

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME
May

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

PARAMOUNT RACING
2008

General Meeting

Wednesday May 14, 7:00 pm

MYSTERY IN MAY

JOIN US IN MAY TO FIND OUT WHO OUR
MYSTERY SPEAKER WILL BE.

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...

Board Meeting	Sun.	Apr.	27
Mother's Day	Sun.	May	11
Ride Of Silence	Wed.	May	21
Folding Party	Thurs.	May	29
Ride Around the Bear	Sat.	June	9

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Director	Alex Laugen	714.283.5153 bikefamily@netscape.com

BOARD MEETING

Sunday, April 27th, 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, May 29th, 7:00 pm

Hosted by:

Laura Daley
9522 Featherhill Dr.
Villa Park, CA 92861
714.637.7892
lauradaley@sbcglobal.net

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

DIRECTIONS: From the 55 frwy, exit Katella. Go East on Katella to Wanda. Turn left or North. Wanda becomes Santiago, stay straight. Continue on Wanda/Santiago for 3 signals and turn right/East on Serrano. Make your first left to Featherhill. On right a little more than halfway down the street.

SPECIAL THANKS TO

Diane Clanton
for Hosting the
April 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

What's happening at OCW? Once again it's time to give credit and appreciation to the people that keep OCW running!

We have three events coming up that have been managed by the same OCW members for years. First one up is the Fiesta 150 on May 3rd. Debra Butz has been in charge of this 2-day ride for the last two years. As our Events Board Member, she recruits volunteers for all the rides, and also manages this event. It requires more committee meetings and planning than our more established rides, but she has been very diligent and efficient in getting this ride up and running. Yeah for Deb!

Next, the Ride Around the Bear managed by Irene Walker. This ride requires a little different management because it's not held in Orange County. Getting all the permits, equipment and volunteers to Redlands along with 400+ riders is no small feat. To top it off, we traditionally have a BBQ at the end that requires a cook and all that shopping beforehand. I really don't know how long Irene has been managing the Bear, but I have been doing the registration for the last 12 years, and she was managing the event way before I started. Double Yeah for Irene!!

The third event is the Amtrak Century managed by Lee Stebbins. Lee has been managing the Amtrak for just over thirty years! This incredible ride has grown from a small group of 200 riders to 1200 riders. The Amtrak has seen a few management issues over the years. I remember the year we had gas rationing, and we were not sure we would be able to buy enough gas to get our trucks down to San Diego and back. I also remember the first ride after 9/11 when we almost had to cancel the ride because we could not go through the Marine base and had to take the freeway. Lee handled it and handled it well!

OCW is more than our events on the ride calendar. We have four special groups that provide rides and/or activities for our members and other riders.

First is the Saturday Century Series by Chuck Bramwell.



Chuck has been running the Saturday century series for at least seven years. The series helps train riders for the California Triple Crown and the double centuries.

Second is Tandem Time run by Kathy Pilcher. This is Kathy's third year as Ride Leader and the tandem rides have grown very popular. It's become the ride to-do on the Saturday and they are held with several tandems and singles finishing off with Kathy's snacks at the end.

Training with Michelle Kashima. This is Michelle's first year as OCW Training Officer. Michelle has taken on her new job with great enthusiasm and has started with a small, but growing group of riders training for the Bear and the Amtrak. Michelle's focus is not only on training, but on safety with her Share-the Road Campaign and safety training.

Next is hiking with Alan Dager. Alan is in his second year of introducing OCW riders to hiking. At least once a month, Alan organizes a hike that can be both challenging and/or intermediate for someone looking for an alternate way of getting stronger on the bike or just getting into shape.

There is no best way to show appreciation to all these people who volunteer to help and dedicate their time except to simply say "Thank You". We do appreciate you and so grateful for your loyalty and consistency to OCW.

Sincerely,
Charlie Irwin



Happy
Mother's Day



May Babies

John Grotz	5/3
Nicci Stebbins	5/3
John Cook	5/3
Karen Thorpe	5/3
Adrianne Kerfoot	5/3
Rick Butz	5/4
Glenn Jackson	5/5
Tim Leiterman	5/5
Jaime Fabela	5/5
Kevin Ormonde	5/6
Lorraine Gersitz	5/6
John Ryder	5/7
Frank Keenan	5/8
Ron Hata	5/8
Chuck Dean	5/8
Marlys Stapelbroek	5/10
David Will	5/10
Scott Wendling	5/11
Jim Kehr	5/12
Kris Burns	5/12
Margie Sepulveda	5/14
Kim Gerrard	5/14
Bob Fieldhouse	5/14
Jim Pugh	5/15
William Becktel	5/15
Wayne Broadhag	5/16
Myrna Ream	5/16
Mike Perone	5/18
Randy Kiefer	5/19
Alan Dauger	5/19
Greg Kibble	5/20
Bob Fairfield	5/22
John Santry	5/23
Nik Halzis	5/27
Tom Iwata	5/27
David Anderson	5/28
Kasey St. James	5/28
Alvin Trafton	5/30
Jack Hatton	5/30
Glen Mills	5/30
Rodrick Kerfoot	5/31



Wednesday May 7th starts the official OCW Wednesday night rides out of Sand Canyon Cyclery (corner of Sand Canyon and Irvine Center Drive – Irvine).

Rides start at 5:30pm from the Sand Canyon Cyclery parking lot. These popular rides are a great way to get back into the swing of mid-week riding. Typically, the ride splits into two groups: one that is a bit faster and adds a little climbing, and the other a more relaxed, but still challenging no-drop group. Come on out and enjoy the fun.



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.

CALIFORNIA TRIPLE CROWN

DOUBLE CENTURY REPORT

By Frank Neal

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

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

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! Again this year, the cloud cover kept the temperatures mild. Riders were greeted in Morro Bay by awesome tailwinds that pushed them back to Solvang! Congratulations to our OCW Finishers: **Jim Brewer, Paul D'Aquanni, Paul Defeo, Andrew Melczer, Tom Parkes, Doug Patterson, Steven Patterson, and Rene Rodarte.**

Results for the following Doubles 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 Click directly on "2008".

4/5/08: Hemet Double. This is the second oldest Double in California. The original course was grueling and climbed up Mt. San Jacinto to Idyllwild. Years ago, the course was changed to one of the flattest and easiest Doubles in the CTC. Due to the traffic congestion around Hemet, the 2008 course was changed and spent the second 100 miles in the scenic and hilly area of Northern San Diego County. While hilly, it is still one of the easiest Double courses. The weather was overcast and mild. It was windy, but that is Hemet! I'll report on the results in the next CR.

4/12/08 Mulholland Double. This very difficult Double, through the Santa Monica Mountains, is the first stage of the 2008 CTC Stage Race. With 16,500 ft. of elevation gain, this Double is difficult under the best of circumstances. I'll report on the results in the next CR.

4/26/08: Devil Mountain Double. Arguably the most difficult Double with 18,600 ft. of elevation gain, this scenic Double is very well supported and is a superb Nor.

Cal. course! The Start/Finish is in San Ramon. I'll report the results in the next CR.

How to get started on Doubles.

Join the OCW Hill Repeat Training or the Saturday Distance Training Rides. To sign up for email updates about the weekly training ride schedules, contact **Michelle Kashima** at: Kashima@cox.net

You can also join the OCW Saturday Century Rides. 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

Don't forget: We can always use helpful and friendly volunteers at the following events!

Upcoming CTC Double Century Events: See: www.caltriplecrown.com/schedule.htm

05/17/08 - Davis Double. See: www.davisbikeclub.org/

05/24/08 - Heartbreak Double Century. See: www.planetultra.com/heartbreak/index.html

06/07/08 - Eastern Sierra Double Century. See: www.planetultra.com/easternsierra/index.html

06/21/08 - Terrible Two. See: www.srcc.com/tt.html

06/28/08 - 50th Grand Tour. See: www.lawheelmen.org/grantour.htm

08/02/08 - Mt. Tam Double. See: www.marincyclists.com/

09/20/08 - Knoxville Fall Classic Double. See: www.quackcyclists.com/

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

09/27/08 - Tour of Two Forests Double. See: www.planetultra.com/totf/index.html

10/11/08 - Bass Lake Powerhouse Double. See: www.fresnocycling.com/powerhouse/2006/

10/18/08 - Solvang Autumn Double Century. See: www.planetultra.com/solvangfall/index.html

10/25/08 - Death Valley Fall Double. See: www.adventurecorps.com/dvfall/

11/01/08 - Borrego Double Ordeal. See: www.dieharddoublecentury.com/

Ride Safe out there! - Frank Neal



Ride of Silence

By **Bob Fairfield**

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

On May 21, 2008, at 6:30 PM, the Ride of Silence™ will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

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

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

injured.

Please wear an arm band; Black - or Red if you have been injured by a motorist. Inexpensive head / wrist band sets or cut up tube socks work well.

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

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

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

Irvine (Orange County)

Distance: 9.7 miles

Route information: See www.sellin.com/silence

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

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

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

I'm planning to be at the Irvine Civic Center on May 21st, and I hope to see OCW well represented on this ride.

WESTERN STATES RIDE CALENDAR

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	
5/17/2008	Mulholland Hwy Century	Different Spokes of California	818.902.0820
5/17/2008	Sunrise Century	Lodi Sunrise Rotary Club	209.334.3630
5/18/2008	Foothill Century	SPHDS	408.738.3060
5/18/2008	Strawberry Fields Forever	Cyclists for Cultural Exchange	831.477.1736
5/23/2008	Great Western Bicycle Rally	Great Western Bike Rally	866.909.4927
5/24/2008	Heartbreak Double Century	Planet Ultra	
5/24/2008	Heartbreak Hundred	Planet Ultra	
5/31/2008	Ojai Valley Century	Ojai Valley Rides, Inc.	805.302.0537
6/1/2008	AIDS/LifeCycle	San Francisco AIDS Foundation	323.993.7425
6/1/2008	Americas Most Beautiful Ride	TGFT Productions	800.565.2704
6/1/2008	Sequoia Century	Western Wheelers Bicycle Club	408.617.1858
6/7/2008	Bicycle Tour of Mammoth Lakes	Cycling Escapes	714.267.4591
6/7/2008	Eastern Sierra Double	PlanetUltra	
6/7/2008	Hurricane 400k Brevet	Color Country Cycling Club	435.559.0895
6/7/2008	Little Red Riding Hood (Women only)	Bonneville Bicycle Touring Club	801.486.8140
6/7/2008	Pioneer Century	Portland Wheelmen Club	503.666.5796
6/7/2008	Ride Around the Bear	Orange County Wheelmen	714.956.2453
6/7/2008	Sierra Century	Sacramento Wheelmen	916.714.9034
6/14/2008	Canyon Classic Bike Ride	Modesto North Rotary Club	209.577.4783
6/14/2008	Flying Wheels Summer Century	Cascade Bicycle Club	206.522.3222
6/14/2008	Sierra to the Sea	Almaden Cycle Touring Club	408.996.7861
6/14/2008	Sunrise Century	Bikerpelli Sports, Inc.	303.875.9000
6/21/2008	Bicycle Tour of California Alps	Cycling Escapes	714.267.4591
6/21/2008	Country Coast Classic Benefit	Community Center of Cambria	805.927.7776
6/21/2008	Mission 360	Horizon Bicycle Club	209.745.7763



4th Annual Memorial Day Mystery Ride

This year's ride will start at a new location so different streets and trails not traveled on previous mystery rides or normal OCW rides could be used. The ride will start in Newport Beach and will go inland to Irvine. There is no special theme this year but you will be required to unscramble letters to identify some of the street names. As usual, the route slip does not have street names or mileage, only clues like left at the 3rd signal.



This year's ride starts at the Bonita Canyon Sports Park and is 27 miles long on mostly flat streets and bike trails. Pictures of two areas that you will pass are shown below. If you get lost because of a missed turn, a route slip with street names and mileage will be available in a sealed envelope. Gift awards will be given to riders that have not had to open the sealed envelope and can identify where these pictures were taken and at what approximate mileage on the ride. To make the game more interesting, riders will be divided into teams of 2 to 6 riders at your choosing. Teams with tandems will have an advantage in that the stoker can make sure the captain makes all the correct turns. Each team will start at a delayed time and all route slips will not be identical.



The ride starts at 8:30 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. If you can follow these directions, you won't have any problems with the Mystery Ride.

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, May 31, 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 or call us at 714/998-5734 if you have further questions.

Upcoming Tandem Time Ride: Saturday, August 2, 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

WEDNESDAY

Wednesday Evening Rides - 5:30 PM Starts May 7th at 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

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, **Jeff Rich**, at richriders@bbcnet.com. 10 rider limit.

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**, dmgorman@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.**

May 2008

May 3rd

No ride scheduled due to Cinco de Mayo Fiesta 150.

May 10th

S 23 mi. Rollies - Red Hill, Tustin Ranch, Portola, Jeffrey, University, Campus, Von Karman
M 31 mi. Hilly - Main, Jamboree, Marguerite, PCH, Laguna Cyn, Alton Pkwy, E. Yale Loop, Main
L 40 mi. Hilly - Red Hill, Tustin Ranch, La Colina, Old Foothill, Wanda, Meats, Jamboree, Irvine Blvd, Sand Cyn, Alton, Main
XL 61 mi. Hilly - Red Hill, Alton Pkwy, Antonio Pkwy, Ortega Hwy, Paseo De Valencia, Barranca Pkwy, Irvine Ctr, Harvard, Main

May 17th

S 27 mi. Rollies - Red Hill, Mesa, Von Karman, Jeffrey, Harvard, Main
M 31 mi. Hilly - Red Hill, Alton, Irvine Blvd, Bake, Portola, El Toro, Toledo, Alton Pkwy, W. Yale Loop, Main
L 41 mi. Hilly - Red Hill, Barranca, Harvard, Turtle Rock, University, Portola, Tustin Ranch, Harvard, Main
XL 64 mi. Very Hilly - Red Hill, Edinger, Portola, Marguerite Pkwy, Olympiad, Oso, Laguna Cyn, PCH, Newport Coast, Pelican, Newport Coast, Harvard, Main

May 24th

S 28 mi. Rollies - Red Hill, Edinger, Barranca, Harvard, Walnut, Red Hill, Macarthur
M 31 mi. Flat - Red Hill, Edinger, Yale, Alton Pkwy, Bake, Irvine Blvd, Jeffrey, Walnut, Harvard, Main
L 41 mi. Hilly - Red Hill, Tustin Ranch, Jamboree, Santiago Cyn, Alton Pkwy, W. Yale Loop, Main
XL 68 mi. Red Hill, Walnut, Jamboree, Santiago Cyn, Glen Ranch Rd, Portola, Antonio Pkwy, Ortega Hwy, Rancho Viejo, Barranca, Von Karman, Main

May 31st

S 29 mi. Rollies - Red Hill, Edinger, Sand Cyn, Irvine Blvd, Serrano, Toledo, Alton Pkwy, E. Yale Loop, Main
M 37 mi. (**Tandem Time Ride**) Rollies - Red Hill, Edinger, Barranca, Los Alisos, Marguerite, Jeronimo, Barranca, Irvine Ctr, Harvard, Main
L 43 mi. Hilly - Red Hill, Alton Pkwy, Irvine Ctr, Aliso Creek, Laguna Cyn, PCH, Irvine, Von Karman, Main
XL 70 mi. Hilly - Red Hill, Tustin Ranch, Jamboree, Santiago Cyn, Live Oak/Plano Trabuco, Antonio Pkwy, Oso Pkwy, Alicia Pkwy, Pacific Park, Barranca, Main

Have a great month of cycling



SEE PAGE 13 FOR TRAINING
DETAILS

SEE PAGE 8 FOR TANDEM TIME
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.*

May 2008 Schedule

May 4, 2008 Pepper Tree 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 25 Miles. Bryan, Portola, Irvine Blvd., Alton, Barranca, Edinger, Red Hill, Bryan.

M 35 Miles. **New**, Walnut, Sand Cyn., Moulton, Ridge Route, Valencia, Murilands, Irvine Blvd., Modjeska, Portola, Orchard Hills, Tustin Ranch.

L 39 Miles. Irvine Blvd./Trabuco, Oso, Glenwood, Moulton, Harvard, Tustin Ranch.

May 11, 2008 University Park Shopping Center, Irvine. Take the San Diego Fwy. (405) to Culver and go south 0.3 miles to Michelson. Park near Carl's Jr.

S 27 Miles. Culver, Irvine Ctr., Alton, Irvine Blvd., Bryan, Jeffrey/University.

M 36 Miles. Culver, Alton, Bake, Portola, Marguerite, Oso, Irvine Ctr., Jeffrey.

L 43 Miles. Harvard, Jamboree, Santiago Cyn., Jeronimo, Alton, Jeffrey/University.

May 18, 2008 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 22 Miles. Irvine Blvd., Portola, Tustin Ranch, Arroyo, Newport, Red Hill, Harvard.

M 35 Miles. Tustin Ranch, Portola, Irvine Blvd., Los Alisos, Barranca, Michelson, Tustin Ranch, Bryan.

L 43 Miles. Irvine Blvd., Alicia, Glenwood, Laguna Cyn., Marguerite, UCI, Culver.

May 25, 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. Walnut, Tustin Ranch, Portola, Irvine Blvd., Serrano, Barranca, Yale.

M 33 Miles. Trabuco, Portola, Modjeska, Irvine Blvd., Toledo, Red Hill, Irvine Blvd.

L 43 Miles. Yale, University, UCI, Turtle Rock, Alton, Jeronimo, La Paz, Barranca, Irvine Ctr.

June 1, 2008 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).

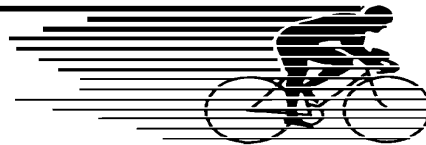
S 27 Miles. Carlson, Culver, Barranca, Alton, Irvine Blvd., Tustin Ranch, Harvard.

M 36 Miles. Campus/Irvine, PCH, Warner, Gothard, Main, Lake, PCH, Dover, Campus.

L 45 Miles. Alton, Muirlands, Alicia, Pacific Is., Golden Lantern, Jeffrey/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

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

VITTORIA TIRES AND TUBES

TREK BICYCLES

BONTRAGER WHEELWORKS

SHIMANO

KENNYBZ.COM PHOTOGRAPHY

FI'ZI:K SADDLES

HAMMER NUTRITION



Training Rides

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

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

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 May. 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. The first ride will begin the second week in May.

"LUNCH IN ..." RIDE

By Jeff Rich

"Lunch IN ..." is back this year. I'll be running this ride May through September. This ride will be held on the third Wednesday of each month and the rides will begin at 9:00 am at the Irvine Train Station. All rides will be between 50 and 60 miles in length. These rides will take us to destinations outside of Orange County with a ride back on the MetroLink train. In May we'll be riding to Riverside having lunch across the street from Riverside's Mission Inn. June and August we'll be riding to Oceanside and having lunch in the marina hoisting our beer mugs to all the working people. Our halfway point is in San Juan Capistrano where we'll stop for a cup of java. July I'm looking at a course to ride to Union Station in Los Angeles where we'll have a Mexican lunch across the street at Olivera Street. At this time the course has yet to be finalized. In September we'll be taking the long way to San Juan Capistrano via Rancho Santa Margarita and then heading north up the coast. On this ride there will be no train. Be aware that only single bikes are allowed on the "LUNCH IN ..." ride. Tandems are not allowed unless you plan on riding back from our destination spot. MetroLink will **NOT ALLOW TANDEM**s on their trains. These rides are "NO DROP" rides, but please be aware that to make our train, we need to keep the pace up. Please bring money for train fare and lunch and always carry picture identification. Due to the bicycle limitations on the MetroLink trains, these rides are limited to ten riders(except for September). Please contact me if you plan on attending this event. It's on a first come first served basis. You can reach me at richriders@bbcnet.com or 714.998.5587. Have FUN and be SAFE.

NEW OCW MEMBERS

*All OCW Members,
please note...*

Our strength is our Membership and our future is in our New Members. When you attend an OCW function, please take a moment to seek out the New Members, introduce yourself, and say...

WELCOME

Chuck Dean	Huntington Beach
Alvin Trafton	Manhattan Beach

SPRING METRIC 2008



Roger Morgan
&
John McKee



Debi Butz
&
Patrick Huey

Jim Pugh
&
John McKee



Alan Shapel



Irene
&
Jim Walker

Wayne Broadhag



Stuart Gaston



Ride Smart

Here's how to avoid the five most common bike-car collisions.

By **Christine Mattheis** – Bicycling Magazine March 2008

LEFT CROSS

A motorist fails to see a cyclist and makes a left turn—it accounts for almost half of all bike-car crashes, according to the Pedestrian and Bicycle Information Center (PBIC).

AVOID IT: If you see a car turning into your path, turn right into the lane with the vehicle. "Don't creep into the intersection at red lights to get a head start," says Laura Sandt, program specialist for the PBIC.

RIGHT HOOK

A motorist passes a cyclist on the left and turns right into the bike's path.

AVOID IT: Passing stopped or slow-moving cars on the right places you in a driver's blind spot. Take the lane—it's your right in all 50 states. "If you're in the lane, the driver will slow down and stay behind you and wait to make the turn," says Preston Tyree, who runs the Community Mobility Institute, in Austin, Texas.

DOORED

A cyclist traveling next to parked cars lined up on the street strikes a car door opened by the driver.

AVOID IT: "Always be looking several cars ahead," Sandt says. Ride at least 3 feet from parked cars, taking the lane if necessary. Be prepared to stop suddenly. Keep your weight over your rear wheel and apply strong force to the front brake lever, with moderate force to the back.

PARKING LOT

A motorist exits a driveway or parking lot into the path of

a bicyclist.

AVOID IT: No bike-handling tricks can overcome the danger of riding on a road with numerous parking-lot exits. Just take a less-direct route. If you don't change routes, follow the law and ride fully in the road. Most of all: Stay off the sidewalk—motorists aren't looking for you there, Sandt says.

THE OVERTAKING

A motorist hits a cyclist from behind.

AVOID IT: "Make yourself as visible as possible and ride predictably," Sandt says. Use reflectors and lights on your bike at night; when moving to the left, signal with your arm; and hold a straight line while checking traffic over your shoulder, because even the most diligent driver could hit a swerving bike.



2008 Ride Around the Bear

"Master the Mountain"

24th Annual Ride Around the Bear

Volunteers are still needed on June 7, 2008 to help 400 riders complete this challenging ride. Work a rest-stop, be a SAG driver or help feed hungry riders at the end of a long day at Sylvan Park in Redlands.

OCW recognizes how important volunteers are so each volunteer will receive a commemorative T-shirt and will also earn the right to pre-register for the 2008 AMTRAK Century. This is a real bonus since last years AMTRAK sold out in 32 minutes.

If you are interested in volunteering please e-mail me (events@ocw.org) and included your name, contact information and where you would like to work.

Thank you for supporting the club and this very popular ride.

Debi

OCW Events

BOARD MEETING MINUTES

April 6, 2008

ATTENDANCE

Officers & Directors Present:

Charlie Irwin, Michael Lee, Doris Bingo, Irene Walker, Debi Butz, Kent Parish, Jim Walker, Lee Stebbins, Barb Tomita, Kathy Pilcher, Alan Dauger, Lorna Laugen, Paul D'Aquanni, Dan Gorman, Rick Butz, Sylvia Grotz, Mike Laugen, Jeff Rich, Frank Neal, Alex Laugen.

Members Present:

Bob Fairfield, Henry Pilcher.

CALL to ORDER

The meeting was called to order by President **Charlie Irwin** at 11:31 am.

MINUTES

A motion was made by **Irene Walker** and seconded by **Alan Dauger** to approve the minutes of the March Board Meeting. Motion carried.

TREASURER'S REPORT

Irene Walker reported that OCW is solvent

OCW PARAMOUNT CORPORATION REPORT

Jim Walker reported that the OCW Paramount Corporation is solvent.

BOARD MEMBER REPORTS

President: **Michelle Kashima** is looking for someone to lead the newbie ride in June, July, August and September. **Michelle** is doing well with the training, and we are developing the website and the e-mail system. Training has their own e-mail list now, so training e-mails don't go out to the whole club.

Vice President: **Brian Sarmiento** from Campy is the general meeting speaker for this month. For May, it will be **Jim** the foot specialist. OCW has the official logo on the Project 999 jerseys, and the unofficial logo on the T-shirts.

Membership: OCW had 413 members with 2 new members. Paramount has 103 members.

Paramount: **Alan Dauger** reported that the clothing is

in. **Alan** asked about organizing for the next round of orders. **Charlie** said that he can set up for another order, but Paramount needs to make a decision and tell **Charlie**. Extra stock of clothing is for sale on the web site.

Frank Neal: The California Triple Crown has nineteen events, and the Hemet Double, which is the fourth double of the year, was held yesterday. Ridership is down due to the economy and gas prices. OCW already has twelve members who have done a double this year. OCW is doing well.

OCW COMMITTEE REPORTS

Membership Committee: **Irene Walker** reported that they have not had another meeting yet. They are waiting for **Mike Lee** to get the colors together.

NEW BUSINESS

May Board Meeting: **Charlie** wants to reschedule the May Board Meeting, because it is on the same weekend as the Cinco de Mayo Fiesta 150 Ride. **Charlie** suggested the second weekend in May, which is Mother's Day or the last weekend in April. A motion was made by **Debi Butz** and seconded by **Barb Tomita** to reschedule the May Board Meeting to April 27, instead of May 4. Motion carried.

Insurance: **Lorna Laugen** reported that the carrier from last year decided not to write general liability insurance for this year. We have two different agents for the two different coverages. The carrier for the Directors & Officers coverage was not interested, so the club got it through Philadelphia at an increased cost. We are going to get the insurances on the same cycle. Philadelphia sent out a questionnaire, and even hiking activities increased the cost. The quote is just shy of \$5000 for out to the end of the year. It will be more next year. The Directors & Officers coverage went down, but the general liability took a significant jump. An extra \$1 million umbrella coverage for the Amtrak costs \$800. A motion was made by **Barb Tomita** and seconded by **Debi Butz** to approve an additional \$2000 for insurance. Motion carried.

Audit Committee: **Charlie** is responsible for putting together a committee to audit the books. **Jeff Rich** will be the chair of the committee, and we need two other members. **Jeff** will find the other members for the

committee.

OCW Picnic: **Irene Walker** has secured the park for the picnic for August 10. The cost went up \$100 from last year, and the park is now paid for. The picnic location will be Central Park in Huntington Beach. **Sylvia Grotz** will be in charge of the picnic committee.

OCW E-Mail System: **Charlie** is working on a system to have other separate e-mail lists similar to the Tandem Time and Training e-mail lists. Every e-mail should be signed. The Tandem Time e-mail list automatically puts a signature on the e-mail.

OCW Rides during OCW events: **Charlie** said that the club doesn't schedule rides during a paid club event. We need to put this in writing, and tell the new people running rides. We don't want to run over other events, especially paid events. **Kathy Pilcher** requested that board members get every e-mail. **Charlie** said that he is changing the code for that, because board members need to know what is going on. He wants to have these separate lists to encourage non members to participate in club activities. It is marketing for OCW. **Charlie** would like to put every new member on all the e-mail lists, and let them take themselves off. The club can expose them to everything. **Alan Dauger** suggested including associate members also.

Events: **Debi Butz** reported that the Cinco de Mayo Fiesta 150 ride is coming up. She is looking for one SAG driver for Sunday, otherwise we are in good shape with the volunteers. The rider sign-up is lagging with only 48 riders so far. The Hampton Inn and the Marriott had special room rates which expired on April 5. The Hampton Inn has agreed to extend the room rate. Please talk up this event with other riders. **Debi** is looking for donations for door prizes. A bulk e-mail will go out tomorrow asking for volunteers for the Bear. **Jeff** said that **Doug Rich** will be taking photographs at the Bear. **Barb** needs pirates for rest stop 1. **Charlie** said that there is a decrease in the sign-ups for the Bear and Cinco de Mayo, and they are not selling as fast as normal.

Grant Request: **Charlie** passed out a grant request form from the Channel Islands Bicycle Club. OCW needs to get a similar form together for anyone who is requesting money from the club. This form is a good starting point. After the form is filled out, it can be forwarded to the board for review prior to voting. **Charlie** is

looking for comments and questions regarding the form.

Mystery Ride: **Kent Parish** requested \$200 for the Mystery Ride. It will start from a new location in Newport Beach. The route has been worked out already, and it will be easier than last year at 27 miles. A motion was made by **Sylvia Grotz** and seconded by **Jim Walker** to approve \$200 for the Mystery Ride. Motion carried.

Ride of Silence: **Bob Fairfield** reported that last year BCI asked OCW to co sponsor the Ride of Silence around the middle of May, which is held on a Wednesday night in memory of all cyclists who have been injured or killed. **Bob** requested that the board approach BCI again to cosponsor and promote the ride for this year. **Barb** said that we just need to communicate with the president of BCI and make announcements. OCW will sent out e-mails, put it on the web site and **Bob** will submit an article for the newsletter. **Charlie** will take care of this. **Lee Stebbins** suggested using hand signals during the ride to communicate without having to speak.

OTHER

Color-Coded Route Sheets: **Kathy Pilcher** thought the color-coded route sheets that **Jim Pugh** and **Bob Fairfield** had on Saturday's ride was a nice idea. All right turns were one color and all left turns were another color.

Route Sheets and Elevation Data on the Web Site: **Alan Dauger** asked about putting the elevation gain for each route on the web site and also the route sheets. **Kent Parish** thought that it's too complicated. **Charlie** thought that it's a good idea. He also wants to encourage members to do out of town rides. **Frank Neal** said that it's very difficult to keep up due to road construction, etc. **Charlie** will work on a new code to include the routes and elevation gain. A suggestion was made to do something similar to **Chuck Bramwell's** Saturday Century route sheet, where he just sends out a link for the route sheet, and it can be continuously updated.

ADJOURNMENT

A motion was made by **Jim Walker** and seconded by **Lorna Laugen** to adjourn. Motion carried. The meeting was adjourned at 12:20 pm.

Respectfully submitted by **Doris Bingo**.



By **Meridith Osterfeld**, Sponsor Coordinator

Lieutenant Kirk LaPeau, Project 999 Memorial Ride Coordinator, and the Team 999 riders would like to extend their sincere appreciation to the Orange County Wheelmen for your \$1250.00 donation to the 2008 Memorial Ride. **Sergeant Hank Osterfeld**, Orange County Sheriff's Department (Retired), riding in memory of **Deputy Mark Tonkin**, will represent the Wheelmen on the ride. In addition, **Bretten Osterfeld**, Vice President of Sales and Marketing for Gatekeeper Systems, Inc. (Irvine) will represent the Orange County Wheelmen. **Bretten** rides in memory of **Deputy Brad Riches**.

Deputy Mark Tonkin

Deputy Mark Tonkin, an eight year veteran of the Sheriff-Coroner Department, lost his life in a helicopter crash on Monday night, October 24, 1988, while assigned to DESERT RANGER, a multi-agency cooperative narcotic enforcement program in the state. Mark was one of eight victims aboard a California National Guard UH1H Huey Helicopter which went down and burned in mountainous terrain near El Centro, California.

Other members of the narcotic team on the ill-fated mission were two deputies from the Los Angeles County Sheriff Department, one each from Riverside County Sheriff and the Imperial County Sheriff Departments, and three officers from the California National Guard.

Operation DESERT RANGER has, in the past, involved personnel from the Drug Enforcement Administration, U.S. Customs, Border Patrol, San Bernardino County Sheriff and San Diego County Sheriff.

Deputy Tonkin joined the department on August 21,

1981. He was initially assigned to the Main Jail upon completing basic training. He worked a short time as a court bailiff and then assigned to North Patrol. Deputy Tonkin was assigned to the Career Criminal Apprehension Team in January of 1988. **Deputy Tonkin** was survived by his wife, **Mary Ann**, and parents, **James and Gloria Tonkin**, of Whittier.

Sergeant Hank Osterfeld, Orange County Sheriff's Department (Retired)
Bretten Osterfeld, Vice President Sales and Marketing, Gatekeeper Systems, Inc.

Sergeant Osterfeld served the Orange County Sheriff's Department for 32 years and retired in 2004. In addition to serving on Patrol in North and South Orange County, he was a Detective with the department for 18 years in Auto Theft and General Investigation in both North and South Orange County Area and Laguna Niguel.

Prior to his service with the department, he received an Honorable Discharge from the United States Marine Corps. **Sgt. Osterfeld** and his wife, **Meridith**, have 4 children and 8 grandchildren. He is an Ultramarathon cyclist and completed more than 17 Century rides (100 miles or more) in 2007 in addition to the 630 mile Project 999 ride. This will be his 5th year as a rider with Project 999 Memorial Ride.

He rides in Memory of **Mark Steven Tonkin** (October 24th, 1988), a fellow Deputy whom he knew and with whom he worked.

Bretten Osterfeld is the Vice President of Sales and Marketing for Gatekeeper Systems, Inc. Bretten is a graduate of Capistrano Valley High School in Mission Viejo and California Polytechnic Institute, San Luis Obispo, CA. He and his wife, **Katja**, live in San Luis Obispo. They have 3 children. A former World Games and Olympic Trials competitor in rowing, **Mr. Osterfeld** is also an Ultramarathon Cyclist and Triathlete. He and his father are the first father and son team to ride for Project 999. This will be his 2nd year as a rider. He rides in memory of **Deputy Brad Riches**.

Deputy Bradley J. Riches

May 25, 1965 - June 12, 1999

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, Ultegra 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. Mike - 714-225-5081 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 oboContact 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: 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 mileage. 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: SoftRide R1 Road Bike Large frame Aluminum w/ carbon beam Durace 9 speed components Spinergy Wheelset Timetrial bars w/clip-on aerobars \$500.00 Contact Ken Brant at 714.772.9589

FOR SALE: Helium wheels Mavic Helium wheels \$ 200. **American Classic Wheels** 24 front 28 rear with Velocity rims \$ 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 Clynnsnsp@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!

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

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

Rich Photographic Service
Big Bear City, CA 92314-2937
(909)584-7030
www.richphoto.photorefect.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

Athletic Unlimited Personal
Training
Brea, CA 92821
(714)671-1177
www.athleticunlimied.com

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

THE ORANGE COUNTY WHEELMEN

Post Office Box 219
Tustin, CA 92781

Change Service Requested

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



FIRST CLASS MAIL

