

THE ORANGE COUNTY WHEELMEN NEWS

CHAIN REACTION

TANDEM TIME

October

GOAT HILL

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

PARAMOUNT RACING

2008

General Meeting

Wednesday October 8th, 7:00 pm

MYSTERY IN OCTOBER

JOIN US IN OCTOBER 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.

IN THIS ISSUE...

President's Message	Page	3
Amtrak	Page	4-6
Sunday Ride Schedule	Page	11
Board Meeting Minutes	Page	13
Stats	Page	16-18

CALENDAR OF EVENTS...

General Meeting	Wed	Oct. 8
Palm Desert Ride	Fri-Sun	Oct.17-19
Fall Metric	Sat.	Oct. 25
Tandem Time	Sat	Dec. 6
Holiday Party	Sat	Dec. 14

OCW CLUB OFFICERS

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Director	Mike Laugen	714.283.5153 bikefamily@netscape.com
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, October 5th, 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, October 30th, 7:00 pm

Hosted by:

Gary & Emmie Heidner

4248 Candleberry Ave.

Seal Beach, CA 90740

562.431.2346 or e-mail dock12752@yahoo.com

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

DIRECTIONS: 22 OR 405 FWY WEST/NORTH TO SEAL BEACH BLVD (R/NORTH) TO FIRST SIGNAL (R) LAMPSON TO 3RD SIGNAL (R) CANDLEBERRY GO ABOUT 2 BLOCKS ON THE RIGHT 4248 CANDLEBERRY AVE

SPECIAL THANKS TO

Scott & Tracy Sharp

for Hosting the

September 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

The 2008 Amtrak Century is now history. After months of planning Saturday morning September 6th, the official check-in opened at 5:30 a.m. and the 34th Amtrak ride was finally on. Approximately 1200 riders lined up at the registration table in that hour to get their rider packs to start their 100 mile journey from the Irvine train station to the San Diego train station. By 6:30 most of the riders were on the road, and the few stragglers finally left at 7:30. A loud applause goes to the volunteers who make all this happen and usually do it every year.



I got to the ride at 5:30 a.m. and the plan was to ride with friends Gil, Ginger, Sabrina and Vern and leave at 6:00 a.m. Sometimes plans have their own way of not working out, but eventually all is well at the end. Gil and Ginger were there on schedule, but Vern and Sabrina were nowhere to be found. We waited for a half-hour but Ginger was anxious to leave, this was her first century and she wanted to be sure to reach San Diego in time for the train. I waited an additional 15 minutes and finally took off by myself. As I was turning right out of the station Gil and Ginger were just coming back; in her eagerness Ginger left her gloves behind. I decided I couldn't wait any longer, so I just continued with a shout saying "I'll see you on the road". I was ready and once I get started there was no stopping me! Since we have all been training together this was one of the few times I was riding by myself at my own pace. I was totally in sync and even continued pass the first reststop feeling pretty energetic and didn't want to lose the warm up I was feeling. I pushed on to Las Pulgas, grabbed some trail mix and water, talked to Mike Lee for a minute, got my picture taken and headed for the freeway. I was an hour ahead of my time from last week's pre-ride. I was actually enjoying my solo ride, but a little concerned about where my group was and pissed that Sabrina and Vern had not shown up, but a little confused as well.

The weather was perfect and I suspected most of the riders were having a good ride. I did hear there was a head-on accident on the trail way between Capistrano

Beach and San Clemente that was up-setting. I was playing my usual jump-frog with some of the riders as we made our way south to lunch. The view of the ocean was breathtaking and a lot of the riders were slowing down to take a look. The volunteers at lunch were all working together and doing such a great job. I was starving and the ham sandwich and cold drink really hit the spot for me. Several times I tried calling Gil and/or Sabrina trying to find where they might be, but to no avail. Torrey Pines was the next stop 20 miles away, so I hammered

down as best I could and surprised myself by getting to the top of "The Hill" by 12:15. I found Lynne at her rest stop #4 having a great time doing her normal thing of greeting the riders and hugging all the people she knew. She was also concerned about Sabrina not showing up at the start of the ride and finally was able to contact her. Sabrina overslept and didn't start the ride until 7:30, but was already at the lunch stop. She was having a great ride and sounded pretty pleased with herself. Glad to know that she was on the ride and doing well, Lynne said she would look for her and Gil and Ginger. The cold ice cream pop felt incredible on my dry throat, it is truly a great treat and everyone seemed to be digging in. The young guy David was doing a great job manning the ice pop station and working hard to find just the right flavor for all the riders. Another bunch of volunteers we need to say thanks to.

I though the ride was great, all the markers on the road were there, and most of the time you didn't need the route slip. Personally, I know the route by heart, but the many new riders seemed not to have a problem. There might have been a few riders who passed certain markers because of high traffic downtown San Diego and/or not noticing, but knowing that we will try again next year to revisit those spots that could have been missed. Once at the San Diego parking lot, all the volunteers seemed to know their stuff, I found my bag with no problem and headed to the train station to clean up. There were many pleased riders and everyone smiling and enjoying their accomplishment. I have to again

Continued on page 7

4th ANNUAL AMTRAK Century

By **Debi Butz**

95 volunteers made that special effort as volunteers for the 34th Amtrak Century. All your hard work was worth it because this is what I heard riders say at the end:

"Thanks for another great ride. I really enjoyed myself."

"This is the most organized ride I have ever been on."

"Registration was a breeze, the lines moved very quickly."

I can't believe how great the food was."

"The course was great, and even riding the 5 fwy wasn't as bad as I thought it was going to be."

"Your volunteers are AWESOME!"

"Thanks to all organizers and volunteers, it was another wonderful Amtrak!"

"Where ever you find your volunteers they do a great job."

I was able to tell this last person that I was able find all the volunteers amongst our generous OCW members and friends.

Every year the call goes out for volunteers and every year, [or at least the 3 years I've been mesmerizing folks into doing this] I get a lot of support from our loyal membership. This year, as always, we assembled a committee of outstanding people to head up the event.

***Lee Stebbins** – Overall Coordinator

***Debi Butz** – OCW Events Coordinator

***Charley Irwin** – Web Management

***Jim & Irene Walker** — Registration

***Margie & Irineo Sepulveda** – Rest Stop 1

***Mike Lee** – Rest Stop 2

***Doris Bingo & Dan Gorman** – Rest Stop 3

***Lynne Billie** – Rest Stop 4

***Barb Tomita & Frank Neal** - Finish

***Alan & Marlene Dauger** – Dispatch

***Charley Simons** – SAG Vehicles

Lee Stebbins worked his magic with Amtrak, the City of Irvine and the people of San Diego. He ordered a train

and was lucky enough to secure an additional car (meaning more seats) just a couple weeks before the ride, secured permits and set up the parking lot at the end.

Amtrak registration was done on the OCW web site and the ride was sold out 29 minutes (a new record). **Charley Irwin** was the mastermind for the web sign-ups and when we threw in the additional train car he figured out how to work that out too. And he did all this while moving his business offices to another facility.

I could write an entire article about what **Jim & Irene Walker** do for this event. Here is just a sampling; keeping track of all registered riders (that includes all the crazy transferring that goes on the last two weeks of this event), ordering the trucks for each rest stop and end, driving the truck for the pre-ride, hosting the packet stuffing party the Thursday night before the ride, picking up trucks, shopping for food and loading each truck, and working the end of the ride. They are incredible!

This year 16 volunteers helped ensure the route was safe and marked. Saturday August 31st we covered the course on bicycles and in cars. Volunteers included: **Lee Stebbins, Charley Irwin, Barb Tomita, Wilson Crider, Wayne Broadhag, Marni Witte, Stuart Gaston, Debi Butz, Paul D'Aquanni, Mike Lee, Mike Burns, Bob Fieldhouse, Lynne Billie, Herb Johnson, and Irene & Jim Walker.**

The Walker's hosted a "Packet Prep Night" for eight (8) of us to put 1100 riders packets together. A team of eight (8) spent an intimate evening peeling, stripping, stamping and stuffing (the envelopes, not themselves). Our volunteers were: **Lee Stebbins; Irene & Jim Walker; Ken Fry & Barb Tomita; Rick & Debi Butz and Wilson Crider.** We enjoyed a great dinner, thanks **Irene** and **Jim**.

On Friday, September 5th, five (5) rental trucks began the process of loading supplies for four (4) rest stops, registration and the finish. Our drivers picked up 1,000 of gallons of water, dozens of shade gazebos and tables, and numerous other supplies. In the meantime, a crew of shoppers met at the Costco in Yorba Linda, to purchase a truckload of food to feed 1100 hungry riders. Volunteers included: **Jim Walker, Wayne Broadhag,**

Ken Fry, Bob Fieldhouse, Paul D'Aquanni, Jim Pugh, Irene Walker, Barb Tomita, Donna Nelson, Cathy Painter, Kathy Pilcher, Sylvia Grotz, and Rick & Debi Butz.

Before the sun rose (5am) on Saturday, September 6th, a group of 30 volunteers set up tables, arranged rider packets and organized jerseys in anticipation to meet and greet 1100 riders. As always the riders were anxious to get through registration and be on their way. Our volunteers got all riders bagged, tagged and on their way by 7:30am. Volunteers for the Start were: **Lee Stebbins, Dee Bessee, Nancy & Wayne Broadhag, John & Sylvia Grotz, Kent & Donna Parish, Donna & A.J. Nelson, Jeff Rich, Jim Pugh, Jim Kehr, Jim Brewer, and Jim and Irene Walker. Henry & Kathy Pilcher**, with help from **Roger Morgan** handled all the jersey distribution and I never saw a line. **Frank Neal** did what he does best, organizing the luggage loading with help from **Bob Fairfield** and **Paul D'Aquanni** and of course the UCI Cycling Team: **Dave Jordan (Coach): Tracy Kubas, Daniel Alavi, Andy Anderson, Marcos Corona, Chris DuBios, Scott Godfrey, Grant Houlgate, and Chris Jennings.**

Last minute mechanical problems were efficiently handled by: **Tim Peiffer** and **Lance Schumacher** (Two Wheeler Dealer bike shop in Brea) and **Randy Kiefer.**

A team of seven (7) SAG (support and gear) cars was dispatched to meet the needs of our riders. Outfitted with, car flags, SAG signs, tubes, tires, pedal cleats, changed tires and a host of other things. Our sag crew included: **Charley Simons, Sara Clark, Mike Burns, Tom & Margaret Gate, Roger Morgan, and Kermit Ganier** (welcome back Kermit). Believe me, these folks worked long and hard this year. There were a lot of SAG opportunities from riders needing a little help making it to the train on time.

From 5:00am until 5:00pm, **Alan & Marlene Dauger** covered our "help line." Armed with phones, cell phones, computers with street software and the inter-net. Again, this was an extremely essential role in our event. This twosome was kept busy all day communicating with riders, SAG drivers, rest stop workers and organizers.

Riders began their day with over cast skies and cool weather as they rode 28 miles to Rest Stop 1 where volunteers started set up at 6:00am,

opened for business at 7:30am and closed at 9:30am. Volunteers included: **Margie & Irineo Sepulveda** (Captains), **Bob Fieldhouse, Gloria Nafel, Stuart & Liz Gaston and Diedre Engle.**

Riders rode another 21.7 miles, the overcast skies keeping weather conditions pleasant, through Doheny State Beach down the bike trail where they came to Rest Stop 2. These folks started setting up at 7:00am, where ready for the riders at 8:30am and closed at 11:00am. Volunteers included: **Mike Lee** (Captain), **AJ & Donna Nelson, Ron Vilorio, John Cook and Steve Mulligan.**

Riders jumped on the 5 fwy for 7.5 miles exiting at Harbor Drive. The lunch crew arrived at Buccaneer Park (Oceanside) at 7am where they made enough sandwiches to feed an army. They were ready for the onslaught at 10am and finished clean up by 12:30pm. Volunteers included: **Doris Bingo and Dan Gorman** (Captains), **Rick Butz, Fred Guttentag, Mike & Brenda Hanson, Mike & Lorna Laugen, Brent Weindling, Greg Kibble, Steve Pohle, Wilson Crider, Patrick Huey, Marni Witte, Marcia Kuemerle & son, and Tom & Lorraine Hartman.**

Riders continued south to their favorite part of the ride "**THE ICE CREAM TRUCK**". Rest Stop #4 shared their space with another event (MS Walk) and started set up at 10am with frozen treats ready for dispersal by 11:30am they closed down around 2pm. Volunteers included: **Lynne Billie** (Captain), **Randy Kiefer & son, Ed & Donna Shuler and Guy Taylor.**

After the long grueling climb, riders heard the sweetest words of the day "It's all down hill from here". Our finish line volunteers greeted the hot, sweaty, and slightly sunny bleached riders to the San Diego County Building parking lot on Ash & Pacific Way. There were cold drinks and plenty of delicious grapes and assorted snacks awaiting each rider. Our volunteers at the finish loaded bicycles on huge moving vans, and gave riders an opportunity to do some shopping, buying jerseys and t-shirts, sampling Kool 'N Fit (conditioning liquid) and even getting a professional massage. Our volunteers were: **Barb Tomita** (Captain), **Frank Neal** (Baggage) **Jeff Rich, Ken Brant, Debbie Myers, Alvin Trafton & daughter, Ray Cook** (cheerleader extraordinaire), **CJ Williams, Brett Gross, Scott Sharp, Jim & Irene Walker, Dee Bessee** (massage therapist), and **Doug Rich** (photographer),

I am sending out a special thank you to the five (5) volunteers from the “**No Cry Babies**” cycling club in San Diego. We couldn’t get 800 bikes loaded on seven (7) semi-trucks without these gentlemen (and I use the term lightly). They have a special talent for loading bikes just the right way so not a one gets injured on the ride back to Irvine. This hardworking crew included: **Jim Daniels, Bob Esch, Ron Fields, Turk Guild, and Mike O’Grady.**



included returning supplies to storage and trucks to Ryder.

I know that there were people that jumped in and helped with this year’s event and I apologize for not getting your names.

I know it was difficult to get a reservation for this year’s century (since it sold out in 29 minutes). If you want to guarantee yourself a spot for next years Amtrak Century, all you have to do is volunteer for the 2009 Ride Around the Bear on June 7, 2007. As a volunteer you will receive priority status for the 2009 Amtrak. So, don’t wait too long before you sign up as a volunteer for the Bear. Send your request to Events@OCW.org.



After riding 101 miles, **Jim Pugh and Paul D’Aquanni** (SWEEP) got the last rider to the train.

After an on-time departure (4:30pm), the riders returned to Irvine after an exciting day. Tired and exhilarated, the riders were challenged with locating their bike from one of the eight (7) semi-trucks in the parking lot. Luckily, every rider was reunited with his or her own bike.

Sunday morning we met at the Painter’s residence for “CLEAN UP”. **Bob Fieldhouse, Jim Walker, Lee Painter, Lee Stebbins, Alan Dauger, Charlie Irwin, Frank Neal, and Alex Laugen** unloaded and re-loaded trucks. **Dan Gorman and Mike Lee** headed up the dishpan hands crew, while **Doris Bingo and Lorna Laugen** dried everything. **Barb Tomita and Debi Butz** reorganized the rest stop boxes. **Jeff Rich, Jim Walker, Rick Butz and Mike Laugen** moved trucks around. **Irene Walker and Cathy Painter** got the excess food together for distribution. This year we made a special effort to go GREEN. **Randy Kiefer** took charge of this, and arranged for a recycler to show up and take all the plastic and cardboard. We set a record for the quickest clean up in my history of the event. We met at 10am and were done at 1pm, which



mention the many volunteers on this ride who know exactly what to do and do it with kindness and deep concerned that everyone have a great ride.

Just to end the story, I did finally meet up with Gil and Ginger on the train. Ginger was excited to have done her first century and seemed surprised that Torrey Pines was doable. She does have this naturally ability to climb hills, Gil has trained her good. I was equally pleased to see Vern when he walked in and at 70+ he is an inspiring man for us all. We finally got a hold of Sabrina who also made the train and did a fantastic job in completing a century two weekends in a row. We got comfortable on the ride back to Irvine, pleased with ourselves and the wine and drinks were indeed deserved as we listened to all the stories of a ride well done.

The moral of this story is you can train (ride) together, but sometimes to make a better rider, you need to accomplish a ride on your own, to learn your capabilities and earn your self-confidence. We all had a better ride that day because we rode our own ride.



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

John Redgrave Diamond Bar
Kia Shakoori Newport Beach



October Babies

Larry Black	10/1
Penny Poorman	10/1
Linda Lanphere	10/5
William Monroe	10/5
Alan Carlson	10/5
Dave Jones	10/5
Adrian Ramos	10/7
Pamela Clark	10/9
Carol Davidson	10/10
Scott Forward	10/10
Connie Gibson	10/10
Paul Pabian	10/10
Jim Cook	10/12
Alex Laugen	10/12
Douglas Mc Intyre	10/14
Richard Molnar	10/14
Curtis Mease	10/14
Phillip Fitzwater	10/15
Marissa Hindman	10/16
Tom Madden	10/17
David Rusher	10/19
Diane Thomas	10/22
Jim Brewer	10/23
Jonathan Hebert	10/23
Angela Carson	10/24
Crystal Nordenstam	10/24
C.J. Williams	10/26
Mike Noggle	10/27
Don Larkin	10/27
Lyle Willits	10/28
Irineo Sepulveda	10/28
Steve Pohle	10/29
Denise Miller	10/31
Kevin Kelly	10/31
Ray Cook	10/31

2009 NOMINATING COMMITTEE AND RUNNING FOR NEXT YEARS OFFICE

By Jeff Rich

This year, once again I'm leading the Nominating Committee's search for 2009 Officers. If you'd like to serve with me on this committee, I'd love your

assistance. I'm looking for two other Club members to assist in this task. All this entails is going around and beating on members' heads and twisting their arms behind their backs until they cry for mercy and agree to run for office. You also make all sorts of promises to them that you know you can't keep and tell them that once they're an Officer, that they'll receive all sorts of special perks. Now, of course, finding someone to run for the Board isn't handled this way at all. The committee takes pride in talking to all members, looking for those who would be interested in serving. All communication of the Nominating Committee is handled mostly via e-mail and the committee makes their presentation to the Board at the November meeting.

Serving on the Board can be rewarding. You have a say in the way the Club is handled and assist in steering the Club in the direction that you'd like it to go. It's a great way to give back to the Club.

So, if you're interested on serving on the Nominating Committee, please give me a call. If you're interested in running for next year's Board, please contact me and I'll see that your name gets on December ballot. All Officer positions are open for running. Remember, help out the Club and run for Office. Nobody has every said it any better than one of OCW's past presidents.

"It's time for fresh members with fresh ideas who are willing and capable to go to the front and take a strong pull. For others, it's time to move over, drift toward the back to rest and recover in the comfort of the pack."

Charley Simons
Chain Reaction, March 2002

So if you're getting near the front of the pack, it's time for you to run for office. Otherwise, my "committee of thugs" and I may pay you a midnight visit.



**THE ORANGE COUNTY
WHEELEMEN'S
FALL METRIC**
Saturday, October 25, 2008

SAVE THE DATE



This years Orange County Wheelmen's Christmas Party will be Sunday Dec. 14th. at the Huntington Harbor Yacht Club. So save the date and look for details to follow.

Tandem Time

Ride Directors

Henry & Kathy Pilcher



Please join us for the next Tandem Time ride on Saturday, December 6, 2008, starting at 8:30 a.m. (Summer starting time!) from The Square located at Main and MacArthur in Irvine near the John Wayne Airport. The ride is approximately 32 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 rgtide@yahoo.com or call us at 714/998-5734 if you have further questions.



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 Evening Rides - **5:30 PM** Training at Orchard Hills, Irvine. Meet at the CVS Pharmacy parking lot near the corner of Culver and Portola. The course is part of the road race course used this year for USCF Nationals. Ride Leader is **Sue Buck**, 714-508-9061 or suebuckrider@cox.net

THURSDAY

Thursday Evening Rides - **5:30 pm** Directions: From the 405 Frwy exit University heading south to Ridgeline Dr.. Turn left and go to Turtle Rock Dr., turn left and go to Sunnyhill. Turn left on Sunnyhill. Use the parking lot with the tennis courts and bathrooms. 1 Sunnyhill Rd., Irvine at Turtle Rock Community Park. Lights will be needed. Ride Leader is **Sue Buck**, 714.508.9061 or cell 714.697.2964 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 Dager**, 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 regroup as necessary. Other stops are dependent on ride length and needs/desires of the group. All current and future members and anyone wanting to ride with nice people are welcome. See Saturday Rides in the center pages of the Newsletter. Ride Leader **Bob Fairfield**, mobile412@ca.rr.com and **Jim Pugh**, in-line@pacbell.net

CENTURY SERIES

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

SUNDAY

Sunday Rides - 8:30 am, various locations. See Sunday Rides in the center pages of the Newsletter. Ride Leader 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.**

OCTOBER 2008

10/4/2008 – 8:30

- S 24 mi. Mostly Flat - Red Hill, Walnut, Jeffrey, Irvine Blvd, Alton, E Yale Loop, Main, MacArthur
- M 37 mi. Rollies - Red Hill, Edinger, Toledo, El Toro, Los Alisos, Jeronimo, Irvine Ctr, Main, MacArthur
- L 43 mi. Flat - Main, Von Karman, Campus/Irvine, PCH, 2nd St./Westminster, Springdale, Slater, SA River Trail, Sunflower, Main, Sky Park Cir
- XL 52 mi. Very Hilly - Main, Harvard, Jeffrey/University, Ridgeline, Shady Cyn, Newport Coast, PCH, Jan Joaquin, Pelican Hill, PCH, Laguna Cyn, Muirlands/Barranca, Von Karman, Main, MacArthur

10/11/2008

- S 24 mi. Flat - Barranca, Irvine Ctr, Sand Cyn, Portola, Tustin Ranch, Red Hill, Von Karman, Main
- M 34 mi. Hilly -Edinger/Irvine Ctr, Bake, Portola, El Toro, Irvine Ctr, Harvard, Main
- L 41 mi. Hilly -Barranca, Bonita Cyn/Ford/E. Bluff/University, Turtle Rock, Jeffrey, Portola, Tustin Ranch, Harvard, Main
- XL 51 mi. Hilly -MacArthur, Warner, PCH, Marguerite, San Joaquin, Newport Coast, Campus, Turtle Rock, Jeffrey, Walnut, Red Hill

10/18/2008

- S 22 mi. Flat - Alton, Von Karman, Michelson, Jeffrey, Irvine Ctr, Harvard, University, Von Karman, Main
- M 37 mi. Rollies -Edinger/Irvine Ctr, Toledo, El Toro, Los Alisos, Jeronimo, Irvine Ctr, Harvard, Main
- L 43 mi. Elevation Gain 400ft. Flat - Von Karman, Campus/Irvine, PCH, 2nd St./Westminster, Springdale, Slater, SA River Trail, Sunflower
- XL 59 mi. Rollies - Red Hill, Arroyo, Hewes, Santiago/Santa Ana Cyn, Gypsum Cyn, SA River Trail, PCH, Irvine/Campus, Von Karman, Main

10/25/2008

Saturday OCW rides from the Square scheduled due to OCW Fall Metric Century Ride event

11/1/2008

- S 27 mi. Rollies - Red Hill/Santa Ana, Mesa/Birch, Von Karman, Barranca, Jeffrey/Bonita Cyn, Harvard, Main
- M 40 mi. Hilly - Edinger/Irvine Ctr, Barranca/Muirlands, Los Alisos, Marguerite, Jeronimo, Alton, Irvine Ctr, Harvard, Main
- L 50 mi. Hilly - Tustin Ranch, Portola, Jeffrey, Irvine Blvd., Bake, Rue De Fortuna, Glen Ranch, Santiago Cyn, Newport, Tustin Ranch, Harvard
- XL 62 mi. Rollies -Sunflower, SA River Trail, Slater, Lampson, Katella/Willow, LA River Trail, LB Bike Trail, PCH, Dover, Irvine, Birch, Von Karman, Main

Have a great month of cycling

OCW TRAINING JANUARY-MAY



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.*

October 2008 Schedule

October 5, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). 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 23 Miles. Von Karman, Red Hill, Portola, Sand Cyn., Alton, University, Campus.

M 34 Miles. Campus, University/Jeffrey, Muirlands, Canada, Bake, Irvine Blvd., Harvard.

L 45 Miles. Harvard, Walnut, Red Hill, PCH, Seapoint, Bushard, PCH, Bayside, Dover

October 12, 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. Hick's Trail, Jeffrey, Irvine Blvd., Barranca, Harvard, Tustin Ranch.

M 35 Miles. Portola, Trabuco, Los Alisos, Barranca, Michelson, Harvard, Tustin Ranch.

L 43 Miles. Irvine Blvd., Alicia, Aliso, El Toro, Laguna Cyn., PCH, Bonita Cyn., UCI.

October 19, 2008 Tri-City Park, Placentia. Take the Orange Fwy (57) to Yorba Linda Blvd. Exit east and go 0.9 miles to Kraemer Blvd. Turn left and go 1.1 miles to Golden Ave. and turn left into the park. Follow park road left 0.3 miles to parking lot.

S 26 Miles. Orangethorpe, Fairmont, La Palma, River Tail, Lakeview, Bastanchury.

M 34 Miles. River Trail to Green River & return, Lakeview, Imperial, Bastanchury.

M 36 Miles. Rollies thru Cal Poly, newest route.

L 42 Hilly Miles to Chino via Carbon Cyn.; return via Golden Springs/Colima, Lambert.

October 26, 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., Barranca, Irvine Ctr., Red Hill, Bryan.

M 35 Miles. Walnut, Moulton, Ridge Route, Valencia, Muirlands, Irvine Blvd., Portola, Orchard Hills, Tustin Ranch.

L 40 Miles. Harvard, Irvine Ctr., Bake, Santiago Cyn., Jamboree, Pioneer, Tustin Ranch.

November 2, 2008 Carl's Jr., Irvine. (Board Meeting Scheduled at **11:30 AM**). 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).

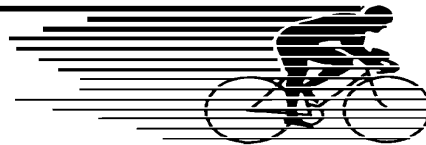
S 29 Miles. Irvine, PCH, Goldenwest, Lake, Atlanta, Brookhurst, PCH, Dover, Campus.

M 38 Miles. Campus, PCH, Warner, Slater, Bushard, Brookhurst, PCH, Dover, Campus.

L 43 Miles. Barranca, Jeffrey, Bake, Jeronimo, Alton, University, Culver, Turtle Rock.



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

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FI'ZI:K SADDLES

HAMMER NUTRITION



August 31, 2008

OCCE COMMITTEE REPORTS

OCW/Paramount Relationship Committee: The committee has been unable to meet prior to the board meeting but Charlie opened up the subject for discussion to the board members. Debi Butz spoke to the issue giving board members a sampling of what Paramount would like from OCW: (1) Receipt of full dues; (2) Payment for Rest Stop support for The Bear and Amtrak; (3) Payment by OCW for placement on the Paramount jersey. This discuss brought many good points to light all of which will be considered when the committee meets in September.

OLD BUSINESS

Grant Request: **Charlie** tabled this until next meeting.

Amtrak: Lee reported that the pre-ride went very well yesterday. The parking structure is open and notices have been posted on the website to warn riders with bikes on top of there cars NOT to park in the structure. The overflow lot will be open for our use next week for these riders.

Fall Metric: **Charlie** announced that registration is open as of September 15th for the October 25th event and we are ready to go.

NEW BUSINESS

Awards Banquet: **Mike Lee** reported that the Tustin Banquet Center is secured again for February 2009. He and the Walkers will meet with the catering manager next Tuesday. We will be entertained this year with Magical Comedy by **Randy Kappe**. **Irene Walker** made a motion to allow up to \$10,000 in expenses for this event, **Barb Tomita** seconded and the motion was carried.

Nominating Committee: **Charlie** asked **Jeff Rich** if he would chair this committee. **Jeff** accepted.

Kent Parish announced that there is a Labor Day Ride tomorrow and they if anyone missed the Mystery Ride they could try their luck tomorrow. There will also be two other rides offered.

ADJOURMENT

A motion was made by Kent Parish and seconded by **Lee Stebbins** to adjourn motion was carried. The meeting was adjourned at 12:10pm.

ATTENDANCE

Officers & Directors: **Charlie Irwin, Mike Lee, Dan Gorman, Debi Butz, Rick Butz, Paul D'Aquanni, John McKee, Kent Parish, Barb Tomita, Ken Fry, Mike Laugen, Lee Stebbins, Kathy Pilcher, Jeff Rich, and Frank Neal.**

Members Present: **Marni Witte, Patrick Huey, Scott Klages, Henry Pilcher, Bob Fairfield, and Curt Dosier.**

Call to Order: The meeting was called to order by President **Charlie Irwin** at 11:00am.

Minutes: A motion was made by **Mike Lee** to approve the minutes of the July Board Meeting, **Barb Tomita** seconded the motion. Motion was carried.

Treasurers Report: **Irene Walker** reported that OCW is solvent.

OCW Paramount Corp Treasurers Report: **Jim Walker** reported that the OCW Paramount Corporation is solvent.

BOARD REPORTS

Vice President: **Mike Lee** announced that he intends to invite the Irvine Police Dept. to speak at the October General Meeting.

Membership: OCW has 393 members with 3 new members. Paramount has 96 members.

Paramount: **John McKee** reported that race season is over for 2008. Paramount is looking to set up a Cat 2 men's elite team comprised of about 4 racers. They are hoping this will invigorate the club and increase membership.

CALIFORNIA TRIPLE CROWN

DOUBLE CENTURY REPORT

By Frank Neal

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

The 2008 California Triple Crown Fall Series has now started with the Mt. Tam Double!

8/2/08 Mt. Tam Double. This is an epic Nor. Cal. Double that Starts and Finishes in San Rafael. The course heads north, through Petaluma, and continues on toward Santa Rosa. Near Occidental, it turns west and travels over the coastal mountain to a breathtaking view of the Nor. Cal. coast! It travels south along the coast through Bodega which is best known as the site where Alfred Hitchcock filmed the movie, The Birds. This awesome course continues south through Pt. Reyes, Golden Gate National Park, and Muir Woods Park and Beach. It then heads back north/east to San Rafael. Some years, this course can be very hot. This year the riders were greeted with mild temperatures. Other than some uncharacteristically high headwinds, the weather was really great for the riders! The Organizer, Marin Cycling Club, does an outstanding job of supporting the riders during this event! Unfortunately, OCW had no Finishers this year.

Current Stats for our OCW Riders.

Finished at least one 2008 CTC Double:

Chuck Bramwell, Jim Brewer, Jim Cawthon, Paul D'Aquanni, Mark Kaufman, Andy Melczer, Bill Murphy, Tom Parkes, Doug Patterson, Steven Patterson, Rene Rodarte, and Ron Williams.

Triple Crown Award Winners:

Jim Brewer - 3 CTC Double Finishes (First time Winner).

Paul D'Aquanni - 3 CTC Double Finishes.

Mark Kaufman - 3 CTC Double Finishes.

Bill Murphy - 3 CTC Double Finishes.

Steven Patterson - 3 CTC Double Finishes (First time Winner).

Jim Cawthon - 4 CTC Double Finishes.

Rene Rodarte - 4 CTC Double Finishes.

Andrew Melczer - 5 CTC Double Finishes.

Tom Parkes - 5 CTC Double Finishes.

Doug Patterson - 7 CTC Double Finishes.

Special Awards:

Thousand Mile Club. **Andy Melczer.**

Gold Thousand Mile Club. **Tom Parkes and Doug Patterson.**

2008 Hall of Fame. **Bill Murphy.**

100 Doubles Club. **Doug Patterson.**

Cal Triple Crown Fall Series, Results not yet Reported, I will report in November...

9/20/08: Knoxville Double. No, not Tennessee! It Starts in Vacaville, CA. The course climbs over the mountains and down into Napa Valley. It is a mixture of oak forests and vineyards. The difficulty is rated as "High" with 12,600 ft. of gain in 202 miles. The support is awesome. Besides, you can stay for the Annual CTC Awards Breakfast the following morning! See: www.quackcyclists.com/

9/21/08: Annual CTC Awards Breakfast. Held at the same site as the Knoxville Double Start/Finish, come join in the inspirational presentation of new Triple Crown Winners, Stage Race Award Winners, and Hall of Fame Inductions. It is a great place for significant others to experience the camaraderie we all feel while rolling down the road with our riding buddies! It is a good place to meet and talk with other riders that you never see because you ride at different levels. It is a great time to meet and see **Chuck Bramwell** in action when he is not wearing bike clothes! See: www.caltriplecrown.com/schedule.htm

9/27/08: Tour of Two Forests. Experience the beautiful riding in Angeles National Forest and Los Padres National Forest. It includes climbs up Matilija, Pine Mountain and Heartbreak. The Start location in Santa Clarita makes it convenient for So. Cal. riders to attend. While not an easy Double, with 13,300 ft. of elevation gain, it is a Classic Double! See: www.planetultra.com/totf/index.html

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

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

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/

How to get started on Doubles.

Join the OCW Saturday Training Rides. For info on training, 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

For more information about the California Triple Crown and tips on riding Doubles, check out the official CTC Website:
www.CalTripleCrown.com

For complete YTD stats for all riders in the Cal Triple Crown, check out the CTC Stats Website:
www.CalTripleCrown.org

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



OCW FUN RIDE WEEKEND TO PALM DESERT!

Ocotober 17-19

Lets have a fun weekend riding out to Palm Desert. It will be a fairly easy century out to Palm Desert through some areas less traveled. Groups can either leave on Friday or Saturday morning. The main group will leave Friday morning with bathroom stops along the way and an unsupported food stop.

This is a non supported fun ride with friends so bring a backpack, water, electrolytes, road snacks and money! The host hotel is Marriott Fairfield Inn in Palm Desert and book before September 24th by calling 1.760.341.9100 and let them know it's for the OCW

group rate of \$89 per night. After that date the rates go up to \$129.

Saturday morning those that have the legs (or have driven out) can ride with desert cycling, a great club who is hosting our club on their saturday morning ride. The ride start is an easy ride or walk from the Marriott.

Saturday afternoon OCW is treating you to a BBQ pool party at Bob and Evelyn Burks home (Michelle Kashima's parents). Again, within riding distance from the Marriott.

On Sunday let's ride back to Irvine on a slightly different route with some breathtaking scenery and an awesome descent into Hemet Valley then over to Lake Paris and Irvine, or drive back. It's your option.

For more information contact Michelle at kashima@cox.net or training@ocw.org



To keep aware of the happenings of the CVC, DMV, CalTrans and cycling articles, dangers and/or accidents go to Share the Road <http://www.sharetheroadsaveslives.com>.

FIELD FIXES

By **Frank Neal**

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

Cleats. If you have Look or Speedplay cleats, my condolences! The bolts come loose and fall out easily on these cleats. If you lose two bolts, the only field fix is to move one bolt from the other cleat. Your best fix is to check and tighten the bolts before each and every ride or carry replacement bolts with you. In addition, Look plastic cleats tend to disintegrate suddenly and without notice. For ultradistance riders and touring riders: Look cleat folks need to carry an extra cleat to prevent an early DNF (Did Not Finish). Sorry, this is just my opinion!

CLUB RIDE TOTALS FOR 2008

Minimum 150 miles or 100 Activity Points

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
							Fairfield, Bob	61	2920	503	3423	47	545
							Fieldhouse, Bob	31	1322	70	1392	42	125
Aguerre, Kelly	3	157	0	157	52	100	Forte, Michael	9	311	0	311	34	0
Aguerre, Martin	10	571	43	614	57	0	Frantz, Suzanne	2	200	0	200	100	0
Allred, Alan	59	1891	80	1971	32	0	Fry, Ken	5	159	6	165	31	300
Alvarez, Mike	13	452	0	452	34	125	Gaston, Liz	1	24	4	28	24	175
Benson, Matt	5	150	0	150	30	0	Gaston, Stuart	14	729	97	826	52	250
Bernstein, Martin	41	1378	0	1378	33	175	Gate, Margaret	0	0	0	0	0	100
Bessee, Dee	0	0	0	0	0	150	Gate, Tom	0	0	0	0	0	125
Billie, Lynne	4	191	21	212	47	200	Gibson, Connie	11	402	0	402	36	0
Bingo, Doris	43	1565	825	2390	36	*	Gorman, Dan	107	3828	1952	5780	35	1225
Black, Larry	43	1468	0	1468	34	0	Gross, Bret	1	100	0	100	100	335
Bloom, Duane	17	586	0	586	34	0	Grotz, John	0	0	0	0	0	225
Bramwell, Chuck	8	631	35	666	78	150	Grotz, Sylvia	0	0	0	0	0	490
Brant, Ken	2	70	0	70	35	200	Guttentag, Fred	54	1877	0	1877	34	247
Brewer, Anita	0	0	0	0	0	100	Hancock, Therese	17	616	0	616	36	0
Brewer, Jim	27	1137	788	1925	42	200	Hanson, Brenda	7	235	0	235	33	150
Brickner, Fred	0	0	0	0	0	100	Hanson, Michael	38	1322	0	1322	34	150
Broadhag, Nancy	0	0	0	0	0	100	Heidner, Gary	9	561	0	561	62	25
Broadhag, Wayne	4	295	0	295	73	150	Hindman, Jeff	0	0	0	0	0	100
Brown, Joel	35	1151	0	1151	32	0	Hindman, Marissa	0	0	0	0	0	100
Buck, Sue	42	1211	43	1254	28	1050	Huey, Patrick	69	2342	0	2342	33	125
Burns, Mike	1	100	0	100	100	100	Hunter, Dick	23	568	0	568	24	0
Burton, Judy	0	0	0	0	0	100	Irwin, Charlie	16	623	21	644	38	*
Butz, Debi	39	1437	30	1467	36	*	Jones, Kris	33	1052	0	1052	31	0
Butz, Rick	4	247	0	247	61	500	Jordaan, Dave	0	0	0	0	0	100
Camarena, Edward	12	410	0	410	34	0	Kashima, Michelle	27	1559	263	1822	57	*
Cassidy, Bob	15	508	3	511	33	0	Keenan, Frank	0	0	0	0	0	100
Castleman, Vern	6	261	0	261	43	0	Kelly, Debby	1	100	0	100	100	100
Cawthon, James	27	898	699	1597	33	50	Kerfoot, Adrienne	0	0	0	0	0	100
Clanton, Diane	24	585	0	585	24	75	Kerfoot, Beth	0	0	0	0	0	100
Clark, Sara	0	0	0	0	0	100	Kerfoot, Bill	0	0	0	0	0	100
Constantino, Alvin	10	393	0	393	39	0	Kerfoot, Rodrick	0	0	0	0	0	100
Cook, Jim	1	150	0	150	150	0	Kibble, Greg	68	2578	9	2587	37	818
Cook, John	5	119	0	119	23	100	Kiefer, Randy	0	0	0	0	0	100
Cook, Ray	4	98	0	98	24	100	Klages, Scott	30	1091	4	1095	36	50
Cozza, Greg	0	0	0	0	0	100	Kuemerle, Denis	10	598	0	598	59	0
Crider, Wilson	28	1066	0	1066	38	125	Kuemerle, Marcia	0	0	0	0	0	100
Daley, Laura	22	715	10	725	32	0	Laugen, Alex	20	690	48	738	34	375
DAquanni, Paul	38	1702	281	1983	44	475	Laugen, Lorna	32	1162	105	1267	36	500
Dauger, Alan	57	2043	648	2691	35	985	Laugen, Michael	29	1040	12	1052	35	475
Dauger, Marlene	0	0	0	0	0	100	Laxamana, Kelley	13	395	10	405	30	0
Davidson, Bob	5	496	42	538	99	0	Lee, Michael	66	2757	249	3006	41	*
Davidson, Carol	30	1066	218	1284	35	100	Levenson, Alan	20	695	0	695	34	0
Dosier, Curt	6	184	0	184	30	50	Lindquist, Link	18	543	0	543	30	100
Enderle, Alicia	9	294	0	294	32	0	MacQuarrie, Wade	4	188	23	211	47	0
Engle, Diedre	63	2124	274	2398	33	275	Madden, Tom	31	1628	0	1628	52	50

Member	Rides	Miles	To/Fr	Total	Avg	Act	Member	Rides	Miles	To/Fr	Total	Avg	Act
Mary, Joan	0	0	0	0	0	175	Shuler, Ed	13	470	0	470	36	100
Mastro, Joe	1	37	0	37	37	100	Simon, Karen	2	250	0	250	125	100
Matloff, Victor	6	436	0	436	72	0	Simons, Charley	8	539	0	539	67	50
Mc Intyre, Douglas	1	100	0	100	100	100	Sorem, Terry	5	299	0	299	59	100
McKee, John	10	305	0	305	30	100	St. James, Kasey	5	239	0	239	47	100
McNealy, Don	34	978	0	978	28	100	Stapelbroek, Dutch	19	653	0	653	34	75
Mills, Robert	2	250	0	250	125	0	Stapelbroek, Marlys	19	653	0	653	34	75
Moore, Joseph	12	469	0	469	39	25	Stebbins, Lee	39	1712	184	1896	43	525
Morgan, Roger	5	136	0	136	27	300	Stein, Richard	38	1184	0	1184	31	0
Morrison, Ken	27	736	0	736	27	325	Taylor, Kathy	17	517	0	517	30	100
Morrison, Ollie	27	736	0	736	27	325	Thomas, Dennis	29	1040	0	1040	35	75
Myers, Debbie	7	236	0	236	33	260	Thomas, Diane	2	47	0	47	23	*
Nafel, Gloria	21	755	360	1115	35	175	Thorpe, Karen	25	873	0	873	34	0
Neal, Frank	0	0	0	0	0	595	Tisler, Sue	2	200	0	200	100	0
Nelson, A.J.	0	0	0	0	0	100	Tisler, Tom	2	200	0	200	100	0
Nelson, Donna	0	0	0	0	0	100	Tomita, Barbara	8	366	0	366	45	460
Nordenstam, Crystal	20	683	0	683	34	25	Trafton, Alvin	62	2602	0	2602	41	100
Nordenstam, John	20	683	0	683	34	25	Tripp, Rob	5	240	20	260	48	0
Pabian, Paul	4	199	0	199	49	0	Trudell, Alan	22	896	0	896	40	0
Painter, Alison	0	0	0	0	0	100	Vester, Alan	10	472	0	472	47	25
Painter, Cathy	2	133	0	133	66	250	Viloria, Ron	11	401	120	521	36	100
Painter, Lee	2	133	0	133	66	250	Walker, Irene	22	754	0	754	34	*
Parish, Donna	36	1074	33	1107	29	*	Walker, Jim	49	1569	0	1569	32	*
Parish, Kent	36	1074	33	1107	29	*	Wedekind, Patricia	0	0	0	0	0	100
Patterson, Doug	2	175	0	175	87	50	Weindling, Brent	4	139	0	139	34	125
Paulsen, Steven	4	211	90	301	52	0	Whitney, David	4	180	0	180	45	50
Perea, Miguel	23	800	90	890	34	0	Williams, C.J.	1	35	5	40	35	100
Pilcher, Henry	51	1692	0	1692	33	150	Witte, Marni	16	609	0	609	38	125
Pilcher, Kathy	55	1805	0	1805	32	335	Zand, Amir	6	207	4	211	34	0
Pohle, Steve	50	1928	0	1928	38	125	Zellers, Steve	5	232	0	232	46	0
Pressel Jr, Art	21	1047	4	1051	49	25							
Pugh, Jim	29	1573	0	1573	54	275							
Ramos, Adrian	3	168	0	168	56	100							
Ramos, Jayne	3	168	0	168	56	0							
Renowden, John	30	1539	305	1844	51	50							
Rich, Doug	0	0	0	0	0	100							
Rich, Jeff	17	712	607	1319	41	485							
Ritari, Ross	8	274	0	274	34	25							
Rivera, Gil	8	283	0	283	35	0							
Rodarte, Rene	2	192	0	192	96	35							
Rusher, David	8	382	26	408	47	25							
Ryder, John	54	1972	0	1972	36	100							
Schapel, Alan	30	1391	0	1391	46	0							
Sepulveda, Irineo	11	363	0	363	33	175							
Sepulveda, Margie	14	463	0	463	33	175							
Sharp, Scott	7	282	0	282	40	275							
Sharp, Tracy	2	200	0	200	100	150							



TOP MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	107	3828	1952	5780	35	1225
Fairfield, Bob	61	2920	503	3423	47	545
Lee, Michael	66	2757	249	3006	41	*
Trafton, Alvin	62	2602	0	2602	41	100
Kibble, Greg	68	2578	9	2587	37	818
Huey, Patrick	69	2342	0	2342	33	125
Engle, Diedre	63	2124	274	2398	33	275
Dauger, Alan	57	2043	648	2691	35	985
Ryder, John	54	1972	0	1972	36	100
Pohle, Steve	50	1928	0	1928	38	125
Allred, Alan	59	1891	80	1971	32	0
Guttentag, Fred	54	1877	0	1877	34	247
Pilcher, Kathy	55	1805	0	1805	32	335
Stebbins, Lee	39	1712	184	1896	43	525
DAquanni, Paul	38	1702	281	1983	44	475

TOP RIDES

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	107	3828	1952	5780	35	1225
Huey, Patrick	69	2342	0	2342	33	125
Kibble, Greg	68	2578	9	2587	37	818
Lee, Michael	66	2757	249	3006	41	*
Engle, Diedre	63	2124	274	2398	33	275
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Fairfield, Bob	61	2920	503	3423	47	545
Allred, Alan	59	1891	80	1971	32	0
Dauger, Alan	57	2043	648	2691	35	985
Pilcher, Kathy	55	1805	0	1805	32	335
Ryder, John	54	1972	0	1972	36	100
Guttentag, Fred	54	1877	0	1877	34	247
Pilcher, Henry	51	1692	0	1692	33	150
Pohle, Steve	50	1928	0	1928	38	125
Walker, Jim	49	1569	0	1569	32	*

TOP TO/FROM MILEAGE

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	107	3828	1952	5780	35	1225
Bingo, Doris	43	1565	825	2390	36	*
Brewer, Jim	27	1137	788	1925	42	200
Cawthon, James	27	898	699	1597	33	50
Dauger, Alan	57	2043	648	2691	35	985
Rich, Jeff	17	712	607	1319	41	485
Fairfield, Bob	61	2920	503	3423	47	545
Nafel, Gloria	21	755	360	1115	35	175
Renowden, John	30	1539	305	1844	51	50
DAquanni, Paul	38	1702	281	1983	44	475
Engle, Diedre	63	2124	274	2398	33	275
Kashima, Michelle	27	1559	263	1822	57	*
Lee, Michael	66	2757	249	3006	41	*
Davidson, Carol	30	1066	218	1284	35	100
Stebbins, Lee	39	1712	184	1896	43	525

TOP ACTIVITY

Member	Rides	Miles	To/Fr	Total	Avg	Act
Gorman, Dan	107	3828	1952	5780	35	1225
Buck, Sue	42	1211	43	1254	28	1050
Dauger, Alan	57	2043	648	2691	35	985
Kibble, Greg	68	2578	9	2587	37	818
Neal, Frank	0	0	0	0	0	595
Fairfield, Bob	61	2920	503	3423	47	545
Stebbins, Lee	39	1712	184	1896	43	525
Butz, Rick	4	247	0	247	61	500
Laugen, Lorna	32	1162	105	1267	36	500
Grotz, Sylvia	0	0	0	0	0	490
Rich, Jeff	17	712	607	1319	41	485
DAquanni, Paul	38	1702	281	1983	44	475
Laugen, Michael	29	1040	12	1052	35	475
Tomita, Barbara	8	366	0	366	45	460
Laugen, Alex	20	690	48	738	34	375

2008 STATISTICS

Month	Rides	Miles
Jan	217	8207
Feb	275	9994
Mar	342	13115
Apr	407	15399
May	337	12841
Jun	365	13477
Jul	404	14331
Aug	400	15821
Sep	41	1126
Totals	2788	104311
Average	37.41	

Day	Rides	Miles
Sun	665	22690
Mon	31	850
Tue	752	23591
Wed	76	2845
Thu	83	2366
Fri	164	6263
Sat	1017	45706
Totals	2788	104311
Average	37.41	

CLASSIFIED ADS

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

PLEASE LET US KNOW WHEN YOUR ITEMS HAVE BEEN SOLD !

FOR SALE: TANDEM WHEELS NEW (WELL ALMOST) ONLT 100 MILES ON A NEW SET OF CO-MOTION TANDEM WHEELS. HUGI DT HUBS, WHEELSMITH SPOKES, VELOCITY RIMS, RIM STRIPS. 36 SPOKE FRONT, 40 SPOKES REAR. COST \$530.SACRIFICE FOR \$300. Contact Tom Gate at 951.279.6204

WANTED: Donations for CAF. I'm doing two races this year for the Challenged Athletes Foundation (CAF). The first is the Tour Divide from June 13 to June ??, a self-supported 2711-mile race from Canada to Mexico. Updates from this race will be posted at www.tourdivide.org The other race is the Furnace Creek 508 on Oct 4-6. If you would like to donate to this charity on my behalf you can do so at <http://raceforareason.kintera.org/stingaciu> Contact Adrian Stingaciu at 562.982.7079

WANTED: Crew member for Furnace Creek 508 solo rider. Need one person who is available Oct 3,4,5,6. Crewing experience and desire to minimize our environmental footprint during the race is a plus. Contact Adrian Stingaciu at 714.744.4304

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@bbcn.net Contact Paul DAquanni at 949.766.2951

FOR SALE: New Skinsuit Paramount Racing/OCW Large 2006 NEW Large Paramount Racing Skinsuit (2006) by Voler. So new it is still in the sealed bag! Large. Faded blue top + honeycombs + Cantara pad. Paid \$80-\$90? \$50 or make offer 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: American Classic Wheels 24 front 28 rear with Velocity rims \$150 Contact Howard Miller at 562.429.7915

FOR SALE: FSA carbon cranks 172.5 cranks with bb \$125 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 Clynnspin@netscape.com \$2200 Contact Carol Lynn Neal at 760.799.3856

FOR SALE: 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. Contact Kent Peppard at 714.734.3447

FOR SALE: 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.

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