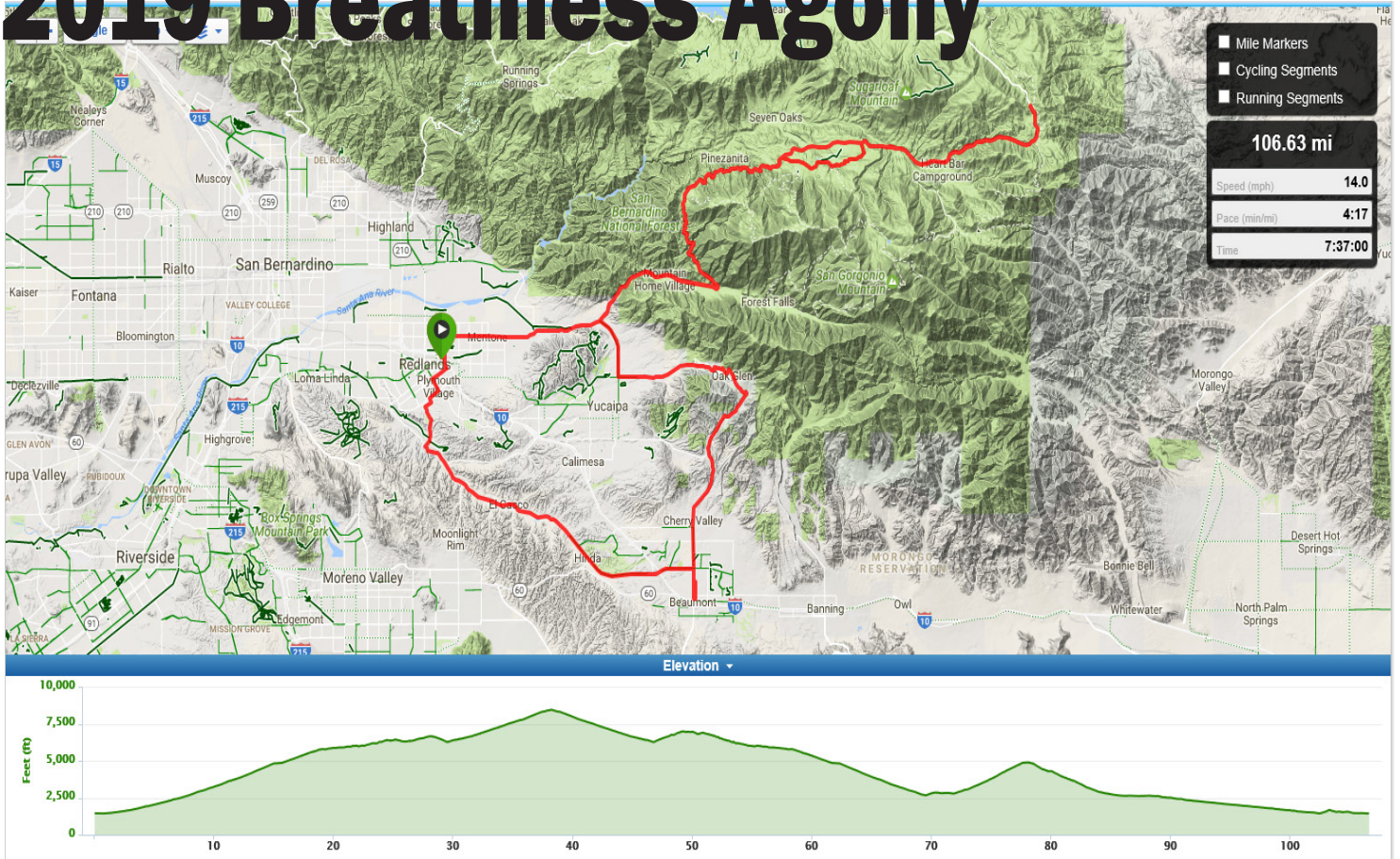




the *VICE* President's Message

By Joe Bernhardt, Vice President

2019 Breathless Agony



The first of our club's two major events for 2019 will be upon us before we know it. Breathless Agony will open for registration on January 1st and the ride will take place on April 27th. Once again, riders will have the option of completing either the 45-mile two-pass option, the 68-mile three-pass option, or the full distance of 107 miles and nearly 12,000 ft in elevation gain. This will be the third year that OCW has owned and operated Breathless Agony and we continue to be excited to be able to offer one of the

most challenging rides in Southern California.

Beginning in Sylvan Park in Redlands, the full course winds out San Timoteo Canyon to the first rest stop in Beaumont led by Bob Aguilar. The next leg takes riders up and over Oak Glen to the rest stop at Mill Creek Ranger Station led by the team of Kevin and Ximena Ansel. Then a long steady climb up highway 38 leads riders to the rest stop at Angeles Oaks where they are greeted with bacon frying led by Liz and Stuart Gaston.

Finally, after climbing over Jenks Lake Road, Onyx Summit is reached where riders can rest and enjoy homemade soup from the team of Cathy and Lee Painter. In order for the event to be successful, we need club members to turn out as volunteers. The more club members who volunteer, the easier it is on everyone who helps. From Friday loading, to Sunday cleanup, please consider offering up some of your time on the weekend of April 27th to help the club make this event a major success. Feel free to contact me if you have questions, comments, or suggestions: Joe Bernhardt - (949) 439-8225





Bike Build for Share Our Selves

“Share Our Selves (SOS) is a nationally recognized health center providing high-quality, comprehensive safety net services to the Orange County community. We are one of 256 health centers nationally to be designated as a Healthcare for the Homeless provider. SOS is a patient-centered medical home and values the concept of the right person, the right treatment, at the right time”

On arrival we were confronted with a veritable wall of bike boxes. The bikes came in all shapes and sizes, some very simple and some with the added complication of front and rear derailleurs that needed setting up. Working in teams of two, with one removing the large amount of packaging materials while the other assembled and checked the bikes over we all worked for 6 hours to get through the 100 boxes. Of course, once assembled it was necessary to make a test ride, no mean feat when your knees are under your chin on the smaller bikes. It's great that there were a good number of volunteers or we would have been there into the night. Hopefully our efforts will bring joy to the recipients and maybe set them off on a lifetime of cycling adventures. Many thanks to all the volunteers who participated at this worthy cause.

Miguel Perea







Arizona is an excellent place to enjoy some winter cycling. Especially considering that summertime temperatures are typically in the 100's. The weather during the winter is similar to southern California. We have family in Mesa, Arizona and take advantage of the location when we need a getaway. Mesa is located east of Phoenix. The eastern side of Mesa is adjacent to the Tonto National Forest.

The variety of cycling available is outstanding. One of our favorite rides has a little bit of everything for a cyclist; flats, climbing, descents, wide bike lanes, and low traffic. The Tonto National Forest is a green desert and this time of year vegetation is starting to thrive after the summer heat and monsoons. The

Saguaro cacti are plump with rain water and the Ocotillo are flourishing. Many of the other cactus and brush are greening up as well.

If you drive into the Tonto National Forest and park, you will need a wilderness parking pass. You can get one at many of the local gas stations. We park at one of the several shopping centers and just ride out of town the extra couple of miles. Start your ride on the corner of Power Road and McDowell. Power Road turns into the Bush Highway. You are immediately out of civilization as you ride east out of Mesa. You will see warning signs to watch out for the wild horses. Keep your eyes open. We have seen them grazing near the highway and the Salt River.

The Salt River parallels the highway for a short distance. It is a good place to picnic, fish or throw in your kayak for an extra activity while you are in Arizona. The river is fed from Saguario Lake and offers lots of recreation year round. Continuing on the Bush Highway you will notice it has a nice, wide shoulder and has been freshly repaved. If you like to mountain bike, there are several trailheads to choose from. We typically see riders enjoying cross country trails or single track. We noticed several riders using gravel bikes too.

This area is known for its outstanding mountain biking and easy access to trails. Be sure to notice the iconic Red Mountain on the left side of the highway. It is a sacred place to the native Indians and is off limits to all public use. But it is sure beautiful to look at.

After about 9 miles of flat and rolling terrain, turn right at the stop sign on Usery Pass Road. Usery Pass heads toward the Usery Mountains. This is where the climbing starts. According to our Garmins, it is approximately a 700-foot climb for three and a half miles. Take note, there are a few false summits along the way. So don't be fooled into thinking that you made it to the top too soon.



You may hear gunshots but don't be alarmed. There is a shooting range just over the top of the climb. As you clear the top and start to descend you come to the Usery Mountain Regional Park Recreation Area. Hiking in the Usery Mountains is exceptional. Plan to head back out to the Usery's with your boots, day-pack and lots of water. There are 29 miles of trails available. You will not be disappointed.

Enjoy your descent back towards Mesa. It makes the climb you just finished worth the effort. You can turn around and do an out-and-back or continue to explore other roads that head toward the town of Apache Junction. Again, these roads flatten out and the traffic is light.

One other activity we enjoy when we are in this area is horseback riding. There are guest ranches and day rides available near Saguario Lake. Horseback riding through the desert is a wonderful experience and it allows you to enjoy a completely different kind of saddle.





You might even see some wild Javelina hogs along the trail. When you go to Arizona in the winter, make sure you bring some warm cycling clothes. It can be cool in the mornings.

The bottom line, if you need a little change of scenery and like road or mountain biking and some different outdoor activities, eastern Arizona may be to your liking. It is worth the 400-mile drive from Orange County. Check out these websites for more information on things to do.

<https://www.visitmesa.com/things-to-do/outdoor-activities/cycling/>

<https://www.saguarolakeranch.com/activities/horseback-riding/>



WANTED

Are you an OCW member

Do you have a home and enjoy entertaining

**We are looking for members who would
like to host a Bicycle Social Party**



**We will reimburse you up to \$150 for the
event!**



**It's a great way to become more involved
and meet more members and have fun**

**We are looking for a host for March and
any month thereafter**



Contact Monica at

monica.mccarthy@outlook.com





Mountain Bike Dude

By Alan Vester

**Mountain Biking
Geared Toward
the 50+ Rider**

The Thrill of Mountain Biking and The Agony of Da Feet

These are words to live by for efficient mountain bike cycling. Your feet do and will take a beating when cycling, mountain or road. So, this article is written to help relieve some of the foot pain we are subject to while enjoying our sport and hopefully give you some tips for some TLC for your feet.

Ok, disclaimer, I'm not a doctor, nor a foot specialist, and I was not compensated by any of the manufacturers of the products mentioned in this article. This is just my opinion based on my usage of anything mentioned in this writing.

There are mixed opinions on whether your mountain bike cycling shoes should be clipped into your pedals, or not. I have been mountain bike riding since 1992, and I can tell you that I'm no longer clipped in. I'm a big believer of flat pedals and flat shoes. I have been riding this way for the past 3 years, and I will never go back to being clipped in. I like the freedom and being able to move my feet and legs around at will without being confined to a locked-in pedal/shoe

system. The pedals I currently use on all my mountain bikes are Catalyst Pedals made by Pedaling Innovations. List price \$100.00. I've been using them for about the last 3 years, and I love them. They are slightly larger and heavier than regular flat mountain bike pedals, but not an issue to me. I think it makes them more forgiving than smaller pedals.

My current favorite mountain bike shoes are the Five Ten Free Rider Pro with

the Stealth S1 Rubber sole, list price \$150.00. Five Ten does make a cheaper version on this shoe, but I find it very heavy and uncomfortable.



I also use orthotics in all my shoes. Orthotics come in three basic forms. There are Dr. Scholls over the counter, which I have used over the years. I think some of them are just fine and for \$25.00 you have something much better than the basic insoles that come with all shoes.

The second type of orthotics are custom-made by a doctor. After a complete physical exam of your feet the doctor will then, if needed, recommend you to an orthotics lab, which will make a custom mold of your feet and then will custom make the orthotics based on your feet.

The third type of orthotics is the latest in technology, which is a 3D scan and printing of your feet to custom make your orthotics. There is a company out of Prescott, Arizona by the name of Resa Wearables who specializes in 3D-printed custom insoles. The cost is about \$150.00 for one pair. Resa Wearables has kiosks throughout the country to take your foot imprint. I had mine taken at Costco. Resa Wearables are located in select Costcos a few times throughout the year, so check Costco.com website for information.



Personally, I like both Resa Wearables and the doctor's custom orthotics I had made for me at the orthotics lab. They are both similar in design, however I must give the custom orthotics a slight preference over Resa Wearables. A lot more time and thought go into the custom lab-made orthotics, but I have to say I am still satisfied with the Resa Wearables.

I really believe orthotics help your feet and give them extra support when riding, running, or just walking. I have worn orthotics for about 5 years now and think they really help your feet and posture. Well-made orthotics support your arch, spread your toes evenly and help your feet support your body.

I always ride with orthotics in my mountain bike shoes. I switch back and forth between the Resa Wearables and the custom-made orthotics. I really notice the difference, compared to when I was not using orthotics at all, so I'm a customer for life.

See ya on the trails.

Alan Vester
alanvester7@gmail.com





Cyclists with Hip Pain

By John R. Thomas, PT, DPT, OCS, CSCS

When treating the cyclist, I often run across reports of anterior hip pain. That is usually described as pain in the front of the hip or groin region. The pain behavior usually follows a pattern of increase in symptoms with prolonged sitting, cycling, or a motion described as bringing the knee up towards the chest. There are a number of structures that may be involved when one of my patients describes this type of pain and this pain pattern. I want to describe to you some of the common causes I run across as it is related to pain in the front of the hip.

- **Pain that is referred from the Lumbar Spine (low back):** The back can refer pain to the hip and must always be ruled out as a cause of hip pain before proceeding.
- **The hip joint/capsule:** If there is restriction in the joint or capsule this could result in limited range of motion and “impingement syndrome” of the hip with positions that require hip flexion (a motion of bringing the knee up towards the chest).
- **Muscle tightness:** The Psoas (pronounced “so az”) can be responsible for anterior hip pain. We often find ourselves sitting throughout the day (whether working at the computer or driving) which can allow for shortening or tightening of this muscle. When a muscle is tight it can result in pain of the hip and even in the low back.

So how do you fix your hip pain? I recommend that you see a Physical Therapist followed by a consultation with an expert in performing a bike fit. I always make it a point to work together with the bike fitter so we can discuss the physical limitations that I find and how the bike can be set up to adjust for these imbalances. You can always get into a more aerodynamic position once the body allows it... Too many times I have seen a cyclist want to be in a more aerodynamic position thus sacrificing the body to get there which ends up in pain and a visit to my office.

See the attached video for exercises.

<https://www.youtube.com/watch?v=buN29vtRGkc>





Save Those ! Old Tires !

Next time you change out an old tire due to wear, if it is still safe to ride for one more ride, hang on to it and bring it to an upcoming OCW General Meeting. We are collecting useable tires from our members to be used by our SAG drivers at our major events, Amtrak and Breathless Agony. Rather than purchasing a new tire to help out a stranded rider with a cut tire, we would prefer to save money and use one of these donated tires to help get them to the finish line. They can then replace the worn tire with a fresh one at their own expense rather the Club's.



The Hungry EyeList



Rigatoni with Easy Vodka Sauce

INGREDIENTS

Kosher salt

1 medium onion

4 garlic cloves

4 oz. Parmesan cheese

2 Tbsp. extra-virgin olive oil, plus more for drizzling

1 4.5-oz. tube double-concentrated tomato paste

½ tsp. crushed red pepper flakes

2 oz. vodka

¾ cup heavy cream

1 lb. rigatoni

Basil leaves (for serving)

PREPARATION

Fill a stock pot or other large pot three-quarters full with water and heat over high. Toss in a handful of salt and bring to a boil while you do your other prep.

Peel and finely chop 1 onion. Firmly smash 4 garlic cloves with the flat side of a chef's knife and remove peel. Grate 4 oz. Parmesan on the smallest holes of the box grater.

Heat 2 Tbsp. oil in a Dutch oven over medium (position it next to pot of water). Add onion and gar-

lic and cook, stirring constantly, just until onion is starting to brown around the edges, 5-7 minutes. Add entire 4.5-oz. tube tomato paste and ½ tsp. red pepper flakes and stir until paste evenly coats onion. Continue to cook, stirring often, until paste is deep red and starting to brown on bottom of pot, 5-7 minutes. Add 2 oz. vodka to deglaze pan and stir to incorporate, scraping bottom of pot. Reduce heat to low. Using a heatproof glass measuring cup, scoop about ¼ cup boiling water from pot, then add ¾ cup heavy cream to measuring cup (this brings up the temperature of the cream so it won't break when you add it to the pot). Slowly add warmed cream to Dutch oven, stirring constantly, until a smooth sauce forms. Remove from heat.

Add 1 lb. rigatoni to pot of boiling salted water and cook according to package instructions until al dente. About 1 minute before the timer goes off, use heatproof measuring cup to scoop up about 1 cup pasta cooking liquid. Heat Dutch oven over low.

Using a spider, transfer rigatoni to Dutch oven along with any water that's piggybacking on the pasta. Add ½ cup pasta cooking liquid to Dutch oven and stir to incorporate, then gradually add half of Parmesan, stirring constantly to melt cheese. You should have a smooth, glossy sauce that coats each piece of pasta. Season with salt and add a splash more pasta cooking liquid to thin sauce, if needed.

Divide pasta among bowls. Top with remaining cheese, dividing evenly. Drizzle with more oil, then tear basil leaves over.

EVENTS

2019

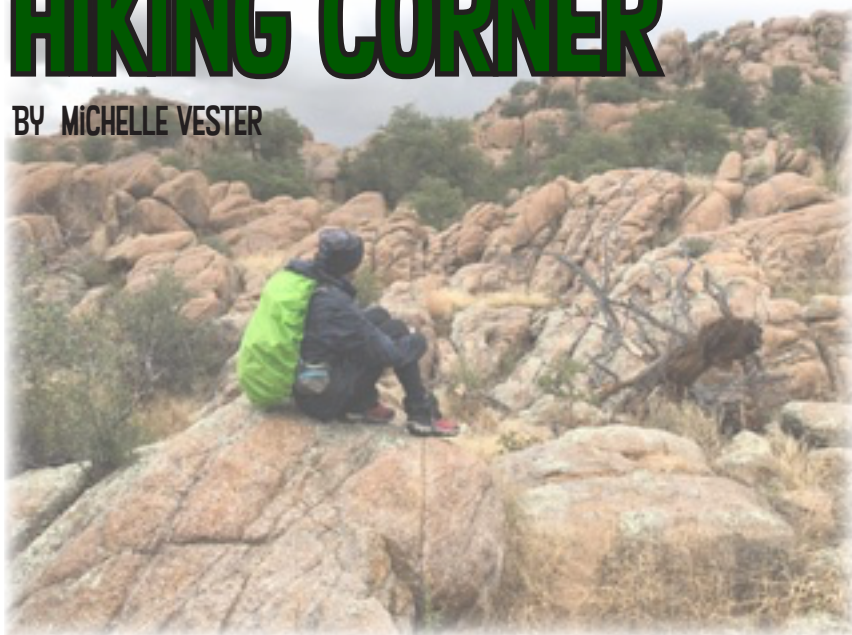


April 27, 2019

GET OUT AND RIDE !

HIKING CORNER

BY MICHELLE VESTER



HIKING THE DELLS PRESCOTT, ARIZONA

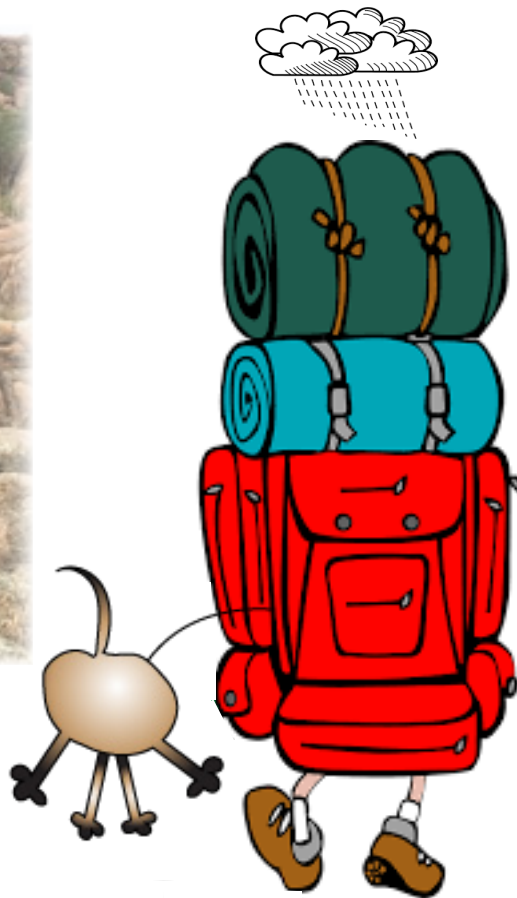
Alan and I visited Prescott, AZ last October and we were amazed by its beauty. Not only does Prescott have that Old Town feel, but the people there are warm and friendly. Prescott is a huge mountain bike community, as well as hiking, kayaking, and basically everything outdoors.

There are some outstanding restaurants, including our favorite, The Barley Hound. There are some awesome bakeries and a great taco truck too.

We stayed at an Airbnb home located in the beautiful historic district, less than a mile from town. This adorable 3-bedroom, 3-bath home had everything we needed, including an outstanding fully stocked kitchen. We almost didn't want to leave the house!

After deciding that we should get out of the house and check out Prescott by waling around the historic district to check out the other homes and we then strolled to town.

The walk through the neighborhood was so relaxing and quiet compared to The OC, and



downtown Prescott was filled with people casually strolling up and down the main streets checking out the many shops.

The weather was actually cold for October with an occasional light shower. This did not bother us in the least, as the views of Thumb Butte and surrounding mountains were spectacular.





are marked as to how strenuous they are. The trail we took was marked by 4 to 5-inch-diameter “dots” spaced every few feet so you don’t go off trail or get lost. The hike we chose involved quite a bit of bouldering, but the rewards were spectacular. Beautiful vista views and an awesome fern-covered valley that led to the backside of a dam and an awe-inspiring waterfall.

This is a hike you won’t soon forget because of its unusual beauty. The hike itself is just over 5 miles long, and a loop. It takes you through the Watson Woods Riparian Preserve and nearby Granite Creek. You will then enter The Dells with its beautiful massive mounds of weather-beaten rock, where water leaches from its cracks and the rocks are home to many wonderful plant and animal species.

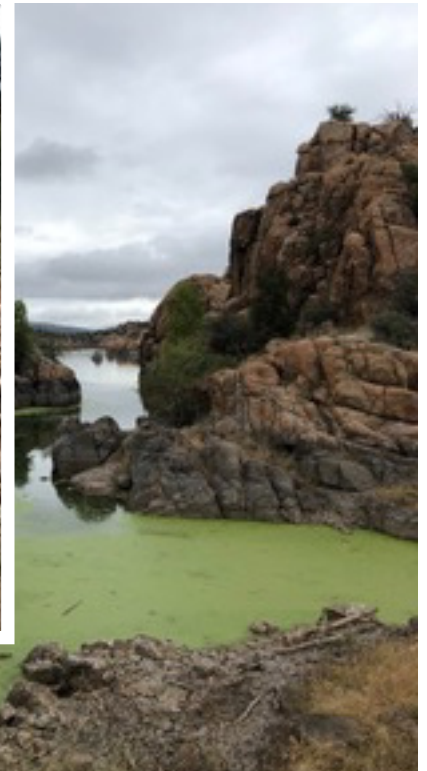
The trail will then descend through a beautiful green fern-covered valley floor and past the dam and waterfall. From there the trail leads up back to the desertlike red rock and a breathtaking view of Watson Lake. The trail will then traverse the sides of the lake until you arrive back at the Park.

Visit: <https://www.alltrails.com/explore/us/arizona/prescott>

The next day we decided to hike The Dells, and Watson Lake. The Dells consist of exposed bedrock and large boulders of granite which surround Watson Lake. Watson Lake is a beautiful man-made reservoir that offers not only hiking but fishing, boating, kayaking, canoeing, rock climbing, and camping. It also is a venue for outdoor concerts, which was the case when we were there.

There are several different hikes to choose from. We decided on the most strenuous since we love hiking so much, and this hike did not disappoint.

We parked our car at Watson Lake Park and started our hike on the Watson Lake and Flume Tail, which intersected with Peavine Trail. There are several off-shoot trails from Peavine which





Bikes For Sale



2011 Giant TCR Advanced SL 3. Very Good Condition. Smooth, light, fast and ready to ride. This bike has been well maintained and cared for.

Tires: Michelin Pro3 Light, 700 x 23c
 Components Brakeset: Shimano Ultegra 6700. Shift Levers: Shimano Ultegra 6700 STI. Rear Cogs: Shimano Ultegra, 10-speed: 11-25. Saddle: Fizik Arione. Size: Small (5'4" - 5'7").
 \$975

Contact: Leanne McKenzie
 leanne.mckenzie@yahoo.com
 951-205-0220



Giant Defy Advanced 3 Unisex Road Bike : \$500 to OCW member or friend of member.

Giant's sizing SMALL fits male or female riders 5'4" to 5'7"

- Full carbon Defy 3 advanced frame system
- 10-speed Shimano 105 5700 shifting
- FSA Gossamer MegaExo crankset
- Selle Royal Seta M saddle
- Compact gear set 11-28 cassette, 50/34 crank
- Mavic Aksium One wheelset upgrade
- Color: Composite/White/Red

2011 model bought brand new in 2012
 -Road and trained for first century but

quit riding thereafter. Bike is in excellent condition, and is a great bike for a entry level road bike rider! Very forgiving and easy to handle, yet advanced enough that you won't outgrow it within a year.

PLEASE CONTACT OCW member Brad Hontz: brad.hontz@pinpointview.com, text: 714.394.6719



Trek 6500 Hardtail Mtn Bike for sale. Many upgrades including LX shifters, LX front der, XT rear der, Avid SD7 brakes, and Rock Shox Duke air shock fork.

Almost new chain and rear wheel. Tires are in very good shape. Many extras. Bike is in excellent shape.
\$350

Email denis.kuemerle@gmail.com.



Schwinn Silver Label Le Tour Men's Large

Aluminum Frame

Shimano Components

Year model of bike unknown, but it is probably 7-10 years old. Very clean, hardly ridden, good shape. Great entry level bike for someone.

\$250.00 or best offer.

Contact Alan Vester

714-231-3164

alanvester7@gmail.com



Women's 2016 Specialized Ruby Comp Road Bike. Carbon Frame and Fork w/ ZERTZ vibration absorbing technology Size 51CM (Women's small) very clean, only ridden a few times.

Shimano Ultegra brakes and derailleurs. 2 x 11 Drive Train Gearing. Fulcrum Alloy Wheels. Specialized Espoir Elite 700 x 2.5 Tires, Originally cost \$2,500, asking \$1500.00.

Bike looks like the day we picked it up from the bike shop.

Contact Alan Vester

714-231-3164

alanvester7@gmail.com

COME RIDE WITH US!



SATURDAY RIDE LIKE A PRO

PLEASE CHECK OUT THE OPPORTUNITY TO RIDE THE SATURDAY SHORT RIDE WITH ONE OF OUR FRIENDLY LEAGUE CERTIFIED INSTRUCTORS (LCIS).

WE ARE FORTUNATE THAT WE HAVE A DEDICATED GROUP OF LCIS THAT VOLUNTEER TO HEAD THIS RIDE EVERY SATURDAY.

THIS RIDE IS FOR THOSE WHO WOULD LIKE TO HAVE A BIT OF PERSONALIZED TRAINING, LIKE LEARNING TO BE A BIT MORE COMFORTABLE RIDING ON THE ROAD. OUR LCIS COVER MANY TOPICS, AND YOU CAN ASK ALL THE QUESTIONS YOU WANT.

THE SATURDAY RIDE LIKE A PRO IS A SLOW "NO DROP" RIDE TO SHARPEN YOUR SKILLS. SO COME ON OUT, LEARN TO RIDE SAFER AND HAVE SOME FUN!

FOR MORE INFORMATION GO TO: WWW.OCWHEELMEN.ORG/PAGE/SHOW/419732-RIDE-LIKE-A-PRO-RIDES

Please Support the Sustaining Members of the Orange County Wheelmen

Many sustaining members offer discounts to OCW members.
Tell them you are from OCW and continue to support those who support us!

TURNING 65 THIS YEAR?

Don't know if you should get Medicare Supplement/Medigap or Medicare Advantage? Call or Email Steve Davis 714.241.0366
Info@BearStreet-is.com www.BearStreet-is.com
FREE QUOTES for Individual, Family & Small Groups Health Insurance, Dental & Travel Insurance (Ca.Lic.0G11433)

Emergent Success

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Suite 600
Laguna Hills 92653
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LegalShield

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12781 Monarch Street
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AdventureCORPS, Inc.

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Oak Park 91377

MVP Massage Therapy

15375 Barranca Parkway
Suite J-104
Irvine 92618
949.439.0673

Rock N' Road Cyclery

6282 Irvine Blvd.
Irvine 92620
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Yorba Linda Physical Therapy

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Yorba Linda 92886
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The Bicycle Tree

811 N. Main Street
Santa Ana 92711
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Trails End Cycling

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Irvine Bicycles

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