

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME

September

GOAT HILL

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

PARAMOUNT RACING

2009

General Meeting

Wednesday, September 9th, 7:00 pm

We are still working out the details for this month's speaker. So watch the website and your email for the latest details when we have it all confirmed and completed.

Otherwise known to long time members as the "Mystery Speaker".

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...

Field Fix	Page	7
Palm Desert Weekend Ride Info	Page	8
Paramount Update	Page	13
Wednesday Lunch-In Article	Pages	14-15
Picnic Article	Pages	16-17

CALENDAR OF EVENTS...

Labor Day Holiday Ride	Mon.	Sept. 7
Amtrak Century	Sat.	Sept. 12
Amtrak Clean-Up	Sun.	Sept. 13
Palm Desert Ride	Fri.-Sun.	Oct. 16-18
Fall Metric	Sat.	Oct. 31

OCW CLUB OFFICERS

President	Charlie Irwin	949.552.8480 President@ocw.org
Vice President	Michael Lee	949.458.0205 Vpresident@ocw.org
Treasurer	Irene Walker	562.943.9403 Treasurer@ocw.org
Secretary	Patrick Huey	714.264.7387 Secretary@ocw.org
Events	Paul D'Aquanni	949.766.2951 Events@ocw.org
Ride Captain	Donna Parish	714.549.8363 RideCaptain@ocw.org
Membership	Jim Walker	562.943.9403 Membership@ocw.org
Editor	Doris Bingo	714.282.0949 Editor@ocw.org
Statistician	Kent Parish	714.549.8363 Stats@ocw.org
Public Relations	Dennis Thomas	951.340.0144 PubRelations@ocw.org
Training	Michelle Kashima	714.368.1315 Training@ocw.org

BOARD OF DIRECTORS

WEB Master	Ken Brant	714.772.9589 kbrant@kennybz.com
Tandem Time	Debi Butz	714.996.4366 rdbutz@earthlink.net
GoatHill	Alan Dauger	714.846.0862 abiker@socal.rr.com
Insurance	Lorna Laugen	714.283.5153 bikefamily3@att.net
Director	Bob Fairfield	949.286.8886 mobile412@ca.rr.com
Director	Dan Gorman	714.771.7741 dmgorman@aol.com
Director	Sylvia Grotz	562.943.7357 LP.Sylvia@verizon.net
Director	Alex Laugen	714.283.5153 bikefamily3@att.net
Director	Mike Laugen	714.283.5153 bikefamily3@att.net
Director	Frank Neal	909.592.2727 cycleman@bigplanet.com
Director	Henry Pilcher	714.998.5734 hkpilcher@aol.com
Director	Kathy Pilcher	714.998.5734 rgtide@yahoo.com
Director	Jim Pugh	714.680.4828 in-line@pacbell.net
Director	Jeff Rich	714.998.5587 richriders@bbcnet.com
Director	Lee Stebbins	714.593.9226 bikraak@socal.rr.com

BOARD MEETING

Sunday, September 6th 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, September 24th, 7:00 pm

Hosted by:

Jeff & Sally Rich

6401 E. Nohl Ranch Road, Unit #71

Anaheim, CA

714-998-5587

richriders@bbcnet.com

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

DIRECTIONS: Exit the 91 Freeway at Imperial Highway and head south. Go 0.75 miles and turn left on Nohl Ranch Road. Go 1.5 miles and turn left into Townhouse Complex at 6401 Nohl Villas. Gate will open when approached.

SPECIAL THANKS TO

Scott & Tracy Sharp

for Hosting the

August Folding Party

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Barb Tomita** at **tomitacat@aol.com**

(OCW reimburses up to \$100)

Chain Reaction is published 11 times a year by the Orange County Wheelmen, a bicycle club. Current circulation is 500.

Copyright 2009; Orange County Wheelmen. Permission hereby granted to republish if credit is given to the author and OCW. All items submitted become property of OCW. Opinions of authors do not necessarily reflect the views of OCW.

FROM THE PRESIDENT...

By Charlie Irwin

President's Message

It's hard to find something to write about every month! This month I decided to write about something a little different. I will get back to writing about cycling next month. I promise!

Being in a bicycle community, we get the chance to mingle with many different people. We grow to really care about each other and respect each other. With the economy the way it is and with all of us getting older, it seems that everyone has a story to tell. Before, during, and after the rides, I hear people talking about different things that are occurring in their lives. Some financial or health struggles, loss of a friend or family member, and of course good things too, like the next stage of our lives, the onset of a new grandbaby!

What can we do to help? The best thing is to be a friend and listen! Listening to what a friend has to say and remembering what they say makes all the difference in the world. Smiling and acknowledging each other is not only simple, but very important. Many of us get together for a ride because we want the camaraderie of others with the same interests and it's a place where we can have some fun, build friendships and feel good about ourselves.

Relate and keep in touch with each other. Life is so short and we all want the best of it each day. Recognize someone who you haven't seen for a while. Perhaps shoot an email, or better yet, give them the *old-fashioned* call to check on their whereabouts. Perhaps they are not feeling well, need encouragement to get out there, or better yet, maybe they were on a trip. We forget that a friendly voice can make everyone's day a little brighter.

Just remember the more you listen, the less you talk, the better. Listen and ask the occasional question and let your friend know you are paying attention.



The listening technique works wonders while riding. Sometimes you can climb a hill or get through a ride much faster if you spend the time with a friend.

Charlie



OCW President's Ride

By Charlie Irwin

Sunday, September 6, 2009 - Please join **Charlie Irwin**, 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 8:00 a.m. and we'll follow the Medium-Ride course. Questions? Please send an e-mail message to president@ocw.org or call 714-547-0194.

LABOR DAY RIDE

By Donna Parish

This year we are offering 3 **new** rides from Bonita Cyn. Sports Park.

S-23 Miles. Bonita Cyn., Bison, UCI, Harvard, Yale, Irvine Blvd., Alton, Jeffrey, Anteater, Bonita Cyn.

M-34 Miles. UCI, Harvard, Tustin Ranch, Portola, Irvine Blvd., Alton, Eastbluff.

L-38 Miles. Newport Coast, PCH, Laguna Cyn., El Toro, Moulton, Alicia, Muirlands, Alton, Eastbluff.

The rides start at 8:00 am. Bonita Canyon Sports Park is located on Ford Rd. just west of San Miguel. Take the 55 freeway south to the 73 freeway and exit on MacArthur Blvd. Go south on MacArthur for 0.9 miles and then turn left on Bonita Canyon Rd. Go 0.4 miles and turn right on Mesa View. Turn left at the end of the street onto Ford Rd. The park is located on the left at the first stop sign.



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

Nguyen, Tony

Santa Ana

September Birthdays

DeSousa, Brian	9/1
Garfield, Paul	9/1
Nygaard, Dane	9/3
Cole, Len	9/3
Gross, Bret	9/6
Berkey, Ricky	9/6
Decker, Will	9/8
Parkes, Thomas	9/10
Gorman, Dan	9/11
Stebbins, Gian-Paul	9/12
Yasutake, Jim	9/12
Pilcher, Kathy	9/12
Fowler, Brad	9/12
Gotts, James	9/13
Sharp, Scott	9/14
Parish, Kent	9/18
Richmond, Michael	9/20
Kerfoot, Bill	9/22
Sharp, Tracy	9/23
Fieldhouse, Gus	9/24
Tomita, Barbara	9/25
Hanson, Michael	9/25
Lindquist, Link	9/27
Jordaan, Dave	9/30
Huey, Patrick	9/30

**OCW Wishes You
A Happy Birthday!**



“Free Fall Metric” Oct 31, 2009

By Paul D'Aquanni

Yes you read it correctly! This year if you are a member of OCW you get to ride this great ride for free! If you get a friend who is not a member to sign up, he or she pays \$29.00 and gets the ride plus individual membership to OCW for 12 months! Even if you do not bring in a new member, come out and ride this beautiful ride for free, and enjoy the scenery at that great rest stop in Oak Glen. Then head back down to Sylvan Park for some pizza, salad, cold soda, and delicious apple pie. Such a deal!

Feel “free” to sign up on the web site ocw.org and click on Fall Metric. Registration opens on September 15th.

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.

OCW HOLIDAY PARTY

Save the Date
for the annual OCW Holiday Party.
Huntington Harbour Yacht Club

December 13, 2009

Details to follow.



SATURDAY TRAINING

Come out and join us every Saturday (weather permitting) at 7:30 am at the corner of Culver and Irvine Blvd at Northpark Plaza parking next to Jack in the Box in Irvine.

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

BOARD MEETING MINUTES

August 2, 2009

ATTENDANCE

Officers & Directors Present: **Charlie Irwin, Irene Walker, Jim Walker, Alan Dauger, Dan Gorman, Doris Bingo, Patrick Huey, Bob Fairfield, Mike Lee, Lee Stebbins, Kent Parish, Henry Pilcher, Kathy Pilcher, Mike Laugen, Jim Pugh, Dennis Thomas, Michelle Kashima.**

Members Present – **Marni Witte, Jeff Rich.**

CALL TO ORDER

Meeting was called to order by President **Charlie Irwin** at 11:00 am. **Charlie** reported that **Barb Tomita** resigned her position on the board and that he would like to appoint **Jeff Rich** as a director. **Alan Dauger** made a motion to approve, and the motion was seconded by **Lee Stebbins**. Motion passed.

MINUTES

A motion was made by **Dan Gorman** and seconded by **Jim Walker** to approve the minutes of the July Board Meeting. Motion carried.

TREASURER'S REPORT

Irene Walker reported that OCW is solvent.

OCW PARAMOUNT CORP. REPORT

Irene Walker reported that OCW Paramount is solvent.

BOARD MEMBER REPORTS

President: No report

Vice President: **Mike Lee** reported that he is currently looking for a speaker for the September meeting.

Membership: **Irene Walker** reported that OCW has 371 members, Paramount has 90 members, 3 new members joined last month.

Paramount: **Michelle Kashima** reported that Paramount is working on expanding the race team, and hopes to reestablish the women's racing team.

OCW COMMITTEE REPORTS – Meeting has not been set yet.

OCW/PARAMOUNT – Meeting has not been set yet.

CTC – No report

OLD BUSINESS

OCW Picnic – To be held August 9th.

Holiday Party – Still in the process of planning.

Bike Shop Sponsorship Committee- Meeting has not been set yet.

Amtrak – **Lee** – Everything is in order and on schedule.

E-Mail Vote Committee – Meeting has not been set yet.

Ride To Palm Desert – Need insurance unless it is a members only ride and no fee charged. Therefore, the ride will only be open to OCW members. Need to clarify insurance coverage details with **Lorna Laugen. Michelle Kashima** plans to send out e-mails and put the ride on calendar.

Charlie discussed possible plans to offer associate members the opportunity to upgrade to a full membership 2 weeks after the Amtrak.

NEW BUSINESS:

Route Slip Clip – **Charlie Irwin's** company, AFM Engineering, is now making route clips since they are no longer available. He would like to sell them to other clubs and bike shops. **Lee Stebbins** made a motion for OCW to purchase clips from AFM Engineering for club use. **Kathy Pilcher** seconded the motion. Motion carried. Clips will be \$3 each.

Bylaw Compliance – **Alan Dauger** reported that OCW Bylaws were mailed out to board directors in regards to the e-mail re-vote for the fee increase for the Amtrak ride. Discussed future protocol for following Bylaws. **Alan** proposed a motion to recognize that bylaws were not followed in regard to the e-mail vote for Amtrak pricing, therefore, we need to form a committee to amend bylaws to include e-mail voting. Seconded by **Patrick Huey**. Motion carried.

ADJOURNMENT: Motion made by **Mike Lee** to adjourn meeting at 11:45 am. Meeting adjourned.

FIELD FIXES

By Frank Neal

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

Bike Locks. You have all seen these cables that are covered by a vinyl cover and have a loop at each end. They are great! You just have to know how to use them properly! Put loop #1 through the back wheel and near the top of the rim. Wrap it over the tire. Now here is the trick: Thread loop #2 THROUGH loop #1. Pull it tight. Now you have secured the back tire and you have a ton of cable to thread through the frame, the seat rails, front tire and anything else you want to secure! And, you still have enough cable left to secure around the closest secure post, like a bike rack, light post, etc! Lock it with a good "case hardened" lock. Master Locks combination locks are good since you don't need to carry a key and they are hard to break.



AMTRAK CLEAN-UP

Sunday, September 13th, 10:00 am

Cathy and Lee Painter's Home

If you didn't get a chance to help volunteer for the Amtrak Century but wanted to, here is your chance. Please join us to help with the Amtrak clean-up, which will begin at 10:00 am. Their address is 577 E. Culver Ave., Orange 714.771.6315. Exit 22 Fwy at Glassell, proceed north past Hart Park. Turn right on Culver Ave.



Tandem Time

Ride Director

Debi Butz



Please join us for the next Tandem Time ride:
When: Saturday October 3, 2009 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 32 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 and e-mail Debi Butz at rdbutz@earthlink.net or call her at (714) 996-4366 if you have further questions.

Upcoming Tandem Time ride is Saturday, December 5, 2009.



2nd Annual Palm Desert Weekend Ride

October 16, 17 and 18th 2009

By **Michelle Kashima**

Get your bikes tuned up and party hats on for OCW's 2nd Annual Palm Desert Weekend Ride.

Enjoy a fun ride out to Palm Desert from our start hotel, Best Western, in Anaheim Hills on Friday October 16th. We will be touring the hills of Corona and Riverside before the first rest stop where you can enjoy some food and drink before heading down the beautiful flat and historic Victoria Street in Riverside. Then one more climb on Arlington and Alessandro before a nice flat ride through Moreno Valley.

Hold on to your helmets as you rocket down Redlands Blvd. toward San Timoteo Canyon that follows the Southern Pacific train line. The trains go very slow through this ranch valley area and the Engineers will usually wave and blow their whistles! There will be a water stop along the way if needed, then lunch stop is next as you enter the city of Beaumont. From Beaumont you will skirt the 10 freeway through Cabazon and then onto hwy 111 along the base of the San Jacinto mountain range.

Surprise, you are now in Palm Springs! We will then turn off 111 across from the tram to our next and last rest stop. After that it's just a few miles to Palm Desert and the Marriot Fairfield Inn.

Rest up because OCW and crew will be throwing a Palm Desert Welcome BBQ for you on Friday night!

Then get a good nights sleep because on Saturday (if you have more energy than you know what to do with) you can either ride with Desert Cycle Club that meets just around the corner or go shopping on Rodeo or The River.

Then later on Saturday afternoon we head just a couple miles up hwy 74 for another BBQ and swim party hosted by Bob and Evelyn Burks (**Michelle's** parents) and OCW!



Get another good nights sleep because on Sunday morning we get up early and head out on our bikes for Irvine. This time using a slightly different route through beautiful Hemet Valley and then Lake Perris before we head down through the neighborhoods of Riverside and Corona. Then before you know it back to Anaheim Hills Best Western.

The return route is slightly less mileage and very fast with just the right amount of water and food stops provided by our great sag supporters, once again.

There is a 20 rider maximum so sign up early to guarantee your spot. This ride is fully supported by OCW as a thank you for your membership!

Not an OCW member? Don't despair, just log onto www.ocw.org and become a member today!

If you need accommodations in Palm Desert, Marriot Fairfield Inn will be providing our group with a block of rooms at a discount. Continental Breakfast included. Nice pool too! More information will be available regarding the hotel discount and how to register in the next couple of weeks.

There will be at least 3 sag support vehicles that will be able to haul your luggage. Also if you have a mechanical or you're just plain out of gas (legs) we are there to help you make it to Palm Desert. But it's so much more fun to ride!

Have more questions? Contact **Michelle Kashima** at kashima@cox.net

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

Wednesday Evening Rides - **5:30 pm**. Sand Canyon Cyclery (corner of Sand Canyon and Irvine Center Dr. in Irvine). Typically, the ride splits into two groups: one that is a bit faster and adds some climbing, and the other a more relaxed, but still challenging no-drop group. Ride leader is **Debi Butz**, 714.996.4366 or rdbutz@earthlink.net

Lunch In Ride - **9:00 am**, 3rd Wednesday Of The Month-Beginning at 9:00 am there will be a Lunch Bunch ride to various locations. If interested in information or attending, RSVP the Ride Leader, **Bob Fairfield**, mobile412@ca.rr.com. 10 rider limit.

FRIDAY

Morning Ride - **9:00 am**, Deerfield Park, Irvine (TBM 860-F3/29-C2). Exit the Santa Ana (I-5) at Culver and go south to Irvine Center Drive. Turn left (east), go one block and turn left at Deerwood to the park. This is a moderate to fast-paced ride of 35-45 miles with a stop at the end. Ride Leaders **Alan Dauger**, abiker@socal.rr.com and **Dan Gorman**, dmgorman@aol.com.

SATURDAY

Saturday Rides - **8:00 am**, The Square, Irvine (Main and MacArthur TBM 859-G4/28-C3). All rides will stop to re-group as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. See Saturday Rides in the center pages of the Newsletter. Ride Leader **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 is **Donna Parish**, 714.549.8363 or ridecaptain@ocw.org

OCW TRAINING SEE PAGE 5
FOR DETAILS



SEE PAGE 7 FOR TANDEM TIME
DETAILS



Saturday Ride Schedule

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.**

September 2009

5-September-2009 8:00 AM

Sprint

37 miles Hilly - Red Hill, Alton, Harvard, Irvine Ctr./Moulton, El Toro, Laguna Cyn, PCH, Newport Coast, San Joaquin Hills, East Bluff/University, Campus, Von Karman, Main, MacArthur

Slow to fast

21 miles Rollies - Main, Bike Trail, East Bluff, Back Bay, Dover, Westcliff, Galaxy, Bike Trail, Main, MacArthur

34 miles Hilly - Main, Harvard, Campus/Irvine, Dover, PCH, Bayside, Marguerite, Bonita Cyn, Shady Cyn, Turtle Rock, University/Jeffrey, Walnut, Harvard, Barranca, Von Karman, Main, MacArthur

50 miles Hilly - Red Hill, Walnut, Tustin Ranch, Portola, Jeffrey, Irvine Blvd, Bake, Rue De Fortuna, Glenn Ranch, Saddleback, Santiago Cyn, Newport, La Colina, Tustin Ranch, Walnut, Harvard, Main, MacArthur

12-September-2009

No Saturday 'Square' rides scheduled due to OCW Amtrak Century Ride event

19-September-2009 8:00 AM

Sprint

32 miles Elevation Gain 1600 ft. Hilly - Red Hill, Newport, Crawford Cyn, Rancho Santiago, Cannon, Via Escola, Meats, Taft, Hewes, Foothill/Skyline, Tustin Ranch, Walnut, Harvard, Main, MacArthur

Slow to fast

25 miles Flat - MacArthur, Michelson, University/Jeffrey, Alton, Irvine Blvd., Yale, W. Yale Loop, Main, MacArthur

35 miles Elevation Gain 900 ft. Rollies - Red Hill, Edinger/Irvine Ctr, Barranca, Alton, Toledo, El Toro, Los Alisos, Jeronimo, Barranca, Irvine Ctr, Harvard, Main, MacArthur

54 miles Flat - Main, Sunflower, SA River Trail, Slater, Springdale, Westmimster/2nd St., Appian Way, 2nd St., Shoreline Village, Beach Bike Trail, Marina, PCH, Dover, Irvine, Mesa/Birch, Von Karman, Main, MacArthur

26-September-2009 8:00 AM

Sprint

34 miles Hilly - Red Hill, Edinger/Irvine Ctr, Barranca/Muirlands, Bake, Portola, El Toro, Toledo, Alton, Barranca, Irvine Ctr., Harvard, Main, MacArthur

Slow to fast

24 miles Mostly Flat - Red Hill, Barranca, Harvard, Irvine Ctr, Sand Cyn., Portola, Tustin Ranch, Walnut, Red Hill, Barranca, Von Karman, Main, MacArthur

35 miles Elevation Gain 600 ft. Flat - Main, Sunflower, S.A. River Trail, Slater, Edwards, Seapoint, PCH, Bayside, Marguerite, San Miguel, Bonita Cyn./Culver, Campus, Von Karman, Main, MacArthur

51 miles Elevation Gain 1960 ft. Hilly - Red Hill, Alton, Harvard, Irvine Ctr/Moulton, Crown Valley, Antonio, Santa Marguerita, Alicia, Jeronimo, Muirlands/Barranca, Von Karman, Main, MacArthur

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.*

September 2009 Schedule

Sept. 6, 2009 Carl's Jr., Irvine. (Board Meeting Scheduled at **11:00 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. (at Von Karman).

S 27 Miles. Campus, Culver, Jeffrey, Irvine Blvd., Alton, Red Hill, Barranca, Von Karman.
M 38 Miles. Irvine, Dover, PCH, Warner, Graham, Slater, Bushard, PCH, Dover, Campus.
L 45 Miles. Barranca, Harvard, Walnut, Red Hill/Santa Ana, PCH, Seapoint, Bushard, PCH, Bayside, Dover, Campus.

Sept. 13, 2009 Peppertree Park, Tustin. Take the 4th Street exit off the 55 Fwy and go east 0.3 miles to B Street. Go right (south) 0.2 miles to the park. Pepper Tree Park is on the southeast corner of B Street and 1st Street.

S 28 Miles. Bryan, Red Hill/Santa Ana, University, Bike Trail, PCH, Dover, Campus, Red Hill.
M 33 Miles. Bryan, Red Hill/Santa Ana, Irvine, PCH, Hamilton, Campus, Harvard, Tustin Ranch.
L 39 Miles. Irvine Blvd./Trabuco, Marguerite, Oso, Mouton/Irvine Ctr., Tustin Ranch, Bryan.

Sept. 20, 2009 Tustin Sports Park, Tustin. Take the Santa Ana Fwy (5) to Jamboree and exit north. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.). Go 0.2 miles and enter the parking lot on the left.

S 21 Miles. Tustin Ranch, Portola, Yale, Alton, Red Hill, Valencia, Edinger, Harvard Trail.
M 33 Miles. Tustin Ranch, Harvard, Eastbluff, San Miguel, Bayside, PCH, Red Hill.
L 43 Miles. Portola, Modjeska, Irvine Blvd., Alton, Jeffrey, Red Hill, Skyline Newport Blvd., Jamboree.

Sept. 27, 2009 Northpark Plaza, Irvine. Take the Santa Ana Fwy. (5) to Culver and exit North. Go 1 mile to Irvine Blvd. The shopping center is on the Northwest corner. Park between Jack-in-the-Box and the French Bakery.

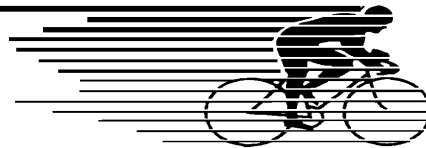
S 21 Miles. Hick's Trail, Sand Cyn., Irvine Blvd., Alton, Barranca, Harvard, Tustin Ranch.
M 35 Miles. Tustin Ranch, Portola, Trabuco, Los Alisos, Barranca, Michelson, Harvard, Bryan, Culver.
L 43 Miles. Irvine Blvd., Alicia, Glenwood, Laguna Cyn., PCH, San Miguel, UCI, Culver.

Oct. 4, 2009 Carl's Jr., Irvine. Rides Start at 8:30 AM (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. (at Von Karman).

S 29 Miles. Campus, Cliff, PCH, Goldenwest, Lake, Atlanta, PCH, Dover, Campus.
M 36 Miles. Campus, Cliff, PCH, Warner, Gothard, Lake, PCH, Dover, Campus.
L 45 Miles. Alton, Los Alisos, Alicia, Pacific Is., Marina Hills, Golden Lantern, University.



PARAMOUNT RACING



TEAM MEETING

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

President	John McKee	pres@paramountracing.org
Vice President	Curtiss Dosier	cdosier@kmob.com
Secretary	Jeff Carchidi	jcarchidi2001@yahoo.com
Race Director	Monty Pettus	sngltrkguy@yahoo.com
Rider Advocate/Recruitment Director	Ethan Ede	motiongraf@yahoo.com
Sponsorship Coordinator/OCW Liaison	Michelle Kashima	kashima@cox.net

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

JAX BICYCLE CENTER

TREK BICYCLES

TUSTIN TOYOTA

HAWAIIAN ISLANDS CREATIONS

FEATHER BRAKES

ORANGE COUNTY WHEELMEN

VITTORIA TIRES AND TUBES

BONTRAGER WHEELWORKS

KENNYBZ.COM PHOTOGRAPHY

HAMMER NUTRITION

INKSPOTGRAPHX.COM

Paramount Race Report

2009 Late Season Criteriums

By **Curt Dosier**

The road racing season is wrapping up with a lot of criterium racing. Paramount racers have managed to hold form late into the season and have turned in some great results.

Elites

CBR Dominguez Hills Cat. 3 Race – Big win for **Marcos**, **Wilson** out with injury.

The Paramount guys kept the breaks in check and the speed up in the last lap, and **Marcos Corona** executed a perfect sprint to take the win at CBR's Dominguez Hills #4 criterium. Unfortunately, about mid-race **Wilson Crider** hit the deck and dislocated his elbow. The good news is that it sounds like **Wilson** may be back on the bike for the last race of the season.

The race was fast throughout, with small breaks forming and being reabsorbed by the peloton on a regular basis. With 4 laps to go, a group of about 8 was off the front with a decent gap. **Curt Dosier** took a pull on the uphill sections of the course to bring the field within striking distance. With 3 laps to go, **Ethan**

Ede brought **John Bernstein** to the front of the group, and then **John** took a hard pull to finish off the break. Meanwhile, **Marcos** was keeping himself in good position near the front.

Coming into the start/finish straight for one lap to go the pace slowed a little, with the group moving over to the right-hand side of the course. So, **Curt** attacked up the left-hand side. This move caused a reaction in the group and kept it strung out for a bit, making it easier for **Marcos** to hold his position and not get swarmed in the last 1/2 lap.

Marcos came out of the last corner in 3rd, and held off for a second before starting his sprint. He had tested the sprinting conditions during a prime lap and knew that the headwind coming into the finish was pretty stiff, so he didn't want to go too early. Turns out, he timed it perfectly and won by a bike length or so. After working for **Marcos**, **Ethan Ede** still had enough in the tank to finish 14th.

An impressive win for **Marcos** and the squad.

Masters

The Paramount masters squad had a good day at the Brentwood GP. **Howard Miller** finished 5th in the 55+. In the 60+, **Monty Pettus** took 2nd and President **John McKee** took 5th. **Dan Crain** hung in there for 13th.





Kevin Ivey and Dave Rusher at Starbucks in San Juan

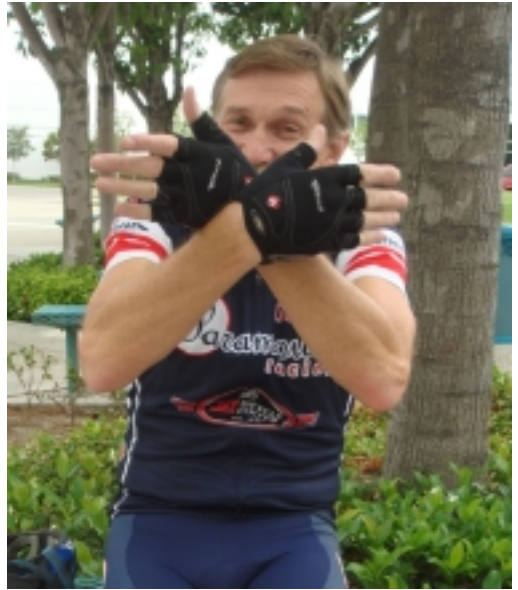
Wednesday Lunch Rides Continue

By Dan Gorman

In June, the "Lunch Bunch" rode to Oceanside following the first part of the traditional AMTRAK route with a rest stop at the Starbucks in San Juan thrown in. The usual suspects; **Lee Stebbins, Dave Rusher, Doris Bingo** and I, along with newbie "Lunch Bunch" rider, **Kevin Ivey**, enjoyed a pleasant ride with near perfect weather. We all enjoyed hearty lunches at the Baja Rockin Lobster before heading on to the train station for our relaxing ride home.



Lee Stebbins in Oceanside



Dan Gorman in Irvine



Dave Rusher and Lee Stebbins in Oceanside



Lee Stebbins, Kevin Ivey & Dave Rusher in Oceanside

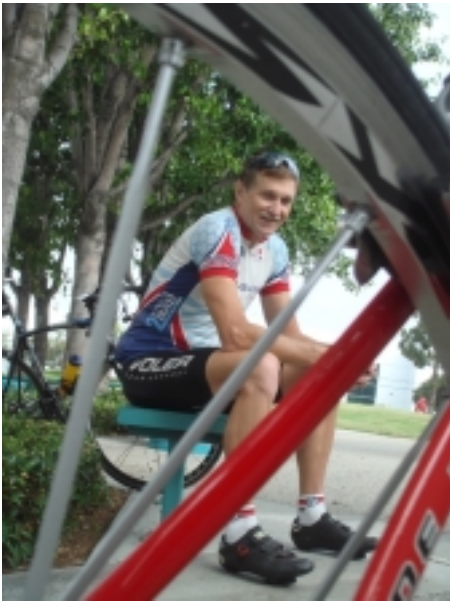
The July “Lunch Bunch” ride stayed pretty much entirely in Orange County with a brief venture north of the Orange Curtain into L.A. County. There were no new faces this time with only **Alan Dauger, Doris Bingo, Bob Fairfield** and myself completing the ride. Since there was no train to catch, the pace was more relaxed. This allowed for a more leisurely break at the Starbucks in Seal Beach, where we happened to run into **Don Sanders** and Tony Rapoza, who were out doing their own ride. The ride back went inland along the L. A. River Trail for about a mile before getting off and heading back south into Irvine for lunch. Thanks to **Bob Fairfield** for creating another new route that was quite enjoyable.



Bob Fairfield
at lunch



Alan Dauger
in Irvine (left) and
lunch (lower right)



Dan Gorman
in Irvine



Bob Fairfield and Don Sanders at Starbucks in Seal Beach



OCW PICNIC

By Irene Walker

Our annual picnic was August 9th. There were 60 plus people for the BBQ at Huntington Beach Central Park. We also had many real dogs. Peoples pets.

There was fruit, veggies, chips & dip for the hungry riders to snack on before the BBQ. Lots of burgers, dogs, baked beans & cole slaw plus lots of desserts.

We had great fun playing Wiffle Ball and having tricycle races. A few hula hoops were thrown in for good measure and of course lots of conversation.

If you didn't come you missed the fun. Hope to see more of you next year.

Thanks to all that helped make this picnic a success, especially **Art Pressel** for transporting the trikes.



Patrick Huey racing Debi Butz



Dave Whitney, Irene Walker & Debi Butz



Patrick



Dennis Thomas





Debi Butz and Marni Witte



Bob Fairfield



Jim Walker and Art Pressel



Angie and Don Carson



WESTERN STATES RIDE CALENDAR

9/2/2009	White Rim Tour	Bonneville Cycling Club	
9/5/2009	That Which Does Not Kill Us	Cycling Escapes	714.267.4591
9/6/2009	Tour of Big Sur & CA Coast	Cycling Escapes	714.267.4591
9/11/2009	Emigrant Trails Bike Trek	Breathe CA of Sacramento-Emigrant	916.444.5900
9/12/2009	Amtrak Century	Orange County Wheelmen	714.956.2453
9/12/2009	Auburn Century	Auburn Endurance Events	530.902.8685
9/12/2009	Audi Best Buddies Challenge	Best Buddies International	415.503.1776
9/12/2009	Everest Challenge Stage Race	Eastside Velo	
9/12/2009	High Sierra Fall Century	Sierra Cycling Foundation	760.647.6595
9/12/2009	Hoodoo 500 (RAAM Qualifier)	Planet Ultra	
9/12/2009	Siskiyou Century	Yreka Rotary Club	530.842.1649
9/12/2009	Waves to Wine	Northern California Chapter NMSS	510.267.9669
9/13/2009	Tour De Tahoe - Bike Big Blue	TGFT Productions / Bike the West	800.565.2704
9/19/2009	Knoxville Fall Classic Double Century	Quackcyclists	510.882.6727
9/19/2009	Tour Des Lacs	Round and Round	509.455.7657
9/19/2009	Tour of Utah - Color Co. to Canyonlands	Cycling Escapes	714.267.4591
9/19/2009	Unknown Coast Weekend	Chico Velo Cycling Club	800.482.2453
9/26/2009	Lighthouse Century	San Luis Obispo Bicycle Club	805.543.5973
9/26/2009	Mt. Whitney Classic Cycling Event	Summit Adventure	559.642.3899
9/26/2009	Tahoe Sierra Century	Tahoe Sierra Century Ride	
9/26/2009	White Mountain Double Century	NdZONE	949.370.5077
9/27/2009	OatBran	TGFT Productions / Bike the West	800.565.2704
9/27/2009	Peach of a Century	Salem Bicycle Club	
10/2/2009	Amgen CA Coast Classic Bicycle Tour	Arthritis Foundation, So Cal Chapter	800.954.2873
10/3/2009	Bicycle Tour of Utah	Cycling Escapes	714.267.4591
10/3/2009	California Coast Classic	The Arthritis Foundation	323.857.9359
10/3/2009	Furnace Creek 508 Bicycle Race	Adventure Corps, Inc.	
10/3/2009	Hemet Double Century & Single Century	Watrous Cycling Enterprises	
10/3/2009	Konocti Challenge	Rotary Club of Lakeport	707.349.0815
10/3/2009	Levi Leipheimers King Ridge GranFondo		707.543.4300
10/3/2009	No Hill Hundred	Churchill County Cyclists	775.423.7733
10/3/2009	The Grizzly Century	North Fork Community Dev Council	559.877.2218
10/4/2009	Tour de Poway	Cycling Promotions West	800.679.2453
10/7/2009	Peak to Peak Pedal	United States Adaptive Recreation Center	909.584.0269
10/10/2009	Bass Lake Powerhouse Double Century	Fresno Cycling Club	559.683.6009
10/10/2009	Colonel Allensworth Century	Crankin Time Cycling	323.810.0141
10/10/2009	Condor Classic	Pinnacle Partnership	
10/10/2009	Festa Metric Century	Shadow Tour LLC	858.756.4940
10/10/2009	MS 150 Bay to Bay Bike Tour	National MS Society	760.448.8400
10/11/2009	Riverbank Cheese & Wine Century	Stanislaus County Bicycle Club	209.527.7857
10/17/2009	Cochise County Cycling Classic	Perimeter Bicycling Assoc of America	520.745.2033
10/17/2009	Fall Metric Century	Orange County Wheelmen	714.956.2453
10/17/2009	Foxys Fall Classic	Davis Bicycle Club	
10/17/2009	Harvest Ride for Literacy	Ventura Rotary Club	805.642.7089
10/17/2009	Quincy Weekend Ride	Chico Velo Cycling Club	800.482.2453
10/17/2009	Solvang Autumn Double	Planet Ultra	
10/17/2009	Valley Girls Ride	Central Valley Cycling Charitable Assoc	559.297.0261
10/18/2009	Solvang Wine Country	Cycling Escapes	714.267.4591

CLASSIFIED ADS

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

PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !

FOR SALE: Santana Tandem Sovereign SE Red Excellent condition. Large/Med frame. New: King Headset, cassette, chains, bottom brackets, chain ring. Ultegra 9 speed triple. Avid V brakes. Multiple stoker options and accessories. Contact for pics, details, test ride. \$3,000 Contact John Stechert at judith.stechert@sbcglobal.net or 949.349.0254.

FOR SALE: Merlin Ti Road 59cm Campy Record 9 speed; Velomax Orion II wheels; \$875 Contact Henry Pilcher at hkpilcher@aol.com or 714.998.5734.

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

FOR SALE: Flite 700 serfas cr-mo, carbon fiber seat post and cats eye electronics, unused (like new), \$1000 Contact Dustin Knight at dlknight@csupomona.edu or 714.504.9238.

FOR SALE: Bianchi Ti SL Bike (last of its kind- 1999...Collector's Item Size 50 (fits like a 49) Natural Ti finish, Shimano Dura Ace Components. Gearing 39/53, 12/27-Rolf Sestriere Wheels-700 Cella Azzura Carbon Seatpost, Ritchey Aluminum Handlebars- sz 40- NEW. Felt 1.2 Stem 11cm- NEW Vredenstein Fortezza TriComp 700 Tires plus 1 new "spare) Bianchi Full Carbon Fork-Speedplay Zero Ti pedals less than 500 miles! Asking Price: \$1500 Contact Lynne Billie at billie@bbcnet.com or 949.552.8480.

FOR SALE: Colnago Master A beautiful black/yellow near new condition. Ultegra 10 spd, FSA Compact crankset (50-34) 175 arms, Colnago stem (110), Campy Proton Wheelset, near new Gatorskins, Thomson Seatpost, Chris King Headset, Fizik Aliante Saddle (new). I'll also include a Colnago product catalogue signed by Ernesto Colnago for your collection. \$1995.00 OBO. Located in Fullerton. Contact Dan Clark at de_clark@msn.com or 714.572.1136.

FOR SALE: Paramount Clothing for sale, 1 or 2 years old. Medium "wind jacket" (warmer than wind-breaker) long sleeved with pockets, like new \$25. Large jersey \$10. Large skinsuit worn once \$30. Two older club jerseys (large) \$5 each. One pair medium club shorts worn twice (\$10). Call Paul Brubaker 949.439.3432 or email at pdbrubaker@yahoo.com.

FOR SALE: Cannondale SP 1000 hybrid bike. Blue and Silver color, seat post shock, Head shock. Medium size, very clean bike. price \$250.00 KB@kennybz.com Contact Ken Brant at 714.772.9589.

WANTED: FULL TIME HEAD MECHANIC Looking for an experienced and professional head mechanic for a boutique road bike shop in Orange County. Experience with bike fitting and good retail sales skills strongly preferred. This person will be well-rounded and the main face of the shop in addition to the owner. Could start soon on a part-time trial basis with full-time work beginning in Spring 2009. Please email resume to brucedmarshall@yahoo.com. Contact Bruce Marshall at 949.748.6129.

FOR SALE: American Classic tubulars Zipp 330 rims with american classic hubs about 1100 grams per pair \$800 Contact Howard Miller at 562.429.7915.

Please Support the Sustaining Members of the Orange County Wheelmen

Many Sustaining Members offer discounts to OCW members.

Tell them you're from OCW and continue to support those who support us!

"Beerview" Cyclists Rear View
Mirrors
Irvine, CA 92614-7064
(949)551-6353

Dee Bessee Massage Therapist
Costa Mesa, CA 92627-5542
(949)548-4595

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

Allegro Specialties
Fountain Valley, CA 92708-3516
(714)593-9226

Kenny BZ.com
Anaheim, CA 92802-2259
(714)772-9589
www.kennybz.com

Springdale Villa Apartments
Westminster, CA 92683-1976
(714)894-5718

Matloff and Associates
Mission Viejo, CA 92692
(714)267-2193

Rich Photographic Service
Big Bear City, CA 92314-2937
(909)584-7030
<http://www.richphoto.photorefect.com>

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

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested

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



FIRST CLASS MAIL

