

CHAIN REACTION

TANDEM TIME
March

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

PARAMOUNT RACING
2011

General Meeting

Wednesday, March 9th, 7:00 pm

Bill Holland

See page 8 for details.

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

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

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CALENDAR OF EVENTS

President's Ride	Sun.	Mar.	6
Folding Party	Thu.	Mar.	24
Spring Metric	Sat.	Mar.	26
Ride Around the Bear	Sat.	Jun.	11
Amtrak	Sat.	Sep.	10

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

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Training	Open	Training@ocw.org

DIRECTORS

**2011 Board of Directors
will be elected at the
March Board Meeting.**



BOARD MEETING

Sunday, March 6th, 11:30 am

Carl's Jr., Irvine. Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

FOLDING PARTY

Thursday, March 24th, 7:00 pm

Hosted by:

A Road Bike 4U

Bruce Marshall

17985 Skypark Circle, Suite E

Irvine, CA 92614

949-752-2080

sales@aroadbike4u.com

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

DIRECTIONS: Corner of Main St. and Redhill Ave.

SPECIAL THANKS TO

Mike & Terri Lee

for Hosting the

February Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Doris Bingo** at **Editor@ocw.org**.

(OCW reimburses up to \$100)

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FROM THE PRESIDENT...

By Mike Lee

March 2011

Round 2;

So as I take a deep breath and look forward to another term as President, I'm sitting here trying to decide what happens first, second, third and so on, with all the current items that are being juggled and in the air. My goal is now becoming, how to create an atmosphere in the club that is conducive to attracting new riders, from all levels, and blend them into a cohesive group, all the while maintaining our purpose of weekly club riding, the club events and the main organized rides. I find that my president's monthly message is part informative, part review, and part ranting. However, I try to keep it on the positive side for us to move forward.

Still on my plate and first up, is the website. New ideas have surfaced and are being investigated. The existing site will be operational and functional so as we move forward with the website I see the new site as being developed in parallel with the old, until we are ready for the launch of the new look. Watch the website for news.

What I do love that is happening in the club is my personal outreach to new members that are joining, and that is to welcome them into the club. So if I don't know you, I'll try to search you out, introduce myself to you and help you become more acclimated to OCW and our riding styles and what we have to offer, from the novice to experienced rider.

The upcoming year is bringing the club potentially 2 more LCI's for providing instruction to our members at no cost. There are bad habits that our riders are developing and which may become a safety issue. This can only be corrected by education. It seems that even though you may be a long time rider there is always something new to learn to be a safer and more predictable rider for the motoring public on the streets. When this message gets into your hands the February session will have been completed with a small handful of members completing the course.



Club Clothing

Club clothing has gotten under my skin and I'm trying to work this out. I thought that I would see a plethora of orders for the new singular vision of the OCW/Paramount design. Sales have been lackluster as of this writing and I will ask the club to extend the club finances to be able to provide clothing through at least August, when we would look at placing a second order for clothing. I feel that once the clothing is on the road we will stand out from the crowd. And the bigger item, that is still waiting for an answer, what happened to club pride as an OCW member. See my comment on the website in the clothing area. I won't repeat it here so check the website for those thoughts.

OCW is making many changes some I have worked on to align the club to be on the forefront of recreational cycling in the OC. So to list those items that I feel we are doing, that are beneficial, but are still not in full swing and implementation are **Ride like a pro, Traffic Skills 101, and Training**, and what will be resurrected and the board will need to work on remarketing is the **Goat Hill** group. Yes, we have an expert in the field of Mountain Biking and **Alan Vester** has taken on the challenge. This I feel will help diversify our reach to the other area of cycling. We have a lot of great Mountain Biking in OC and I know of a large segment of the cycling world that may become part of us. This will more than likely cause some other things to change in how we support those riders. **Alan**, welcome and I with the Board of Directors will support your efforts in this area.

So to close this month's message, words cannot adequately express my thoughts that without this dedicated group of officers and directors who unselfishly dedicate their time to this organization **THANK YOU**. Let this next year become a banner year for OCW.

Ride Safe - Ride Predictable,
Mike

March OCW President's Ride

March 6, 2011

By Mike Lee

Sunday, March 6, 2011 - Please join **Mike Lee**, OCW President, for a friendly introductory ride. New and beginning riders are encouraged to join us. We'll meet for the OCW Sunday Ride at Carl's Jr. in Irvine (Campus & Von Karman) at 8:30 am and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to president@ocw.org or call 949-458-0205.

Ride Like A Pro

By Paul DAquanni

If you are new to riding on the road, new to cycling or just wanting to hone you road skills and feel safer riding on the roads, come ride with one of OCW's League Certified Instructors (League of American Bicyclists). We can show you the best way to work with traffic, negotiate changing lanes, and the all too familiar challenge of getting into the left hand turn pocket quickly and safely and even have motorist acknowledge you and give you the right of way to complete the maneuver. Every Saturday, RLP ride will be the short or medium distance ride it's your call. We will have a LCI available every Saturday for you to ride with. We rotate our LCI's throughout the year for this ride. Show up to the Saturday ride at the Square and mention to the ride captains that you want to take advantage of the Ride Like a Pro group ride.

OCW wants to educate all our members in proper operation of your bicycle and to be courteous on the road as this is a reflection to all cyclists and members of OCW. Check the web site Ride Calendar for a description of the RLP rides coming up. Hope to see you Saturday.

March Birthdays

Collins, Graham	3/2
Eck, Mark	3/3
Lee, Michael	3/3
Eames, Bob	3/5
Buclatin, Matt	3/5
Ivey, Kevin	3/6
Hood, Rosalie	3/6
Bingo, Doris	3/8
Nonberg, David	3/10
Turner, Robert	3/10
Trudell, Alan	3/12
Cozza, Greg	3/16
Klages, Scott	3/17
Niehaus, Kathi	3/18
McNeill, Mike	3/20
Kaldenberg, Max	3/21
Wickersham, Art	3/22
Clarke, Liz	3/22
Ede, Ethan	3/24
Tentler, Janet	3/24
Laugen, Lorna	3/28
Boland, Alicia	3/28
Connors, Kim	3/28
Rhoades, Stephanie	3/29

**OCW Wishes You
A Happy Birthday!**

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

Ansel, Kevin	Irvine
Ansel, Ximena	Irvine
Boyd, Kenneth	
Dutcher, Barbara	
Dutcher, Ken	
Garcia, Crystal	
Goldstein, Sarah	Santa Monica
Irwin, Elise	Costa Mesa
Jennings, Christopher	Irvine
Lechnitz, Leonard	
Lepper, Craig	Rancho Santa Margarita
Mack, Dione	Yorba Linda
Mack, Kenneth	Yorba Linda
Menendez, Juan	Downey
Shields, Timothy	
Stewart, Tamirra	San Juan Capistrano
Venetch, Joanna	
Wells, Joe	Phoenix, AZ
Wells, Joseph	Phoenix, AZ
Winthrop, Marc	Newport Beach

DAYLIGHT SAVINGS TIME REMINDER

Daylight Savings Time begins on Sunday, March 14.
Set clocks one hour ahead.

SPRING METRIC 2011 OCW Teams Up with JDRF Juvenile Diabetes Research Foundation

This year's Spring Metric and 40 Miler will be a Members Only Ride. What this means is, the ride is **FREE** to OCW Members. As always it will be a fully supported ride with 2 rest stops, roving SAG, and a delicious Pollo Loco Chicken Dinner at the finish. The routes will be the same as last year. Both rides will start at Yorba Regional Park, with a 7 mile warm up down the Santa Ana River Trail, where you will then head through Santa Ana Canyon into Irvine. After a rest stop at Jax Cycle Shop, the 40 mile group will return towards the start with a stop in Orange, at Santiago Hills Park. The Metric group will leave Jax and head out through El Toro Marine Base toward Mission Viejo, and then back through beautiful Santiago Canyon. A rest stop at mile 52 is just prior to the last climb of the day. Then you will get to enjoy the final 10 miles of flats along Santa Ana Canyon Road where back at Yorba Regional Park the volunteers are waiting to feed and congratulate you on a job well done.

Please encourage non-member friends that this is a great time to join OCW. Join the Club for \$29.00 and you will get this great event free, as well as all the privileges that we all enjoy as OCW Members.

This year we are partnering with JDRF to help raise donations for the cause. Go to ocw.org to register and get the details on raising money for JDRF.

So, please choose to sign up and join the fun by either riding or volunteering.

Ride safe
& share
the road,

Paul



January General Meeting 2011

By Jim Brewer

Forty four people were treated to **Anita's** homemade lasagna, salads and **Irene's** dessert. Door prizes were drawn throughout the meeting.

We had two speakers to start the 2011 the season. **Therese Hancock** showed her slide show of a trip to France with her family and friends. It was very entertaining with her sharing the sights of France and some of the activities she and her group experienced. A discussion followed about the tour and what cycling was like in France.

Willie Hunt road his \$18,000 recumbent bicycle to the meeting and gave us a very entertaining presentation of his RAAM ride race in 2010. The video documented many of the behind the scenes of what can happen on a 3000 mile ride across the country. Being an engineer, **Willie** customized his bike by altering the saddle, making bright tail lights, etc. **Willie** answered some tough questions, one of which was, "would you do it again?" "No, was his reply." I'm sure he was just kidding!

Everyone had a good time and the meeting adjourned at around 8:30 pm.



Therese Hancock



Willie Hunt



Kevin Ivey



Tom Daley



Dan Gorman



Bill Holland

General Meeting Speaker

Wednesday, March 9, 2011

By Jim Brewer

Bill started in the bike business in 1972, owning a small Schwinn shop in San Diego. It slowly morphed into a pro shop, selling high end frames such as Masi, Gios Torino and Eisentraut. He began doing repaint and braze on work in 1974, which quickly overwhelmed his spare time. Then he took a frame building course from Albert Eisentraut in 1976 and built his first lugged steel frame. The braze on/repaint business grew to the point where he sold his shop in order to do it full time. In 1980 Bill convinced his friend and former employee, Joe Bell, to teach him how to paint so that he could finally begin building steel frames full time. In 1992 Bill took a course from Merlin co founder Gary Helfrich that taught the exacting procedures used in the fabrication of titanium frames. Bill has since fabricated close to 900 custom titanium frames. In 2004, he became a licensee of Vyatek, which holds patents on the Isogrid, Exogrid and Bi Fusion processes. Exogrid is the most popular frame he builds, and will be the focus of his talk.

Bill Holland has been riding seriously for 35 years. Last year he trained for the Furnace Creek 508 with coach Rob Panzera. 250 miles with 22,000 feet of climbing per week got him ready. The four man team was the only 60 year old team of 14 entries. Their team finished 3rd overall, and broke the previous 60 year old 4 man team record by 10 hours. Bill spent a week in 2007 with Andy Hampsten as he lead us on a tour of the famous climbs in the Dolomites, including the Gavia, Stelvio and Mortirolo.



Bill Holland and Chris Horner

Weekly Ride Schedule

TUESDAY

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

FRIDAY

Morning Ride - **9:00 am**, Deerfield Park, Irvine. Exit the Santa Ana (I-5) at Culver and go south to Irvine Center Drive. Turn left (east), go one block and turn left at Deerwood to the park. This is a moderate to fast-paced ride of 35-45 miles with a stop at the end. Ride Leader **Dan Gorman**, dmorgman@aol.com.

SATURDAY

Saturday Rides - **8:30 am**, The Square, Irvine (Main and MacArthur). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. See Saturday Rides in the center pages of the Newsletter. Ride Leader **Bob Fairfield**, mobile412@ca.rr.com and **Jim Pugh**, in-line@pacbell.net.

CENTURY SERIES

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

SUNDAY

Sunday Rides - **8:30 am**, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader **Lee Stebbins**, ridecaptain@ocw.org.

Ride Around the Bear # 27

June 11th

Does this sound familiar, "the date is set, but not the route!" Yes again this year we are looking at an alternate route due to severe damage on Route 330. Hopefully we will have a reroute ready to announce by mid March. I can promise you that the route will be challenging and the support outstanding, as always!

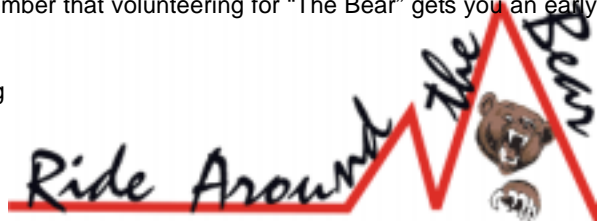
We are looking for volunteers for this challenging, and extremely popular event. If you do not feel like riding this year, come on out and be part of the fun in cheering on, catering to, and offering support for those 400 riders who are taking on the challenge of "Riding the Bear." Remember that volunteering for "The Bear" gets you an early registration privilege for this year's Amtrak.

If you are riding, or want to volunteer, sign up at ocw.org

Thanks, ride safe and share the road.

Paul DAquanni

OCW Events



Saturday Rides

Ride Leaders-**Bob Fairfield and Jim Pugh**

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

March 2011 Schedule

All rides start promptly at 8:30

March 5, 2011

Slow to fast

- 27.0 Miles 525 Feet of climbing Rollies – Red Hill/ Santa Ana, Mesa/ Birch, Von Karman, Barranca, Jeffrey/ University/ East Bluff/ Ford/ Bonita Cyn, Harvard, Main, MacArthur
- 38.0 Miles 1000 Feet of climbing Hilly - Main, Red Hill/ Santa Ana, Irvine, 19th/ Dover, Bayside, Marguerite, Spy Glass, Bonita Cyn / Ford, Back Bay, Jamboree, Campus, Turtle Rock, Ridgeline, University/ Jeffrey, Bryan, Red Hill, MacArthur
- 59.0 Miles 350 Feet of climbing Flat - Main, Sunflower, Sullivan, 5th, Newhope, Trask, Western, Crescent/ Centralia, Studebaker, SG River Trail, Westminster, Bolsa Chica, Heil, Newland, Slater, SA River Trail, Sunflower, Main

March 12, 2011

Slow to fast

- 27.0 Miles 600 Feet of climbing Rollies – Red Hill/ Santa Ana, Mesa/ Birch, Von Karman, Barranca, Jeffrey/ University/ East Bluff/ Ford/ Bonita Cyn, Campus, Von Karman, Main, MacArthur
- 37.0 Miles 1000 Feet of climbing Hilly - Ride through Irvine, El Toro, Laguna Cyn, PCH, Newport Coast and back
- 62.0 Miles 900 Feet of climbing Flat/ Rolling – Main, Sunflower, SA River Train, Slater, Springdale, Lampson, Katella/ Willow, LA River Trail, Beach Bike Trail, PCH, Dover, Irvine, Mesa/ Birch, Von Karman, Main, MacArthur

March 19, 2011

Slow to fast

- 28.0 Miles Rollies - Red Hill, Edinger/ Irvine Ctr, Bake, Muirlands/ Barranca, Harvard, Walnut, Red Hill, MacArthur
- 35.0 Miles Flat - Red Hill, Alton, Irvine Blvd, Yale, Walnut, Edinger/ Irvine Ctr, Barranca, Harvard, Main, MacArthur
- 55.0 Miles 3150 Feet of climbing Hilly - Ride through the Newport hills to PCH and down to Crown Valley and back through Mission Viejo and Irvine

March 26, 2011

Spring Metric - No "The Square" rides

Sunday Rides

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

Rides start promptly at 8:30 am.

S=Short M=Medium L=Long

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

FOR YOUR INFORMATION: Please arrive at the ride location with enough time to have your bike ready to roll on time. Rides start promptly at 8:30 am. Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. **A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET!!** Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.

March 2011 Schedule

All rides start promptly at 8:30

March 6, 2011 Carl's Jr., Irvine. (Board meeting scheduled at 11:30 am). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.

S-24 Miles Flat to Rolling ride thru Irvine & Tustin (S3).

M-34 Miles Flat to Rolling ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills (M11).

L-46 Miles Hilly ride thru Newport Beach with a climbs up San Joaquin Hills, Spy Glass & Turtle Rock returning thru Irvine & Tustin (L5).

March 13, 2011 Pavilions, Seal Beach. Take the 405 Freeway to Seal Beach Blvd exit South. Go 3.0 miles on Seal Beach Blvd to Pacific Coast Hwy and turn right. Go 0.3 mile, turn right into the Pavilions parking lot. Park closest to PCH.

S-26 Miles Flat ride thru Seal Beach, Garden Grove & Huntington Beach (S4).

M-35 Miles Flat ride thru Seal Beach, Huntington Beach, Santa Ana River Trail & Newport Beach (M1).

L-46 Miles Flat to Rolling ride thru Seal Beach, Huntington Beach, Costa Mesa & Newport Beach (L4).

March 20, 2011 Albertson's Center, Orange. Take the 55 Freeway to the Chapman Avenue exit East. Go 4.1 miles and turn right into the Albertson's shopping center (Jamboree & Chapman). Park near Taco Bell.

S-22 Miles Rolling ride thru Tustin & North Irvine (S1).

M-37 Miles Rolling to Hilly ride thru Orange and Santa Ana Cyn Rd returning on Santa Ana River Trail (M2).

L-47 Miles Rolling ride thru Tustin, Irvine, Newport Beach returning on the Santa Ana River Trail and Costa Mesa (L1).

March 27, 2011 Heritage Park, Irvine. Take the 5 Freeway to Culver Dr exit South. Go 0.3 mile to Walnut and turn left. Go 0.8 mile to Yale and turn left. Go 0.1 mile, turn left into parking lot.

S-28 Miles Flat ride thru Irvine & Tustin (S4).

M-34 Miles Flat to Rolling ride thru Irvine, Costa Mesa, Newport Beach & UCI (M5).

L-42 Miles Hilly ride thru Irvine, UCI, up Shady Cyn & Jeronimo returning thru Mission Viejo & Tustin (L3).

April 3, 2011 Carl's Jr, Irvine. Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.

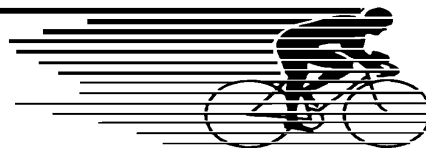
S-28 Miles Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine (S5).

M-31 Miles Rolling to Hilly ride thru Newport Beach, Laguna Beach & Irvine (M12).

L-40 Miles Hilly ride thru Newport Beach with a climb up Spy Glass & Turtle Rock returning thru the flat lands of Irvine (L2).



PARAMOUNT RACING



TEAM MEETING

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

President	Curtiss Dosier	cdosier@kmob.com
Vice President	John McKee	ajmckee@sbcglobal.net
Secretary	Jeff Carchidi	jcarchidi2001@yahoo.com
Race Director	Monty Pettus	sngltrkguy@yahoo.com
Rider Advocate/Recruitment Director	Ethan Ede	motiongraf@yahoo.com
Sponsorship Coordinator/OCW Liaison	Michelle Kashima	kashima@cox.net
Women's Race Director	Hilary Crowley	hilarynv@yahoo.com

Paramount Racing Website: www.ParamountRacing.org

PARAMOUNT TEAM TRAINING RIDE

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

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

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

RACE TEAM SPONSORS

ORANGE COUNTY WHEELMEN

JAX BICYCLE CENTERS

JOUR SANS BIKE SHOP

PROFESSIONAL CYCLIST.COM

TUSTIN TOYOTA

ORACLE CYCLING

FEATHER BRAKES

BIKELICIOUS

Paramount's McKee Takes First Win Of The Season

By Curt Dosier

Congratulations to **John McKee** for starting the race season off right for Paramount Racing. **John** took the win in the 60+ category at the CBR season opening criterium in Dominguez Hills. As a bonus, **Monty Pettus** joined **John** on the podium in third. Then, **John** and **Monty** raced the 50+ race with **John Bernstein**. All three then joined some other Paramount and UCI racers for the final Paramount sponsored track session at the Home Depot Center velodrome.

In the category 3 race, **Carlos Ibarra** led the way for Paramount in 19th. **Wilson Crider** and **Diego Perez** also raced.

The following weekend was the Poor College Kids road race and Mothballs criterium in the Santa Barbara area. **John McKee** took 6th in the 60+ at both events. New racer **Ben Everton** took 17th in the category 5 race at the Poor College Kids road race and, more importantly, avoided the couple of crashes near the finish.

Paramount Track Days

By Curt Dosier

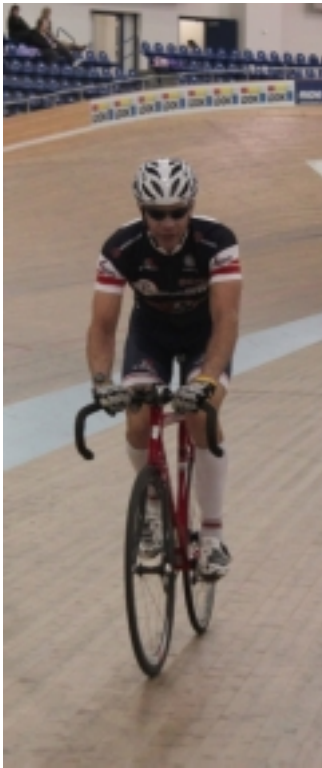
Paramount sponsored six track days this off-season. Three sessions in each of December and January. The sessions took place at the Home Depot Center velodrome in Carson, CA, which is a world-class facility.

Paramount invited the UCI cycling club to take part. Between UCI, Paramount and OCW, we had a good turnout for all six sessions. New riders went through a short introduction to the technique and rules for riding on the track. Each session involved warm-up, some exercises as a group and some motorpaced exercises. Participants were also able to try some timed events, such as a flying 250m (1 lap at top speed from a rolling start).

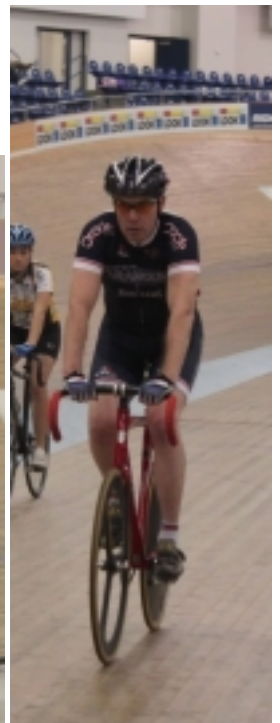
The track provides a great workout and builds bike-handling skills in a group. Plus, it's a lot of fun. We plan to schedule sessions again next year and encourage OCW and Paramount members to give it a try.



Paramount and the UCI Cycling Club at the Home Depot Center velodrome



John McKee



Scott Sharp

HIKING INTO THE CLOUDS

By Alan Dauger

We started our hike on January 30 under partly cloudy skies at the Cobb Estate, which is located at the north end of Lake Avenue in Altadena. Our plan was to enjoy some of the finest views of the Los Angeles basin, all the way out to Catalina Island. The weather had something else in mind for us, however, as we headed up to Echo Summit via the Sam Merrill Trail. We did get a view of downtown L.A. and the Island, but our views became cloudier as we ascended. So our hike became more of an adventure and a climb into the clouds. We arrived at Echo Summit to look at some of the artifacts there from the Mt. Lowe Scenic Railway. See the photo of **Alan Dauger**, Larry Linn, **Doris Bingo**, and **Stuart Gaston** on the world's largest chainring. Returning to the trailhead from here would have made a five-mile hike, but we all opted to go for a longer distance. So it was time to go for the second leg of the hike, up the sometimes steep Castle Canyon trail to Inspiration Point for one of the most spectacular viewpoints above the L.A. Basin. Today, however, the views were only in our imagination, as we were enshrouded by clouds and light drizzle. But we needed even more adventure, so we added two nearby peaks: Muir Peak, elevation 4688 feet, then Inspiration Peak, elevation 4714 feet. Finally it was time to return to our starting point via the middle Sam Merrill Trail to Echo Summit, then back down the lower Sam Merrill Trail to the trailhead. The total distance was 12 miles with 3100 feet of climbing. We enjoyed the challenges today with the climate, which all hikers dealt with successfully. Upon arrival back at the car it was a nice and warm 48 degrees, whereas at the top it was pretty cold. I think it was close to freezing for a while, with some of the drizzle frozen like snow or tiny hail.



TAKE A PASS

How To Navigate Around Others Depends On Where You're Riding

Submitted by **Michelle Kashima**

A common misconception motorists have is that cyclists are slow. Of course, an automobile can reach higher speeds than a bicycle, but that's on the increasingly mythical open road. Around town, we regularly demonstrate that cyclists are capable of keeping up with cars and often able to easily pass a congested lane of traffic. But this raises the question: What does the law say on the subject? The rules, as always, differ depending on where you are riding and whom you are passing. But let's take a look at a few common situations.

Bike Lane

It seems too obvious to state, but a cyclist sprinting past others is dangerous, if not illegal. You should pass other cyclists deliberately and at a safe distance (the closer you are, the slower you should go). If the path is so tight that you can touch the person you're passing, proceed even more cautiously. Also, the law may require you to audibly warn others before passing; for courtesy, you should do this regardless. Never pass on the right—you may cause a collision. Even though it's a bike lane, watch for cars: In most states, motorists must merge into the bike lane before turning right. If there is a car in the bike lane, cyclists are legally permitted to pass it by moving left, into the vehicular lane, and carefully merging back in once it's safe to do so. Of course, pay attention to what traffic is doing regardless. In Oregon, drivers are not allowed to merge into the bike lane, and must instead yield to cyclists before turning, but riders there should still tune in to activity all around them. For your own safety, don't try to pass right-turning vehicles by cutting in front of them in the bike lane; slow down and let the driver turn.

Sidewalk or Multiuse Path

When you're riding on the sidewalk, you are required to yield to pedestrians—assuming it's legal to ride there in the first place. On a multiuse path, you're required to follow rules regulating use, which are usually posted and typically address speed and right-of-way. Again, if you can touch the cyclist or pedestrian you are passing, you are too close for any significant speed. Move farther left, or slow down, and give an audible warning before passing.

Wide Road

Typically, if a lane is wide enough to share with a motorist and you are not moving at the speed of traffic, you must ride as close to the right as is safe. The general rule is that vehicles cannot pass on the right—but if the drivers to your left are traveling at a slower speed than you are, you don't have to slow down to avoid passing them. Because the law requires you to share the lane, it also acknowledges that you will sometimes pass other vehicles, just as other vehicles will pass you.

Narrow Road

When lanes are too narrow to safely share with a motorist, you are allowed by law to take the full lane. If, say, a driver in front of you is slowing to park or enter a driveway, you may make a legal pass to the left, just as if you were driving a car.

Article by Bob Mionske, J.D. for Bicycle Magazine, January 26, 2011

Research and drafting provided by Rick Bernardi, JD.

BOARD MEETING MINUTES

February 6, 2011

ATTENDANCE

Officers & Directors Present:

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

Members and guests present: **Alan Vester, Marlene Dauger, Rick Butz, Ron Hearn.**

CALL TO ORDER

The meeting was called to order by President **Mike Lee** 11:30 am.

MINUTES

A motion was made and seconded to approve the minutes of the January 2011 Board Meeting. Motion carried.

NEW DIRECTOR

Mike Lee nominated **Alan Vester** to become a Director with responsibility for Goat Hill.

TREASURER'S REPORT

Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Jim Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Mike** said we should try to make acquaintance with riders other than those with whom we usually ride, and encourage them to increase their participation.

Vice-President: **Jim** said the meetings went well last year. The next three are arranged. We are committed to 50 attendees at the Awards Banquet.

Membership: OCW has 447 members. Paramount has 92 members.

Paramount: **Curt Dosier** said the January track sessions were successful. The racing season has started well with Paramount members winning a first and a third place.

OCW COMMITTEE REPORTS

Bylaws/ Policies and Procedures: **Mike Lee** said although there was not a meeting, there has been some progress in updating the Policies and Procedures.

OCW/Paramount Relationship: **Mike** displayed revised artwork on the new OCW jersey.

LCI: **Mike** recommended that OCW pay for the League Certified Instructor (LCI) training for **Alan Vester**. There was discussion about the importance of spreading the word about traffic safety. A motion was made and seconded to have OCW send up to five TS101 graduates to the 2011 LCI class at an amount of \$200 each. **Mike** also asked for more students to sign up for the next TS101 class.

Website: **Mike Lee** stated that he has discussed among committee members about a template-based method called Wild Apricot, which is used by some other bike clubs. **Mike** would like to get the assistance from a local university student to start building the site and who would accept input from the Committee. He has contacted someone at UCI for this. Considerable discussion ensued on how OCW should create and utilize the website and how it should be managed.

Public Relations: **Dennis** stated that the Michelob Ultra Distributor has offered to help us with publicity.

Ride captain: **Lee Stebbins** is asking for volunteers to lead the Sunday rides. The months of April and June are open.

CTC: **Frank** stated that the spring season for Doubles has begun.

OLD BUSINESS

OCW/Paramount Jersey: Reported under OCW Paramount relations above.

Spring Metric: **Paul D'Aquanni** said that 30 have signed up so far.

NEW BUSINESS

Road Construction, Irvine: **Randy** showed a diagram of the proposed construction at Sand Canyon construction. He also showed a diagram of proposed construction at Culver. **Michelle** will take up some of the bike-unfriendly aspects of those proposals with the appropriate government officials.

Jax Bicycle Relationship: **Mike** is continuing discussion with Jax Bike Shop. The discount for OCW members has ended.

OCW Club Apparel: **Irene** showed a golf shirt sample in stone color that could have our logo. A motion was made and seconded to order those shirts with an OCW logo for each officer and director in a total amount not to exceed \$700.00. Seven voted in favor and 10 voted against. Motion failed.

Non-renewal of members: **Max** suggested surveying

those who did not renew their membership and try to find out what we might change to keep them. **Art** suggested surveying the membership at renewal time. **Charlie** said that we do have contact information on past members.

BALLOT: **Dan** reported that all persons on the 2010 ballot were elected. Training Officer had no candidates. For that position **Michelle Kashima** received 10 write-in votes plus there were a few other write-ins as well. The Board chose not to select anyone for Training Officer at this time.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:53 pm.

Respectfully submitted by **Alan Dauger**.

FIELD FIXES MAINTENANCE COUNTS

By **Frank Neal**

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

Rob Yula had a spill. It is a good lesson for all of us... I took a spill and bruised some ribs pretty badly this week.

Here is how it happened.

I had a somewhat worn out front chainring, which I have been meaning to replace.

In order for the shifter to properly get the chain up there, I had adjusted it to pull the chain farther out than normal. This was all fine, until a week ago; when, I think it may have been at the breaking point. It just wouldn't shift anymore. Then, I moved it a bit more.

Then, on the night of the 23rd, a guy passed me going up Bonita Canyon.

I was feeling pretty good, so I began hammering.

Then, at a higher speed, BOOM, off it came again. I lost it.

Well, lucky I was wearing my helmet, as I felt the thud of my helmet on the pavement.

And lucky I was wearing two layers of clothing. Definitely saved me from considerable road rash.

Well, a word to the wise: Those mechanics are right when they say you should replace certain parts when they are worn.

-Rob Yula.

Pay attention here for new riders and experienced riders! Ride Safe. – **Frank Neal**

CLASSIFIED ADS

OCW Members can enter classified ads by going to the "Members Only Page" area of the website and clicking on "Enter Classified Ads". Place your ad by the 1st of each month, to run in the following month's edition. Please follow the format below.

PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !

FOR SALE: I am selling my 2009 Cervelo S2 54 cm frameset. It has less than 500 miles and its in excellent condition. It has never been dropped or crashed. I inspected the frameset after I took the components off yesterday and found no dents or scratches on it. I bought it brand new in 2009 for \$2800. The frameset consists of a 54 cm bike frame, 3T Funda Pro fork, Cane Creek Integrated headset, and seat post. I am asking for \$1600 OBO. Contact Peter Chen at balatoe@msn.com or 949.232.5286

FOR RENT: Hardshell Tandem Case: Rent/Sale Traveling with your Tandem? Don't spend \$600.00 or more for a travel case. Why spend \$100.00 for a cardboard case that you may only use for one trip! I have a great hard-shell case available for rent or sale. If you have any questions, call/write Dan @ 714.572.1136, or DynoDan@aol.com. Thanks. Contact Dan Clark at de_clark@msn.com or 714.572.1136

FOR SALE: 07 Sram Carbon Force Excellent Condition'07 Sram Force drivetrain; Compact carbon 50/34 with english integrated BB, 170mm (BB fit Trek Madone), carbon rear derailleur, front braze-on derailleur. Approximately 2k well maintained miles. \$450. Contact Michelle Kashima at kashima@cox.net or 714.368.1315

FOR SALE: Bob Jackson, '88 531c Reynolds 56cm frame with carbon forks painted in British racing green by Joe Bell. Chromed lugs and chainstays. Easton EC70 carbon seatpost. New Shimano 105 front derail and BB. New Chris King headset. Ibis polished Ti stem. Easton EA90SLX wheels. Dura Ace 9 spd triple crankset (53/39/30). photo on request. \$900 OCW member Contact Cliff Nimrod at cnimrod@verizon.net or 562.428.1096

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

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

FOR SALE: hed time trial hed time trial bike hed tri spoke wheels, hed call the size a med , hed bars full dura ace. \$2500 less then 10 hrs this bike is mint ready to go. Contact Graham Collins at grahamcollins@mac.com or 714.293.5150

WANTED: 700c rims 36 hole, box section, polished aluminum rims. I could use up to 3, they do not need to match, prefer used in good condition. Contact Randy Kiefer at raymond.kiefer@navy.mil or 949.653.6346

FOR SALE: Felt S32 unused (new), red, gipiemme parade rims, seat serfas cr-mo, carbon fiber seat post, felt carbon fiber frame, carbon fiber cranks and all capinolla gear, \$2500 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

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!

A Road Bike 4U
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(949) 752-2080
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www.aroadbike4u.com

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(949) 885-6467
www.emergentsuccess.com

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(714) 891-8716 X108
www.pacesportswear.com

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(949) 548-4595

MVP Massage Therapy
Lake Forest, CA 92630
(949) 439-0673
www.MVP.MassageTherapy.com

Yorba Linda Physical Therapy
Yorba Linda, CA 92886
(714) 577-0745
http://www.yorbralindapt.com

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