

# **THE ORANGE COUNTY WHEELMEN NEWS**

## **CHAIN REACTION**

**TANDEM TIME**

**April**

**GOAT HILL**

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

**PARAMOUNT RACING**

**2008**



## *General Meeting*

*Wednesday April 9, 7:00 pm*



### **CAMPAGNOLO**

Our April speaker direct from the Campagnolo factory in Vicenza Italy via Carlsbad CA will be **Brian Sarmiento**. **Brian** is a Marketing and Sales rep for Campagnolo North American Corporate Headquarters and Operations. **Brian** will be discussing anything and everything old, new, and the future from the Campagnolo factory. So start brushing up on your knowledge of the history of Campagnolo and their contributions not only to the cycling industry but in other engineering areas.

**See more details on page 4.**

So don't sit on your duffs for this very exclusive meeting with Brian, ride, drive or walk to the next OCW meeting on April 9, 2008

Plan to arrive at 6 : 30pm for dinner and the presentation will start at 7 : 00 pm .

**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...**

Tandem Time	Sat.	Apr.	5
Board Meeting	Sun.	Apr.	6
Folding Party	Thurs.	Apr.	24
Fiesta 150 Ride	Sat./Sun.	May	3,4
Ride Around the Bear	Sat.	June	9

## OCW CLUB OFFICERS

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Director	Barbara Tomita	714.289.0917 tomitacat@aol.com
Director	Dan Gorman	714.771.7741 dmgorman@aol.com
Director	Frank Neal	909.592.2727 cycleman@bigplanet.com
Director	Alex Laugen	714.283.5153 bikefamily@netscape.com

## BOARD MEETING

**Sunday, April 6th, 11:30 am**

**Carl's Jr., Irvine.** Take the 405 Freeway to the Mac Arthur 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, April 24th, 7:00 pm**

Hosted by:

**Diane Clanton**  
2204 Vista Canyon  
Orange, CA 92867  
714.282.8206

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

**DIRECTIONS:** From North 55 Frwy exit Lincoln/Nohl Ranch Rd. Go right on Santiago (heading south). Turn left at Vista Canyon (Shell gas station on right), head up the hill to the 2nd house on the right.

## SPECIAL THANKS TO

**Liz & Stuart Gaston**  
for Hosting the  
**March Folding Party**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact **Sylvia Grotz at LP.Sylvia@verizon.net**

(OCW reimburses up to \$100)

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## FROM THE PRESIDENT...

By Charlie Irwin

Are you stressed at work, worried about your retirement or just down about the economy? Well, there is nothing like a good ride to fix whatever is bugging you. We have just what you need! The Cinco de Mayo Fiesta 150 — A Celebration of Cycling. This ride gives you that chance by getting away for a fun, 2 day weekend so you can put the real pressures of life on hold. Check the OCW website for all details, [www.ocw.org](http://www.ocw.org).



I am planning to do the Fiesta this year. So, if you are like me, this ride will give you the opportunity to get back in shape and spend 75 miles on the road to Del Mar, a fun touristy town that is filled with lots of good restaurants and shops. The ride starts at the Irvine train station between 8:00 - 9:00 a.m. so there is plenty of time to get you and your bike set up for the enjoyable ride south. I'm planning to ride from the house with my clean clothes in my camelback so no need for a car. Think about it. Just get on the road and go. Route slips are provided at the train station so no worries there. Even luggage pick up is provided if you wish. You can even do a 50 miler starting in San Juan Capistrano starting at Buy My Bikes bike shop. All excuses are a goner. With daylight savings time, we have the opportunity to do a leisurely paced ride and our only goal is to reach each rest stop before it closes. Debi Butz and her gang of volunteers will be out there waiting to serve us. A great dinner is planned for later in the evening at the host hotel, the Marriott. So, make your decision, sign up and have a good weekend. We would like to see more OCW riders

doing this ride. It gives you a chance to catch up with your fellow riders and enjoy some good company.

Once we get to Delmar, all we have to do is check in to our room, get cleaned up and/or take a nap and feel refreshed to enjoy a great evening of socializing with our fellow cyclist and eating some tasty Mexican food. What could be better than that? You have the chance to do whatever you like, maybe enjoy a little night life or take a walk to take the kinks out of

the legs. Enjoy a full nights rest and suit up for another day of 75 miles of scenic roads back to Irvine.

Sound like fun? Sign up, I guarantee you won't be disappointed. Even the weather man tells me the sun will shine!! Remember the date...May 3 and 4<sup>th</sup>.

This is a good start to get some training miles in for the summer. Consider riding Michelle Kashima's weekly training rides to get you in shape so you have more confidence on the road to do the miles you want to do. Her training rides are on Tuesdays, Fridays and Saturday's. All information is on the website.

Remember, what happens in Del Mar, stays in Del Mar!!

Charlie





## April Babies

Patti Hamburg	4/1
Michael Lanphere	4/1
Steven Binns	4/1
Jeff Carchidi	4/2
Chuck Hoover	4/2
Jeff Wallace	4/4
Don Van Horn	4/8
Charley Simons	4/9
Bob Huff	4/11
Mark Gunderson	4/11
Richard Holzer	4/12
Jayne Ramos	4/13
Don McNealy	4/14
Gil Rivera	4/14
Herb Johnson	4/16
Sara Clark	4/16
Diane McConahay	4/20
Jim Walker	4/21
Vern Glaser	4/22
John Kalmikov	4/23
Fred Guttentag	4/24
Laura Daley	4/25
Emmie Heidner	4/25
Polin Ung	4/26
Terry Sorem	4/28
Stephen Glass	4/29
Robert Mills	4/29
Diana Burman	4/29
Debby Kelly	4/29
Dennis Despie	4/30
Reid Griffin	4/30
Lisa Urick	4/30

## APRIL GENERAL MEETING CAMPAGNOLO



Our April speaker direct from the Campagnolo factory in Vicenza Italy via Carlsbad CA will be **Brian Sarmiento**. **Brian** is a Marketing and Sales rep for Campagnolo North American Corporate Headquarters and Operations. **Brian** will be discussing anything and everything old, new, and the future from the Campagnolo factory. So start brushing up on your knowledge of the history of Campagnolo and their contributions not only to the cycling industry but in other engineering areas. Did you know?

- Campagnolo made wheels and parts for Lamborghini, Ferrari, Ducati, and Alfa Romeo
- Campagnolo in 1930 Patents the first quick release hub
- Campagnolo is the designer of the modern day Front and Rear derailleurs and also designed the first shifting system known as Shift Rods
- Campagnolo designed the "angel" (don't know the exact phrase) bottle opener leaving millions to copy today's design
- Campagnolo termed the word "Groupo"
- Campagnolo is so advanced in engineering, they had an Aerospace program and built products for NASA
- Campagnolo has more than 135 patents

### Some Buying points

- Rebuildable
- Upgradeable (i.e. 9 speed shifter to 10 speed with a small part)
- History
- Hand Built in Europe
- Affordable (Chorus is the same price as Dura Ace and weighs less)
- Aesthetics
- Proven Reliability

So don't sit on your duffs for this very exclusive meeting with Brian, ride, drive or walk to the next OCW meeting on April 9, 2008

Plan to arrive at 6 : 30pm for dinner and the presentation will start at 7 : 00 pm .

# CALIFORNIA TRIPLE CROWN

## DOUBLE CENTURY REPORT

By Frank Neal

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

The 2008 Spring California Triple Crown Series is now in full swing! Here are the first Results for 2008.

**2/16/08: Butterfield Double.** Affectionately known as "Butterflood" because it has rained during two out of the last three years, the course changed this year to avoid the flood zone in Temecula. The new course basically followed the first half of the old route down the Coast, from Irvine to Oceanside, and then inland to Fallbrook. But, then it turned around and came back. It avoided the whole Temecula/Elsinore return route of the past. This year the weather was a rider's delight! The temps were mild. There was little wind. OCW boasts the following Finishers: **Chuck Bramwell, Jim Cawthon, Bill Murphy, Tom Parkes, Doug Patterson, Rene Rodarte, and Ron Williams.**

**3/1/08: Death Valley Spring Double.** Always a favorite and always sold out, this amazing scenic desert location has been a triumph for some and a spoiler for many other ultradistance cyclists. This year, the temperatures were mild and perfect for cycling. High clouds prevented the sun from baking the riders like it is known to do. Then, the 44mph sustained headwinds hit in the middle of the course! The sand began to blow. There was no place to hide from the sandblasting! There is a reason this area is called Death Valley! Hearty Congratulations to the two awesome OCW Members who endured to Finish in spite of the very difficult conditions: **Jim Cawthon and Paul D'Aquanni!**

**3/29/08: Solvang Spring Double.** This is a great first Double! It is mostly flat with historically favorable winds. The temperatures are mild. It travels from Solvang to Morro Bay and back. With all of the rain this year, the scenery was outstanding!

Results were not available at press time. But, I'm sure the results will be posted on the CTC Website by the time you read this report. For complete year-to-date results, go to: [www.caltriplecrown.org](http://www.caltriplecrown.org) Click directly on "2008".

### How to get started on Doubles.

OCW features a weekly training ride for the Doubles called the OCW Saturday Century. For more information, you can subscribe for email notice about the upcoming weekly ride schedule. Drop an email to **Chuck Bramwell** at: [CBrams@CalTripleCrown.com](mailto:CBrams@CalTripleCrown.com)

If you are not ready to ride any of the Events, you can always participate by volunteering your time! We always need helpful and friendly folks to assist us along these journeys. You can find volunteer contact info for any of these Events on their Websites, below.

**Upcoming CTC Double Century Events:** See: [www.caltriplecrown.com/schedule.htm](http://www.caltriplecrown.com/schedule.htm)

**04/26/08 - Devil Mountain Double.** See: [www.quackcyclists.com/](http://www.quackcyclists.com/)

**05/10/08 - Central Coast Double.** See: [www.centralcoastdouble.com/](http://www.centralcoastdouble.com/)

**05/17/08 - Davis Double.** See: [www.davisbikeclub.org/](http://www.davisbikeclub.org/)

**05/24/08 - Heartbreak Double Century.** See: [www.planetultra.com/heartbreak/index.html](http://www.planetultra.com/heartbreak/index.html)

**06/07/08 - Eastern Sierra Double Century.** See: [www.planetultra.com/easternsierra/index.html](http://www.planetultra.com/easternsierra/index.html)

**06/21/08 - Terrible Two.** See: [www.srcc.com/tt.html](http://www.srcc.com/tt.html)

**06/28/08 - 50<sup>th</sup> Grand Tour.** See: [www.lawheelmen.org/grantour.htm](http://www.lawheelmen.org/grantour.htm)

**08/02/08 - Mt. Tam Double.** See: [www.marincyclists.com/](http://www.marincyclists.com/)

**09/20/08 - Knoxville Fall Classic Double.** See: [www.quackcyclists.com/](http://www.quackcyclists.com/)

**09/21/08 - CTC Awards Breakfast, Vacaville, CA:** At the Knoxville Double Start/Finish site. See: [www.caltriplecrown.com/schedule.htm](http://www.caltriplecrown.com/schedule.htm)

**09/27/08 - Tour of Two Forests Double.** See: [www.planetultra.com/totf/index.html](http://www.planetultra.com/totf/index.html)

**10/11/08 - Bass Lake Powerhouse Double.** See: [www.fresnocycling.com/powerhouse/2006/](http://www.fresnocycling.com/powerhouse/2006/)

**10/18/08 - Solvang Autumn Double Century.** See: [www.planetultra.com/solvangfall/index.html](http://www.planetultra.com/solvangfall/index.html)

**10/25/08 - Death Valley Fall Double.** See: [www.adventurecorps.com/dvfall/](http://www.adventurecorps.com/dvfall/)

**11/01/08 - Borrego Double Ordeal.** See: [www.dieharddoublecentury.com/](http://www.dieharddoublecentury.com/)

Ride Safe out there! - Frank Neal  
[CTCDataGuy@Verizon.net](mailto:CTCDataGuy@Verizon.net)

## Officer Stadanko Promoted!!

By Dan Gorman

Officer Stadanko of the OCWPDU (Orange County Wheelmen Pain Detection Unit) has received a promotion to Sergeant. His tireless efforts to penetrate the ring of OCW's most egregious offenders in the dispensing of pain and the continued effort to identify the ringleaders has led to this surprise decision by the OCWPDU's top brass.

Many of the offenders identified have been apprehended and with some influence from the 'Mesmerizer', have agreed to perform community service at one or more of OCW's upcoming events in reparation for their misdeeds.

However, the charges against **Debi 'The Mesmerizer' Butz** have been dropped due to lack of evidence. It seems that when her case came before the Pain Remediation Tribunal, there was a case of mass amnesia regarding the charges against her. All documentation of her heinous actions had also mysteriously vanished. She has been released without prejudice. Additionally, after all was said and done, she was awarded OCW's Member of the Year Award (Congratulations **Debi!!**).

The 'Cookie Lady' remains at large and has even gone so far as to send a bulk e-mail notifying the OCWPDU when, April 5<sup>th</sup>, and where, The Square, she intends to strike next from her underground website. She will undoubtedly deliver on her threat. Be very cautious in approaching this person, as you may find yourself gorging yourself on tempting treats and ultimately not knowing how you gained those five pounds.

Sergeant Stadanko wishes to thank all of those present for his presentation on the night of February 23<sup>rd</sup> for the warm reception that he received and also for their assistance in apprehending many of the perps on OCW's most wanted list.



## A Big Thank You from your ex-VP

By Dan Gorman

I would like to voice my appreciation for all of those people who helped in the preparation for the Banquet. Thanks to the Banquet Committee; **Ken Fry, Debi Butz, Charlie Irwin, Jim Walker, Irene Walker** and me. The Committee came up with several possibilities for new locations at which to hold the banquet as well as some guidelines regarding expenditures and entertainment. Thanks especially to **Debi, Jim and Irene** who agreed to accompany me to several of the facilities to check them out to see which would best suit our needs. If you liked the food at the banquet, you should thank **Henry** and **Kathy Pilcher**, who once again gave their valuable input for menu selections. **Barb Tomita** was responsible for making the name tags as well as the carefully folded and stapled drawing tickets for the Performance gift certificates. **Ken Brant** took care of the set up for the projector and had prepared a 2007 members at play slide show, which I regrettably forgot to tell him to run before and during the meal (Sorry **Ken**). **Chuck Bramwell** did a great job talking about the accomplishments of some of our ultra distance members. Thanks also to **Barb Tomita** for being a good sport and to the members of the Board who helped me with a couple of pranks during the presentation of her plaques (yes plaques, plural) as the outgoing President of OCW. A big Thank You also goes to the OCW Board for allowing the expenditure of a considerable chunk of change to put on the banquet. Finally, once again I would personally like to thank all of those people who have volunteered at OCW events. The income from those events is what makes it possible to have picnics, General Meetings and banquets. Give yourselves a great big pat on the back.



Kathy Pilcher – The Cookie Lady

## **2007 SERVICE AWARD WINNERS**

### **Platinum Award**

Sue Buck, Alan Dauger

### **Gold Award 900 Activity Points**

Debi Butz, Paul D'Aquanni, Dan Gorman, Greg Kibble

### **Silver Award 650 Activity Points**

Doris Bingo, Chuck Bramwell, Barbara Tomita, Irene Walker, Jim Walker

### **Bronze Award 450 Activity Points**

Rick Butz, Bob Fairfield, Sylvia Grotz, Lorna Laugen, Michael Laugen, Michael Lee, Frank Neal, Jeff Rich, Charley Simons, Lee Stebbins

### **Expert Award 250 Activity Points**

John Grotz, Patrick Huey, Charlie Irwin, Michelle Kashima, Alex Laugen, William MacVicar, Joan Mary, Roger Morgan, Ken Morrison, Ollie Morrison, Debbie Myers, Cathy Painter, Lee Painter, Kent Parish, Doug Patterson, Kathy Pilcher, Ross Ritari

### **Active Award 150 Activity Points**

Martin Aquerre, Fred Bauer, Richard Bird, Anita Brewer, Don Carson, Dan Clark, William Clark, Wilson Crider, Will Decker, Diedre Engle, Bob Fieldhouse, Stuart Gaston, Dave Gibson, Ralph Hansen, Brenda Hanson, Scott Klages, Tommie Kozlov, John McKee, Cheryl McMurray, William Murphy, A.J. Nelson, Donna Nelson, Donna Parish, Steve Pohl, Penny Poorman, Jim Pugh, Adrian Ramos, Tracy Sharp, Dutch Stapelbroek, Marlys Stapelbroek, David Whitney, C.J. Williams

## **2007 COMBINATION AWARD WINNERS**

### **Platinum Award 800 Activity Points and 5000 Miles**

Dan Gorman, Greg Kibble

### **Gold Award 400 Activity Points and 2500 Miles**

Doris Bingo, Chuck Bramwell, Paul D'Aquanni, Alan Dauger, Bob Fairfield, Michael Lee

### **Silver Award 300 Activity Points and 1750 Miles**

Sue Buck, Debi Butz, Ken Fry, Lorna Laugen, Michael Laugen, Lee Stebbins, Jim Walker

### **Bronze Award 200 Activity Points and 1250 Miles**

Martin Bernstein, Wilson Crider, Patrick Huey, Alex Laugen, Ken Morrison, Ollie Morrison, Donna Parish, Kent Parish, Kathy Pilcher, Jim Pugh, Jeff Rich, Ross Ritari, Barbara Tomita

### **Expert Award 100 Activity Points and 750 Miles**

Kelly Aguerre, Martin, Aguerre, Jim Brewer, Diane Clanton, Diedre Engle, Bob Fieldhouse, Stuart Gason, Fred Guttentag, Kris Jones, Scott Klages, Kelley Laxamana, Debbie Myers, Steve Pohl, Irineo Sepulveda, Margie Sepulveda, Charley Simons, Dutch Stapelbroek, Marlys Stapelbroek, Ron Vilorio, Irene Walker, Steve Zellers

### **Active Award 50 Activity Points and 500 Miles**

Dave Gibson, Michael Hanson, Mark Kaufman, Link Lindquist, Don McNealy, Crystal Nordenstam, Henry Pilcher, Brian Rapp, Scott Sharp, Thomas Sly, Alan Trudell





## 2007 AWARD WINNERS

Photos by Jeff Rich

**MEMBER OF  
THE YEAR**

**DEBI BUTZ**



**HIGH  
WOMEN'S MILEAGE AWARD  
2773 MILES**

**DORIS BINGO**



**HIGH MEN'S MILEAGE  
AWARD 6523 MILES  
TO/FROM MILEAGE WINNER  
3101 MILES**

**DAN GORMAN**

**COMMUTER AWARD 222 DAYS  
DAN LIPNISKY**



**HIGH ACTIVITY  
POINTS  
1800 POINTS**

**ALAN DAUGER**







**Banquet  
Photos  
Courtesy  
of Jeff Rich &  
Doris Bingo**





## Tandem Time

### Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, April 5, 2008, starting at 8:30 a.m. from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 30 and 35 miles in length. Remember to stay after the ride to enjoy dessert treats courtesy of the Orange County Wheelmen.

Please share this information with other interested tandem riders and email us at [Hkpilcher@aol.com](mailto:Hkpilcher@aol.com) or call us at 714/998-5734 if you have further questions.

Upcoming Tandem Time Ride: Saturday, May 31, 2008

# Weekly Ride Schedule

## TUESDAY

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

**Tuesday Hill Repeat Ride** - See details on page 15. Ride Leader **Michelle Kashima**, kashima@cox.net

**Tuesday Evening Rides** - 5:30 PM Training at Cedar Grove Park in Tustin Ranch (corner of Pioneer Rd. and Pioneer Way). Distance is between 30 and 35 miles. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

## THURSDAY

**Thursday Evening Rides** - 5:30 PM Training at Cedar Grove Park in Tustin Ranch (corner of Pioneer Rd. and Pioneer Way). Distance is between 30 and 35 miles. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

## 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**, dmgoran@aol.com.

## SATURDAY

**Saturday Rides - 8:30 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**

**Saturday Training Rides** - See details on page 15. Ride Leader **Michelle Kashima**, kashima@cox.net .

## CENTURY SERIES

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

## SUNDAY

**Sunday Rides** - 8:30 am, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader is **Kent Parish**, 714.549.8363 or ridecaptain@ocw.org

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

### April 2008

#### April 5<sup>th</sup>

- S 23 Miles, Flat to Rolling-Walnut, Jeffrey, Eastbluff, Campus
- M 33 Miles, Hilly, 1,000 Ft. Gain-Edinger, Bake, El Toro, Alton
- L 42 Miles, Hilly-Alton, Jeronimo, Santiago Cyn. (CCW), Tustin Ranch
- XL 74 Miles, Hilly, 2,500 Ft. Gain-S.A. River Trail, Green River, Ontario, Santiago Cyn., Newport Blvd.

#### April 12<sup>th</sup>

- S 22 miles Flat - Alton, Michelson, University, Harvard, Campus
- M 31 miles Rolling, 850ft. Gain,-Main, Von Karman, University, Alton, Bake, Irvine Blvd, Yale, Harvard,
- L 41 miles Hilly,1250ft. Gain-Edinger, Bake, El Toro, Laguna Cyn, PCH, Dover, Campus, Von Karman, Main
- XL 61 miles Flat - Main, Von Karman, Campus, Dover, PCH, SA River Trail, Santa Ana Cyn, Red Hill, Macarthur

#### April 19<sup>th</sup>

- S 24 miles Flat - Red Hill, Irvine Ctr, Jeffrey, Sand Cyn, Alton, Main
- M 32 miles Hilly, 2000ft. Gain - Red Hill, Newport, Cannon, Hewes, Foothill, Tustin Ranch, Harvard, Main
- L 41 miles Hilly,1250ft. Gain - Edinger, Bake, El Toro, Laguna Cyn, PCH, Dover, Campus, Von Karman, Main
- XL 63 miles Flat - Sunflower, SA River Trail, Lampson, Katella/Willow, LA River Trail, Beach Bike Trail, PCH, Dover, Campus, Macarthur

#### April 26<sup>th</sup>

- S 25 miles Flat - Red Hill, Alton, Irvine Blvd, Yale Loop, Barranca, Red Hill, Macarthur
- M 36 miles Rolling,1000ft. Gain - Red Hill, Alton, Irvine Ctr, El Toro, Laguna Cyn, PCH, Back Bay, University, Harvard, Main
- L 43 miles Hilly - Red Hill, Alton, Irvine Ctr, La Paz, Aliso Creek, Laguna Cyn, PCH, Dover, Campus, Von Karman, Main
- XL 63 miles Flat - Red Hill, Jamboree, Santiago Cyn, Santa Ana Cyn, SA River Trail, PCH, Dover, Campus, Von Karman, Main

#### May 3<sup>rd</sup>

**No ride scheduled due to Cinco de Mayo Fiesta 150.**

**SEE PAGE 10 FOR TANDEM TIME  
DETAILS**



**SEE PAGE 15 FOR TRAINING  
DETAILS**



# Sunday Rides

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

**Rides start promptly at 8:30 am.**

S=Short M=Medium L=Long

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

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

## April 2008 Schedule

**April 6, 2008 Carl's Jr., Irvine.** (Board Meeting Scheduled at 11:30AM). Take the 405 Freeway to the Mac Arthur 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 24 Miles. Von Karman, Red Hill, Tustin Ranch, Portola, University, Campus.
- M 34 Miles. Jeffrey, Alton, Muirlands, Serrano, Dimension, Bake, Irvine Blvd. Harvard.
- L 48 Miles. Alton, Laguna Cyn., PCH, Poppy, Bayside, Seapoint, Goldenwest, PCH, Dover, Campus.

**April 13, 2008 Heritage Park, Irvine.** Take the Santa Ana Fwy (5) to Culver. South on Culver 0.3 miles to Walnut. Turn left and go 0.8 miles to Yale. Left on Yale 0.1 miles, then left into parking lot.

- S 24 Miles. Jeffrey, Irvine Ctr., Alton, Irvine Blvd., Portola, Tustin Ranch, Walnut, Edinger.
- M 34 Miles. **New:** Red Hill, Campus, University, Jeffrey Trail, Shady Cyn. Trail, UCI.
- L 47 Miles. Irvine/Trabuco, La Paz, Alisio Creek, El Toro, Laguna Cyn., PCH, Newport Coast, Culver.

**April 20, 2008 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 22 Miles. Irvine Blvd/Trabuco, Toledo, Alton, Irvine Ctr., Harvard, Tustin Ranch.
- M 36 Miles. **New,** Irvine Blvd., Los Alisos, Valencia, Oso, Moulton, Los Alisos, Trabuco/Irvine Blvd.
- L 43 Miles. Portola, Modjeska, Irvine Blvd/Trabuco, El Toro, Santa Margarita, Antonio, Felipe, Marguerite, Jeronimo, Barranca, Edinger, Red Hill, Tustin Ranch.

**April 27, 2008 Pepper Tree Park, Tustin.** Take the 4<sup>th</sup> 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 1<sup>st</sup> Street.

- S 25 Miles. Bryan, Portola, Irvine Blvd., Alton, Barranca, Edinger, Red Hill, Bryan.
- M 35 Miles. **New,** Walnut, Sand Cyn., Moulton, Ridge Route, Valencia, Muirlands, Irvine Blvd., Modjeska, Portola, Orchard Hills, Tustin Ranch.
- L 39 Miles. Irvine Blvd./Trabuco, Oso, Glenwood, Moulton, Harvard, Tustin Ranch.

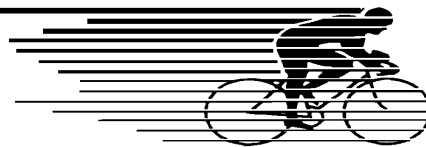
**May 4, 2008 Carl's Jr., Irvine.** (Board Meeting Scheduled at 11:30AM). Take the 405 Freeway to the Mac Arthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman).

- S 29 Miles. Irvine, PCH, Goldenwest, Lake, Atlanta, Brookhurst, PCH, Dover.
- M 33 Miles. Irvine, PCH, Seapoint, Edwards, Gothard, Lake, 1<sup>st</sup>, PCH, Dover.
- L 43 Miles. Barranca, Trabuco, Bake, Marguerite, Jeronimo, Jeffrey, Turtle Rock, Campus.





# 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

**Paramount Racing Website: [www.ParamountRacing.org](http://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**

**VITTORIA TIRES AND TUBES**

**TREK BICYCLES**

**BONTRAGER WHEELWORKS**

**SHIMANO**

**KENNYBZ.COM PHOTOGRAPHY**

**FI'ZI:K SADDLES**

**HAMMER NUTRITION**



## Training Rides

[training@ocw.org](mailto:training@ocw.org)

The Tuesday and Saturday training rides will start at 7:30am from Northpark Plaza (Albertson's) on the corner of Irvine Blvd and Culver. Park near Jack in the Box.

[http://www.shoptheirvinecompany.com/NeighborhoodCenters/Directions/Northpark\\_Plaza.aspx](http://www.shoptheirvinecompany.com/NeighborhoodCenters/Directions/Northpark_Plaza.aspx)

These rides are designed to get you ready for events such as Ride Around the Bear and Amtrak, or any other hilly century or event. Contact **Michelle Kashima** for more information: [kashima@cox.net](mailto:kashima@cox.net)

**Tuesday Hill Repeat Training** - 57 mile super strength training, warm up then 4 laps around Newport Coast including Margarite and San Joaquin and then cool down. Moderate climbing pace.

**Saturday Distance Training** - 2008 schedule starts March 1 every Saturday thru June. Rides start 40+ mostly flat miles each week gradually leading up to 80+ mostly hilly miles by June. 2009 schedule will start in January and go thru June. Moderate paced for distance training.

**Newbie Ride** - New to cycling? Try our "Newbie Ride" the first Saturday of every month. This ride starts at The Square (Formerly Food Park) on the corner of Main Street and Mac Arthur in Irvine at 8:30am. The ride will be 20+ easy paced miles with a coffee stop in the middle. Join one of our Road 1 trained ride leaders to learn basic bike handling skills. OCW's trained Road 1 riders will teach you all you need to know to help you join one of our other OCW club rides.



**Link Lindquist** ( First Place , 80+ men's) and **Alan Dauger** ( Second Place , 65-69 men's) sport their medals at the 2008 Camp Pendleton Bulldog Bike Race. Photo by **Kathy Taylor**.

## 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

Curtis Mease	Aliso Viejo
Kevin Ormonde	Bakerfield
Alison Painter	Corona
Ray Roman	Glendora
Graham Traylor	Los Alamitos





## WAS IT REALLY THREE YEARS?

By **Dan Gorman**

It doesn't seem that long ago when **Lee Stebbins** asked me if I would like to be the Vice President of OCW. I had been drinking and before my brain engaged, I heard myself say 'Yes'. What was I thinking? I had been VP previously in 1999 under **Jeff Rich** as President so I kind of knew what to expect and besides that Lee had only one year left in his term as President, so I could just do a one year deal and disappear. That year actually went pretty smoothly. I was able to get speakers for the General Meetings without too much trouble and managed to snare Jonathon Vaughters as the speaker at the banquet.

**Barbara Tomita** ran for President unopposed in 2006 and she asked me to continue as VP. I couldn't say no to **Barb**, she has been a good friend and has also been very supportive. Now I had two more years to deal with, oops. The second year also went pretty smoothly up to the point where I lost about ten years of my life trying to get Bob Roll signed up and delivered as our banquet speaker. Note to future VP's: Do not attempt to get high profile speakers for the banquet, especially ex-pro bicycle racers who have a reputation for being a little whacky. My final year as VP was also relatively uneventful. We did have a mandate to find a new banquet location, which was a little more work for me, but no big deal. The other mandate of the 'Banquet Committee' was that we focus on members accomplishments at the banquet and not hire a speaker as we had done in the past. Being a glutton for punishment, and with very few of you willing to share your accomplishments through my numerous requests via bulk e-mail, I decided to provide some entertainment myself in the form of Officer Stadanko. Hopefully most of you who attended the banquet were at least a little entertained by Stadanko's most wanted list.

I would like to thank all of the OCW members who agreed to speak at the General Meetings. The list in-

cludes **Eddie Bates, Peg Bauer, Chuck Bramwell, Wayne Broadhag, Ken Fry, Dave Jordaan, Mark Kaufman, Link Lindquist, Frank Neal, Brian Rapp, Adrian Stingaciu** and **Matt Vujovich**. All of these individuals put a lot of time and effort into putting together interesting and informative presentations.

I would also like to thank all of you who had suggestions for General Meeting speakers, especially the ones who already had a speaker in mind with contact information. The record for the best idea goes to **Ross Ritari**, who wanted to hear about Garmin Bike Computers. We had a standing room crowd for that night and had a lot of fun putting the sales rep on the spot. Second note to future VP's: Listen to your constituents, they do have great ideas sometimes.

Thanks to all of you who attended the General Meetings and banquets. It does make it seem more worthwhile if more people come to the meetings.

Finally, the biggest thank you to **Doris Bingo**, who in addition to being the clubs Secretary, also was indispensable in helping me with my duties as VP. She inventoried supplies, was there at every meeting to set up, usually stopping to pick up the food on the way in and hung around to the bitter end of every meeting to close up. She helped in contacting both Jonathon Vaughters and Bob Roll as well as driving Bob to the banquet. Plus she listened to Officer Stadanko's "performance" about a hundred times which is enough to make anybody batty. Thanks **Doris**.



## ARTICLES WANTED

If you have completed a cycling trip, or cycling accomplishment such as your first century, double century, or major cycling event that you would like to share with your fellow Wheelmen, what better way than to flex your creative muscle and write an article for our Chain Reaction Newsletter for all to enjoy. Please send all submissions and photos to the OCW Editor at [cherylswan@earthlink.net](mailto:cherylswan@earthlink.net).

## WESTERN STATES RIDE CALENDAR

4/5/2008	Cinderella Classic	Valley Spokesmen	925.806.9467
4/5/2008	El Tour De Phoenix	Perimeter Bicycling	520.745.2033
4/5/2008	Hemet Double Century/Single Century	Watrous Cycling	
4/5/2008	Party Pardee Century	Sacramento Bike Hikers	916.453.1870
4/5/2008	Redlands Rotary Ride	Redlands Rotary Club	909.793.0249
4/5/2008	Stagecoach Century, Spring	Shadow Tour LLC	858.756.4940
4/12/2008	Mulholland Challenge	Planet Ultra	
4/12/2008	Mulholland Double	Planet Ultra	
4/12/2008	Zion Canyon 200k Brevet	Color Country Cycling Club	435.559.0895
4/17/2008	Sea Otter Classic	Cypress Group	650.306.1414
4/19/2008	Alta Sierra Challenge	Kern Wheelmen	661.301.7441
4/19/2008	Bike Around the Buttes	Benefit ride for local Diabetes	530.674.9112
4/19/2008	Greenfield Nocturne 300k	Santa Cruz Randonneurs	831.425.2939
4/19/2008	Rosarito Ensenada	Bicyling West	858.483.8777
4/19/2008	Tierra Bella Century	Almaden Cycle Touring Club	408.353.2668
4/19/2008	Tour De Orange County	Abused Children Charities	
4/19/2008	Tour of Solvang Wine country	Cycling Escapes	714.267.4591
4/20/2008	Primavera Century	Fremont Freewheelers	510.797.6515
4/26/2008	Cycle for Sight	Rotary Club of Napa	707.257.5611
4/26/2008	Devil Mountain Double Century	Quackcyclists	
4/26/2008	Mt. Hamilton Challenge	Mt. Hamilton Tours	408.354.2944
4/26/2008	The Alpine Challenge	Alpine Kiwanis Foundation	619.445.9005
4/26/2008	Wildflower Century	San Luis Obispo Bicycle Club	805.543.5973
4/27/2008	Monster Cookie Metric Century	Salem Bicycle Club	
4/27/2008	The Wildflower	Chico Velo Cycling Club	800.482.2453
4/27/2008	Tour of the Tucson Mountains	Perimeter Bicycling	520.745.2033
5/3/2008	Breathless Agony Ride	Santiago Cycling	714.544.6091
5/3/2008	Fiesta 150	Orange County Wheelmen	714.956.2453
5/3/2008	Wine Country Century	Santa Rosa Cycling Club	707.544.4803
5/4/2008	Delta Century	Stockten Bike Club	209.747.6929
5/4/2008	Grizzly Peak Century	Grizzly Peak Cyclists, Inc.	510.525.5363
5/4/2008	Shasta Wheelmen Jamboree	Shasta Wheelmen	
5/4/2008	The X Rides	TGFT Productions	800.565.2704
5/10/2008	Bicycle Tour of Utah	Cycling Escapes	714.267.4591
5/10/2008	Central Coast Double	BMS Cycling	
5/10/2008	Cruisin the Conejo	Conejo Valley Cyclists	805.961.2508
5/10/2008	Fresno Cycling Festival	Central Valley Cycling Charitable Association	
5/10/2008	Pine Valley Mtn 300k Brevet	Color Country Cycling Club	435.559.0895
5/10/2008	Tour of the Unknown Coast	Tour of the Unknown Coast	707.269.0235
5/16/2008	The Lung Ride	American Lung, Kern County	661.847.4700
5/17/2008	Buena Vista Bike Fest	Colorado Springs Cycling Club	
5/17/2008	Cycle Salt Lake Century	Cycle Salt Lake Century, Inc.	801.596.8430
5/17/2008	Davis Double	Davis Bicycle Club	530.756.0186
5/17/2008	Moonlight Magic	Planet Ultra	

# BOARD MEETING MINUTES

March 2, 2008

## ATTENDANCE

Officers & Directors Present:

**Charlie Irwin, Michael Lee, Doris Bingo, Irene Walker, Kent Parish, Jim Walker, Cheryl McMurray, Donna Parish, Michelle Kashima, Barb Tomita, Kathy Pilcher, Alan Dauger, Lorna Laugen, Ken Fry, Dan Gorman, Sylvia Grotz, Mike Laugen, Jeff Rich, Alex Laugen, Frank Neal.**

Members Present:

**Henry Pilcher, Wayne Broadhag, Scott Sharp, Bob Fairfield.**

## CALL to ORDER

The meeting was called to order by President **Charlie Irwin** at 11:32 am.

## Appointment of 2008 Directors

**Charlie Irwin** reported that we have more people volunteering for director positions than there are available positions. Fifteen positions are required. The by-laws state that the club must allow officers from last year to serve. **Ross Ritari** doesn't want to serve. All directors from last year want to serve this year except for **Debbie Myers**. **Frank Neal** and **Alex Laugen** also volunteered. **Charlie** thought that we should have the members running the Saturday ride be part of the board, but **Barb Tomita** stated that **Jim Pugh** is busy on Sundays, and **Bob Fairfield** was not really interested. A motion was made by **Mike Lee** and seconded by **Jim Walker** to approve the following members as directors for 2008, **Barb Tomita, John McKee, Kathy Pilcher, Alan Dauger, Lorna Laugen, Ken Fry, Paul, D'Aquanni, Dan Gorman, Lee Stebbins, Rick Butz, Sylvia, Grotz, Mike Laugen, Jeff Rich, Frank Neal** and **Alex Laugen**. Motion carried.

## Appointment of PR Officer

**Charlie** reported that **Diane Thomas** agreed to serve as Public Relations officer. Board approval is required since she was not voted in. **Diane** is the wife of **Denis Thomas** who does the Tuesday ride. A motion was made by **Mike Lee** and seconded by **Irene Walker** to approve **Diane Thomas** as PR officer. Motion carried.

## Vote on Insurance Motion

**Charlie** reported that the board forgot to vote on approv-

ing the insurance expenditure of \$3000 last month. A motion was made by **Alan Dauger** and seconded by **Barb Tomita** to approve \$3000 for insurance. Motion carried.

## MINUTES

A motion was made by **Kathy Pilcher** and seconded by **Ken Fry** to approve the minutes of the February Board Meeting. Motion carried.

## TREASURER'S REPORT

**Jim Walker** reported that OCW is solvent.

## OCW PARAMOUNT CORPORATION REPORT

**Jim Walker** reported that the OCW Paramount Corporation is solvent.

## BOARD MEMBER REPORTS

President: **Charlie** said "Thanks, I'm here."

Vice President: **Paul D'Aquanni** and **Link Lindquist** are the general meeting speakers for March. They will talk about their cycling adventures and climbing Mt. Ventoux. Campagnolo is scheduled for April.

Membership: OCW had 411 members with 1 new member. Paramount has 101 members.

Paramount: **Scott Sharp** reported that they are looking for volunteers for the Spring Metric and the Fiesta 150 ride. The Paramount race will be on July 6 at the same place in Dominguez Hills.

## OCW COMMITTEE REPORTS

Only the membership committee is still open.

## NEW BUSINESS

Project 999 Memorial ride: **Barb Tomita** reported that Brett Osterfeld contacted her, a couple of years ago about having a group of peace officers ride the Amtrak. The sponsorship for their Project 999 Memorial ride is not going too well. Fifty-three officers are going to ride from Sacramento to Santa Ana to have a candlelight vigil for fallen officers killed in the line of duty in Orange County. It costs \$1250 to sponsor one officer and this is a 501c3 organization. People can also contribute \$150 individually, and members can ride with the officers when they get to Orange County. A motion was

made by **Barb Tomita** and seconded by **Sylvia Grotz** to approve donating \$1250 to Project 999. **Kathy Pilcher** and **Kent Parish** asked if there is a precedence for this type of donation. **Irene Walker** stated that the club cannot contribute to an individual rider, but can contribute to the organization. **Charlie** stated that the club doesn't have guidelines, but we can donate to any 501c3 organization, and it should be cycling related and promote the club. **Barb** said the money goes to the family of the officers killed in the line of duty. It should get good publicity for OCW. There is a list of officers killed in the line of duty in Orange County on line.

Training: **Charlie** reported that training is significantly changed from the past. The training officer, **Michelle Kashima**, passed out an outline. They had their first Saturday ride, which met at Albertsons on Irvine and Culver with a total of five riders. All the riders were pleased. **Michelle** will show them how to properly train by starting low and flat and then work their way up to hilly routes. Friday will be hill repeat training and will be different from the Tuesday Hill training ride. The Friday training will be full on actual hill repeat training of 57 miles with almost 4000 feet of climbing. It will have a 15 to 16 mile warm-up with no stop lights. The training was developed by **Dave Jordaan**. It will get riders ready for the Bear or a double. They meet at Northpark Plaza. Also in the works is a newbie ride. It will be 20 miles with a stop in the middle. They will have a discussion during the stop, and on the way back, take the discussion and put it into work. **Michelle** is also working on a multi-day endurance ride for riders who have accomplished their goal. There will be a SAG vehicle, and the riders will stay in a moderately priced hotel in Palm Desert. There will be a BBQ on Saturday, and riders can drive or ride back the next day. She is also planning endurance rides up to Mt. Baldy and GMR and rides around Saddleback Mountain, 157 miles with 8000 feet of climbing. **Charlie** stated that this is significantly different, so he wanted to talk about it, and this doesn't need a vote. These new rides need to be put in the newsletter and web site and also need to show up on the ride calendar. Saturday training rides will become Saturday rides with the word training removed. If the new rides get on the calendar, more people will show up. **Charlie** would also like to use an e-mail list like the one that Tandem Time uses. **Michelle** would also like to organize an evening walk of around two miles. **Mike Lee** suggested getting e-mail addresses from riders who sign up for the new training rides. Riders will be

able to log on to the training area and sign up on the e-mail list. Anyone can sign on whether they are a member of OCW or not. We need to make more categories to describe rides and the paces of the rides. **Kathy** suggested having a separate block in the newsletter for training. **Frank Neal** raised concerns about split locations for the club rides.

#### **ADJOURNMENT**

A motion was made by **Kent Parish** and seconded by **Lorna Laugen** to adjourn. Motion carried. The meeting was adjourned at 12:22 pm.

Respectfully submitted by **Doris Bingo**.



#### **2008 Ride Around the Bear Calling all Volunteers**

It's that time again where I ask each of you to take some time out on June 9<sup>th</sup> and help 400+ riders make their way up to Big Bear and back down to Redlands. Volunteers will receive a commemorative tee shirt and best of all you will earn the ability to pre-register for the ever popular Amtrak Century. If your interested in working registration, a rest-stop, SAG wagon, or serving hungry riders at the end of the ride let me know. I can be reached at [events@ocw.org](mailto:events@ocw.org).

## OUR MEMBERS PAST AND PRESENT



Carl  
Bonawitz



### CLUB RIDE TOTALS FOR First Quarter of 2007

Minimum 100 miles or 50 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act
Alqaisi, Sammy	2	83	0	83	41	0
Bell, Denise	2	149	0	149	74	0
Aguerre, Martin	2	77	22	99	38	0
Allred, Alan	13	412	0	412	31	0
Allred, Donna	2	63	0	63	31	0
Alvarez, Mike	3	68	0	68	22	0
Benson, Matt	4	120	0	120	30	0
Bernstein, Martin	14	472	0	472	33	50
Bingo, Doris	9	313	170	483	34	*
Bloom, Duane	6	201	0	201	33	0
Bramwell, Chuck	3	311	11	322	103	75
Brewer, Jim	10	462	270	732	46	0
Brown, Joel	4	137	0	137	34	0
Buck, Sue	18	498	0	498	27	450
Butz, Debi	8	253	0	253	31	*
Butz, Rick	1	33	0	33	33	100
Cawthon, James	7	222	162	384	31	0
Clanton, Diane	4	90	0	90	22	0
Constantino, Alvin	2	67	0	67	33	0
Crider, Wilson	10	351	0	351	35	0
Daley, Laura	6	192	0	192	32	0
DAquanni, Paul	13	709	0	709	54	75
Dauger, Alan	8	297	109	406	37	150
Davidson, Bob	5	496	42	538	99	0
Davidson, Carol	2	64	14	78	32	0
Decker, Brad	2	51	0	51	25	0
Dosier, Curt	4	121	0	121	30	0
Ellis, Willie	2	70	0	70	35	0
Engle, Diedre	14	455	0	455	32	50

Lyle Willits



Willie Ellis



Ken Brant



Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Fairfield, Bob	9	410	67	477	45	50	Pohle, Steve	18	740	0	740	41	0
Fieldhouse, Bob	8	370	0	370	46	0	Pugh, Jim	7	366	0	366	52	0
Forte, Michael	5	170	0	170	34	0	Renowden, John	5	271	18	289	54	25
Fry, Ken	3	98	4	102	32	25	Rich, Jeff	1	30	42	72	30	50
Gaston, Stuart	2	83	0	83	41	0	Ritari, Ross	5	166	0	166	33	25
Gorman, Dan	24	818	408	1226	34	175	Rivera, Gil	3	98	0	98	32	0
Grotz, John	0	0	0	0	0	50	Rodarte, Rene	1	92	0	92	92	0
Grotz, Sylvia	0	0	0	0	0	50	Ryder, John	8	272	0	272	34	0
Guttentag, Fred	12	407	0	407	33	0	Schapel, Alan	6	220	0	220	36	0
Hanson, Brenda	5	165	0	165	33	0	Sepulveda, Irineo	2	68	0	68	34	50
Hanson, Michael	8	265	0	265	33	0	Sepulveda, Margie	5	168	0	168	33	50
Heidner, Gary	4	255	0	255	63	0	Sharp, Scott	5	149	0	149	29	0
Huey, Patrick	15	517	0	517	34	0	Shuler, Ed	2	76	0	76	38	0
Hunter, Dick	4	95	0	95	23	0	St. James, Kasey	2	55	0	55	27	0
Irwin, Charlie	0	0	0	0	0	*	Stapelbroek, Dutch	3	96	0	96	32	50
Jones, Kris	9	292	0	292	32	0	Stapelbroek, Marlys	3	96	0	96	32	50
Kashima, Michelle	0	0	0	0	0	*	Stebbins, Lee	4	167	0	167	41	75
Kibble, Greg	22	929	9	938	42	75	Stein, Richard	9	284	0	284	31	0
Klages, Scott	5	178	4	182	35	0	Taylor, Kathy	4	129	0	129	32	0
Langstaff, William	2	60	0	60	30	0	Thomas, Dennis	8	253	0	253	31	0
Laugen, Alex	5	163	0	163	32	50	Thorpe, Karen	5	159	0	159	31	0
Laugen, Lorna	8	269	24	293	33	75	Tomita, Barbara	3	84	0	84	28	25
Laugen, Michael	6	193	12	205	32	50	Trafton, Alvin	4	167	0	167	41	0
Laxamana, Kelley	4	120	0	120	30	0	Trudell, Alan	7	263	0	263	37	0
Lee, Michael	16	631	30	661	39	*	Van Horn, Don	2	63	0	63	31	0
Lindquist, Link	5	155	0	155	31	0	Walker, Irene	6	175	0	175	29	*
Madden, Tom	4	130	0	130	32	0	Walker, Jim	12	360	0	360	30	*
McKee, John	7	212	0	212	30	25							
McMurray, Cheryl	0	0	0	0	0	*							
McNealy, Don	12	330	0	330	27	0							
Moore, Joseph	4	132	0	132	33	0							
Morrison, Ken	0	0	0	0	0	75							
Morrison, Ollie	0	0	0	0	0	75							
Myers, Debbie	5	163	0	163	32	25							
Nafel, Gloria	3	102	60	162	34	0							
Nordenstam, Crystal	3	96	0	96	32	25							
Nordenstam, John	3	96	0	96	32	25							
Parish, Donna	9	274	0	274	30	*							
Parish, Kent	9	274	0	274	30	*							
Patterson, Doug	2	175	0	175	87	0							
Patterson, Steven	1	83	0	83	83	0							
Perea, Miguel	6	206	20	226	34	0							
Phillips, Gary	1	80	0	80	80	0							
Pilcher, Henry	9	300	0	300	33	0							
Pilcher, Kathy	15	495	0	495	33	25							



## TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Kibble, Greg	22	929	9	938	42	75
Gorman, Dan	24	818	408	1226	34	175
Pohle, Steve	18	740	0	740	41	0
DAquanni, Paul	13	709	0	709	54	75
Lee, Michael	16	631	30	661	39	*
Huey, Patrick	15	517	0	517	34	0
Buck, Sue	18	498	0	498	27	450
Davidson, Bob	5	496	42	538	99	0
Pilcher, Kathy	15	495	0	495	33	25
Bernstein, Martin	14	472	0	472	33	50
Brewer, Jim	10	462	270	732	46	0
Engle, Diedre	14	455	0	455	32	50
Allred, Alan	13	412	0	412	31	0
Fairfield, Bob	9	410	67	477	45	50
Guttentag, Fred	12	407	0	407	33	0

## TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	24	818	408	1226	34	175
Kibble, Greg	22	929	9	938	42	75
Buck, Sue	18	498	0	498	27	450
Pohle, Steve	18	740	0	740	41	0
Lee, Michael	16	631	30	661	39	*
Pilcher, Kathy	15	495	0	495	33	25
Huey, Patrick	15	517	0	517	34	0
Bernstein, Martin	14	472	0	472	33	50
Engle, Diedre	14	455	0	455	32	50
DAquanni, Paul	13	709	0	709	54	75
Allred, Alan	13	412	0	412	31	0
McNealy, Don	12	330	0	330	27	0
Guttentag, Fred	12	407	0	407	33	0
Walker, Jim	12	360	0	360	30	*
Crider, Wilson	10	351	0	351	35	0

## TOP TO/FROM

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	24	818	408	1226	34	175
Brewer, Jim	10	462	270	732	46	0
Bingo, Doris	9	313	170	483	34	*
Cawthon, James	7	222	162	384	31	0
Dauger, Alan	8	297	109	406	37	150
Fairfield, Bob	9	410	67	477	45	50
Nafel, Gloria	3	102	60	162	34	0
Davidson, Bob	5	496	42	538	99	0
Rich, Jeff	1	30	42	72	30	50
Lee, Michael	16	631	30	661	39	*
Laugen, Lorna	8	269	24	293	33	75
Aguerre, Martin	2	77	22	99	38	0
Perea, Miguel	6	206	20	226	34	0
Renowden, John	5	271	18	289	54	25
Davidson, Carol	2	64	14	78	32	0

## TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Buck, Sue	18	498	0	498	27	450
Gorman, Dan	24	818	408	1226	34	175
Dauger, Alan	8	297	109	406	37	150
Butz, Rick	1	33	0	33	33	100
Laugen, Lorna	8	269	24	293	33	75
Stebbins, Lee	4	167	0	167	41	75
Bramwell, Chuck	3	311	11	322	103	75
Morrison, Ken	0	0	0	0	0	75
Morrison, Ollie	0	0	0	0	0	75
Kibble, Greg	22	929	9	938	42	75
DAquanni, Paul	13	709	0	709	54	75
Sepulveda, Margie	5	168	0	168	33	50
Laugen, Alex	5	163	0	163	32	50
Stapelbroek, Marlys	3	96	0	96	32	50
Grotz, Sylvia	0	0	0	0	0	50

## MONTHLY STATS

Month	Rides	Miles
Jan	217	8207
Feb	266	9640
Mar	124	4207
Totals	607	22054
Average	36.33	

## DAY OF THE WEEK STATS

Day	Rides	Miles
Sun	122	4097
Mon	1	26
Tue	190	5839
Thu	23	562
Fri	17	665
Sat	254	10865

Totals 607 22054  
Average 36.33



# 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 !

**WANTED: The 508 Ride** I am looking to join a team (prefer 4 person but open for 2 person) for this years 508. I have not done that ride before but many centuries and doing 3 doubles this year in building up for it. Anyone looking for another rider for this years ride please contact me via email or phone. Contact Kevin Ormonde at 661.204.9044

**FOR SALE: Bike Rack FREE!** Hollywood (4) bike rack. Hitch type, requires 2 inch receiver. Yes I said FREE! Contact Jim Walker at 562 943 9403 teamwalker@bbcnet.com Contact Paul DAquanni at 949.766.2951

**FOR SALE: 2007 Scatantte XRL Carbon SS 57 CM-Sale or Trade \$800.00 or Trade for Mid-level Mountain Bike** Size Med. in good condition. New Frame with Carbon Fiber Forks and Seat Stays, Untegra Triple Crank, Ultegra Front Derailuer, Ultegra Bottom Bracket, Campy Centaur Brakes, Alex R450 Wheels, Vittoria Zaffiro Tires, Ritchie Comp Stem, Ritchie Comp Bars, Cane Creek Aheadset, Oval Concepts Seat Post, Rondine Wing Flex Seat. All components new except Shimano 105 9 Spd. STI shifters, Dura Ace Rear Derailuer , Chain and Cassette. **Cannondale RT 1000 Tandem Sale or Trade \$1450.00 or Trade for Size Med. Mountain Bike** that is Med to High End in equal condition. Bought New in 2003. Clean and well maintained. Model RT 1000, Fairly low milage. Shimano 105 Drive Train 27 Spd, Mavic 519 Tandem rims with Shimano Tandem hubs. Suspension Seat Post for Stoker. Size X/S. A little to large for me and I'm 5'10 1/2. Worked well for my wife, she is 5'5 1/2. \$1450.00 Mike - 714-225-5081, familylife1@mac.com Contact Michael Lanphere at 714.996.3445

**FOR SALE: Jersey, 2007 Euro 6 Large—XL, Full Zip , LG** This is the current 2007 Jersey from the Fall order. It is a Full Zip Euro size 6 (I think its almost an XL). It is the euro version (outside stitching; upgraded material). I wore it once but too big for me. Paid \$58.75; sell \$50 obo. **Skinsuit, New Large 2006** New 2006 Skinsuit by Voler. Still in the bag. Large. This is the previous year version (faded blue top; honeycombs). Cantara pad. \$75 obo Contact Scott Sharp at 949.646.3643

**FOR SALE: Santana- Elan Tandem** 9 speed,shimano ultegra flight deck, new bontrager seats, shimano spd pedals,\$1200 or obo, Great condition Contact Fred Brickner at 714.528.8079

**FOR SALE: SoftRide R1 Road Bike** Large frame Aluminum w/ carbon beam Durace 9 speed components Spinergy Wheelset Timetrial bars w/clip-on aerobars \$1000.00 Contact Ken Brant at 714.772.9589

**FOR SALE: American Classic Wheels** 24 front 28 rear with Velocity rims \$ 200. **Helium wheels** Mavic Helium wheels \$ 200. **FSA carbon cranks** 172.5 cranks with bb \$175.00. **seven ti** 56cm with 57 top tube camp corus 10 speed, itm bar and stem, mavic rims. \$ 1,500 Contact Howard Miller at 562.429.7915

**FOR SALE: 03 Trek 5200**, 58CM, Carbon Fiber Frame/Forks; Derailleurs: Shimano Ultegra front and rear, triple chain ring, extremely low mileage, Cateye cordless cycle computer. \$1,200. Contact John Cook at 714.968.0882

**FOR SALE: 06 Cannondale Six13 Team** Premium Carbon Fork, FSA Compact Carbon Crank 170's, the rest is Dura Ace 10 sp. Profile Carbon Post and Flat bars, Easton Circuit wheels. Whole bike ridden less than 6 months and in EXCELLENT condition. Wheels practically new, ridden less than 5 times. E-mail for pictures Clynnsin@netscape.com \$2200. **Cannondale CAAD 8 (2005) 50cm road bike** Paramount team paint, Premium carbon fork, FSA compact crank 50/34, all other components DA 10, Profile carbon post and flat bars, Easton Circuit wheelset, Fizik Aliante saddle, great shape, raced one season, \$1,700 OBO. Contact Carol Lynn Neal at 760.799.3856

**FOR SALE: Cannondale CAAD 8 (2006) 52 cm Road Bike** Paramount team color, Premium carbon fork, Full Dura-Ace 10-speed STI component group, Fi'zi:k Arione seat, carbon seat post, Mavic Ksyrium wheelset, perfect condition, frame new, less than 800 miles on components, \$2000. **Litespeed Classic 53 cm road bike** Year 2000, titanium, Full Dura-Ace 9-speed STI component group, Look carbon fork, Mavic Ksyrium SL wheelset, 3T stem, Deda handlebars, custom paint, excellent condition, \$2000 OBO. Contact Kent Peppard at 714.734.3447

# **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!**

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(714)891-8716 X108  
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## ***THE ORANGE COUNTY WHEELMEN***

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