

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
July

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

PARAMOUNT RACING
2011

General Meeting

Wednesday, July 13th, 7:00 pm

Serfas Cycling Accessories
Bringing you even MORE in 2011

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.

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CALENDAR OF EVENTS

BCI/OCW Bike Rally	Sat.	Jul.	2
Holiday Ride	Mon.	Jul.	4
Palos Verdes Ride	Sun.	Jul.	10
Tandem Time	Sat.	Aug.	6
OCW Picnic	Sun.	Aug.	21

ORANGE COUNTY WHEELMEN BOARD

OFFICERS

President	Michael Lee	949.458.0205 President@ocw.org
Vice President	Jim Brewer	714.525.9995 Vpresident@ocw.org
Treasurer	Jim Walker	562.943.9403 Treasurer@ocw.org
Secretary	Alan Dauger	714.846.0862 Secretary@ocw.org
Events	Paul D'Aquanni	949.766.2951 Events@ocw.org
Ride Captain	Lee Stebbins	714.593.9226 RideCaptain@ocw.org
Membership	Irene Walker	562.943.9403 Membership@ocw.org
Editor	Doris Bingo	714.282.0949 Editor@ocw.org
Statistician	Jim Pugh	714.680.4828 Stats@ocw.org
Public Relations	Dennis Thomas	951.340.0144 PubRelations@ocw.org
Training	Michelle Kashima	714.368.1315 Training@ocw.org

DIRECTORS

WEB Master	Willie Hunt	714.309.2192 willie@surefire.com
Tandem Time	Open	
GoatHill	Alan Vester	714.231.3164 alan@idyllwildcycling.com
Insurance	Open	
Paramount	Curt Dosier	949.721.7613 cdosier@kmbob.com
Director	Debi Butz	714.996.4366 rdbutz@earthlink.net
Director	Bob Fairfield	714.508.7375 mobile412@ca.rr.com
Director	Dan Gorman	714.771.7741 dmgorman@aol.com
Director	Max Kaldenberg	949.857.4355 max.kaldenberg@cox.net
Director	Randy Kiefer	949.653.6346 raymond.kiefer@navy.mil
Director	Steve Loughran	949.348.9332 loughransc@yahoo.com
Director	Frank Neal	909.592.2727 CTCDataGuy@Verizon.net
Director	Art Pressel	714.914.9300 presselhome@earthlink.net
Director	John Rowe	714.313.3116 john@rowenet.us
Director	Alvin Trafton	

BOARD MEETING

Sunday, July 3rd, 11:00 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, July 28th, 7:00 pm

Hosted by:

Diane Clanton

2204 E. Vista Canyon Road
Orange, CA
714-282-8206
dianecanton@ao.com

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

DIRECTIONS: Take the 55 Fwy North, exit at Lincoln/Nohl Ranch Road; turn right on Santiago and then make an immediate left at Vista Canyon (across from the Shell gas station), second house on the right, up the hill.

SPECIAL THANKS TO

Art & Judee Wickersham

**for Hosting the
June 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

July 2011

Pre Ride checklist

It's 5:00 am Saturday morning, the glow of the morning sun is just starting to appear on the horizon. As I roll out of bed to start my day I feel like I could use another two hours of sleep. Or maybe have a cup of coffee and read the paper, surf the internet, and check my email. No, I know that a 40 mile ride will get the body moving and I'll feel better for it afterwards.

The coffee is on, pour the juice, and check the weather channel for the forecast. Start the oatmeal breakfast, always oatmeal since it stays with me on the ride and doesn't make me feel bloated. Let's not forget the banana for the potassium (heart food) the vitamin boost, anything else? No, I'm good to go. What kit am I wearing today? Did I check the tires on the bike, any flats that need to be fixed? Everything is good, computer charged, bike is in good working order. Now let's get to the ride start.

Hey, it's ride time. What better way to stay motivated for riding than to join a bike club with people arriving all at the same time to join in a ride on Orange County's roads. Lucky for me there are a number of people expecting to meet and ride with others that its great to all share in this experience. We have all arrived here for another great Saturday OCW club ride.

The ride start is buzzing with conversations! What ride are you doing? Good to see you! Welcome back to OCW. Missed you! The officers are chatting away with the latest planning and organizing items that still need to be completed for the next event. Hey get your bike going, finish getting yourself together, do I need the arm warmers today? Tires are pumped up. Bottles have water in them. Did you do an ABC quick check of the bike. Don't need to find out in the first few miles that a wheel isn't secure.



LET'S ROLL !!!

I love these mornings, makes me feel like I'm connecting with my world, my surroundings, and my environment. I spent many years Hiking and Backpacking throughout southern California and the Sierras. Been to the top of San Geronimo so many times I felt that I could do it in my sleep. Dollar Lake has gotten so old and overused I don't think you're allowed there anymore. But it's the connection I lost to the outside world and what I still need and found in cycling.

If this is your typical Saturday morning for your pre ride check list I think you're on the right track. Everyone's needs are a little different but for a pleasant ride, you need to be prepared. Sleep, Nutrition, and Exercise is all needed for us to be our best in our professional life and personal life. I know that some of this becomes some people's way of life and I applaud you for your commitment.

So what next? The summer is here and the riding is great in SC. Be sure you're using enough sun protection, and getting enough fluids. Ready for the Centuries? It doesn't matter anyways, if you're out riding and enjoying that is all there is.

Don't forget our Club Picnic in August! See the notice elsewhere in this issue of CR (see page 5). Other club events to not miss, the OCW-BCI joint ride on July 2, our monthly meeting on July 13, and the lowly Folding Party on July 28.

Ride Safe, Ride Predictable.

Mike

July OCW President's Ride

July 3, 2011

By Mike Lee

Sunday, July 3, 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.

JULY 4 HOLIDAY RIDE

8:00 am START

By Lee Stebbins

July 4, 2011 University Park, Irvine. Take the 405 Freeway to Culver Dr exit South. Go 0.3 mile to Michelson Dr. and turn left. Go 0.1 mile, turn right into parking lot. Park near Carl's Jr.

27-Miles: Flat to Rolling ride thru Costa Mesa & Newport Beach areas (House Tour) (S6).



July Birthdays

Kline, Stacy	7/3
Crider, Wilson	7/4
Kline, Greg	7/6
Bramwell, Chuck	7/6
Wells, Joseph	7/7
Kuemerle, Denis	7/7
Pettus, Bill	7/9
Sprague, Josh	7/11
Levitsky, Boris	7/12
Knight, Kip	7/15
Mendoza, Silvia	7/15
Baird, Bonnie	7/16
Bera, Steve	7/17
Stebbins, Lee	7/18
Carson, Don	7/19
Ripke, J.A.	7/19
Gibson, Kim	7/20
Crown, Linda	7/20
Vester, Alan	7/20
Ritari, Ross	7/22
Ryder, Marilyn	7/23
Corrough, Mary	7/24
Perrault, George	7/24
Bessee, Dee	7/25
Aronson, Judy	7/27
Conmy, Philip	7/29
Herndon, Elizabeth	7/29
Keyes, Robert	7/31

**OCW Wishes You
A Happy Birthday!**



OCW PICNIC

By **Jim & Irene Walker**

Save the Date
for the annual OCW Picnic.
Huntington Central Park.
The Sunday club rides will start
from there that day.

August 21, 2011

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. Fantastic burgers and dogs and all of the wonderful picnic goodies will be 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



RIDE PALOS VERDES PENINSULA

By **Lee Stebbins**

On July 10, 2011 come join OCW and ride the beautiful and scenic Palos Verdes Peninsula. The ride will start at Peck Park at the corner of N. Western Ave and Crestwood St in San Pedro. Roll out time is 8:00 am with two (2) rides planned. The medium route will ride around the peninsula in a clockwise direction and has no major climbs, just a few rollies. The long route will also ride around the peninsula with a couple of climbs over the top and back down to finish in a clockwise direction. After the ride plan on enjoying lunch at any of the local food eateries. For those who are interested we will meet at Mile Square Park near the tennis courts at 7:00 am and car/truck pool to the ride start. It is approximately 30 miles to Peck Park from Mile Square.

WEDNESDAY EVENING RIDES

5:30 pm START

By **Lee Stebbins**

Ride Leader- **Max Kaldenberg**

July 6, 13, 20, 27, 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 near Sand Canyon Cyclery in middle of lot.

S-28 Miles Rolling ride up Shady Cyn thru Irvine, Corona Del Mar & Newport Beach returning on the West side of Back Bay (S7).

S-28 Miles Rolling ride up Shady Cyn thru Irvine, Corona Del Mar, Newport Beach with a climb up Newport Coast Dr, returning on the West side of Back Bay (S8).

May General Meeting Summary

by **Jim Brewer**

Jerry Levy and his friends entertained 36 guests to a description of the Tour of California sponsored by the Amgen Tour group. Jerry lead us on a day by day events calendar that took us on a photo highlight of some of the most interesting days of the 525 mile, 8 day journey from San Francisco to Los Angeles.

The tour is fully supported. All gear is taken on trucks, bike tune-ups are available, camping sites are popular, and all participants needs are met. Big Sur, Monterey, Carmel and San Simeon are just a few of the highlights visited by the team of riders. And, of course, one guy knows where all the Starbucks are.

Anita treated us to her salads and deserts plus pizza was served.

Lee Stebbins gave us another lesson in bicycle safety.

Paul DeFeo took care of the door prizes and he even drew his ticket for a door prize.



Jerry Levy and Therese



Laura Daley



Doris
&
Dan

Serfas Cycling Accessories

Bringing you even MORE in 2011...

General Meeting July, 13, 2011

By Jim Brewer

James Thomas from Serfas will be our guest speaker once again – bringing you MORE of what you love. Serfas has been busy developing a wide variety of new and innovative products aimed to enhance your cycling experience. James will be joining us to discuss Serfas' latest and greatest road specific products. There will be prizes and a once a year opportunity to purchase Serfas products at a special price. This deal is only available to those who attend the meeting. You won't want to miss this one, just ask anyone who attended the Serfas presentation last year.

Check out their products by visiting the website at www.serfas.com



Tandem Time



Please join us for the next Tandem Time ride:

When: Saturday, August 6, 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.

Amtrak 2011 # 37 Call to Service

Here we are again, fully involved in the preparation for OCW's premier event of the year, Amtrak 37. We sell out in under an hour, and all who get to ride and volunteer are always in for a real treat. We keep trying to make the event better each year, and you know, I think we do! Last year we added a Friday night opportunity to pick up ride packets at the host hotel. We had 400 riders take advantage of this. This allowed the Saturday morning start of the ride to go much smoother. We also added a DJ at the end to entertain the finishers in the parking lot while waiting for the train.

But we would not be successful without the volunteers who give up their time to help put this event on. So this is the first official call to service for a chance to volunteer for Amtrak # 37. If you are a member and are not planning to ride, this is a great way to support the club. Volunteering for Amtrak is especially rewarding in many ways. I will remind you of 2 reasons to volunteer. First, as I said, this is our biggest event of the year, and without the success of this event we would not be able to give back to the membership and cycling community all that we do. Second, Amtrak attracts a lot of first time Century riders. The riders are so appreciative of the great support OCW provides, the volunteers feed off of this. It is always a fun day for all involved. Bring your friends and family as well.

Please go to the OCW web site and sign up to volunteer or email events@ocw.org

Looking forward to having you be a part of this wonderful day.

Thanks,
Paul DAquanni
OCW Events



FIELD FIXES

By Frank Neal

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

Roof Racks. There are two types of drivers with bike roof racks: Those that have driven their cars into the garage with their bikes on the roof and then there are those who WILL do the same at some point! To prevent this: Put your garage door opener in a place that makes you think before you use it. It can be in the back seat or under your driver's seat. This little inconvenience will save you many things: Buying a new bike, fixing your garage roof, repairing your car roof, and giving your neighbors "proof positive" that cyclists are morons! Ride and Drive Safe!

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

Driscoll, Jeffery	Santa Ana
Hickman, Michael	Tustin
Jorgensen, J. J.	Yorba Linda
Meyer, Marc	Yorba Linda
Meyer, Marina	Yorba Linda
OConnell, John	Santa Rosa
Perez, Brenda	
Perez, Peter	
Richman, Matt	Claremont
Wilson, Guy	Mission Viejo

LONG DISTANCE EATING

Submitted by **Michelle Kashima**

The following is some good advice from Coach Fred Matheny (RoadBikeRider.com) for eating during long and ultra long distance rides (I've interjected with my thoughts in parenthesis):

Most event type centuries can burn 4,000 or more calories with double centuries burning twice that! So listen up and chow down:

With the help of a calorie chart, put 4,000 calories worth of bagels, sandwiches, fruit and cookies on your kitchen table. Hint: It's equivalent to about 16-17 energy bars.

They don't make jersey pockets big enough for so much grub. And, of course, you don't need to replace every calorie burned. The trick is to start long rides with a full tank and then begin steady in-flight refueling. Here's how:

—**Eat 2-3 hours before the start.** If you scarf down a quick slice of toast and cup of coffee, you'll soon be toast, too. Get up early, if necessary, to have a substantial meal. (Some of us need our morning coffee, but remember that the caffeine in coffee is dehydrating so drink plenty of water as well before your ride).

—**Mix protein and fat with carbs.** Most nutritionists suggest a pre-ride meal that includes all three food components, not just carbohydrate. I like a bowl of cereal with skim milk, a banana, juice and a bagel with cream cheese. Maybe a cheese omelet with home fries and a couple of biscuits works better for you. (Sometimes stomach issues can prevent us from eating much in the morning. Try a bagel sliced in thirds and toasted then spread each slice with peanut butter and then top with some applesauce. It provides fat, protein and carbs but is fairly easy on the stomach).

Carbohydrate is essential to endurance performance, but fat and protein "stick to the ribs" better and make the meal last longer. Find what agrees with you and doesn't let your stomach feel hollow an hour into the ride.

Of course, an ample breakfast means it's uncomfortable to start fast, but that's actually a good thing when you're touring or riding for fun. It holds you to a reasonable early pace, the key to lasting the distance. You can always ride harder in the second half. (Again stomach issues may prevent some of us from eating an ample breakfast before a big ride, as we might end up with cramps. For those of us this happens to eat something small two hours prior to ride time and then use gel every 30 to 45 minutes and then a bar every 35-40 miles. Drink electrolytes every 10 to 15 minutes and plain water with gel and bars. This will keep your fuel stores up but without extra bulk or hopefully stomach issues).

—**Keep re-fueling.** Even after a fairly hefty pre-ride meal, you need to begin eating and drinking no later than an hour into the ride. At a burn rate of approximately 40 calories per mile, it's amazing how quickly cereal or an omelet gets converted to energy.

The rule of thumb for long rides is to consume 300-350 calories per hour. That's not as much as you burn, but it's about all you can digest. It's the equivalent of a typical energy bar and bottle or two of sports drink.

These calories, plus the muscle fuel already stored in your body, should give you the energy you need to stay ahead of the bonk all the way to the finish.



CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By **Frank Neal**

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

The Double Century Season continued with harsh weather:

4/30: Devil Mountain Double was windy and cold.

5/28: Heartbreak Double was windy and cold.

6/4: Eastern Sierra Double had cold winds and rain showers.

Congratulations to all who have braved the harsh weather conditions this year to complete at least one Double Century. Davis Double Results were not available at the time of this printing.

Chuck Bramwell: One Finish.

Paul Defeo: One Finish.

Jim Brewer: Two Finishes.

Bob Fieldhouse: Two Finishes.

David Park: Two Finishes.

Mary Park: Two Finishes.

Jim Cawthon: Three Finishes.

Lou Jimenez: Three Finishes.

Willie Hunt: Four Finishes.

Congratulations to **Jim Cawthon, Willie Hunt, and Lou Jimenez**; our first 2011 OCW Triple Crown Winners with three or more Finishes, so far this year.

Upcoming we have:

No Doubles in July.

8/6 Mt. Tam Double.

We hope for better weather at the future events.

Ride Safe out there! - **Frank Neal**

CTCDataGuy@Verizon.net

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 Certified 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 motorists 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 on 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.



ARTICLES WANTED

If you have anything you would like to write about for the OCW Chain Reaction Newsletter on any bicycling or bicycle-related subject, please submit any articles to the OCW editor. We love to publish photos also. Please e-mail all articles and photos to the OCW editor at Editor@ocw.org.

Weekly Ride Schedule

TUESDAY

Tuesday Training Rides - Hill Training - **8:30 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 near Sand Canyon Cyclery in middle of lot. Ride Leader **Max Kaldenberg**, max.kaldenberg@cox.net. See page 4.

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 - **8:00 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 - **8:00 am**, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader **Lee Stebbins**, ridecaptain@ocw.org.



SEE PAGE 7 FOR
TANDEM TIME
DETAILS

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 8:00am.**

July 2011 Schedule

July 2, 2011

Special event

9:00 AM - BCI and OCW "club" ride at Deerfield Park in Irvine - No "The Square" rides today

New starting time in July! All rides start promptly at 8:00

July 9, 2011

Slow to fast

- 21.0 Miles Flat - MacArthur, Campus, University/Jeffrey, Irvine Blvd, Sand Cyn, Bike Trail, Harvard, Barranca, Von Karman, Main, MacArthur
- 33.0 Miles Flat - Red Hill, Edinger/ Irvine Ctr, Barranca, Toledo, Trabuco/ Irvine Blvd, Portola, Tustin Ranch, Walnut, Harvard, Main, MacArthur
- 52.0 Miles 1750 Feet of climbing Hilly - Red Hill, Walnut, Tustin Ranch, Pioneer, Jamboree, Santiago Cyn, Cannon, Nohl Ranch, Santa Ana Cyn, Gypsum Cyn, S A River Trail, Sunflower, Main

July 16, 2011

Slow to fast

- 27.0 Miles Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca, Alton, Serrano, Toledo, Alton, E Yale Loop, Main, MacArthur
- 37.0 Miles 1050 Feet of climbing Main, Von Karman, Barranca/ Muirlands, La Paz, Marguerite, El Toro, Toledo, Bake, Irvine Ctr, Harvard, Barranca, Von Karman, Main, MacArthur
- 57.0 Miles 3000 Feet of climbing Hilly - Red Hill, Walnut, Tustin Ranch, Jamboree, Santiago Cyn, Live Oak/ Plano Trabuco, Santa Margarita, Marguerite, Olympiad, La Paz, Muirlands, Los Alisos, Pasao de Valencia, Moulton/ Irvine Ctr, Barranca, Von Karman, Main, MacArthur

July 23, 2011

Slow to fast

- 22.0 Miles 500 Feet of climbing Flat to Rolling - Red Hill, Tustin Ranch, Jeffrey/ University, Harvard, Main
- 38.0 Miles 850 Feet of climbing Hilly - Main, Harvard, Irvine Ctr, Barranca, Alton, Toledo, El Toro, Portola, Bake, Muirlands/ Barranca, Irvine Ctr/ Edinger, Red Hill, MacArthur
- 62.0 Miles 650 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

July 30, 2011

Slow to fast

- 28.0 Miles Rollies - Red Hill, Edinger/ Irvine Ctr, Bake, Muirlands/ Barranca, Harvard, Walnut, Red Hill, MacArthur
- 38.0 Miles 1360 Feet of climbing Rollies - Red Hill, Edinger/ Irvine Ctr, Barranca/ Muirlands, Los Alisos, Marguerite, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur Route Slip
- 54.0 Miles 1300 Feet of climbing Rollies - Red Hill, Walnut, Tustin Ranch, Portola, Sand Cyn, Irvine Ctr, Barranca, Alton, E. Yale Loop, University/ Eastbluff, Ford/ Bonita Cyn, San Miguel, Marguerite, Bayside, PCH, Atlanta, S.A. River Trail, Sunflower, Main, Sky Park Cir

Sunday Rides

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

Rides start promptly at 8:00 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 8:00 am. Also, it is recommended that you bring tire tools, frame pump, spare tube, patch kit and water bottle to all rides. **A helmet is legally required for all minors and OCW REQUIRES THAT ALL ADULTS WEAR A HELMET!!** Earphones are illegal and unsafe. Please remember that the vehicle code applies to bicycles.

July 2011 Schedule

All rides start promptly at 8:00

July 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-25 Miles Flat to Rolling ride thru Irvine, Tustin & Peters Cyn Trail (S4).

M-37 Miles Hilly ride thru Irvine with climb up Turtle Rock heading south to Lake Forest & Mission Viejo (M5).

L-48 Miles Rolling to Hilly ride thru Irvine, Laguna Beach & Newport Beach (L3).

July 10, 2011 Peck Park, San Pedro. Take 110 Freeway south to Gaffey St N. Make an immediate left on W. Summerland Av for 1.0 mile. Turn right on N. Western Av for 0.2 mile and turn right on Crestwood St. Go 0.2 mile and park at end by Gym.

21-Miles Rolling ride traveling in a clockwise direction around Palos Verdes Peninsula on P.V. South, P.V. West, P.V. North returning on N. Western Ave (S1).

35-Miles Rolling ride with one hill traveling in a clockwise direction around Palos Verdes Peninsula. This route takes you up Silver Spur, down Hawthorne, rolling along P.V. South, P.V. West & returning on P.V. North and Western Ave (M1).

50-Miles Hilly ride traveling in a clockwise direction around Palos Verdes Peninsula. This route takes you up & down P.V. East, rolling along P.V. South, P.V. West for a little climb up Silver Spur. After climbing up Silver Spur & Crest you are treated to a fast downhill on Crenshaw returning on P.V. North and Western Ave.

July 17, 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.

15-Miles Flat ride thru Seal Beach, Belmont Shores & Beach Trail (S1).

37-Miles Flat to Rolling ride thru Seal Beach, Huntington Beach, Costa Mesa & Newport Beach (M4).

48-Miles Flat to Rolling ride thru Seal Beach, Huntington Beach, Costa Mesa & Newport Beach (L5).

July 24, 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.

24-Miles Flat to Rolling ride thru Tustin & Irvine (S6).

35-Miles Rolling ride thru Tustin, Irvine, Lake Forest & Mission Viejo (M7).

53-Miles Hilly ride thru Tustin, Irvine, Mission Viejo, Aliso Viejo, Laguna Beach & up Newport Coast for the last climb (XL1).

July 31, 2011 Alicia Park, Mission Viejo. Take the 5 Freeway to Alicia Pkwy. Go 1.4 miles NE to Via Linda. Turn left and the park is on the right.

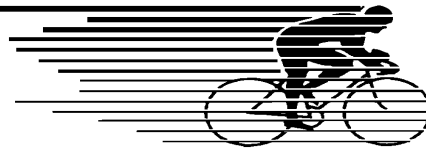
21-Miles Rolling ride thru Mission Viejo, Lake Forest & Irvine (S1).

30-Miles Hilly ride thru Mission Viejo, Rancho Santa Margarita & San Juan Capistrano (M2).

41-Miles Hilly ride thru Mission Viejo, Rancho Santa Margarita, San Juan Capistrano & Laguna Niguel (L1).



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

PARAMOUNT WOMEN'S TEAM REPORT

By Hilary Crowley



Hilary racing
Salt Lake
City's
Sugarhouse
Crit

The Women's reports have all been starting the same. **Hilary** flew in with grand plans of racing Ontario on May 15, however there was rain in biblical proportion. The closest we came to racing was in getting our race numbers. As it was, there was a major crash in our field that sent one of the classiest ladies in the pelaton, Lea Adams of InCycle, to the hospital with a broken arm.

On May 21 **Hilary** raced a circuit race up in Salt Lake called the Sugarhouse Crit (it was a circuit) where two Primal|MapMyRIDE pro's dropped in – Nicole Evans and Nicky Wangsgard. It's always a pleasure to race with the pros on the parent team I'm racing for up here and of course one of them won (Evans). The best I was hoping for in this race was another field sprint win as I had a team mate up the road, but my patience was lacking and even though I had Ski Utah sprinter Laura Patten neutralized against a DQ line coming into the last 200 meters, I went too soon and gave an unintended lead out to Nicki Wangsgard. I held the lead going into the uphill sprint finish only to get unceremoniously passed by 6 racers in the last 3 meters, finishing 9th. What can I say, I'd rather go down swinging than strike out looking, although it was a rookie move.

Later this month, I'll race the High Uintas stage race in Evanston, WY (if I can line up a 27 cassette – seriously) but have my ticket booked for Manhattan Beach at the end of the month. This year is the race's 50th Anniversary so there will have to be some seriously bad weather to keep the Paramount ladies from doing it.

PARAMOUNT RACING

By Curt Dosier

SCNCA District Road Race Championship

The Masters and Elite District Road Race Championships took place last weekend in Bakersfield on a rolling 31 mile course with 2 significant climbs per lap. Races were 1-3 laps in length, depending on the category. The weather was relatively cool for Bakersfield this time of year and made for good racing conditions.

Paramount racer **Ben Everton** started the weekend off right with an excellent 2nd place in the category 5 race early Saturday morning. After the main climb, the lead group was cut down to less than 20 racers from the 50 starters. With no teammates in the race, **Ben** had to stay near the front of the group to avoid getting boxed in during the sprint. With the racers in front of him losing steam on the slightly uphill finish, **Ben** was forced to start the sprint early about 400 meters from the line. The longer than ideal sprint allowed one racer to get by him just before the line. However, **Ben** did a great job to finish 2nd and put the new OCV Paramount kit on the podium in its first race.

The 60+ racers started soon after the category 5 race and also did 1 lap of the course. Masters World Champion Kenny Fuller won the race solo. Paramount VP **John McKee** won the sprint from his chase group of 5 racers to finish 8th. Read the whole story at **John's** cycling blog: <http://johnnymckee.blogspot.com>.

Barry Wolfe GP

Congrats to Paramount Category 3 racer **Marcos Corona** for finishing 3rd at the Barry Wolfe GP in Woodland Hills on May 29th.



WESTERN STATES RIDE CALENDAR

7/9/2011	Central Coast Cent Ride to Defeat ALS	ALS Association	
7/9/2011	Cycle the Gorge	Adventure Cycling Association	800.755.2453
7/9/2011	Seattle to Portland Bicycle Classic	Cascade Bicycle Club	206.522.3222
7/9/2011	The Death Ride	Alpine County Chamber of Commerce	530.694.2475
7/9/2011	Triple Bypass(Sold Out)	Team Evergreen Bicycle Club	
7/10/2011	Cycle Divide - Inn-to-Inn	Adventure Cycling Association	800.755.2453
7/10/2011	Tour of Colorado - San Juan Loop	Cycling Escapes	714.267.4591
7/10/2011	Triple Bypass		
7/14/2011	Womens Beginner Cycle Fit Camp	Get On Your MARK Cycling Adventures	530.864.7891
7/16/2011	Fall River Century	Fall River Century	
7/16/2011	One Helena Hundred	Helena Bicycle Club	
7/16/2011	Windmill Century	Tailwinds Bicycle Club	805.922.4864
7/17/2011	Tetons to Tides	Adventure Cycling Association	800.755.2453
7/17/2011	Tour of Yellowstone, Tetons & Beartooth	Cycling Escapes	714.267.4591
7/18/2011	Sunrise Century	Bikerpelli Sports, Inc.	303.875.9000
7/22/2011	Tri-State Trek	ALS Therapy and Development Institute	617.441.7200
7/23/2011	Bike 4 Breath 2011	Breathe California	650.994.5868
7/23/2011	Bike for Breath - Peninsula	Breathe California	650.994.5868
7/23/2011	Seattle, WA Gran Fondo & Super GF	Echelon Gran Fondo	415.730.1003
7/23/2011	Tour of Glacier, Banff and Jasper	Cycling Escapes	714.267.4591
7/24/2011	Durango-100	Velo de Animas	505.330.7374
7/28/2011	High Altitude, Endurance Training Camp	CCSD	917.355.1317
7/30/2011	Bike 2 Build	SLV Habitat for Humanity	719.589.8678
7/30/2011	Santa Cruz Mountains Challenge	Santa Cruz County Cycling Club	
7/31/2011	Cascadian Traverse	Adventure Cycling Association	800.755.2453
7/31/2011	Tour of the Oregon Coast	Cycling Escapes	714.267.4591
8/5/2011	Glacier National Park Tour	Grimes Getaways	510.545.7969
8/6/2011	Marin Century	Marin Cyclists	415.721.4337
8/6/2011	Mt. Tam Double & Marin Century	Marin Cyclists	415.721.4337
8/6/2011	Tour de Big Bear	Tour de Big Bear	
8/7/2011	Blackberry bRamble	The Greater Eugene Area Riders	541.933.5542
8/7/2011	Mt. Shasta Summit Century	Mt. Shasta Summit Cent Mt Wheelers	800.926.4865
8/7/2011	Tour de Peninsula 2011	San Mateo County Parks Foundation	650.321.1638
8/7/2011	Tour of Crater Lake & Cascades	Cycling Escapes	714.267.4591
8/13/2011	Alpine Century	Alpine Community Center	541.847.6028
8/13/2011	Celestial Seasonings B STRONG Ride	LIVESTRONG Foundation	
8/13/2011	Stonewall Century Ride	Spanish Peaks Cycling Assoc	719.742.5702
8/14/2011	Covered Bridge Bicycle Tour	Mid-Valley Bicycle Club	541.967.8199
8/14/2011	Tour of Volcanic Scenic Byway	Cycling Escapes	714.267.4591
8/15/2011	Colorado Wildflowers and Rivers	Adventure Cycling Association	800.755.2453
8/20/2011	Cool Breeze Century Rides	Channel Islands Bicycle Club	
8/20/2011	Fort Collins, CO Gran Fondo	Echelon Gran Fondo	415.730.1003
8/20/2011	Holstein Hundred	West Marin Senior Services	415.721.4433
8/20/2011	Yaquina Lighthouse Century	Yaquina Wheels Bicycle Club	541.272.2578
8/21/2011	Oregon Coastal Odyssey	Adventure Cycling Association	800.755.2453
8/21/2011	Tour of Napa Valley	Eagle Cycling Club, Inc.	707.226.7066
8/25/2011	Ebbetts Pass Century Cycle Fit Camp	Get On Your MARK Cycling Adventures	530.864.7891
8/26/2011	Hoodoo 500 (RAAM Qualifier)	Planet Ultra	

8/26/2011	Pueblos to Peaks Van supported	Adventure Cycling Association	800.755.2453
8/27/2011	Ebbetts Pass Century	Mountain Adventure Seminars	209.753.6556
8/27/2011	Ride of the Immortals	Cycling Escapes	714.267.4591
8/27/2011	That Which Does Not Kill Us	Cycling Escapes	714.267.4591
8/27/2011	The Cache Valley Century	Cache Valley Veloists Bicycle Club	435.752.2253
8/29/2011	Classic Climbs of the Sierras	Cycling Escapes	714.267.4591
9/4/2011	Tour of Southern Utah	Planet Ultra	
9/5/2011	Classic Climbs of the Sierras	Cycling Escapes	714.267.4591
9/6/2011	Wild Coast - Van	Adventure Cycling Association	800.755.2453
9/7/2011	Pacific Coast	Adventure Cycling Association	800.755.2453
9/9/2011	Emigrant Trails Bike Trek	Breathe CA of Sacramento-Emigrant	916.444.5900
9/10/2011	Amtrak Century	Orange County Wheelmen	714.956.2453
9/10/2011	Audi Best Buddies — Hearst Castle	Best Buddies International	415.503.1776
9/10/2011	Bike with Pike Century	Westcliffe Adventure	719.783.3229
9/10/2011	Grand Canyon - Van	Adventure Cycling Association	800.755.2453
9/10/2011	High Sierra Fall Century	Sierra Cycling Foundation	775.782.5827
9/10/2011	Siskiyou Century	Yreka Rotary Club	530.842.1649
9/10/2011	White Mountain Double Century	NdZONE	949.370.5077
9/11/2011	Santa Cruz farms & hills	Grimes Getaways Bicycle Tours	510.545.7969
9/11/2011	Tour De Tahoe - Bike Big Blue	TGFT Productions / Bike the West	800.565.2704
9/11/2011	Tour of Big Sur & CA Coast	Cycling Escapes	714.267.4591
9/12/2011	Classic Climbs of the Sierras	Cycling Escapes	714.267.4591
9/17/2011	Amgen CA Coast Classic Bicycle Tour	Arthritis Foundation, So CA Chapter	800.954.2873
9/17/2011	Bryce Canyon 200 km Brevet	Southern Utah Brevet	435.559.0895
9/17/2011	California Coast Classic	Arthritis Foundation	415.356.5483
9/17/2011	Jan Lipson Memorial Ride for Diabetes	Friends of Jan Lipson	
9/17/2011	Palo Alto, CA Challenge & Gran Fondo	Echelon Gran Fondo	415.730.1003
9/17/2011	The Dirty Double	CCSD	917.355.1317
9/17/2011	Unknown Coast Weekend	Chico Velo Cycling Club	800.482.2453
9/17/2011	Waves to Wine	Northern California Chapter NMSS	510.267.9669
9/18/2011	Bicycle Tour of Utah	Cycling Escapes	714.267.4591
9/18/2011	Edible Pedal 100	Rotary Club of Reno Sunrise	775.393.9158
9/18/2011	Sierra Foothills/Yosemite National Park	Grimes Getaways	510.545.7969
9/18/2011	Sierra Sampler	Adventure Cycling Association	800.755.2453
9/18/2011	Southern Tier	Adventure Cycling Association	800.755.2453
9/22/2011	Southern Tier II - Van	Adventure Cycling Association	800.755.2453
9/24/2011	Cycle 4 Fragile X	The National Fragile X Foundation	831.801.6289
9/24/2011	Everest Challenge Stage Race	Eastside Velo	
9/24/2011	Hood River, OR Gran Fondo	Echelon Gran Fondo	415.730.1003
9/24/2011	Knoxville Fall Classic Double Century	Quackcyclists	510.882.6727
9/24/2011	Lighthouse Century	San Luis Obispo Bicycle Club	805.543.5973
9/24/2011	Revolution Ride	Bay Area Outreach & Rec Prog BORP	510.843.4663
9/24/2011	Tahoe Sierra Century 2011	Tahoe Sierra Century	530.448.9062
9/24/2011	Tour de Whidbey	Whidbey General Hospital Foundation	360.678.7656
9/25/2011	OatBran	TGFT Productions / Bike the West	800.565.2704
9/25/2011	Pacific Coast - Van	Adventure Cycling Association	800.755.2453
9/25/2011	Peach of a Century	Salem Bicycle Club	
9/26/2011	Santa Monica Mtns Climbing Camp	Cycling Escapes	714.267.4591
9/28/2011	Konocti Challenge Plus	Grimes Getaways	510.545.7969
10/1/2011	Konocti Challenge	Rotary Club of Lakeport	707.349.0185

BOARD MEETING MINUTES

June 5, 2011

ATTENDANCE

Officers & Directors Present:

Mike Lee, Jim Brewer, Irene Walker, Alan Dauger, Paul D'Aquanni, Lee Stebbins, Jim Pugh, Art Pressel, Dan Gorman, Doris Bingo, Bob Fairfield, Max Kaldenberg, Frank Neal, Alvin Trafton, Steve Loughran, Michelle Kashima, Alan Vester, Dennis Thomas, Randy Kiefer.

Members and guests present: Ann Taylor-Loughran.

CALL TO ORDER

The meeting was called to order by President **Mike Lee** 11:33 am.

MINUTES

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

TREASURER'S REPORT

Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORPORATION REPORT

Irene Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Mike** – all is reported below.

Vice-President: **Jim** said this month's meeting is described on the website. Serfas will come in July.

Membership: **Irene Walker** reported that OCW has 471 members. Paramount has 81 members.

Paramount: **Mike** reported on the cost of getting the permit for the Criterium at the Great Park and at Dominguez Hills. The event will be at Dominguez Hills because it is less expensive.

OCW COMMITTEE REPORTS

Bylaws/ Policies and Procedures: No report.

OCW/Paramount Relationship: No report.

LCI: **Mike** said we are soliciting members to sign up for the August TS 101 class. **Michelle** will assist in getting the word out to the new members

Website: **Mike Lee** reported that a Webex meeting was held with the two new OCW webmasters. There will be an effort to upgrade the entire site to aspx. **John Rowe** has resigned as webmaster, leaving **Willie Hunt** as the sole webmaster.

Public Relations: **Dennis** will work on getting the logo of Amtrak sponsor Straub Distributing on the Amtrak jersey.

Ride captain: **Lee Stebbins** said he still needs a volunteer for July Sundays. Weekend ride start for July will change to 8:00 am. He is proposing a carpool for a July Sunday ride around Palos Verdes.

CTC: **Frank** reported that the Davis Double had nice weather but other recent doubles had inclement weather.

OLD BUSINESS

Amtrak end of Route Committee: **Paul** said he will set a date for the committee to test-ride it.

OC Great Park ride: **Randy** said that the ride is scheduled for Saturday, July 9. He will need assistance in bringing two tables and a pop-up.

Jersey Re-order: **Mike** requested increasing the jersey re-order to \$2000 from \$1200. It was moved and seconded to do so. Motion passes.

NEW BUSINESS

Amgen TOC: **Alan Dauger** and the following members are trying to secure a stage of the Amgen Tour of California for the Orange County area in 2012: **Steve Loughran, Robert Keyes, Mike Lee, and Chuck Bramwell.** A possible route has been created. **Alan** has contacted Andrew Messick, president of AEG sports about sending RFP's and he has spoken to the mayor of Huntington Beach about becoming a finishing host city. **Dennis** will ask the Riverside bike club for elected official contacts there and **Mike** will ask the same of professional photographers that he knows

there, to help encourage Riverside to become a starting host city.

Ride Around the Bear: **Jim Brewer** and **Alvin Trafton** rode the new route up to a point 8 miles prior to Running Springs. There are road hazards such as potholes on Old Waterman Canyon Road. **Paul** will get signs to help our event riders.

Amtrak Status: **Lee** said he has almost all the permits. The ride will transit Camp Pendleton and not go on the I-5. Due to cost increases, a motion was made and seconded to increase the prices to \$75 with train and \$45 without train. Motion carried.

OCW-BCI Ride: **Paul** will send OCW members a mass email about the event, which will be on Saturday, July 2. There will be no regular OCW ride that day. Riders should register on the BCI website.

Bike racks: Two price proposals were submitted by (Anaheim MFG) \$75 ea **Art Pressel** and (AFM Engineering) \$50 ea **Charlie Irwin**. With AFM Engineering being awarded at \$50.00 each. **Mike** directed **Irene** to submit a PO to AFM Engineering for the work. The order will be for 20 racks. It was moved and seconded to purchase them. Motion carried.

Arthritis ride San Francisco to Santa Monica, September 17: **Lee** moved that OCW contribute \$1000 to the event, to be applied to the accounts of OCW members who participate. A second to the motion was made and it passed.

SB910 (Lowenthal): **Frank** described this proposed state law that supposedly controls the safe distance for motor vehicles to pass cyclists. But in fact it does not improve protection to cyclists, so CABO opposes it, and he said we should oppose it. The consensus of the board was in agreement. **Mike** will send a letter to Senator Lowenthal stating that.

Website: **Paul** suggested creating a job description for the Webmaster.

ADJOURNMENT

A motion was made and seconded to adjourn. Motion carried. The meeting was adjourned at 12:55 pm.

Respectfully submitted by **Alan Dauger**.

CLUB RIDE TOTALS FOR 2011

Minimum 50 miles or 25 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act
Acuna, John	0	0	0	0	0	50
Allred, Alan	51	1742	413	2155	34	0
Ansel, Kevin	3	135	20	155	45	50
Ansel, Ximena	3	124	10	134	41	50
Beck, Anny	0	0	0	0	0	25
Bera, Steve	1	64	0	64	64	0
Bernstein, Martin	0	0	0	0	0	25
Bessee, Dee	0	0	0	0	0	25
Bianco, Renee	9	357	0	357	39	0
Bilbee, Kevin	1	64	0	64	64	0
Billie, Lynne	1	43	0	43	43	25
Bingo, Doris	7	272	98	370	38	*
Black, Larry	42	1442	0	1442	34	0
Bradley, Patrick	10	533	5	538	53	0
Brewer, Anita	0	0	0	0	0	125
Brewer, Jim	29	1110	1006	2116	38	*
Brown, Joel	26	826	0	826	31	0
Bruckmann, Steve	1	64	0	64	64	0
Butz, Debi	20	681	48	729	34	50
Butz, Rick	5	197	19	216	39	25
Camarena, Edward	2	58	0	58	29	0
Campbell, Bud	2	73	10	83	36	0
Carlson, Alan	1	64	0	64	64	0
Casady, Bob	1	64	0	64	64	0
Cawthon, James	9	346	268	614	38	0
Chen, Steve	1	64	0	64	64	0
Christoffersen, A.	1	64	0	64	64	0
Christoffersen, D.	1	64	0	64	64	0
Clanton, Diane	6	141	0	141	23	25
Clark, Dan	1	43	0	43	43	25
Clarke, Greg	6	231	0	231	38	25
Cole, Len	1	43	0	43	43	75
Council, Tanya	1	64	0	64	64	0
Cram, Geoff	1	64	0	64	64	25
D Aquanni, Peter	1	64	0	64	64	0
Daley, Laura	13	391	0	391	30	25
Danzi, Barbara	1	64	0	64	64	0

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
DAquanni, Paul	29	994	2	996	34	*	Heidner, Gary	1	37	0	37	37	25
Dauger, Alan	15	559	345	904	37	*	Herndon, Lynn	0	0	0	0	0	25
Dauger, Marlene	0	0	0	0	0	25	Herndon, Roy	1	43	0	43	43	25
Davidson, Bob	2	104	0	104	52	0	Holtrust, John	1	64	0	64	64	0
Davidson, Carol	2	104	0	104	52	0	Hunt, William	0	0	0	0	0	25
Defeo, Paul	11	566	270	836	51	75	Irwin, Charlie	17	583	11	594	34	75
Denison, Andy	1	64	0	64	64	0	Irwin, Elise	10	369	21	390	36	0
Deyarmie, Tim	1	64	0	64	64	0	Ivey, Kevin	6	243	31	274	40	50
Dosier, Curt	1	22	0	22	22	50	Jimenez, Lou	8	297	0	297	37	0
Driscoll, Jeffery	4	124	0	124	31	0	Johnson, Ed	1	43	0	43	43	50
Dudaniec, Andrew	20	595	0	595	29	0	Kalcevich, Daniel	1	64	0	64	64	0
Engel, Peter	2	95	0	95	47	0	Kaldenberg, Max	63	2182	653	2835	34	375
Engle, Diedre	13	423	11	434	32	50	Kashima, Michelle	10	594	0	594	59	*
Esser, Steve	5	230	0	230	46	0	Kaufman, Mark	4	83	7	90	20	0
Fairfield, Bob	31	1252	185	1437	40	650	Kessler, Terry	12	616	7	623	51	0
Fieldhouse, Bob	26	1031	942	1973	39	75	Kibble, Greg	8	298	0	298	37	0
Fisher, Juergen	5	273	56	329	54	0	Kiefer, Randy	4	178	0	178	44	75
Fry, Ken	9	298	13	311	33	0	Klages, Scott	7	267	0	267	38	25
Fryar, Richard	1	55	0	55	55	0	Kline, Greg	1	26	0	26	26	75
Galvez, Mary Jean	11	328	0	328	29	0	Kline, Stacy	0	0	0	0	0	75
Gaston, Liz	0	0	0	0	0	75	Klinedinst, Tom	2	104	0	104	52	0
Gaston, Stuart	8	323	77	400	40	50	Kluth, Earl	2	142	0	142	71	25
Gate, Chris	1	64	0	64	64	0	Kralick, Kathy	1	64	0	64	64	0
Gate, Margaret	1	64	0	64	64	25	Kuemerle, Denis	5	227	0	227	45	25
Gate, Richard	1	64	0	64	64	0	Larson, William	7	323	0	323	46	0
Gate, Tom	1	64	0	64	64	25	Laugen, Alex	0	0	0	0	0	25
Gauldin, Dan	15	821	261	1082	54	0	Laugen, Lorna	20	701	192	893	35	25
Geister, Peter	4	143	36	179	35	0	Laugen, Michael	2	66	0	66	33	0
George, Susan	6	248	0	248	41	0	Lawler, Michael	1	64	0	64	64	0
Gibson, Connie	2	73	0	73	36	0	Le, Lien	1	64	0	64	64	0
Goldstein, Sarah	1	64	0	64	64	0	Lee, Michael	33	1193	20	1213	36	*
Gorman, Dan	57	1971	957	2928	34	850	Lee, Tony	1	64	0	64	64	0
Gowing, Larry	1	64	0	64	64	0	Leichnitz, Leonard	2	65	0	65	32	0
Gregg, Stuart	1	80	0	80	80	0	Lepper, Craig	9	472	0	472	52	0
Grimes, David	1	64	0	64	64	0	Levitsky, Boris	5	243	0	243	48	0
Guttentag, Fred	5	181	0	181	36	0	Lindquist, Link	12	354	0	354	29	75
Han, Edward	6	178	0	178	29	0	Lindsey, Gary	1	64	0	64	64	0
Hancock, Therese	14	422	0	422	30	75	Loughran, Steve	28	1132	5	1137	40	150
Hanna, Robert	1	64	0	64	64	0	Lueras, Dan	1	64	0	64	64	0
Hansen, Ralph	0	0	0	0	0	50	Mack, Dione	2	84	0	84	42	0
Hanson, Michael	9	313	0	313	34	0	Mack, Kenneth	3	118	0	118	39	0
Hearn, Ron	23	1067	100	1167	46	150	MacPherson, Barry	0	0	0	0	0	25

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Madden, Tom	18	797	0	797	44	125	Rowe, John D.	0	0	0	0	0	25
Marino, John	7	441	0	441	63	0	Rusher, David	2	68	23	91	34	25
Marshall, Bruce	1	45	0	45	45	50	Ryder, John	22	695	0	695	31	0
Mashaw, David	5	278	0	278	55	0	Sandburg, Nils	15	662	0	662	44	0
May, Andrew	1	64	0	64	64	25	Saradeth, Pon	9	273	0	273	30	0
Mc Intyre, Douglas	0	0	0	0	0	25	Schapel, Alan	15	716	0	716	47	0
McCann, John	0	0	0	0	0	25	Segura, Daniel	1	64	0	64	64	0
McKee, John	0	0	0	0	0	50	Sepulveda, Irineo	1	34	0	34	34	50
Menendez, Juan	17	660	0	660	38	0	Sepulveda, Margie	2	61	0	61	30	50
Morrison, Ken	7	182	0	182	26	75	Shintani, Dennis	9	249	14	263	27	0
Morrison, Ollie	7	182	0	182	26	75	Skoglund, Gary	1	64	0	64	64	0
Nafel, Gloria	13	447	232	679	34	0	Spitt, Michael	0	0	0	0	0	50
Nally, Martin	8	408	0	408	51	0	Steadry, Rick	2	74	0	74	37	0
Navarro, Robbin	1	64	0	64	64	0	Stebbins, Lee	29	1201	71	1272	41	*
Neal, Frank	0	0	0	0	0	100	Stechert, John	3	104	67	171	34	0
Nonberg, David	3	144	0	144	48	0	Stechert, Judy	3	104	67	171	34	0
Nordenstam, C.	13	450	0	450	34	0	Stein, Richard	11	314	0	314	28	0
Nordenstam, John	13	450	0	450	34	0	Stephens, Rick	0	0	0	0	0	50
Orem, Marv	1	64	0	64	64	0	Stover, Peter	15	735	10	745	49	0
Osterfeld, Brett	1	64	0	64	64	0	suh, Jae	3	162	0	162	54	0
Osterfeld, Hank	2	124	0	124	62	25	Szymanski, Sheila	1	64	0	64	64	0
Packer, Cary	1	64	0	64	64	0	Taylor, Anne	1	29	0	29	29	25
Parish, Donna	4	119	3	122	29	0	Taylor, Kathy	3	89	0	89	29	75
Parish, Kent	4	119	3	122	29	0	Thomas, Dennis	14	426	52	478	30	*
Park, David	13	732	0	732	56	25	Thomas, Diane	0	0	0	0	0	50
Park, Mary	12	659	0	659	54	25	Thorpe, Karen	30	957	0	957	31	25
Patterson, Doug	0	0	0	0	0	25	Tomita, Barbara	10	318	13	331	31	0
Pegg, Art	1	64	0	64	64	50	Trafton, Alvin	67	2680	7	2687	40	100
Perea, Miguel	26	1049	12	1061	40	0	Tripp, Rob	19	760	5	765	40	0
Pero, Mark	10	382	125	507	38	0	Trudell, Alan	14	570	0	570	40	0
Perrault, George	1	64	0	64	64	0	Venetch, Joanna	1	64	0	64	64	0
Pettus, Monty	0	0	0	0	0	25	Vester, Alan	11	611	0	611	55	100
Pilcher, Henry	17	479	0	479	28	50	Viloria, Ron	5	238	5	243	47	0
Pilcher, Kathy	18	516	0	516	28	50	Walker, Irene	8	229	0	229	28	*
Pressel, Art	29	1373	1	1374	47	250	Walker, Jim	26	748	0	748	28	*
Pugh, Jim	24	980	52	1032	40	*	Whitney, David	2	98	0	98	49	0
Reid, Jayne	2	104	0	104	52	0	Whitworth, Phil	1	64	0	64	64	0
Renowden, John	18	839	266	1105	46	0	Wickersham, Art	0	0	0	0	0	100
Richardson, Kurt	1	64	0	64	64	0	Wickersham, Judee	0	0	0	0	0	100
Rinker, Ted	19	958	174	1132	50	0	Yu, Ye	2	130	18	148	65	0
Robinson, Scott	1	64	0	64	64	0							
Rodgers, Cristina	1	64	0	64	64	0							

* Officers do not receive activity points.

TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Trafton, Alvin	67	2680	7	2687	40	100
Kaldenberg, Max	63	2182	653	2835	34	375
Gorman, Dan	57	1971	957	2928	34	850
Allred, Alan	51	1742	413	2155	34	0
Black, Larry	42	1442	0	1442	34	0
Pressel, Art	29	1373	1	1374	47	250
Fairfield, Bob	31	1252	185	1437	40	650
Stebbins, Lee	29	1201	71	1272	41	*
Lee, Michael	33	1193	20	1213	36	*
Loughran, Steve	28	1132	5	1137	40	150
Brewer, Jim	29	1110	1006	2116	38	*
Hearn, Ron	23	1067	100	1167	46	150
Perea, Miguel	26	1049	12	1061	40	0
Fieldhouse, Bob	26	1031	942	1973	39	75
DAquanni, Paul	29	994	2	996	34	*

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Trafton, Alvin	67	2680	7	2687	40	100
Kaldenberg, Max	63	2182	653	2835	34	375
Gorman, Dan	57	1971	957	2928	34	850
Allred, Alan	51	1742	413	2155	34	0
Black, Larry	42	1442	0	1442	34	0
Lee, Michael	33	1193	20	1213	36	*
Fairfield, Bob	31	1252	185	1437	40	650
Thorpe, Karen	30	957	0	957	31	25
Brewer, Jim	29	1110	1006	2116	38	*
DAquanni, Paul	29	994	2	996	34	*
Pressel, Art	29	1373	1	1374	47	250
Loughran, Steve	28	1132	5	1137	40	150
Brown, Joel	26	826	0	826	31	0
Walker, Jim	26	748	0	748	28	*

TOP TO/FROM

Member	Rides	Miles	To/Fr	Total	Avg	Act
Brewer, Jim	29	1110	1006	2116	38	*
Gorman, Dan	57	1971	957	2928	34	850
Fieldhouse, Bob	26	1031	942	1973	39	75
Kaldenberg, Max	63	2182	653	2835	34	375
Allred, Alan	51	1742	413	2155	34	0
Dauger, Alan	15	559	345	904	37	*
Defeo, Paul	11	566	270	836	51	75
Cawthon, James	9	346	268	614	38	0
Renowden, John	18	839	266	1105	46	0
Gauldin, Dan	15	821	261	1082	54	0
Nafel, Gloria	13	447	232	679	34	0
Laugen, Lorna	20	701	192	893	35	25
Fairfield, Bob	31	1252	185	1437	40	650
Rinker, Ted	19	958	174	1132	50	0
Pero, Mark	10	382	125	507	38	0

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	57	1971	957	2928	34	850
Fairfield, Bob	31	1252	185	1437	40	650
Kaldenberg, Max	63	2182	653	2835	34	375
Pressel, Art	29	1373	1	1374	47	250
Loughran, Steve	28	1132	5	1137	40	150
Hearn, Ron	23	1067	100	1167	46	150
Brewer, Anita	0	0	0	0	0	125
Madden, Tom	18	797	0	797	44	125
Trafton, Alvin	67	2680	7	2687	40	100
Wickersham, Art	0	0	0	0	0	100
Wickersham, Judee	0	0	0	0	0	100
Vester, Alan	11	611	0	611	55	100
Neal, Frank	0	0	0	0	0	100
Defeo, Paul	11	566	270	836	51	75
Cole, Len	1	43	0	43	43	75

2011 STATISTICS

Month	Rides	Miles
Jan	275	10000
Feb	227	7884
Mar	387	16397
Apr	333	12889
May	311	12983
Jun	70	2671
Totals	1603	62824
Average	39.19	

Day	Rides	Miles
Sun	282	10419
Mon	13	611
Tue	373	10853
Wed	18	420
Thu	7	64
Fri	96	3683
Sat	814	36774
Totals	1603	62824
Average	39.19	

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 !

WANTED: Buddy For Century Ride My name is David and I am doing an Iron Man July 31st. Before then I would love to get in a couple century rides. Would anyone be willing to ride the 100 miles with me. My Sunday's and Monday's are wide open. Any help would be greatly appreciated. Contact David Nonberg at dnonberg@gmail.com or 310.874.7708

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: 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 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

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