

## THE ORANGE COUNTY WHEELMEN NEWS

# CHAIN REACTION

**TANDEM TIME**  
**May**

**GOAT HILL**  
[www.ocwheelmen.org](http://www.ocwheelmen.org)

**PARAMOUNT RACING**  
**2013**



**The 29th Annual  
100 Mile Bicycle  
Ride**  
**Saturday June 8, 2013**  
**HAVE YOU VOLUNTEERED?**

## General Meeting

**Mike Davis**  
**Transit Programs Administrator**  
**City of Irvine**

Considering that Orange County Wheelmen start and end most of their rides, and log most of their miles in the City of Irvine, wouldn't it be great to sit down and listen to a member of the Irvine Public Works staff talk to us about what's going on with Irvine's Cycling plans. Mike will be also concerned with how we as cyclists view the efforts of Irvine's initiatives to make Irvine a friendly cycling community. Light dinner at 6:30 followed by a meeting at 7:00 and Mike's presentation at 7:15. Come early, get a seat, have some food, and have a chat with your fellow cycling friends at the Tustin Public Library Civic Center. More details at [www.ocwheelmen.org](http://www.ocwheelmen.org)

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### CALENDAR OF EVENTS

Ride Like a Pro	Saturday	@	8am
Goat Hill	Sunday	@	9am
Board Meeting	Sunday	May	5
General Meeting	Wednesday	May	8
Ride Around the Bear	Saturday	June	8

## ORANGE COUNTY WHEELMEN BOARD

### OFFICERS

President	Jim Brewer	714.525.9995
Vice President	Paul D'Aquanni	949.766.2951
Treasurer	Jim Walker	562.943.9403
Secretary	Steve Loughran	949.348.9332
Events	Mike Lee, LCI	949.458.0205
Ride Captain	Lee Stebbins, LCI	714.404.1985
Membership	Irene Walker	562.943.9403
Editor	Michelle Vester, LCI	714.914.2778
Statistician	Jim Pugh	714.680.4828
Public Relations	Stacy Kline	949.554.9919
Training	Greg Kline	949.554.9919

### DIRECTORS

Saturday Rides	Bob Fairfield, LCI	714.508.7375
Paramount	Jason Gersting	949.303.8894
Goat Hill	Alan Vester	714.231.3164
Web Master	Mike Lee, LCI	949.458.0205
Friday Rides	Dan Gorman	714.771.7741
Insurance	Ron Hearn	ronwhearn@gmail.com
Club Clothing	Art Pressel	714.914.9300
Director at Large	Frank Neal, LCI	CTCDataGuy@verizon.net
Director at Large	Alvan Trafton	310.489.1044
Director at Large	Randy Keifer	949.653.6346
Director at Large	Doris Bingo	714.225.9091
Director at Large	Alan Dager	714.846.0862

## BOARD MEETING

**Sunday, May 5, 11:00 am**

**Carl's Jr., Irvine.** Take the 405 Freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. (at Von Karman). All Officers and Directors are expected to attend to conduct business. Other interested members may also attend.

## SPECIAL THANKS TO Greg and Stacy Kline and John Renowden

For hosting the  
March Folding Party

## FOLDING PARTY Thursday, May 30, 2013 7:00 pm

**Hosted by**

**Tim Chaix**

7633 E. Saddlehill Trail  
Orange, 92869

**Please RSVP: [TimC@REChaixInsurance.com](mailto:TimC@REChaixInsurance.com)**

If you would like to host a Folding Party or supply refreshments for the General Meeting, please contact  
**Miguel Perea at 714.849.3519**

**(OCW reimburses up to \$100)**

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

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## **President's Message**

by Jim Brewer

### **Spring Metric**

What a great way to start our season of organized rides. Mike Lee and all the dedicated volunteers made this a history making event with over 125 riders. The day was perfect and Miguel Perea's vendor choice of food was delicious.

### **Big June Event**

OCW Ride Around the Bear. This ride is one of the most scenic and rewarding cycling events in California. There are many logistical challenges in staging this event. You might consider either riding in the event or volunteering.

### **Racer Lady**

My first competitive challenge after the breakage of my femur and patella happened in the therapy waiting room. Having the use of one leg, the wheelchair was my only mode of transportation. While waiting for my first therapy, a lady with a bad leg parked her chair next to mine. In a jokingly manner, my question to her was, "how about a race around the lobby?" She looked at me and just smiled then said, "that wouldn't even be a race." My reply was, "well, I'm not really a flat-land rider anyway, but we could go outside and do some "GMR ramp climbs."

### **150 to 0**

When something is taken away that you passionately love to do, life changes and there are members of OCW that have experienced various degrees of this. From my experience, going from 150 miles per week to 0 drastically affected my psychic. For instance: My leg tan is fading, the Garmin does not work on a one-crank stationary, Walmart Non-Skid Shoes are a lot less expensive than Carbon Clip-ons, discovering there is more mileage on the Trek than on the Honda, channel surfing (reruns of Perry Mason, Star Trek, Judge Judy, etc), and most importantly, spending more time with my wife.

### **Friends**

I miss not being able to ride with all of you on the Tuesday, Saturday and Sunday rides, plus the trips to doubles, GMR and all the To/From rides with Bob Fieldhouse. Thanks to Bob Fieldhouse for picking me up at the hospital and also escorting Jim Pugh and I to the Board meeting on April 7 plus loaning me all his medical gear. Thanks to all of you for the cards, gifts, messages and visitations. Keep in mind that my injury will heal but there are other OCW cyclists that need our thoughts and prayers at this time.

### **Michelle's Recipes**

Check out the recipes that Michelle has added to the Chain Reaction. That Chicken Soup and Biscuit dish makes my mouth "water" with all those herbs, spices and wine. Maybe Michelle should put all of those recipes together and place them on the Website.



Rest Stop #1 at the Spring Metric

# *Presidents Ride*

By Jim Brewer

Once each month, the President's Ride starts at Carl's Jr. located in Irvine on the corner of Campus and Von Karman and begins at 8:00 am. It is always a no drop 20-30 mile rides and is followed by the Board Meeting. We try to make the board meeting as exciting as the ride, but try to make up for it with friendly conversation and good refreshments. All members are invited to the Board Meeting to see how we make decisions regarding our club policies.

We have many club rides during the week, but two advantages of the Sunday Ride are that there is less traffic and starting locations vary from week to week. Come join us and meet new riders and have some fun.

**Next ride is scheduled for Sunday May 5.**



Left: Jim Pugh Sporting his blue cast following his arm surgery.  
Right: Bob Fairfield preparing his board announcement



Left: Miguel Perea tuning the "mike" for the board meeting.  
Right: Alvin Trafton and Bob Fieldhouse discussing GMR elevation gains.



# Goat Hill

By Alan Vester

## Places to Mountain Bike Ride in the OC Part II South County

**Santiago Truck Trail to Old Camp:** Trail head is off Modjeska Grade Road. Nearest main intersection is Modjeska Grade Road and Santiago Canyon Rd. Trabuco Canyon I normally start out this ride at Rock and Road Cyclery in Mission Viejo, ride over to Santiago Canyon Rd, turn right on Modjeska Grade to the trail head. This allows a 3 mile warm up, as there is practically no parking on Modjeska Grade Road. The trail is a combination of single track and wide single track. There is climbing involved, but nothing too technical. There is a large American Flag flying at the half way point. The trail splits at the flag and you can bear right and ride down "Luge" which is an intermediate/advanced single track. The trail to the left continues on 4 miles to "Old Camp" which is the turn around point. One of my favorite rides.

**Whiting Ranch Wilderness Park:** 949-923-2245. Parking \$3.00 per vehicle. The main parking and Park Office is at the intersection of Portola and Market Place St. There is an extensive network of multi-usage trails. It is usually occupied by both hikers and mountain bikers especially on the weekends. It has a great combination of beginner, intermediate and advanced trails. Riders often use Whiting as a starting point for their ride and work their way over to Modjeska Grade and on to Santiago Truck Trail.



**Crystal Cove/El Morro Canyon State Park:** 8471 N. Coast Hwy, Laguna Beach. 949-479-3539. Parking is \$15.00 per vehicle. I normally park in one of the nearby neighborhoods and ride in to avoid the \$15.00.

One of my favorite places in South Orange County. I will tell you it is more geared towards intermediate and advanced riders. You are either riding up or down hill. It definitely has some steep climbs up "No-Name" trail, but the views at the top make it worth while. It's also a multi-use trail, so there are hikers on the weekends. You can spend many hours in El Morro and there are adjacent parks, Laguna Wilderness and Bommer Canyon.

**Bommer Canyon Trail:** Parking is free. The park is located at the intersection of Shady Canyon and Bommer Canyon. It is right around the corner from Turtle Rock Community Park.

The park lends itself to beginners and intermediate riders. It's a fun place with easy single track. This is a great place to practice switch-back turns and handling skills. This is a fun place to bring beginner riders. Boomer Canyon will also connect to the top of El Morro Canyon.

**Laguna Wilderness Park:** 18751 Laguna Canyon Road, Laguna Beach 92651. 949-923-2235.

The 7,000 acre wilderness park offers spectacular lush trails, great ocean views and is a multi-use park for mountain bikers, equestrians and hikers. I have only ridden here a few times but I liked the diverse terrain and since it is near the ocean, the temperature tends to be cooler than the more inland parks. Good variety of both fire roads and single track trails for mountain biking.

For more information on Goat Hill or to be added to the e-mail list just send me a note at: [alanvester7@gmail.com](mailto:alanvester7@gmail.com)



# Hiking Corner

Submitted By: Larry Linn

Pictures By: Doris Bingo

## Hike to Pinyon Ridge

Our hike this time was to Pinyon Ridge (6535') in the Angeles National Forest. It was perfect for beginning hikers, a short and sweet 6.8 miles with 1,380 feet of gain by the time we reached the end. We drove to the Vincent Gap trail head on SH 2 and parked there because the road was closed at that point for the winter. This is an excellent hike starting point because the trail head conveniently has a restroom. From there we hiked up dirt roads 3N26 and 4N12, to a short use trail to the ridge summit where we located the peak register in a pile of rocks. To the north, the ridge provided a really nice view of the high desert spread out in the distance. To the southwest the view of the San Gabriel Mtns was impressive. It is much like being on top of the world. On the return drive along SH 2, we stopped to watch a red-tail hawk gliding around on the thermal updrafts near the highway. We also took time to check out the Grassy Hollow Visitor Center. The staff at the visitor center was very friendly and we enjoyed chatting with them. This visitor center is an ideal stop for a family outing because of the numerous displays. As a matter of fact, this entire hike would be a great family activity. Bring water and snacks and enjoy the day.

Top: Larry Linn pointing out the peak register

Middle: Doris Bingo all smiles at the peak

Bottom: Grassy Hollow Visitors Center, elevation 7,300 feet





**On May 15, 2013, 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 also 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 <http://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 regroupes then return on the San Diego Creek path so we can fully regroup by the time we get back to the start.

**SWAP YOUR RIDE** **ORANGE COUNTY BIKE MONTH** **MAY 2013**

**PLEDGE TO RIDE!**  
ENTER FOR A CHANCE TO WIN A BIKE,  
COMMUTER BAGS, AND OTHER COOL BIKING GEAR!

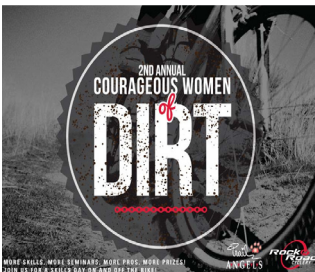
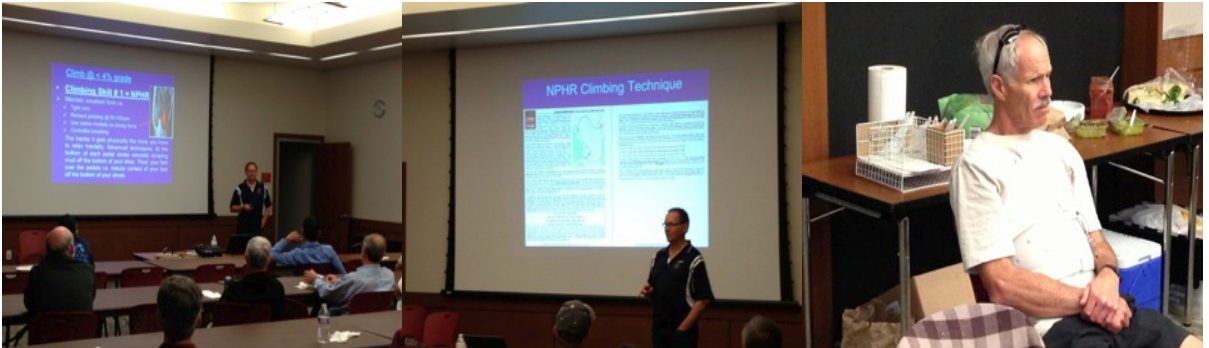
**May is National Bike Month! Bicycling is an environmentally friendly, inexpensive, and enjoyable way to get around Orange County. Please support our efforts to get you out of your car and onto a bike. Even for a day! It's healthy, fun and we're offering plenty of prizes if you pledge your support. Pledge to ride at [www.OCTABikeMonth.com](http://www.OCTABikeMonth.com) for a chance to win a commuter bike, cycling gear, an iPad, and other great prizes!**

# General Meeting Wrap-up

By Paul D'Aquanni, LCI

Coach Dave Jordaan used the upcoming Ride Around the Bear as a great motivator to get us to get out of our comfort zone. Dave touched on many aspects of what it takes to be successful to be a good climber. That starts with the bike, the body, and the fit, and finishes up with good descending techniques. Dave's NPHR, No Power Hill Repeats, are posted on the web site at <http://www.ocwheelmen.org/page/show/424439-the-bear-training>. Hope this gets folks interested in taking on the challenge of ROB on June 8th, as we put on the 29th year of this great Century!

So thanks again Dave, and all who helped with the set up and clean up.



## 2ND ANNUAL COURAGEOUS WOMEN OF DIRT FOR WOMEN ONLY!

### WHEN/WHERE

**SATURDAY - MAY 11TH, 2013 9AM - 4PM**  
**IRVINE LAKE - 4621 SANTIAGO CANYON RD, SILVERADO, CA**

### WHO

**BEGINNER - LITTLE TO NO EXPERIENCE? THIS CLINIC IS FOR YOU! LEARN BIKE SET UP, BALANCE, BRAKING, SHIFTING, CORNERING AND NAVIGATING OBSTACLES. THERE WILL BE A LIMITED SUPPLY OF SPECIALIZED DEMO BIKE THAT YOU CAN USE!**

**INTERMEDIATE - FOR THOSE WHO HAVE EXPERIENCE AND RIDE REGULARLY. ADVANCE YOUR TECHNICAL SKILLS. NAVIGATE SAND, ROCKS, LOOSE TERRAIN AND TACKLE DROP OFFS.**

**READY TO RACE - FOR ANYONE WHO HAS BASIC MOUNTAIN BIKE SKILLS AND IS INTERESTED IN RACING. NO RACE EXPERIENCE NECESSARY! LEARN TO NAVIGATE THE COURSE THROUGH A PRO'S EYES. A PRO WILL TEACH YOU HOW TO PICK LINES, CORNER FASTER, START, PASS AND FINISH STRONG. YOU WILL ALSO LEARN RACE ETIQUETTE, STRATEGY AND PROPER NUTRITION.**

**ALL CLINICS WILL BE TAUGHT ON THE "OVER THE HUMP" COURSE AT BEAUTIFUL IRVINE LAKE. THE "OVER THE HUMP" COURSE IS AN AWESOME COURSE FOR BEGINNER RACERS. IT IS SHORT, FAST AND FUN! IF YOU'RE INTERESTED IN RACING THE "OVER THE HUMP" SERIES, THIS IS YOUR ONE CHANCE TO PRE-RIDE THE COURSE BEFORE THE FIRST RACE ON MAY 21.**



# Training Hub

By Greg Kline, LCI

## Training for Distance - Equipment

Imagine if you will that the three components of long distance riding, the equipment (bike & other gear), the engine (mental & physical training) and the plan (pacing, efficiency and nutrition) are wheels on a shopping cart. Okay, for this example this will be a three-wheeled shopping cart. It doesn't matter how efficient the other wheels are, if one of them doesn't work correctly the cart won't go very well. A common mistake is to focus too much time and effort on one area such as equipment and neglect the others.

That being said, let's look at what equipment you will need. Obviously the first piece of equipment you'll need to ride a century is a bike.

Although a century can be ridden on just about any kind of bike, it is much easier on a road bike than a mountain bike, beach cruiser or hybrid. The most important thing to keep in mind is that the bike needs to be sized correctly and be set up correctly to fit your body. To paraphrase the saying about real estate, the keys to bike selection and setup are fit, fit and fit.

Bicycling should not be painful, and pain is usually an indication of incorrect bike setup or poor posture and technique. Whether you use a professional bike fitter or setup your bike yourself using on-line guides (here's an excellent one by Sheldon Brown:

<http://sheldonbrown.com/frame-sizing.html>) remember that riding a road bike requires a fair bit of fitness and flexibility.

*"Blingy equipment that is lighter than an anorexic butterfly, will not substitute for miles in your legs."*  
- Dave Moulton

As you get stronger you will be able to take advantage of the benefits of a more aggressive position, but when you are starting out don't be afraid to raise your handlebars or shorten your stem to get comfortable. Bike fit is a dynamic process.

Bicycle specific clothing can be very helpful. Unlike jeans or regular shorts, bike shorts are padded and don't have seams that can chafe where they contact the saddle. A properly fitted bike jersey won't flap in the wind when you ride and rob you of energy. Gloves are helpful to reduce chafing and to keep the skin on your hands if you fall.

Cycling shoes and clipless pedals are nice, but not necessary. I've ridden centuries and brevets with flat pedals as well as clipless pedals and both work fine, go with whatever you are more comfortable with.

Other than that you don't need much equipment: a water bottle and holder, a saddlebag with a spare tube or two and patch kit and a bike pump. If you aren't comfortable fixing a flat in less than five minutes, practice at home a couple of times to get comfortable with the process.

Next month we'll look into developing an efficient training strategy to riding your first century. In the meantime ride your bike deliberately and pay particular attention to areas of discomfort or pain and adjust your bike to alleviate them. Don't try to ride fast or add too many miles at once.

Until next time, keep your head up and your wheels down...

# Public Relations

By Stacy Kline, LCI

## In the OC Promoting OCW and Terry Kessler's Century Training Series

Early last year **Jim Brewer** mentioned that he'd really like OCW to attract more women cyclists to join our wonderful club. I remember thinking that I couldn't imagine a more friendly, open group to join, and thought "no worries"! I knew the issue wasn't with our club; rather the issue lay with promoting the sport of cycling to women, who may have never realized that cycling was such a safe and accessible sport, not to mention a lot of fun! Now, a year later, **Terry Kessler's** dream of a Century Training Series for Women (and men) has come to fruition and will have begun on April 20... go **Terry!** **Terry** credits OCW members for their assistance pulling this off, especially **Bob Fairfield**, who designed the routes that will be used to develop this next group of century athletes, **Jim Brewer** who designed the great flyer, **Mike Lee** with website support, and everyone else who helped get the word out. Greg and I have been really drawn to **Terry's** wonderful enthusiasm, and the three of us are working on a t-shirt to celebrate the new group.

This past week I visited Bike Religion, Two Wheels One Planet, Surf City Cycles, Let It Roll Bicycles, and Orange Cycle in the cities of Newport Beach, Costa Mesa, and Orange, posting flyers and promoting Terry's Century Training Series to the enthusiastic employees of these great establishments. Everyone I met was very gracious and truly excited about the new series and let me hang our flyer in a prominent location in their shops. I had such a great time "in the OC promoting OCW!"



**Check out the Century Training Series postings Throughout the OC.....**

Top: Bike Religion  
Middle: Two Wheels One Planet  
Bottom: Let It Roll

# Spring Metric Wrap Up

By Mike Lee, LCI

I awoke about 4:00 am on March 30, on my way to OCW storage to start a day with some trepidation as to how the day would progress. This was the first of 4 major events that OCW puts on annually every year.

WOW! What a turnout! I actually had to inactivate riders from registration who had emailed me that they could not ride, so this would open spots for more riders. The numbers were awesome with 43 new OCW members and over 150 riders. A record turnout! Thank you to the volunteers at the 2 rest stops and thank you to JAX for opening their store for RS1. Additionally, I want to thank **Miguel Perea** obtaining our new chicken lunch supplier Juan Pollo.

The weather was perfect with little to no wind on the course. The past couple of years have had less than ideal conditions, but this year it all seemed to come together.

I can't wait for next year to maybe include a few bike vendors and/or supporting members with booths at the start/finish. At least we should have a self service membership table with information to distribute. Thanks to **Art Pressel** for setting up an OCW club clothing booth so members could wear their new OCW Jerseys.

Thank you to the members for supporting what I know is the best and now the largest and safest riding bike club in Orange County.





# Saturday Rides

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

Please arrive at the ride location with enough time to have your bike ready to roll at the scheduled time. 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 California Vehicle Code applies to bicycles.

The Saturday rides are offered to improve individual and group riding skills and to promote the sport of bicycling. We do not ride when weather conditions are unsafe or if there is an OCW special event on Saturday. 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 current riding ability.

If the ride is cancelled, the calendar will be updated at least 1 hour prior to the ride start time with the word "CANCELLED".

## RIDES START AT 8:00AM

**May 4, 2013 The Square Irvine.** Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. The Square is located at Main and MacArthur in Irvine near the John Wayne Airport. Park in the lot West of Starbucks.

21 Miles. Flat to rolling ride thru Irvine & Newport Beach.

32 Miles. Hilly ride thru Tustin, Orange & Villa Park. 1600 Feet Elevation Gain.

50 Miles. Hilly ride thru Irvine, Lake Forest, Laguna Hills, Mission Viejo, Rancho Santa Margarita. 1960 Feet Elevation Gain.

**May 11, 2013 The Square Irvine.**

25 Miles. Flat to rolling ride thru Irvine & Tustin. 500 Feet Elevation Gain.

35 Miles. Rolling ride thru Irvine, Newport Beach & Laguna Beach.

63 Miles. Flat to rolling ride thru Santa Ana, Garden Grove, Seal Beach, Long Beach returning on PCH thru Huntington Beach & Newport Beach. 700 Feet Elevation Gain

**May 18, 2013 The Square Irvine.**

26 Miles. Flat to rolling ride thru Irvine. 600 Feet Elevation Gain.

36 Miles. Rolling ride thru Irvine with a climb around Turtle Rock. 750 Feet Elevation Gain.

55 Miles. Hilly ride thru Irvine, Orange, Anaheim Hills, Yorba Linda (8-14 % grade for 2 miles up Hidden Hills Rd), Villa Park & Tustin. 3000 Feet Elevation Gain.

**May 25, 2013 The Square Irvine.**

28 Miles. Hilly ride thru Irvine, Tustin, Newport Beach with a climb up San Joaquin Hills.

38 Miles. Rolling to Hilly ride thru Irvine & Mission Viejo. 1520 Feet Elevation Gain.

55 Miles. Hilly ride thru Irvine, Lake Forest, Mission Viejo & San Juan Capistrano returning on Golden Lantern / Moulton Pkwy. 2700 Feet Elevation Gain.



# Sunday Rides

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

Please arrive at the ride location with enough time to have your bike ready to roll at the scheduled time. 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 California Vehicle Code applies to bicycles. If the ride is cancelled, the calendar will be updated at least 1 hour prior to the ride start time with the word "CANCELLED".

## RIDES START AT 9:00AM

**May 5, 2013 Carl's Jr. Newport Beach.** (Board meeting scheduled at 11:00 AM). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr. 25 Miles. Flat ride thru Irvine, Tustin & Peters Cyn Trail. 530 Feet Elevation Gain.  
37 Miles. Hilly ride thru Irvine with climb up Turtle Rock heading south to Lake Forest & Mission Viejo. 1300 Feet Elevation Gain.  
40 Miles. Hilly ride thru Newport Beach with a climb up Spy Glass & Turtle Rock returning thru the flat lands of Irvine. 1460 Feet Elevation Gain.

**May 12, 2013 Heritage Park, Irvine.** Take the 5 Freeway to Culver Dr exit South. Go 0.3 mile to Walnut and turn left. Go 0.8 mile to Yale and turn left. Go 0.1 mile, turn left into parking lot.  
28 Miles. Flat ride thru Irvine & Tustin.  
32 Miles. Flat to Rolling ride thru Irvine, Lake Forest & Tustin.  
43 Miles. Hilly ride thru Irvine, UCI, up Shady Cyn & Jeronimo in Mission Viejo. 1750 Feet Elevation Gain.

**May 19, 2013 Tri-City Park, Placentia.** Take the Orange Fwy (57) to Imperial Hwy exit. Go east 1.0 mile to Kraemer Blvd. and turn right. Go 0.5 mile to Golden Ave. and turn right into the park. Park in the lot next to restrooms.  
26 Miles. Flat to rolling ride thru Placentia & Yorba Linda returning on the Santa Ana River Trail.  
33 Miles. Flat to rolling ride thru Placentia, Brea & Yorba Linda returning on Santa Ana Cyn.  
53 Miles. Hilly ride up Brea Cyn thru Diamond Bar, Chino, Ontario, Corona & Yorba Linda.

**May 26, 2013 Alicia Park, Mission Viejo.** Take the 5 Freeway to Alicia Pkwy. Go 1.4 miles NE to Via Linda. Turn left and the park is on the right.  
21 Miles. Rolling ride thru Mission Viejo, Lake Forest & Irvine.  
30 Miles. Hilly ride thru Mission Viejo, Rancho Santa Margarita & San Juan Capistrano.  
41 Miles. Hilly ride thru Mission Viejo, Rancho Santa Margarita, San Juan Capistrano & Laguna Niguel. 2200 Feet Elevation Gain.

**June 2, 2013 Carl's Jr. Newport Beach.** (Board meeting scheduled at 11:00 AM). Take the 405 freeway to the MacArthur exit. Go south 0.8 miles and turn left on Campus. Go 0.3 miles and turn right into Carl's Jr.  
27 Miles. Flat ride thru Irvine. 625 Feet Elevation Gain.  
34 Miles. Flat to Rolling ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills.  
40 Miles. Hilly ride thru Irvine, Lake Forest & Mission Viejo. 1600 Feet Elevation Gain.

# Weekday Rides

## TUESDAY

**RIDE STARTS AT 9:00 A.M.**

Albertson's Center, Orange. Take the 55 Freeway to the Chapman Avenue exit East. Go 4.1 miles and turn right into the Albertson's shopping center (Jamboree & Chapman). Park near Taco Bell. Ride leader Jim Walker, 562 943-9403 or email at teamwalker@ocwheelmen.org.

30 Miles. This is a moderate paced ride intended for hill training.  
1500 Feet Elevation Gain.

## WEDNESDAY

**RIDE STARTS AT 5:30 P.M.**

Irvine Bicycles, Irvine. Take the 405 Freeway to Sand Cyn/Shady Cyn exit North. Go 1.2 miles to Irvine Center Dr and turn right. Go 0.1 mile to parking lot and turn right. Park in near Sand Canyon Cyclery in middle of lot. Ride leader Steve Loughran, 714 397-4909 C or email at loughransc@yahoo.com.

20-26 Miles. This is a moderate paced ride for fun & exercise.

## THURSDAY

**RIDE STARTS AT 8:30 A.M.**

Rock n Road Cyclery, Mission Viejo. Take 5 Freeway to El Toro Rd exit. Left on El Toro for 4.6 miles. Right on Santa Margarita Pkwy for .6 miles. Rock n Road Cyclery is 1st left signal after Los Alisos Blvd. Ride leader Harry Gunther 949 632-9809 or email at hbgmv@cox.net.

35 Miles. This is a moderate paced ride for fun & exercise.

## FRIDAY

**RIDE STARTS AT 9:00 A.M.**

Deerfield Park, Irvine. Take the 405 Freeway to Culver Dr exit North. Go 2.1 miles to Irvine Center Dr. and turn right. Go 0.4 mile to Deerwood and turn left. Park on nearby residential streets. Ride leader Dan Gorman, 714-771-7741 or email at dgorman@aol.com.

40 Miles. This is moderate to fast paced ride with a food stop at the end.

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## Reward for Active Riders!!!!

**Effective January 1, 2013 active OCW riders can register early for Amtrak.**

An active rider is one that rides 20 OCW rides or more between January 1, 2013 and June 15, 2013. By riding 20 times during that period, the rider will be given a window of 1 week to Pre-Register for Amtrak 2013.

The OCW member will pay the regular registration fee, but will be able to Pre-Register. This is for OCW members only!!

Ride an additional 20 or more club rides between June 16, 2013 and December 31, 2013 for a total of 40 rides and you will be able to Pre-Register for the 2014 Amtrak Ride.

Starting January 1, 2014 active riders will need 40 rides per year to Pre-Register.

**Remember this is only for:**

Active OCW Members

This is non transferable

**This is a great reward for active OCW members and a good reason to become a member!**

# Field Fixes

By Frank Neal, LCI

## Lee Mitchell

Hi All!

I have been writing this byline for about eight years and riders have asked me why I never run out of tidbits to add about riding tips, and that's because I have a strong mentor and an icon among all SAGs.

If you ever saw or heard the red van or the music, you knew you were well taken care of. Lee was there.

Lee is a diehard Red Sox fan. Pix attached. Red socks are the plan of the day. Like his dedication to the Red Sox, he is more dedicated to the success of riders.

I have to tell you a personal joke between me and Lee. I have a Garfield plush on my bike bag. Garfield is another Icon of Double Centuries. When Lee passed me in his red van, his music turned into a barking dog. That always helped me.

For those that don't know him, he has a full white beard and has been a fixture around bicycling since before I was born (not really), but close. Lee has records up his bicycle seat for FC508, Raam and Raam Senior. He holds the record as a Raam Captain with 20+ years of riding and Captaining. Lee also holds the record for being the most prolific Captain, SAG and rider at the Furnace Creek 508. He is in their Hall of Fame, and he holds Senior Records.

Lee is called "Fuzzy" and "Santa Claus," and everything I know about Field Fixes, I learned from Fuzzy. "Field Fixes" has always been brought to you via Garfield. It is Fuzzy who educated me. Now, he needs your help with encouraging words during his most difficult chemo. Yes. He has the big C. **If you know him, please send your support, Thank You:**

Lee Mitchell  
Leebikevan@aol.com

26 CLARK COURT  
WOODLAND, CA 95776

Ride Safe and be with Lee! – Frank Neal



# Events 2013

By Mike Lee, LCI

## COMMENTARY ON CLUB SUPPORT

I want to thank **Jim and Irene Walker, Jim Brewer, Paul D'Aquanni, Lee Stebbins**, and I hope I didn't forget anyone for their help in my relocation efforts. When I needed support they were there without hesitation for Terri and I, I owe them all a big THANK YOU for their unselfish assistance.

As many of you know I have relocated outside of Orange County and am residing in the local mountains of San Bernardino. I now live on the course of the Ride around the Bear and will be riding the roads at 6000 ft. even though I am not in the OC I am still committed to my responsibilities of the Event Chairman for OCW. The recent Spring Metric was a huge success with a sellout on the website of 150 riders with 43 new members that joined to ride.

I will be riding with OCW but driving 120 miles round trip to ride with the club I won't be out much, most likely Board Meeting days and when I am scheduled as the Ride Like a Pro lead for the Saturday rides.

Next up on the OCW events Calendar is the Ride around the Bear, I need our great volunteers for the 29th Annual ride. Email me at [events@ocwheelmen.org](mailto:events@ocwheelmen.org) and let me know of your participation. The ECS (Emergency Communications Services) group is confirmed for our communications on the course. Look for emails and you can respond through that option.

The Bear ride registration was released on March 1 and is progressing with registrations on schedule. By the way all volunteers for the Bear receive an early registration link to the Amtrak Ride on September 7, 2013.

## WEBSITE

The website status now that we are moving well into the second year I couldn't have ask for more. There are committed 3 webmasters, plus many directors and officers administering their own areas which are allowing me to focus on areas of the website for refinement. If you can't find something it's probably on it maybe just not located where you expect it to be. Let me know by email if you can't find something or if there is something we should have on the site. This site is to help, educate, and communicate all what OCW does.

Ride Safe, Ride Predictable,

Mike Lee  
Living at 6000 ft and loving it! No traffic - No Smog





# The Hungry Cyclist

## Red Wine-Braised Short Ribs

*These short ribs are unstoppable, almost obscenely good; they're impossible to screw up; and they require little hands-on time.*

### Ingredients

5 pounds bone-in beef short ribs, cut crosswise into 2" pieces  
Kosher salt and freshly ground black pepper  
3 tablespoons vegetable oil  
3 medium onions, chopped  
3 medium carrots, peeled, chopped  
2 celery stalks, chopped  
3 tablespoons all-purpose flour  
1 tablespoon tomato paste  
1 750-ml bottle dry red wine (preferably Cabernet Sauvignon)  
10 sprigs flat-leaf parsley  
8 sprigs thyme  
4 sprigs oregano  
2 sprigs rosemary  
2 fresh or dried bay leaves  
1 head of garlic, halved crosswise  
4 cups low-salt beef stock

### Preparation

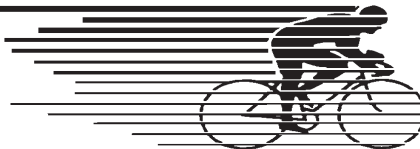
Preheat oven to 350°. Season short ribs with salt and pepper. Heat oil in a large Dutch oven over medium-high heat. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate. Pour off all but 3 Tbsp. drippings from pot.

Add onions, carrots, and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 2-3 minutes. Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes. Add all herbs to pot along with garlic. Stir in stock. Bring to a boil, cover, and transfer to oven.

Cook until short ribs are tender, 2–2 1/2 hours. Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper. Serve in shallow bowls over mashed potatoes with sauce spooned over.



# PARAMOUNT RACING



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## TEAM MEETING

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

President	Jason Gersting	Jason.Gersting@kmob.com
Vice President	Monty Pettus	sngtrkguy@yahoo.com
Secretary	Curt Dosier	cdosier@kmob.com
Race Director	John McKee	ajmckee@sbcglobal.net
Rider Advocate/Recruitment	Ben Everton	Ben.Everton@kmob.com
Sponsorship Coordinator/Web	Scott Sharp	scsharp@yahoo.com
Elite Squad/Recruitment	Marcos Corona	coronam@uci.edu

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

### PARAMOUNT TEAM TRAINING RIDE

**Saturday:** 8:00 am. Meets at Jax Bicycles Irvine (14280 Culver Drive). Route, pace and distance will change based on the racing season. E-mail us for information on the current ride.

**Sunday:** "Old Como". The ride meets at 8:00 am, Tustin Market Place, in the parking lot near the Red Robin Restaurant off Jamboree (34 miles fast paced through Santiago Canyon).

Once the racing season starts, the weekend rides may change or be cancelled due to races. Please e-mail us for further information. We encourage anyone with an interest in racing next season to join us for this ride.

## RACE TEAM SPONSORS

**ORANGE COUNTY WHEELMEN**

**TUSTIN TOYOTA**

**SHIMANO**

**Fi'zi:k**

**VITTORIA**

**HAMMER NUTRITION**

**CRANKY'S**

# Paramount Happenings

By John McKee

Paramount has had it's ups and downs since the last newsletter. 2 of our Development Squad riders crashed at the Velo Allegro Criterium. Christine Pai suffered a fractured pelvis and Ben Hoang injured his shoulder. Here's wishing them a speedy recovery.

There have been some good results by team members. Conrad Wang finished 3rd at Rosena Ranch 2 in cat 4 while Howard Miller also got a 3rd place in 60+. The best result was by John McKee who won 2 races in one day at the San Diego Cyclo Vets Criterium. John won the 65-69 state criterium championship and came back and won the 60+ race as well. John keeps a facebook page 55/60+ Bike Racing and writes a blog [Johnnymckee.blogspot.com](http://Johnnymckee.blogspot.com). All races are on a calendar at [SCNCA.org](http://SCNCA.org). There are races every weekend all over Southern California.

Paramount's own race is scheduled for June 30th in Carson, Ca. Come out and watch!



## Did You Know?

By Frank Neal, LCI

**DON'T CHANGE A THING BEFORE A BIG RIDE!**

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

Did you ever change a worn tire to a new tire immediately before a big ride (Century+)? Or, think changing a new rear shift cable is a good thing to do the week before a big ride? Or, think a new helmet would finally be a good idea before next weekend's big ride?!

I have seen so many riders who are bent up during a big ride due to a mechanical malfunction and the answer was..."But I got a new one last week!" That is not the right answer.

My general rule is: 200 miles for test riding before a big ride. You need more than a few miles to figure out what needs to be adjusted and there are always things that need to be adjusted with new changes to either clothing or equipment. Even if this matches the last one already on your bike, it will be different and will need adjustments.

Anticipate an upcoming big ride. Look at your bike maintenance and your clothing well before your big ride and give yourself 200 test miles before your big ride. **PS. Wear a RoadID!**

# 6 Over 60 Riding Coast to Coast for Wounded Warriors



Six men who each are over 60 years old are riding from Astoria Oregon to Portsmouth New Hampshire to raise money for the Wounded Warriors Project. Our adventure will begin in June of 2013, arriving 60 days later in Portsmouth New Hampshire. Follow us on this blog! We hope you will also support us in raising money for the Wounded Warriors Project by clicking on our donation page. All donations go directly to the Wounded Warriors Project and none of it is used for financing our adventure.





**Dale Lawrence** is an OCW member and has participated in several Am-Trak Centuries and Rides Around The Bear Centuries. When knee injuries prevented **Dale** from participating on the AmTrak Century last year he helped other riders by volunteering as a support vehicle driver. **Dale** is getting ready to take a bicycle ride across America in June with five of his close friends. They decided to do the ride as a fund raising project for Wounded Warriors. Read on for more information about the adventure.

On June 20, 2013, six men in their mid-60's will embark on a bicycle ride across the Northern Tier of the United States to raise money and awareness for the Wounded Warrior Project. The 6 over 60 Team hopes to raise \$50,000 for this amazing group of unsung American heroes. All of the money donated goes directly to the Wounded Warrior Project. The Team is self-funding all ride expenses. Donations can be made directly on the Wounded Warrior web site that has a direct link from the Team web site [www.6over60raa.com](http://www.6over60raa.com) .

The Team will begin its journey in Astoria, Oregon by dipping their rear wheels in the Pacific Ocean and conclude 60 days and 3,667 miles later in Portsmouth, New Hampshire by dipping their front wheels in the Atlantic Ocean. Their support vehicle during this adventure will be driven by their longtime good friend and retired pastor.

The six riders range in age from 64 to 68. They will all be retired at the time of the ride from varied careers that include a high school principal in Irvine, an Irvine police officer, a director of a local water district, a real estate developer, a software developer and an executive from the oil industry. The members of the 6 over 60 Team are longtime residents of Irvine. They attend the same church and have ridden together for many years and many miles.

The individual riders have a variety of personal reasons for doing this ride but they all have a common purpose, to generate support for the Wounded Warrior Project. This 6 over 60 Team does not take their lives for granted. They are reminded every day of their mortality by the evening news, the aging of their parents and the reflection in the mirror. All six realize how fortunate they are to be blessed with good health and great friendships. They also recognize our Wounded Warriors made a choice to defend what we should never take for granted. Please refer to the Team's website to learn more about the individual Team riders and the ride route they plan to follow.

**FOR ADDITIONAL INFORMATION EMAIL US AT [6over60@gmail.com](mailto:6over60@gmail.com)**



## **CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT By Frank Neal**

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

The 2013 CTC Season is now at full speed. By the time you read this, we already will have completed seven CTC Double Centuries.

As of press date, only four have published the official results, so I am only reporting on the first four; with more to come next month.

Solvang Double had absolutely ideal conditions. The temperatures were mild. There was a little head-wind heading north on the coast, but it turned into an awesome tailwind coming back to Solvang. There were a lot of smiling faces at the finish. There were a lot of personal bests this year.

OCW had another modest showing. Congratulations to our OCW finishers: **Ron Hearn, Jennifer Koles, and David Park.**

Congratulations to our 10 OCW finishers so far this year: **Chuck Bramwell, Jim Cawthon, Bob Davidson, Juergen Fisher, Ron Hearn, Greg Kline, Stacy Kline, Jennifer Koles, Dori Lewis, and Doug Patterson.** Great job to all!

Our OCW leader is **Ron Hearn** who has already qualified as a CTC Triple Crown Winner with three Double Century finishes this year. Awesome, Ron!

To become a Triple Crown Winner, just finish any three of these challenging double century events in the same calendar year.

Here are the upcoming events:

5/11, Central Coast Double	6/15, Terrible Two
5/18, Davis Double	6/22, Grand Tour
5/18, Heartbreak Double	6/29, Alta Alpina 8 Pass Double
5/25, Borrego Double	July, Hiatus because of the heat
6/1, Eastern Sierra Double	8/3, Mt. Tam

To see the full CTC 2013 Schedule, with details and links to event websites, you can find them at: [www.caltriplecrown.com/schedule.htm](http://www.caltriplecrown.com/schedule.htm)

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

# Women's Century Training Series

## Saturday at the Square in Irvine

Saturday's 8:00 A.M. at The Square - Main Street and McArthur in Irvine (behind Starbucks).

Orange County Wheelmen Century Training Series is offering women (and men) of all ages and abilities the opportunity to train for and complete the Famously Popular 2013 Amtrak Century Bike Ride!!!

What does the Training Series offer?

- A guaranteed spot for the 2013 Amtrak Century Bike Ride, which usually sells out very quickly.
- Weekly Saturday morning gatherings to give you guidance and information on topics such as physical training tips, nutrition, safety, and more.
- Three rides (short, medium, long) to choose from each Saturday so you can progress at your own pace.
- A special Women's Century Training Metric (62 miles) event in June 2013.
- The support, fun, and friendships of like-minded riders of all abilities!

Whether you want to train for a Century, or just to ride with a wonderful group of riders, you're welcome to come join the fun!

### Contact Information:

**Terry Kessler**  
**OCWCentury@rocketmail.com**  
**909.213.3265**



# **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!**

## **A Road Bike 4 U**

17985 Sky Park Circle  
Suite E  
Irvine, CA 92614  
949.752.2080

## **Emergent Success**

23046 Avenida de La Carlota  
Suite 600  
Laguna Hills, CA 92653  
949.885.6467

## **Pace Sportswear**

12781 Monarch Street  
Garden Grove, CA 92841  
714.891.8716

## **Irvine Bicycles**

6616 Irvine Center Drive  
Irvine, CA 92618  
949-450-9906

## **LegalShield**

Thomas "Cliff" McClain  
Independent Associate  
Small Business  
and  
Group Benefits Specialist  
949.735.7605  
tcmclain@legalshield.com

## **Allegro Property Inspections**

Fountain Valley, CA 92708  
714.916.0110

## **Dee Bessee Massage Therapist**

Costa Mesa, CA 92627  
In the comfort of your own home  
Call for an appointment  
949.548.4595

## **Rock N' Road Cyclery**

6282 Irvine Blvd.  
Irvine, CA 92620  
949-733-2453

## **Yorba Linda Physical Therapy**

16615 Yorba Linda Blvd.  
Yorba Linda, CA 92886  
714.577.0745

## **MVP Massage Therapy**

15375 Barranca Parkway  
Suite J-104  
Irvine, CA 92618  
949.439.0673

## **Trails End Cycling**

1920 E. Warner Ave.  
Suite 3C  
Santa Ana, CA 92705  
949.525.6070

## **AdventureCORPS, Inc.**

638 Lindero Canyon Rd., #311  
Oak Park, CA 91377  
www.adventurecorps.com

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### ***THE ORANGE COUNTY WHEELMEN***

Post Office Box 219  
Tustin, CA 92781

Change Service Requested  
<http://www.ocwwheelmen.org>



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