

CHAIN REACTION

TANDEM TIME
May

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

PARAMOUNT RACING
2011

General Meeting

Wednesday, May 11th, 7:00 pm

Jerry Levy
MD, MBA

See page 7 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.

IN THIS ISSUE

Ride of Silence	Page 6
March General Meeting Recap	Pages 8-9
Goat Hill	Page 9
Paramount	Pages 14-15
Spring Metric	Pages 16-19

CALENDAR OF EVENTS

Ride of Silence	Wed.	May 18
Memorial Day Holiday Ride	Mon.	May 30
Ride Around the Bear	Sat.	Jun. 11
OCW Picnic	Sun.	Aug. 21
Amtrak	Sat.	Sep. 10

ORANGE COUNTY WHEELMEN BOARD

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Director	Alvin Trafton	
Director	Open	

BOARD MEETING

Sunday, May 1st, 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, May 26th, 7:00 pm

Hosted by:

Therese Hancock
2242 N. Wisteria Lane
Orange, CA 92867
714-602-2273
terezrh@aol.com

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

DIRECTIONS:

Take Katella east to Cannon, turn left, turn right on Golden Rod. Or Santiago West to Cannon, turn right, turn right on Golden Rod. Or Imperial south to Cannon, turn left on Golden Rod. Gate Code 3818. Second left onto Wisteria Lane, third house on right.

SPECIAL THANKS TO

Jim & Irene Walker
for Hosting the
April 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**

May 2011
Spring Cycling and OCW

Spring is here and the racing season is well underway. We have already seen the pros in many of the spring classics and the TDF is around the corner where we will soon be parked at the TV watching and cheering our favorite teams.

OCW has just completed a successful spring metric century with it being piggybacked by Juvenile Diabetes Research Foundation (JDRF). This was the first time that we have worked with JDRF for a spring metric ride and they met their goal of raising over \$5000 for the organization. Thanks go to **Ed Johnson** and Ali Galkin for assisting in the fundraising portion of the event and a website that made it easy to contribute. We signed up over 2 dozen new OCW members and created a new dimension to this ride. **Ed** and Ali have asked that we continue this event for next year and OCW confirmed their support. By the way, 4 members earned over \$500 and a spot on Amtrak, **Susan George, Ron Hearn, Ed Johnson** and **John Holtrust**.

Next up on the OCW agenda is "The Bear" we are well into the planning stages of this event with the permits, vendors, and the route. All will be in the final stages of confirmation by the time you receive this. Thank you to **Jim** and **Irene Walker** and **Paul D'Aquanni** for the never ending effort in getting a jump on this in the planning stage. The Jersey design credit goes to **Debi Butz** who seems to have become our official event jersey designer. Where would OCW be without this incredible team of volunteers that contribute time after time for the benefit of the club? The answer to this lies in their service to a cause and purpose they believe in and support. The Bear route this year will be altered due to the closure of Hwy 330. However, **Paul, Jim** and I have reviewed the new route and feel that this will be just as tough and in my opinion may even be safer. There will be plenty of signage and CHP patrol to assure the safety of all our riders. Good luck to all that attempt this challenge. I have attempted this 3 times and last year was the hardest for me due to inadequate training. I only needed a little help



in completing this ride last year. This year you will find me helping at timing the riders.

The goals I set forth in my last message are all being worked on in some form. It is too soon to start my review, but I will be checking on my accomplishments in next month's newsletter message.

The OCW KIT!! It's finally here from Voler. I have been riding and promoting our new clothing kit and if you don't have yours, contact us to find out what happened. But again by the time you receive this you should have already been contacted about arranging for receipt. If you didn't order a kit get on the website to place an order. I did order more than the preorder amount, but that won't last forever. We will place a reorder only after our first order is sold

out. We are still selling them at a 10% discount so don't wait. I hope to see a Saturday with every rider in club colors. What a sight that will be!!

My contacts and marketing of the club is ongoing with many county bike stores proposing ideas to work in concert with OCW. I find this a great opportunity for us to reach new riders and educate them in club riding skills and the social aspects of our great organization.

I almost forgot another rebirth! Goat Hill has been resurrected with **Alan Vester** at the helm. **Alan** is a long time mountain bike rider, organizing off-road events in Idyllwild. See the website for more information and get on the email list to stay current with **Alan's** rides.

One more item to note, Wednesday night rides are back with **Max Kaldenberg** leading the charge. Check the ride calendar for all the details but the first ride is May 4!!

Thank you to all the members for choosing to ride with OCW.

Ride Safe – Ride Predictable
Mike

MEMORIAL DAY HOLIDAY RIDE

9:00 am START

By Lee Stebbins

May 30, 2011 Mile Square Park, Fountain Valley. Take the 405 freeway north to Brookhurst exit north. Go 1.1 mile and turn right at Heil. Follow road 0.4 mile to tennis courts and field 12. Park in lot in front of restrooms.

L-47 Miles: Flat to rolling ride thru Huntington Beach, Seal Beach, Long Beach and returning on PCH & the Santa Ana River Trail (L7).

May OCW President's Ride

May 1, 2011

By Mike Lee

Sunday, May 1, 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.

May Birthdays

Barber, Drew	5/1
Concepcion, Meredith	5/1
Stebbins, Nicci	5/3
Cook, John	5/3
Thorpe, Karen	5/3
Kerfoot, Adrienne	5/3
Butz, Rick	5/4
Leiterman, Tim	5/5
Ormonde, Kevin	5/6
Gersitz, Lorraine	5/6
Van Matre, Roger	5/7
Ryder, John	5/7
Loughran, Steve	5/9
Rodriguez, Ernie	5/9
Wendling, Scott	5/11
Dutcher, Barbara	5/12
Gowing, Larry	5/12
Burns, Kris	5/12
Sepulveda, Margie	5/14
Fieldhouse, Bob	5/14

OCW Wishes You A Happy Birthday!

Becktel, William	5/15
Pugh, Jim	5/15
Shintani, Dennis	5/16
Ream, Myrna	5/16
Leonard, Bill	5/17
Perone, Mike	5/18
Kiefer, Randy	5/19
Dauger, Alan	5/19
Jimenez, Lou	5/22
Fairfield, Bob	5/22
Hunt, William	5/23
Winthrop, Marc	5/24
Bauer, Terrence	5/25
Iwata, Tom	5/27
Pim, Matt	5/28
St. James, Kasey	5/28
Anderson, David	5/28
Lawrence, Dale	5/28
Mills, Glen	5/30
Trafton, Alvin	5/30
Hatton, Jack	5/30
Shaughnessy, Matt	5/31

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

Bilbee, Kevin	Apple Valley
Bruckmann, Steve	Laguna Niguel
Chen, Steve	Irvine
Council, Tanya	
Engel, Peter	
Esser, Steve	Orange
Glaser, Annie	Diamond Bar
Glaser, Mike	Diamond Bar
Gobar, Wendy	
Hanna, Robert	Victorville
Herndon, Elizabeth	Villa Park
Lee, Tony	Irvine
Lipinski, Carole	
Lopez, Freddy	Pico Rivera
Lueras, Dan	Placentia
Lueras, Pat	Placentia
Mashaw, David	Anaheim Hills
Matousek, Steve	
Mumma, Richard	Irvine
Navarro, Joe	San Bernardino
Perrault, George	Orange
Robinson, Scott	Foothill Ranch
Rodriguez, Ernie	
Segura, Daniel	Riverside
Sprague, Beth	Corona
Sprague, Josh	Corona
Suh, Jae	Tustin

WEDNESDAY EVENING RIDES

5:30 pm START

By **Lee Stebbins**

May 4, 11, 25, 2011 Sand Cyn Cyclery, Irvine. Take the 405 Freeway to Sand Cyn/Shady Cyn exit North. Go 1.2 miles to Irvine Center Dr and turn right. Go 0.1 mile to parking lot and turn right. Park in near Sand Canyon Cyclery in middle of lot.

S-22 Miles Rolling ride up Shady Cyn thru Irvine & Newport Beach with scenic views along Back Bay Dr (S5).

S-23 Miles Rolling ride up Shady Cyn thru Irvine & Newport Beach with a climb up Newport Coast Dr returning on Back Bay Dr (S6).

OCW PICNIC

By **Jim & Irene Walker**

Don't forget to save the date for this year's picnic, August 21st. The park is located in Huntington Beach at 6622 Lakeview Dr. Enter the area off of Edwards on Inlet Drive (turns into Lakeview). We have reserved the Gazebo. The usual burgers and dogs and all of the usual picnic goodies are provided by the club. We will have water and lemonade to drink (no alcohol allowed). You may bring soda in cans. The Sunday rides will start at the park location. Please RSVP to **Jim & Irene Walker**, 562-943-9403 or teamwalker@bbcnet.com

OCW CLUB CLOTHING

By **Jim Walker**

The clothing shipment has arrived. We now have inventory. To purchase go to ocw.org and click on clothing and then select the available items you want. If you have any questions call **Jim Walker**, 562-943-9403 or teamwalker@bbcnet.com

RIDE OF SILENCE

By **Bob Fairfield**

I would like to see the Orange County Wheelmen participate in a Ride of Silence to honor those members, and other bicycle riders, that have been injured and/or killed while riding their bicycles.

On Wednesday, May 18, 2011, at 6:30 pm, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2003, Chris Phelan organized the first Ride Of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors, no registration fees and no t-shirt. The ride, which is held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.

Please wear an arm band; Black - or Red if you have been injured by a motorist.

Inexpensive head / wrist band sets or cut up tube socks work well.

It will be a dusk ride, sunset is at 7:53; so wear your reflective & HiVis day glow, & have plenty of reflectors & lights...

In case you don't know, California law requires lights & reflectors on bicycles on bikeways and sidewalks now, so we are starting early to get everyone back by sunset.

You may wish to contact the Bicycle Club of Irvine, which has already volunteered to lead a ride in Irvine for this year:

Irvine (Orange County)

Distance: 9.7 miles

Route information: <http://sellin.com/silence/>

Where: Irvine Civic Center / Police Station (assemble at 6:00 P.M.)

Route: Flat 9.7 mile loop around Irvine; on-street bike lanes and off street bike path: Repeat of the 2006~2009 route run East on Alton with several regroupings then return on the San Diego Creek path so we can fully regroup by the time we get back to the start.

Bill Sellin has done a tremendous job of organizing this national event for Orange County. Thousands of riders throughout North America will be joining us when we ride silently in single file to honor fallen riders and raise awareness of the need for motorists to share the road with cyclists.

I am planning to be at the Irvine Civic Center on May 18th, and I hope to see OCW well represented on this ride.

The cooperation between BCI, OCW and other Orange County cycling organizations on the Ride of Silence is reassuring as we seek a common goal. The need for a safe cycling environment is imperative for all of us.



MAY GENERAL MEETING

JERRY LEVY

Wednesday, May 11

By Jim Brewer

The May 11 General Meeting will feature slides and stories about “the best multiday bike ride on the West Coast,” the California Coast Classic Bike Tour from San Francisco to Los Angeles. Jerry Levy, a 4 year veteran along with **Dick Caley**, OCW member and 2 year vet and Greg Goodwin will share stories of this ride.

Because of its small size [registration is limited to 300] the tour takes advantage of Highway 1 which allows our group to ride Big Sur off limits to the ‘bigger’ rides and the route of the Amgen Tour of California!

Anyone who has thought about ‘taking the next step’ [beyond the Amtrak century!] will want to come to this meeting.....see you there.



March General Meeting 2011

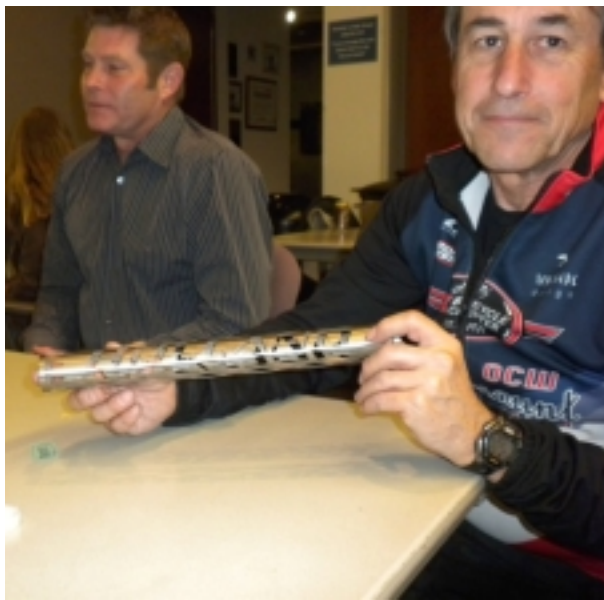
By **Jim Brewer**

Anita's beef and chicken tacos were served at 6:30, then first timers were introduced. **Link Linquist** talked a few minutes of the local races and then **Lee Stebbins** gave the safety talk.

Lee Stebbins introduced Bill Holland to thirty-six cyclists in attendance and then we were treated to a very interesting presentation. **Bill Holland's** unique bicycle made from the best of both worlds, titanium and carbon, intrigued everyone. Bill went into detail on how his 35 years of frame building morphed into the manufacturing of his Exogrid and Bi Fusion process. He brought samples of the tubing and showed how it was joined together to form one of best frames ever built. Bill explained how he customizes each frame to fit each customer. One of most famous customers was Bill Walton of the NBA.

It was a pleasure having Bill as our guest. Many questions were asked at the conclusion of the meeting and he demonstrated how the auto-shifting works and talked about the uniqueness of his bicycle.

Tire removers, tubes, homemade peanut brittle, bottle of wine and tail light were raffled off by **Paul Defeo**.





Goat Hill 2011

By Alan Vester

I am starting the mountain bike rides in April for OCW. Goat Hill is the name that has been around for years, so I will continue with the tradition of that name.

The majority of the rides will be in Orange County parks, such as Aliso/Woods in Laguna, Chino Hills State Park, Peters Canyon in Irvine to name a few. Some rides will be in Riverside County. The rides will be geared for beginner and intermediate riders and average 15 to 20 miles in length. The terrain will be a combination of wide fire roads and narrower single track paths.

Due to the excessive rains this year, many of the trails are not in rideable shape. I have delayed the start-up of these rides for this reason.

The rides will be Thursday evenings to begin with. They will start at 5:30 pm sharp and will average between 1.5 – 2.0 hours. I may add Sunday rides as the season progresses.

Come on out and join us for a mountain bike ride.

Contact me, **Alan Vester**, for any questions or to be added to my email list, at the following email address: alan@idyllwildcycling.com



FIELD FIXES

By Frank Neal

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

Out of CO2? Ever had one of those days when you have forgotten to replenish your used CO2 cartridges and had to phone home for a SAG? Next time you are at your bike shop, purchase a small brass Schrader adapter that screws onto your Presta valve like a valve cap. Then, you can walk to the closest gas station and use their air. It is only 65# - 80#, but it will get you home without bothering your SAG who would rather be doing something else!

Whole Body Workout

Submitted by **Michelle Kashima**

If you're like most cyclists, your legs aren't the first part of your body to call it quits on a long ride. Chances are it's your back, your neck, or even your arms. Use these moves to tune up the supporting muscles, and they won't slow you down. Do two sets of each move once or twice a week.

LOWER-BACK MUSCLES

Any force you direct into your pedals also travels up into your torso, particularly your lower back. The muscles running along the lower section of your spine go into overdrive to support you when you pedal hard, especially during long, seated climbs.

Tune 'Em Up: Assume a push-up position with your hands on a low step directly beneath your shoulders, feet on the floor. Extend your right arm overhead and lift your left foot a few inches off the floor, pointing your toes. Hold for a few seconds, then return to start.

UPPER-BACK MUSCLES

Your trapezius and rhomboid muscles run along your upper back and into your neck. They hold your head up and shoulders back as you stretch across your top tube in the riding position.

Tune 'Em Up: Lie facedown on an exercise ball with your feet planted on the floor shoulder-width apart, and your belly and hips pressed into the ball. Keep your back flat and your chest off the ball so your body forms a straight line from your head to your heels. Drop your arms toward the floor, keeping elbows slightly bent and close to your torso. Squeeze your shoulder blades together and lift your arms out to the sides.

TRICEPS

The backs of your arms act as your upper-body shocks, supporting your torso on the bar and absorbing chatter from the road.

Tune 'Em Up: Sit on the edge of a chair with your feet flat on the floor, knees bent 90 degrees. Grasp the seat on each side of your butt and walk your feet out as you inch off the seat. Extend your legs and plant your heels on the floor. Bend your elbows back and dip your butt toward the ground until your shoulders and elbows are in line.

ABDOMINALS

Your abdominal muscles support your torso. They also pull your legs around the top of the pedal stroke and, with your low back, provide a stiff platform for your legs to push against as you punch the pedals back down.

Tune 'Em Up: Lie on your back, hands behind your head, knees bent. Lift your feet off the floor until your legs form a 90-degree angle, calves parallel to the floor. Pull your navel to your spine, and lift your head and shoulders off the floor. Curl your right shoulder across your body toward your left knee while extending your right leg. Do not draw your left knee into your chest; keep it still. Then, keeping your torso lifted, switch sides, bringing your right leg back to start and curling your left shoulder toward your right knee, while extending your left leg.

FOREARMS

Your arms support about one-third of your body weight when you're perched atop your bike. The muscles in your forearms pull double duty, supporting you but also squeezing the brakes and working the shifters.

Tune 'Em Up: Try wrist extension and flexion. While seated, hold a light weight in your right hand and rest your right forearm on your right leg so your hand dangles toward the floor, palm down. Slowly raise and lower the weight 10 times. Flip your arm over and repeat the move, this time with palm facing up.

Selene Yeager, Bicycling Magazine

SATURDAY TRAINING

Come out and join us every Saturday (weather permitting) at 8:30 am at the Orchard Hills Shopping Center in Irvine, on the corner of Portola and Culver/Orchard Hills.

If you haven't already, please sign up on the training email list to receive weekly emails on the next Saturday distance rides and also any weather that might cancel a ride.

Michelle Kashima

training@ocw.org



Weekly Ride Schedule

TUESDAY

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

WEDNESDAY

Evening Rides - **5:30 pm**, Sand Cyn Cyclery, Irvine. Take the 405 Freeway to Sand Cyn/Shady Cyn exit North. Go 1.2 miles to Irvine Center Dr and turn right. Go 0.1 mile to parking lot and turn right. Park in near Sand Canyon Cyclery in middle of lot. Ride Leader **Lee Stebbins**, ridecaptain@ocw.org. See page 5.

THURSDAY

Evening Mountain Bike Rides - **5:30 pm**, various locations. Sign up for email notification of rides at alan@idyllwildcycling.com. Ride Leader **Alan Vester**, alan@idyllwildcycling.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.



SEE PAGE 22 FOR
TANDEM TIME
DETAILS

Happy
Mother's Day



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.**

May 2011 Schedule

All rides start promptly at 8:30

May 7, 2011

Slow to fast

25.0 Miles Flat - Ride through Irvine

35.0 Miles 900 Feet of climbing Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Toledo, El Toro, Los Alisos, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

52.0 Miles Very Hilly – Main, Harvard, Barranca, Jeffrey/ University, Ridgeline, Turtle Rock, Newport Coast, PCH, Poppy, Marguerite, San Joaquin Hills, Pelican Hill, PCH, Laguna Cyn, Aliso Creek, Muirlands/ Barranca, Von Karman, Main, MacArthur

May 14, 2011

Slow to fast

25.0 Miles 500 Feet of climbing Mostly Flat - Red Hill, Alton, Irvine Blvd., Portola, Jeffrey, Yale, W. Yale Loop, Main, MacArthur

35.0 Miles Hilly – Main, Von Karman, Michelson, Rosa Drew/ Ridgeline, Shady Cyn, San Miguel, PCH, Laguna Cyn, El Toro, Moulton/ Irvine Ctr, Alton, Main, MacArthur

62.9 Miles 700 Feet of climbing Flat/ Rolling - Main, Sunflower, Greenville, S.A. River Trail, Lampson, St. Cloud/ Monticeto. Katella/ Willow, L.A. River Trail, Beach Bike Trail, PCH, Dover, Irvine/ Campus, Santa Ana/ Red Hill, Main, Sky Park Cir

May 21, 2011

Slow to fast

26.0 Miles 600 Feet of climbing Flat/ Rollies - MacArthur, Main, Alton, Irvine Blvd, El Toro, Muirlands/ Barranca, Von Karman, Main, MacArthur

36.0 Miles Hilly - Red Hill, Alton, Bake, Portola, Marguerite, Trabuco/ Irvine Blvd, Alton, Red Hill, MacArthur

53.0 Miles 2030 Feet of climbing Hilly - ride through Tustin into the Anaheim Hills back through the Orange hills and Tustin

May 28, 2011

Slow to fast

28.0 Miles Hilly - Red Hill, Barranca, Harvard/ Bike Trail, Eastbluff, San Joaquin Hills, Newport Coast, Shady Cyn, Turtle Rock, Campus, Bike Path after University, Main, MacArthur

38.0 Miles Hilly - Main, Jamboree, Alton, Jeronimo, Olympiad, Marguerite, La Paz, Muirlands/ Barranca, Alton, Jeffrey/ University, Campus, Von Karman, Main, MacArthur

55.1 Miles 2700 Feet of climbing Hilly - Ride thru Irvine, Lake Forest, Mission Viejo, San Juan, Dana Point, Aliso Niguel

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.*

May 2011 Schedule

All rides start promptly at 8:30

May 1, 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- 27 Miles Flat ride thru Irvine (S6).

M-36 Miles Hilly ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills (M1).

L-40 Miles Hilly ride thru Irvine, Lake Forest & Mission Viejo (L1).

May 8, 2011 Peppertree Park, Tustin. Take 55 Freeway North, to 4th Street exit East. Go 0.3 mile and turn right on "B" Street. Go 0.2 mile to the Park. Peppertree Park is located at the corner of 1st Street & "B" Street.

S-22 Miles Flat ride thru Tustin & Irvine (S5).

M-33 Miles Flat to Rolling ride thru Tustin, Costa Mesa, Newport Beach & Irvine (M2).

XL-52 Miles Hilly ride thru Tustin, Irvine, Mission Viejo & Laguna Hills & Lake Forest (XL2).

May 15, 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 Rvr Tr and Costa Mesa (L1).

May 22, 2011 Bonita Cyn Sports Park, Newport Beach. Take the 55 Freeway south to the 73 Freeway and exit on MacArthur Blvd. Go south on MacArthur for 0.9 miles and the turn left on Bonita Canyon Rd. Go 0.4 miles and turn right on Mesa View. Turn left at end of street onto Ford Rd. The Park is located on the left at the first stop sign.

S-27 Miles Flat to Rolling ride thru Newport Beach, Shady Cyn Trail, Irvine & Tustin (S3).

M-34 Miles Rolling ride thru Newport Beach, up Shady Cyn & Turtle Rock, Irvine & Tustin (M3).

XL-50 Miles Hilly ride thru Irvine, Lake Forest, Mission Viejo, Laguna Niguel, Laguna Bch & Newport Bch (L3).

May 29, 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 to Rolling ride thru Irvine, Newport Beach & Costa Mesa (S5).

M-32 Miles Flat to Rolling ride thru Irvine, UCI, up Shady Cyn & Turtle Rock returning thru Newport Beach & Costa Mesa (M4).

L-42 Miles Hilly ride thru Irvine, up Shady Cyn & Jeronimo in Mission Viejo (L5).

June 5, 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.

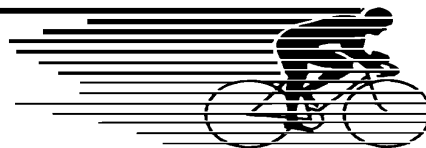
S-29 Miles Flat to Rolling ride thru Newport Beach, Huntington Beach & Irvine (S7).

M-35 Miles Hilly ride thru Irvine, Laguna Beach, Newport Beach with a final climb up Newport Coast (M2).

L-45 Miles Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach (L4).



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	Marcos Corona	coronam@uci.edu
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

TUSTIN TOYOTA

CRANKY'S BIKE SHOP

INKSPOT GRAPHICS

STARLIGHT PHOTOGRAPHY

BIKELICIOUS

Early Season Update

BY Hilary Crowley

The women's elite team has been off to a slow start this season but with so much great racing throughout the summer and fall, our schedule will all even out. In mid-March I flew into Ontario and had **Suzie** meet me for a weekend in the IE to do one of my fav group ride with Team Redlands the day before the Ontario Spring Classic Grand Prix. Unfortunately, it rained with gale wind on race day and we were deterred.

Since moving to Utah, I was invited to race with a local team up here called Primal Utah – a junior spin off of the professional women's team Primal/Mapmyride. These races are all training for the real deal in So Cal and wow are they different. Last weekend I did a little circuit race called Hell of the North: a circuit with 1.78 miles of rutted out dirt north of the Salt Lake City airport. Some sections were like the woops in motorcross and water bottles were flying. The best lines were about the width of your hand with a ditch to one side and pot holes you'd avoid in a car on the other. Tough! This roadie was out of her element and explains why professional mountain biker Sarah Kaufmann crushed us. Definitely not your average road race. Today (4/10) I wrapped up a stage race called Tour of the Depot where it snowed throughout the road race and while the skies were clear today, the temps were in the high 30's. Orange County and southern Cal really is where it's at and boy did I take for granted being able to train year-round in Vegas. Oyl!

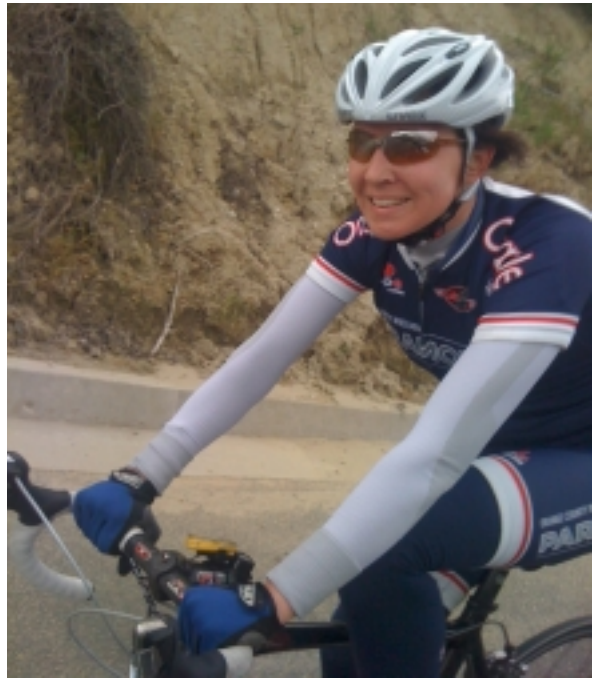
In May we're looking to do the Long Beach Grand Prix and Dominguez Hills, among others. Until next time, this is an open invite to all for secret altitude training with me at 5,000 feet in SLC!

Paramount Racing

By Curt Dosier

Marcos Corona 6th overall at Tour of Murrieta.

The Tour of Murrieta took place on March 11-13, 2011. The race included a time trial, criterium and a circuit race in an omnium format. Unlike a stage race, in an omnium, one could pick and choose among the events. Points from all three events are totaled to determine the overall placings. The Category 3 squad for the race was **Marcos Corona, Carlos Ibarra, Wilson Crider, John Bernstein** and **Curt Dosier**. **Marcos** finished 3rd in the criterium and 5th in the circuit race.



Suzie crushing it up Barton Road in Loma Linda

Unfortunately, he missed out on some points by not participating in the time trial, but still finished 6th overall.

On the Sunday of the Murrieta race, **Corey Patterson** finished 10th at the CBR crit #4 without any team support.

A few weeks later, **Marcos** finished 6th at the Redlands criterium in his last Category 3 race. **Marcos** will move up to Category 2 and try to help establish an OCW/Paramount men's elite squad.

Monty Pettus Wins Again at CBR Crit

Monty Pettus continued Paramount's stranglehold on 60+ racing in SoCal with another win at CBR crit #4 on March 13th. One week later at the Ontario GP #2, some bad luck struck **Monty**, allowing David Lang of Team Dare to take the win. **Monty** had the sprint well in hand when he dropped his chain just prior to the finish line - presumably the result of bike damage from an earlier crash. **Monty** still coasted in for 2nd, with **John McKee** in 4th. **John** also finished 4th a couple of weeks after Ontario at the Redlands criterium.

At this point in the season, **John** is leading the 60+ SoCal Cup with **Monty** in 4th.

Spring Metric Wrap-up

A great day for the OCW members that took part in the Spring Metric and 40 miler, as well as our fabulous volunteers. We were able to recruit 29 new members, as 118 riders turned out to ride. We were all treated to a great day for the event. OCW partnered with JDRF, Juvenile Diabetes Research Foundation, this year, which seemed to be a win-win for both organizations.

Jim Walker headed up registration, as we also had quite a few folks sign up that morning. Rest Stop 1 was set up at the friendly JAX Irvine Bike Shop. **Bob Fieldhouse** with his very efficient team of **Diedre Engel**, **Margie & Irineo Sepulveda**, and **Rick**, served up muffins, PB&J, fruit, and assorted cookies.

Rest Stop 2 had **Dennis & Diane Thomas** along with **John Acuna** serving up food, fruit and encouragement as the riders from both the rides were now just 12 miles from the finish. At the finish **Mike Spitt**, **Liz & Jessica Gaston**, and **John McKee** were getting the Pollo Loco chicken feast ready for those finishers and volunteers. **Tom Madden** and **Art Pegg** did an awesome job at sweep, bringing in the last 3 riders just as we were about to finish off the last of the Pollo Loco! The day was well documented by **Jim & Anita Brewer**, whom I am sure will share the pictures at a later date. They also provided the roaming SAG support.

Thank you to the volunteers and veteran members who helped welcome our new members and provided a memorable day for all.

Paul DAquanni
Events



Tom Madden & Art Pegg celebrate at the Finish with 3 appreciative Members



Rest Stop 2



Inaugural OCW / JDRF Spring Metric

By Ed Johnson

Although I'm a relatively new member of OCW, I've been an avid cyclist for more than 20 years. I've also been involved with various community service and charitable organizations for many years. A few years ago, with the encouragement of a long time friend and fellow cyclist, I combined the two interests and signed up to do a ride with him in Tahoe in support of Leukemia & Lymphoma Society (LLS). It was rewarding and fun to combine two passions – cycling, and a desire to do good. Over the course of four years, I did two rides and then two marathons – all with LLS's excellent TNT (Team in Training) program.

Then in 1995, my granddaughter was diagnosed with juvenile (type 1) diabetes at age five. Wow! What a life changing event – for her, and for her family. Type 1 diabetes is the most severe form of a disease that annually accounts for almost \$100 billion in health

care costs in the US alone, and affects as many as three million Americans (vs. >20M for type 2). Usually striking before the age of 30, juvenile diabetes takes a harsh toll on people. Not only will they be insulin dependent for life, but they are also much more vulnerable to severe life-limiting and life-shortening complications such as adult blindness, amputation, kidney failure, heart disease, stroke, and nerve damage.

Controlling diabetes requires 24/7/365 vigilance and imposes a grueling regimen. It includes eating a very carefully calculated diet, checking blood glucose levels several times a day by sticking a finger, and taking insulin injections — as many as six per day — or delivery of insulin through a pump, just to stay alive. It means children and families living by the clock day and night for the rest of their lives — lives that average 15 years less than yours and mine.

Man! I was motivated! I discovered JDRF (Juvenile Diabetes Research Foundation) and signed up





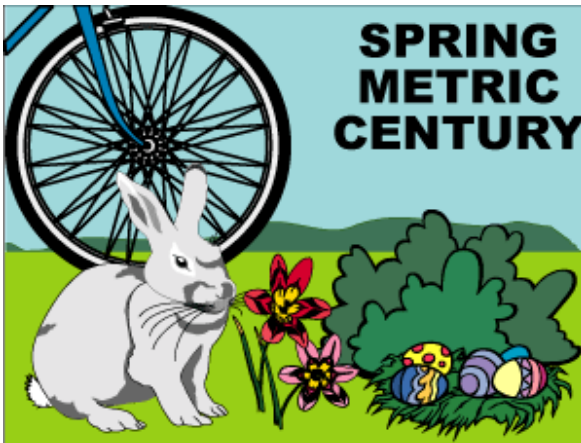
event, with a MUCH lower fundraising commitment, might be a good way to raise money and awareness for JDRF. Duh!

I reached out to **Charlie Irwin**, to see if he had a suggestion of local ride and/or club to partner with. To my pleasant surprise, he suggested OCW and the Spring Metric. When I expressed enthusiastic interest, he offered to run it up the flagpole with the OCW Board to explore interest. Soon thereafter, I was meeting with **Mike Lee, Jim Brewer** and **Paul D'Aquanni**, and we were green lighted, with the stipulation that any riders I recruited would become members of OCW. I started immediately trying to recruit other cyclist friends to participate.

On ride day, we had decent weather (a little cloudy and cool but no rain) and a good turnout, including about 10 new riders who registered with JDRF. In particular, I want to give a shout out to the riders who raised \$500 or more, and who additionally benefits with priority registration for the Amtrak ride later this year: **Susan George, Ronald Hearn, Ed Johnson, John Holtrust** and **David Whitney**. Thanks in particular to **John Holtrust**, who with a matching donation from his employer, helped us raise the total to more than \$6300!!

Thank you, thank you, thank you OCW! We hope this is just the first of an annual partnership event! Please reach out to me (edjohnson1@mindspring.com) or Ali Galkin, my partner from the staff of the OC Chapter of JDRF AGalkin@jdrf.org if we can answer any questions. Hope to see you next year!!

(www.ride.jdrf.org) to ride and raise money to fund research to find a cure. I did my first ride in 2006 and have ridden every year since, having raised more than \$30,000 over the past five years. In those years, I've been able to recruit a few riders to participate, but the fundraising commitment (minimum \$4,000) is too intimidating for most, so most years it's just been one or two of us. Then it occurred to me that doing a local



BOARD MEETING MINUTES

April 3, 2011

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Irene Walker, Alan Dauger, Jim Walker, Paul D'Aquanni, Lee Stebbins, Jim Pugh, Dennis Thomas. Dan Gorman, Bob Fairfield, Max Kaldenberg, Frank Neal, Randy Kiefer, Steve Loughran.

Members and guests present: None.

CALL TO ORDER

The meeting was called to order by President **Mike Lee** 11:32 am.

MINUTES

A motion was made and seconded to approve the minutes of the March 2011 Board Meeting. Amendments were as follows: Those listed as present under appointment for directors should also show as present under members and guests. Also **Susan George** should be listed on the Amtrak end of route committee. The motion to approve the March minutes as amended was carried.

TREASURER'S REPORT

Jim 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** commended the publicity for our Spring Metric, which experienced the best attendance ever.

Vice-President: **Jim Brewer** said he is looking for General Meeting speakers for September, October, and November.

Membership: OCW has 486 members. Paramount has 89 members.

Paramount: No report.

OCW COMMITTEE REPORTS

Bylaws/ Policies and Procedures: **Mike Lee** said this effort is continued to the month of May.

OCW/Paramount Relationship: No report.

LCI: **Mike** has listed all those who have completed TS 101 on the website.

Website: **Mike Lee** said the committee will soon select a new webmaster. Charlie Irwin will assist in training this person and he will enable Amtrak registration for 2011.

Public Relations: **Dennis** said that Straub Distributing (Anheuser Busch) would like to do promotional things for us. Examples are a jersey and gifts for the Amtrak train ride.

Ride captain: **Lee Stebbins** asked for assistance on July and August Sunday rides. He provides the route slips.

CTC: **Frank said** the Triple Crown rides have begun. The weather was not favorable for the first three rides this year.

OLD BUSINESS

OCW/Paramount Jersey: **Mike** showed the sample fabric from Voler.

Spring Metric/JDRF Piggyback: **Paul D'Aquanni** said we had 118 riders, 29 of them being new members. JDRF raised over \$6000.

Ride for the Prize: **Mike** stated that every member must have equal opportunity for an award. He said he will review this award idea.

Amtrak end of Route Committee: **Paul D'Aquanni, Steve Loughran, Max Kaldenberg, and Susan George** are the members of the committee, which will try to pick the best route out of those proposed. Also the committee may try contact the San Diego P.D. for assistance.

NEW BUSINESS

Non-renewal of members: **Max** said the stationery has been printed and he will proceed with the effort.

Piggyback charity for the Fall Metric: **Mike** asked everyone to let him know if they have ideas for this.

Ride around the Bear: **Irene** described the arrangements made thus far. **Paul** asked for a donation in kind of up to \$500 value to ECS, which is the emergency services group that assists us on this ride. A motion was made and seconded to do so. Motion passed.

Amtrak Planning: **Lee** described the arrangements made thus far. However there is a problem in that San Onofre State Park might not issue a permit for the ride to go through there.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:50 pm.

Respectfully submitted by **Alan Dauger**.

Ride Like A Pro

By **Paul DAquanni**

If you are new to riding on the road, new to cycling or just want to hone your road skills and feel safer riding on the roads, come ride with one of OCW's, League Cycling Instructors. We have been trained and certified by the 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.

CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By **Frank Neal**

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

The 2011 Spring California Triple Crown Double Century Series is now in full gear!

The first three Double Centuries were brutal with really bad weather:

2/19 Camino Real was met with hard driving rain and wind the last 100 miles. Congratulations to **Jim Cawthon** for OCW's only Finish.

2/26 Death Valley Spring was met with extreme winds and a few sand storms. 150 Riders started the Double and only 10 finished. OCW had no finishers.

3/26 Solvang Spring Double had driving rain after about 80 miles. OCW congratulates our three finishers: **May Park, David Park, and Chuck Bramwell**.

Congratulations to all who have braved the harsh conditions this year!

Upcoming we have:

4/9 Mulholland Double.
4/16 Hemet Double.
4/30 Devil Mountain Double.
5/14 Central Coast Double.

We hope for better weather in the future.

Ride Safe out there! - **Frank Neal**
CTCDataGuy@Verizon.net



Ride Around the Bear # 27

June 11th

By Paul DAquanni

We all know that Ride Around the Bear is one of the more challenging Century rides in So California. This year we will add some more miles, and a new route from Sylvan Park to Running Springs via Route 18. From Running Springs the route will be the same as in the past. Route 18 will provide a new challenge for all Bear Riders in 2011. The route is still being fine-tuned

but I promise it will be a memorable route and who knows, maybe it might be the new route for Ride Around the Bear in the future. So if you are riding the Bear this year, keep up the training for a great day on the mountain.

Most volunteer positions have been filled but if you are still interested in volunteering feel free to email me to hear what might still be available. My thanks to the early response to my "call for volunteers" last month.

Paul DAquanni
OCW Events



New OCW Kits



Tandem Time



Please join us for the next Tandem Time ride:

When: Saturday, June 4, 2011 starting at 8:30 a.m.

Where: The Square located at Main and MacArthur in Irvine near the John Wayne Airport.

The ride is approximately 30 miles in length.

Stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders. Please contact **Bob Fairfield** or **Jim Pugh** for further information.

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: Adam's Trail-a-bike with twist shifter. Take your 3 to 8 year old along for the ride. Perfect condition. No scratches. 5 Speed Shimano. Adjustable bars and seat. Red. Attaches to seatpost of lead bike. Child can pedal at their own pace. Quick release hitch. Only 250 miles. \$95. Contact Scott Klages at saklages@aol.com or 714.318.1400

FOR SALE: Bike Travel Cases: 1 Hard Case & 1 Soft Case. Both meet airline maximum size regulations. Used once for a CoMotion Tandem.

Parker Hard Case: Polyethylene, with ball-bearing wheels and pullout handles, engineered for one person to handle and strong enough to be shipped Federal Express, UPS and even through airline baggage handling. They do not tip over like other wheeled cases. \$350 OBO.

S&S Soft Case: 1000 dinear black Cordura and has four plastic perimeter panels that snap together to protect the 10" edge of the case. The case with a bicycle inside measures 26" x 26" x 10" which meets the typical airline standard maximum size limit and can be carried by the handle as normal luggage. When the bike is removed the case transforms into a small size that can be easily carried on your rack. \$175 OBO.

Questions or need pictures? Contact Art Wickersham at grnmach2@earthlink.net or 714.529.3912.

FOR SALE: Park Home Mechanic Cycle Stand PCS1. Used, but very usable. Great work stand for home use. \$75 OBO. Contact Art Wickersham at grnmach2@earthlink.net or 714.529.3912

FOR SALE: 1974 Colnago Frame and Fork, 58 CM I bought this frame and fork to build up and ride the L'Eroica, in Italy last year. It has a few (quite a few) chips in the paint, but it is straight, solid, with no dings or dents. The color is dark silver with yellow and black trim. If you would like pictures. I'm asking \$550.00 but the price is negotiable. The headset is not included. If you would like to see it, give a call. Thanks Contact Dan Clark at de_clark@msn.com or 714.572.1136

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 balatoc@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

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
Irvine, CA 92614
(949) 752-2080
sales@aroadbike4u
www.aroadbike4u.com

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

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

Allegro Property Inspections
Fountain Valley, CA 92708-3516
(714) 916-0110

Matloff and Associates
Landscaping
Mission Viejo, CA 92692
(714) 267-2193
www.matloffandassociates.com

Springdale Villa Apartments
6000 Garden Grove Boulevard
Westminster, CA 92683-1976
(714) 894-5718

Dee Bessee Massage Therapist
Costa Mesa, CA 92627-5542
(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

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested

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



FIRST CLASS MAIL

