

August 2013



THE ORANGE COUNTY WHEELMEN NEWS  
www.ocwheelmen.org



# OCW Picnic

Sunday August 18, 2013 - 11am  
6622 Lakeview Drive - Huntington Beach  
Enter the park off of Edwards on Inlet Drive which turns  
into Lakeview Drive  
Picnic will be held at the Gazebo  
See page 14 for more details



Saturday, September 7, 2013

Have You Volunteered?  
Contact Mike Lee at:  
events@ocwheelmen.org

# General Meeting

There will be NO General Meeting in  
August  
See you in September!!

## IN THIS ISSUE

President's Message	Page	3
Hiking Corner	Page	6
General Meeting Wrap Up	Page	10
Ride Schedule	Page	12
Friends of OCW	Page	23

## CALENDAR OF EVENTS

Ride Like a Pro	Saturday	@	8am
Goat Hill	Sunday	@	9am
Board Meeting	Sunday	August	4
OCW Picnic	Sunday	August	18
Amtrak	Saturday	Sept	7

# 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	909.939.4424
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	dmgoman@aol.com
Insurance	Ron Hearn	ronwearn@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
Director at Large	Miguel Perea	714.329.3774

# BOARD MEETING

Sunday, August 4, 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

**Kenny Do**

For hosting the  
July Folding Party

## FOLDING PARTY

Thursday, August 29, 2013 7:00 pm

Hosted by

**Bill and Linda Larson**

324 Copa De Oro Drive  
Brea 92823

Please RSVP: [larson@kbla.com](mailto:larson@kbla.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)**

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# President's Message

by Jim Brewer

## El Presidente "Up To No Good?"

Have you ever felt like some crazy guy is following you at one our rides? If the answer is yes, then it's probably this guy wearing a worn out OCW T-shirt, driving a "Nerdish car" shooting video footage and "still" photos with his "Leica Lens" black miniature camera. Have you ever read Michelle Vester's Chain Reaction, visited Mike Lee's OCW Website, attended Paul DeAquanni's General Meeting, been to the Holiday Party or attended the Installation Banquet? If not, then you don't understand why this guy is shooting hundred's of photos. Hope this makes you smile and feel better about being in the "Kodak Moment!"

## OCW Functions

We have doubled our membership in the last couple of years, but our attendance to these great functions have only increased slightly. Get out and enjoy these "get-to-gathers." You will not be disappointed. Our club is about having fun through cycling and the above mentioned activities.

## A Reminder

The August 18th Picnic is almost here. Don't be left out of this fun and great tasting catered food provided by Tom's Tailgate Catering Service. If you plan to attend, RSVP Jim and Irene to reserve a spot for this wonderful outing. Tom must have an accurate count for the food served, so 1-2 week prior to the picnic, reserve a spot. There will be no charge to members and their spouse. Non-members \$10.00 per plate and children up to 10 years of age will be \$5.00. Read details on the website.

## Jim Pugh Profiled

Every wonder where all those sign-sheets go from the Saturday Rides? Well, Jim collects them in a giant file along with all the other weekly rides. The file gets real thick and heavy by the end of the year. Jim is the satistician for the Wheelmen. He has to decipher all the sign-in names and then matches the recorded mileage to the years total that will be available for Awards Banquet at year's end. It is an ongoing and behind the scenes thankless job that goes unnoticed. Along with all that, he works full time in Los Angeles but his commute from Fullerton is made easier by riding his hybrid bike to the train station, boarding the train to LA, then walking to work from the terminal. Jim is also a member of the Board and a ride leader on Saturday rides. Jim is one reason why our club is so great.



Top: Jim Pugh is all smiles  
Above: Jim showing off his cast  
Above Right: Jim hard at work at his computer

# 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 9:00 am. Next President's Ride will be Sunday August 4th.

It is always a no drop 20-30 mile ride 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 is that there is less traffic and starting locations vary from week to week. Come join us and meet new riders and have some fun.



Top Left: Mike Lee and Jim Walker  
Top Right: Irene Walker and Miguel Perea  
Above Left: Stacy Kline and Frank Neal  
Above Right: Greg Kline

# Public Relations

By Stacy Kline, LCI

## In the Pink!

Jim Brewer is passionate about cycling. This is immediately apparent when he tells you about the 73 centuries and five double centuries he completed in 2012. It's also visible by his passion to get back on his bike after breaking his leg in a terrible crash due to insufficiently marked construction work on a local bike trail. It is probably most apparent, however, in his devotion to his bike club. I have known Jim since 2010, as vicepresident, and now president of the Orange County Wheelmen, and I cannot think of a better advocate for cycling, nor can I think of anyone more eager to get everyone out riding their bikes! Jim is especially eager to get more women out on bikes by joining OCW. Perhaps because his own wife Anita, also an avid cyclist, rides 10+ miles a day (before the crack of dawn I might add), Jim knows that if more women come out and ride with OCW, cycling will become a lifelong passion as it is for him and Anita.

Following in the footsteps of the amazing Max Kaldenberg as OCW's public relations officer is not an easy task. Max's expertise in promoting OCW is legendary, and it is challenging to find innovative ways to promote OCW that will make both Max and Jim proud, but this month, I think I found one!

In July, OCW offered a pink version of its coveted club jersey. After suggesting an OCW t-shirt with the tagline "OC Wheelmen and Women" at a board meeting, my husband, Greg Kline, took it one step further and suggested a pink run of the OCW jersey. Knowing that the color pink represents many areas of cycling, and keeping the design relatively unchanged, we hoped the jersey would have a broad appeal. I contacted our Voler representative, Roman, who graciously explained how to complete this special run of the jersey and most importantly the required minimum order of 15 to pull it off. Greg reworked the traditional jersey in pink so I had artwork ready for Voler. Terry Kessler was amazing with her encouragement, giving me the goal to get the jerseys back in time for the 2013 Amtrak Century, and promoting the jersey on her OCW Women's Century Training FaceBook page. Jim Walker took care of the ordering deposit. Mike Lee trained me how to use the OCW website, and early in July I sent an email blast to the OCW membership giving everyone just a week to order so we could get the jerseys back in time. The orders trickled in, with many people telling me that they had been waiting for a pink jersey to show off their OCW bike club. My spreadsheet with style, cut, size, sleeves & zipper choices got bigger and bigger, and after confirming the orders at least 10 times, the final count was...35 jerseys: 26 women & 9 men! **Go OCW...Go Pink!**



# Hiking Corner

Article By: Larry Linn  
Pictures By: Doris Bingo

## Hike to Crafts Peak and Butler Peak Fire Lookout Station Saturday, June 1, 2013

Our hikes this morning took us to Crafts Peak (8364') and the Butler Peak (8535') Fire Lookout Station. Although short hikes, they were relatively tough because of the amount of gain. We had to prepare carefully for this hike because the weather forecast was for sunshine with temperatures in the triple digits. We brought several extra bottles of water in a cooler that we just left in the car. Normally we would have carried the extra water with us, which would have added considerably to the weight of our backpacks. However, we knew we had to return to the car after each peak, so we left about half our water in the car when we headed out for Crafts Peak. We would not have done that if we were going to hike both peaks on the same trip.

The first hike was to Crafts Peak for a distance of 4.5 miles and a gain of 1660 feet. Just as we were about to start our hike from Lakeview Point on Highway 18 near the Snow Valley Ski area, a local CHP officer pulled up and asked us several questions, even taking the license plate number from Doris' car. I suppose we looked suspicious, we'll never know. After a late start, we hiked up the firebreak trail from the road to a radio tower, then over two ridges to a dirt road leading to the summit. At the summit we found the peak register and signed in. Back at the car we reconfigured our backpacks for the next hike.

The hike to the Butler Peak Fire Lookout Station started on Highway 18 at Glory Ridge Road. We went up a really steep ridge to get to dirt road 2N13C that lead to the squat little Lookout Station on the summit.

The California Conservation Corp (CCC) constructed this Station in 1931 and it has been there ever since. We followed a series of very old telephone poles going up the steep ridge, so we had to watch our step and not trip on the inactive, disconnected and downed cables. There was a nice breeze at the station which eventually made us feel a little chilly while we were there enjoying the view. Unfortunately, there was no host at the Lookout Station this weekend. A couple of Forest Service Volunteers who came up to do some repairs arrived as we were about to leave. They told us that someone would be there next weekend and probably most of the summer. This hike distance was 2.7 miles with a gain of 1350 feet. Needless to say, we worked up a good appetite and we knew exactly where to go to take care of the problem. Back in Redlands, where it was only 108 degrees, we went directly to Nick's Burgers for great burgers and fried zucchini.



Top Left: Larry with Crafts Peak register  
Top Right: Doris on Crafts Peak  
Middle Left: Distraction from Butler Fire  
Middle Right: Butler Peak Lookout Station  
Bottom Left: Doris on Butler Peak Lookout Station  
Bottom Right: Snow Valley and Highway 18



# Training Hub

By Greg Kline, Training Director, LCI

In my series of training articles I've explained my approach to preparing for long distance riding with a specific goal in mind. Last month my wife Stacy and I were able to put our training to the test when we attempted and completed our longest ride to date - the Davis Bike Club's "Gold Rush Randonnee 1200K. Modeled after Paris-Brest-Paris, the Gold Rush Randonnee (or GRR) is run every four years and has the highest attendance of any American 1200K.

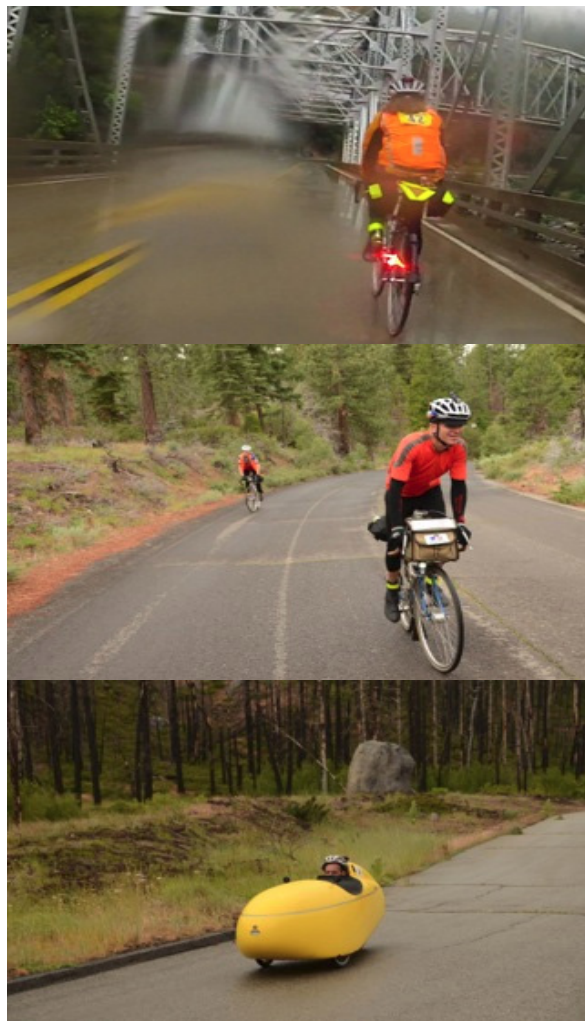
This year's ride was made more difficult by a storm that moved into the area the morning of the ride. The first two days of the ride were in unseasonable rainy conditions with unusually cold temperatures. The return trip featured strong headwinds from the turn-around near the Oregon border and hot, humid conditions at the finish. 76 riders started the GRR, 56 completed it.

This was our first attempt at a 1200K and it was much harder than anything we had ridden previously. Despite the difficulty of the ride and the challenging conditions Stacy and I had a great time and are looking forward to riding GRR again in 2017.

## Training for Distance - Putting training to the test

There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses; only results.

- Ken Blanchard



Left: Finishing the Gold Rush Randonnee Audax Style (with a group riding together).

Top: Climbing beautiful (but rainy) Feather River Canyon.

Middle: Greg and Stacy Kline approaching Antelope Lake.

Bottom: Willie Hunt in his velomobile climbing to the highest point of the Gold Rush Randonnee.





# Field Fixes

By Frank Neal, LCI

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

Need a Boot? No, not a motivational boot! Have you sliced a tire, bent a rim, or gotten a nail clean through your rim? The next time you replace a tire: take the old tire, cut off the bead, and cut some 2 1/2" lengths from what remains. Carry one in your bike bag. When you cut a tire, they "snap" inside your tire where the slice occurred. Or, put them in upside down and they cover a bent rim, rim split, or nail hole. Mylar nutrition bar wrappers, a folded dollar bill, or a piece of plastic electric tape can, also, work in a pinch!



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## Board Meeting Minutes

Sunday, August 4, 2013

**The Board Minutes can be viewed in detail by visiting the OCW website at [www.ocwheelmen.org](http://www.ocwheelmen.org). You must be signed in first, and then hover your cursor over "Assets" and then scroll down and click on "Minutes."**

# General Meeting Wrap-up

By Paul D'Aquanni, OCW VP/LCI

Kathleen Figard, from REI Tustin along with Samantha Cooke and Jim Lindland presented the Novara line of urban clothing and bikes.

Kudos to Kevin and Ximena Ansel who commuted to the meeting on their own Novara bikes, which helped Jim demonstrate what makes this line of bikes so unique and competitive with other bike manufactures.

The enthusiasm and knowledge of REI's history, culture, products and services by the presenters was well received and appreciated by all attendees. Many thanks to the REI team!

Food and deserts were plentiful, as well as the raffle prizes. Thanks to all those who helped in the evening's logistics and clean-up. See you at the next meeting in September. **No meeting in August!!**



Above Left to Right: Jim Lindland, Kathleen Figard, Samantha Cook and Paul D'Aquanni



**OCW members having fun at the General Meeting. You just got to be there!!**



# 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

**August 3, 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.

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

38 Miles. Rolling ride thru Irvine, Lake Forest & Mission Viejo. 1350 Feet Elevation Gain.

55 Miles. Hilly ride thru Irvine, Lake Forest returning on Santiago Canyon. 3000 Feet Elevation Gain.

**August 10, 2013 The Square, Irvine.**

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

32 Miles. Flat to Rolling ride thru Irvine & Lake Forest. 500 Feet Elevation Gain

55 Miles. Hilly ride thru Santiago Cyn, Mission Viejo, Laguna Hills, Laguna Beach with a final climb up Newport Coast.

**August 17, 2013 The Square, Irvine.**

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

34 Miles. Rolling ride thru Irvine, UCI & Newport Beach. 1050 Feet Elevation Gain.

63 Miles. Rolling ride thru Irvine, Tustin, Orange Santa Ana Cyn returning on the SART. 1100 Feet Elevation Gain.

**August 24, 2013 The Square, Irvine.**

24 Miles. Flat to rolling ride thru Irvine & Tustin.

35 Miles. Rolling ride Irvine & Mission Viejo. 900 Feet Elevation Gain

46 Miles. Rolling to Hilly ride thru Irvine, Lake Forest returning on Santiago Canyon & Jamboree.

**August 31, 2013 The Square, Irvine.**

27 Miles. Flat to rolling ride thru Irvine & Lake Forest.

35 Miles. Flat to rolling ride thru Santa Ana, Fountain Valley, Huntington Beach returning thru Newport Beach & Irvine. 600 Feet Elevation Gain.

55 Miles. Flat ride thru western Orange County to Long Beach and returning thru Seal Beach and PCH.

# 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 8:00AM

**August 4, 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.  
28 Miles. Flat ride thru Newport Beach, Huntington Beach & Irvine. 350 Feet Elevation Gain.  
34 Miles. Hilly ride thru Irvine, Lake Forest, Mission Viejo & Laguna Hills.  
45 Miles. Hilly ride thru Newport Beach with a climbs up San Joaquin Hills, Spy Glass & Turtle Rock returning thru Irvine & Tustin.

**August 11, 2013 Tustin Sports Park, Tustin.** Take the 5 Freeway to Jamboree and exit North. Go 1.2 miles and turn left on Robinson (just past Irvine Blvd.) Go 0.2 miles and turn left into the parking lot.  
23 Miles. Flat ride thru Tustin & Irvine.  
33 Miles. Rolling ride thru Tustin, Irvine, Newport Beach & Costa Mesa.  
43 Miles. Hilly ride thru Irvine, Lake Forest, Costa Mesa & Tustin. 1400 Feet Elevation Gain.

**August 18, 2013 Huntington Central Park, Huntington Beach.** Take 405 Freeway to Warner Ave exit west. Go 2.8 miles and turn left on Edwards. Go 1.0 mile and turn left on Central Park Dr. Turn right into parking lot at end of Central Park Dr.  
24 Miles. Flat ride thru Huntington Beach, Sunset Beach & Seal Beach along PCH.  
38 Miles. Flat ride thru Huntington Beach, Sunset Beach, Seal Beach, Newport Beach & Costa Mesa.  
44 Miles. Flat to Hilly ride thru Huntington Beach, Costa Mesa, Irvine, up Newport Coast & returning on PCH. 1100 Feet Elevation Gain.

**August 25, 2013 A Road Bike 4U, Irvine.** Take the San Diego Fwy (405) to the MacArthur exit. Go north 0.1 miles to Main Street. Turn left on Main St for .5 miles. Park in lot near bike store.  
23 Miles. Flat ride thru Irvine, Newport Beach & Huntington Beach.  
36 Miles. Flat to rolling ride thru Irvine, Newport Beach & Huntington Beach. 500 Feet Elevation Gain.  
42 Miles. Flat to rolling ride thru Irvine, Newport Beach & Huntington Beach.

**September 1, 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.  
24 Miles. Flat to Rolling ride thru Irvine & Tustin.  
32 Miles. Hilly ride thru Irvine with climb up Turtle Rock heading south to Lake Forest. 950 Feet Elevation Gain.  
45 Miles. Flat to Rolling ride thru Irvine, Newport Beach & Huntington Beach. 500 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](mailto: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 near Sand Canyon Cyclery in middle of lot. Ride leader Steve Loughran, 714.397.4909 or email at [loughransc@yahoo.com](mailto: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](mailto: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 [dmgorman@aol.com](mailto:dmgorman@aol.com).

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

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# OCW Picnic

**Sunday August 18, 2013 - 11am**

Tom's Tailgate Catering will be serving BBQ! Tri-tip, chicken, pasta salad, salad, chips and soft drinks. There will be no cost to you if you are member of Orange County Wheelmen, or you are a spouse of the member. This will be the first time our picnic has been catered so two (2) weeks prior RSVP will be REQUIRED. Only those with prior RSVP will be served. Non members will be charged \$10 per plate. Tom's Tailgate Catering is well known for his excellent food. Wristbands will be given to those that RSVP. Those without wristbands will not be served.

**Deadline is August 11, 2013 - RSVP to Jim & Irene Walker - [teamwalker@bbcnet.com](mailto:teamwalker@bbcnet.com)**

**6622 Lakeview Drive - Huntington Beach**

**Enter the park off of Edwards on Inlet Drive which turns into Lakeview Drive  
Picnic will be held at the Gazebo**



# The Hungry Cyclist

## Pressed Coppa Sandwiches with Broccoli Rabe Pesto

### Ingredients

Broccoli Rabe Pesto  
1 pound broccoli rabe (About 1 large bunch)  
Kosher salt  
6 garlic cloves, smashed  
1/4 cup olive oil  
1 teaspoon crushed red pepper flakes  
1/2 cup finely grated Pecorino  
2 teaspoons honey

### Assembly

8 slices country-style bread  
8 ounces thinly sliced provolone cheese  
4 ounces thinly sliced sweet coppa or prosciutto  
Olive oil (for skillet)

### Preparation

Broccoli Rabe Pesto

Cook broccoli rabe in a large pot of boiling salted water until bright green, about 30 seconds; drain (reserve pot). Transfer to a bowl of ice water to cool. Drain. Squeeze out water; cut into 1-inch pieces. Combine broccoli rabe, garlic, oil, and red pepper flakes in reserved pot. Cook over low heat, stirring often, until broccoli rabe is very soft, 40-50 minutes. Let pesto cool slightly. Mix in Pecorino and honey.

### Assembly

Build sandwiches with bread, provolone, coppa, and broccoli rabe pesto. Brush a large skillet with oil; heat over medium-low heat. Working in batches and brushing skillet with oil as needed, add sandwiches to pan, cover with foil, and place a heavy skillet on top. Cook until bread is toasted and cheese melts, 4-5 minutes per side (you can also use a lightly oiled panini press).

**DO AHEAD:** Pesto can be made 3 days ahead. Cover; chill.



# Goat Hill

By Alan Vester

Fire finally struck my favorite riding area of Idyllwild, and like most mountain communities, Idyllwild is always vulnerable to the realities of an out of control forest fire. At this writing, the fire is more than 50% contained, and most of its residents are able to move back to their homes. The surrounding forest was not so lucky. The trails have suffered major damage, with some that will take months, if not years to be restored. Ironically, over the last three years there has been much fighting and debate about trail designation and closures by the Forest Department. Unfortunately, it looks like Mother Nature intervened and burned everything to temporarily silence us human types.

Nearly 3,400 firefighters, aided by nearly 30 aircraft, battled the fire, which stretched in elevation from 4,000 feet to 9,000 feet along the mountains. Authorities said the fire was human-caused, but they wouldn't say whether it was accidental or intentional. There have been no reports of injuries.

The fire, which began Monday and encompassed 42 square miles, has burned six homes and mobile homes, one cabin, and more than a dozen other buildings. Several thousand people from the town of Idyllwild were evacuated and a mobile city was quickly constructed in Garner Valley for about 3,500 response workers (see below and right). Upper right is a picture of the fire with Tahquitz in the foreground.



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)



# Events

**By Mike Lee, Webmaster/Event Director/LCI**

## **39th Annual Amtrak**

Amtrak planning is now in full swing after many months of permits issuance and negotiating with our parking dilemma. When you see Lee Stebbins be sure to mention your appreciation of his numerous hours of negotiation for this annual OCW Premier event.

I am still looking for the Amtrak team members to support our riders down the southern California Coastline. Contact me at [Events@ocwheelmen.org](mailto:Events@ocwheelmen.org) to confirm your spot on the team.

If you are a rider be sure to monitor the Amtrak site and if you receive an email from me be sure to read them as the website and email is our main communications tools for riders and the Amtrak team members.

Those Amtrak riders that have experienced a change in their schedule and need to request a refund or transfer their ride to a friend be sure to fill out the appropriate registration on the website in the Amtrak section.

## **San Bernardino ECS**

I would like to expand on my support for our Radio Communication group who helps us out at Ride Around the Bear every year. Please see page 23 for more on this great group of men and women.

## **Website**

After last months request I received an email from an interested member that want to get more involved, Tony Perez answered the call and we are working on the details of his efforts. Thanks Tony!

Ride Safe, Ride Predictable,

Mike Lee, Events-Webmaster  
[events@ocwheelmen.org](mailto:events@ocwheelmen.org)

Coming from 6000 ft and loving it! No traffic - No Smog



# PARAMOUNT RACING



## TEAM MEETING

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

President	John McKee	ajmckee@sbcglobal.net
Secretary	Luke Ramseth/Christine Pai	lramseth@gmail.com
Racer Development/Recruitment	Marcos Corona	coronam@uci.edu

[www.ocwheelmen.org/page/show/418418-paramount-racing](http://www.ocwheelmen.org/page/show/418418-paramount-racing)

### 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



# Paramount Happenings

By Luke Ramseth

It's a wonderful feeling when fitness and confidence meet in bike racing. The elusive sensation is known simply as having "good form" -- the legs have some zip, and moving up through a 70-rider field isn't the laborious process it was earlier in the season.

The sensation is made sweeter when a teammate hits his stride about the same time.

Such was the case as Marcos Corona and I lined up for the Cat. 2 Manhattan Beach Grand Prix July 7, one of the larger races on the SoCal calendar. We reviewed our plan.

I would cover dangerous breakaway attempts earlier in the 50-minute race. Marcos would too, but he was to make sure he was fresh for the final sprint if it came to that. In that case, I was charged with shepherding him to the front in the final laps and keeping him out of the wind.

About 25 minutes in, I missed what I soon realized was a dangerous three-man break that had gained several seconds over the field. But as another small breakaway formed in between, I hit the gas and bridged up to it, hopeful the four of us would quickly catch the leading threesome. Marcos tried to block the charging field behind us, but it wasn't to be.

In a breakaway, it's important everyone is doing their share to keep the speed high; in our case, however, it was two of us rotating and riding hard, and the other two simply "sitting on." After another lap, we were caught.

As the laps ticked down, I tried to keep an eye on Marcos while warily watching the three-rider break that still dangled just in front of the pack. I knew it wasn't likely any more breakaways would escape, but I hoped that the initial threesome wouldn't foil our plan. With about five laps to go, I started to make my move for the front.

At about two to go, I found Marcos and led him up the outside to a more ideal position. With just two of us, I could only try and "drop off" Marcos and hope he could hang on; a more traditional sprint lead out was out of the question.

With less than a lap left, and with Marcos firmly in position, I made a bid to move back up myself, as I'd slipped backward a bit. It worked, but on a short hill that comes before a hard right turn, several surges inside the peleton pushed me back again. As we swept through the last 180-degree bend, I watched riders crash to my left and outside, while I sneaked through the inside with several others.

Sure enough, we caught the breakaway in the last 100 meters. But Marcos' chances were dimmed when he was caught just behind the crash. He narrowly avoided it, but his loss of speed meant that I and many others cruised by him on the final straightaway. In an instant, the potential for a podium placing for Paramount was gone. I was 11th, Marcos 18th.

In a 68-rider field, that's not bad. But we both know that next time -- with good form, and perhaps a little more luck -- we're capable of much more.

# Did You Know?

By Frank Neal, LCI

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

Did you know that beyond the 50% of bicycle accidents that are solo (detailed last month in the CR):

33% involve a collision with something other than a motor vehicle? They include: Bumping bikes, pedestrians, animals, roller bladers, skate boarders, unpredictable child riders, dog walkers, and others you can think of.

These are less avoidable than solo accidents. You can lessen the collision chances by staying aware of your surroundings. Be aware!

The above two types account for 83% of all bicycle crashes and I still have not mentioned a motor vehicle. Stay tuned next month for some startling stats about car-bike collisions.

Ride Safe out there! – Frank Neal

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## July 4th Holiday Ride ReCap

By Lee Stebbins, Ride Captain, LCI

At the 0900hr, eighteen of your fellow cyclists departed Mile Square Park in Fountain Valley for a 36 mile fun filled adventure. For starters only 4 route slips were distributed to select riders. Yours truly, OCW Ride Captain, outlined the basic course that we would be riding and the planned rest/regroup stops. The pace was to be held between 15 & 18 MPH with all the riders staying together. This ride also demonstrated TS101 safe riding practices throughout the day by maintaining proper lane positioning, avoiding the door zone and always scanning, signaling, scanning before lane changes. One of the highlights was crossing the main channel on the Balboa Ferry, which was at a blistering pace of 3 MPH. After crossing the channel, we proceeded south to Cameo Highlands and viewed some very interesting and expensive real estate. Next stop was Fashion Island for snacks and good old fashioned conversation. The group then headed back to Mile Square Park where we practiced a rotating pace line heading north on Bushard. This was the first time for many of the riders who enjoyed cruising at 22 MPH without much effort. As you can see, this was not the typical OCW ride and we all had a great morning doing what we like best, RIDING TOGETHER WITH FELLOW CYCLISTS.

# CALIFORNIA TRIPLE CROWN DOUBLE CENTURY REPORT

By Frank Neal, LCI

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

The 2013 CTC Season is now about to move into its abbreviated Fall Series.

After taking July off, we only have one event in August. We will be back to a full schedule for Sept. and October.

Winds and temperatures have been very favorable to the riders during the Spring Series. That has continued through the late spring. Grand Tour, on June 22nd, had ideal weather.

OCW is still gaining steam with 15 of our riders who have already finished one or more doubles this year. But, here is a really big number: Our riders have finished 38 total doubles this year.

Here are the OCW standings through July 1st:

Great Job to any of our riders who have finished a double century this year:

Juergen Fisher: One Finish.  
Mary Park: One Finish.

Al Carlson: Two Finishes.  
Greg Kline: Two Finishes.  
Stacy Kline: Two Finishes.  
Dori Lewis: Two Finishes.  
David Park: Two Finishes.  
Doug Patterson: Two Finishes.

Congratulations to the following who are already Triple Crown Winners in 2013...!

Richard Bowman: Three Finishes.  
Chuck Bramwell: Three Finishes.  
Bob Davidson: Three Finishes.  
Ron Hearn: Three Finishes and one volunteer day.  
Jennifer Koles: Three Finishes.

Jim Cawthon: Four Finishes and one volunteer day.

Special Recognition to our first Gold Thousand Mile Club Winner:

Rogelio (Roger) Reyes: Five Finishes and one volunteer day.

Congratulations to our 15 OCW Finishers so far this year! Great Job to our seven Triple Crown Winners!

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

Upcoming events:

9/14. White Mountain Double.  
9/28. Knoxville Double.  
9/29. Knoxville Awards Breakfast.  
10/12. Bass Lake Double.  
10/12. Solvang Autumn Double.

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, OCW Board Member, LCI #3386.  
[CTCDataGuy@Verizon.net](mailto:CTCDataGuy@Verizon.net)

# **Women's Century Training Series**

**By Terry Kessler**

**NEW TO BIKING  
OR  
LOOKING FOR A NEW CHALLENGE??**

**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!!**

**Training events will be held every Saturday at 8am**

**Location is "The Square" located on Main Street and McArthur in Irvine (behind Starbucks)**

**You may join at anytime and there are no coaching fees or fundraising.**

**Contact Information**

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

**COME TRAIN WITH US**

# Friends of OCW

By Mike Lee, Events Director, LCI



My thanks to the Emergency Communications Service, who are a volunteer group of dedicated HAM radio operators that assist first responders in the County of San Bernardino. If there is ever an area wide Disaster, Wild Fire, or other event that the Sheriffs, CHP, and Fire Department need Communication Coordination the ECS group goes into action. They perform this communication for us as a training exercise for all their members. For their efforts at Ride Around the Bear we request from them a desired equipment request for lack of better name, purchase and ship the equipment directly to them. Thank You ECS. By the way did you notice we included their logo on this years Jersey?

## Central Mountain, Big Bear and Angelus Oaks Emergency Communication Services

Central Mountain & Big Bear ECS is part of the San Bernardino County Fire, Office of Emergency Services. Our role is to provide communication services in time of disaster or for special projects. The Mountain Division, consisting of Central Mountain, Big Bear and Angelus Oaks ECS Sections is composed of nearly sixty amateur radio volunteers.

We provide emergency communications to the areas of Crestline, Twin Peaks, Rim Forest, Lake Arrowhead, Cedar Glen, Skyforest, Running Springs, Green Valley Lake, Arrowbear, Big Bear Lake, Big Bear City, Fawnskin, Barton Flats, Angelus Oaks and Mountain Home Village.

## Emergency Communication Services

The key word here is EMERGENCY! An emergency is defined as a sudden, unexpected occurrence of a serious nature that demands immediate action. The news media floods us with information of toxic spills, earthquakes, forest fires, searches for lost persons, etc., on a daily basis. Often times these situations are reported by private radio operators, thereby insuring quick emergency response, in many cases preserving life and property. Seldom do emergencies happen at convenient times and places. When they do, it is sometimes in areas where normal police or fire communications are not sufficient. At times like these there is a group of dedicated civilians that come to their aid by providing a communications network that has proved itself over and over again. San Bernardino County ECS, a division of the California Office of Emergency Services (OES), has been assisting the public for many years in emergencies and they keep their radio skills sharp by providing communications for civil and charitable events such as parades, bicycle and marathon races and many other worthwhile events. These events are sanctioned by San Bernardino County as training activities and are provided to the various event sponsors at no cost.



# 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@legalsshield.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***

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<http://www.ocwwheelmen.org>



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