

# Benicia Bicycle Club

P.O. Box 141

Benicia, CA 94510

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## The Road Marshal: Message from the President

September. The kids (and some adults) are back to school. Marin and Napa Centuries were great. For the Napa Ride, we had around 45 members out riding. We cruised for the first 45 miles, riders talking, laughing and having a great time. Happiness is cruising down the Silverado Trail, drafting off of Benicia's pretty-in-yellow girl pulling us down the road.

We pulled out of the last rest stop, 20 or plus rides. After taking my pull at the front the attacks soon began, one after another. The pace was intense. It was like a pack of wild dogs biting each other left and right. As we turned off of Silverado Trail, it ended just as fast as it started and we cruised on in.

On the subject of attacks, The Benicia Criterion, being put on by the Benicia Bicycle Club and the Eagle Racing Team (sponsored by Cyto-Sport and Kaiser Permanente Hospital) is Sunday, September 9. We still need more volunteers so ask a friend to help out. This is going to be a fun day for our club and the City of Benicia. Volunteers, please contact Peter Van Slyke.

We still have more rides out there this year. Foxy's Fall Century in October and the Tour of Woodside in September. See you out there.

Joe Marks



Prez "Sugar Joe" Marks & wife Juliet

### Time Trials!

Distance is 10.2 miles. Start/finish at Lopes Road; turn around at the Fairfield City sign.

Held on the First Wednesday of the Month.

Contact **Joe Pritchard** at [jlpritchard@sbcglobal.net](mailto:jlpritchard@sbcglobal.net)

### Next Issue

How did Bill do it? (The skinny on 'Paris-Brest-Paris')

Tips from Dr. Gofast

## Benicia Town Race September 9 2007

It's a go! The Benicia Bicycle Club, in conjunction with the Eagle Racing Team, will be hosting the Benicia Criterium on Sunday, September 9, 2007 in downtown Benicia. The 0.8 mile loop will take in East 2nd Street, right to J Street, right on 4th Street, right on H Street, and back to East 2nd Street. The event is free to spectators. Race registration fees vary.

Information/Registration: [www.ncnca.org/road](http://www.ncnca.org/road)

Volunteers Needed! Pete Van Slyke [pebv@sbcglobal.net](mailto:pebv@sbcglobal.net)

### Newsletter Contributors

Thanks for your articles, photographs and your moral support! Our Dog Days of Summer Newsletter is a team effort. Special thanks to Joe Marks, George Villareal, Bill deWolf, Joe Shami, Kent Odell, and Dr. Gofast for their articles and to Coldwell Banker Solano-Pacific for printing.

# High Performance: BBC Members on the GO!

## BBC Time Trial August 1 2007 6 p.m.

We had a whopping 4 riders show up for today's Time Trial on Lopes Rd. The temperature was nice, in the low 70s, but the wind was very severe blowing 18-25 mph. The conditions were challenging and many riders burned a lot of energy just controlling their bikes.

No one broke the 30 minute barrier, a testament to the harshness of the wind (see results below).

Thanks to Mick Weninger and Nancy Lund who came out and recorded times, and thanks to Joe Pritchard who set up the course and brought cold drinks for all. Additional thanks to Nancy for bringing some oatmeal-chocolate chip cookies. Also thanks to Manuel Olague and Gray Williams for cheering us on.

Next time trial is scheduled for September 5th and will start at 6pm.

George Villareal

Start Order	Rider	Age Group	Time	Avg. Speed
3	Salvadore Steve	40-44	30:26	20.11
0	Villarreal George	50-54	30:30	20.07
1	Pritchard Joe	60-64	30:33	20.03
4	Dannucci Greg	45-49	30:33	20.03

## Paris-Brest-Paris

Editors' Note: Bill deWolf just returned from Paris and sent us this note. Hopefully we'll have the details for next issue.

I completed the 1200k ride in 81hrs (90hr time limit) with rain 75% of the time. Total elevation gain was about 35,000 feet. I started the ride Monday at 10pm and finished Friday 7am with 7hrs 20min of sleep thru the course. The terrain is all rollers with no flat sections until the last 100k. This year had the highest dropout rate since 1933, 30% of the riders packed it in. most likely do to weather. The temperature wasn't bad, around the mid 50's. The roads were good and the people were awesome, the best and longest ride I have done.

Bill deWolf

## Congratulations!

Bill deWolf—completion of the Paris-Brest-Paris Ride

Nancy Lund—She's baaaaack on the road!

Chris Paterno—Completed Marin and Napa centuries

Joe Pritchard & Joe Miller — won their MTB division at the Howell Mtn. MTB race.

Russell Hands — won the Dunnigan Hills Road Race, on Aug 19th, outside Woodland, 45+ 4/5 group, peloton of 50.



All the BBC dogs at the start of the Tour de Napa 2007. Congratulations everyone! Hurrah for yellow jerseys!

Photo credit—Sherrì Bortolazzo

## Rides for a Cause

Editors' Note: Most of us ride centuries for the sheer pleasure of it, pitting our strength against a difficult course and challenging weather. Various charities also hold centuries as fund-raisers and participation allows us to make a gesture in the face of powerlessness. Such a 'cause' is the ALS Rides, which are held year-round. Both Glen Millward and Jim Silva have been participating, each for their own reasons.

### The Napa ALS Ride— September 30 2007

Last April my wife Pat was diagnosed with ALS, Lou Gehrig's Disease.

Amyotrophic lateral sclerosis is a progressive, fatal neuro-muscular disease that slowly robs the body of its ability to walk, speak, swallow and breathe.

I recently accepted the challenge of participating in The Napa Ride to Defeat ALS on September 30th.

I am asking you to help by supporting my fund-raising efforts with a donation. Your tax-deductible gift will make a

difference in the lives of many! It is faster and easier than ever to support this great cause - you can make your donation online by simply clicking on the link at the bottom of this message.

If you would prefer, you can also send your tax-deductible contribution to the address listed below. To send a donation: Make all checks payable to: The ALS Association, and mail to: Jim Silva, 2140 Goldenhill Way, Benicia, CA 94510

Any amount, great or small, helps in the fight. I greatly appreciate your support and will keep you posted on my progress.

Sincerely,

Jim

Jim's Web Address:

[http://web.alsa.org/site/TR/Rides/BayAreaEvent?px=1478541&pg=personal&fr\\_id=3300&et=6bVTwX4LMttP8YmT\\_tpdfQ..&s\\_tafld=27443](http://web.alsa.org/site/TR/Rides/BayAreaEvent?px=1478541&pg=personal&fr_id=3300&et=6bVTwX4LMttP8YmT_tpdfQ..&s_tafld=27443)

### Central Coast Century for ALS July 21 2007—Glen Millward

Recently I found out that a good friend had been diagnosed with ALS, more commonly known as Lou Gehrig's disease. I wanted to do something to help her and her family cope with this debilitating and hopeless disease. Her husband told me about the Central Coast Century that through sponsorship helps fund research for this disease.

I signed up to do the 100-mile course; they also offered 65-mile, 35-mile and 25-mile courses. The starting point was Avila Beach Golf Resort, just a few miles south of San Luis Obispo. Participants ranged from very experienced cyclists to kids doing shorter runs with their sisters, brothers and parents. It was heartening to learn that even the youngsters had contributed to the fund-raising.

All the Century riders left pretty much together at 7:30 a.m. There were maybe 25 of us. The course was challenging, mostly flat with rollers and a mean little climb up Old Creek Road. It took us through many of the coastal towns in the area and followed Highway 1 much of the way. Experience levels varied, but most of us rode together. Even with the sparse numbers, I was never alone and finished up with a group of about 10. I think this was the third year of this event, and it had a very different feel to it from the organized rides I've grown accustomed to. One thing that made it different was that all the riders shared a common experience: All had a family member or a friend suffering from ALS. At one point, a recumbent cyclist passed me up. I was amazed to find out that this rider had been diagnosed with ALS about 7½ years ago. He could barely get out of the recumbent; I don't know how he managed, but he did the whole 100 miles. He was truly an inspiration!

Each adult rider had to commit to \$500 in sponsorship contributions. The event brought in over \$40,000, but that's well short of their goal of \$100,000. Oh well. Hopefully it will do better next year.

The central coast is such a beautiful area. My wife joined me for the weekend. We met some new people and explored the vicinity. If you're interested in doing something like this next year let me know and I'll get you the information.

Glen Millward (hundredmileride@yahoo.com)



## Facing a Buck's Antlers at 25 mph Downhill

Never before have I had a close encounter with a deer while riding my bicycle! I certainly wasn't expecting one at noon on a steep downhill on Hidden Valley Rd, Lafayette, a road that I have cycled countless times without incident. It borders on Highway 24 East and is fenced off on the freeway side with a high fence, so there is nowhere for a deer to go.

Yes, I have had deer jump across my path before and run across the road before I got there. But this encounter was different. Both the buck and I took each other by surprise, and rather than flee, his instinct (because of his full set of antlers) was to stand and fight, as I sped downhill toward him at 25 mph.

While descending in the middle of my lane on this long five-percent slope, I had seen a movement in front of a parked car ahead. I thought that a cat or dog was about to cross my path, so I instantly applied my brakes. At that moment, the buck emerged from between the parked cars. Al-

though he had really impressive antlers, he wasn't a very large deer.

On hearing my brakes, the buck wheeled around to face me and rocked back on his rear legs to sustain the shock of impact. He was ready to impale me with his antlers. To my surprise, he stood his ground as I rushed toward him. (In retrospect, we were like two bighorn sheep preparing to butt heads in the rutting season.)

I remember thinking, "Wow! I could get hurt!" But the funny thing is that I felt absolutely no fear as I rapidly approached those dangerous-looking spikes. Rather, I was filled with admiration for the beauty of this gorgeous animal. My brakes were slowing me quickly. I took no evasive action. I was too surprised to do anything but brake. The deer stood his ground. We were eye to eye like President Kennedy and Soviet Premier Khrushchev in the Cuban Missile crisis.

*(Continued on page 5)*

## Everyone Wins With Team In Training

One of my New Year's Resolution goals was to complete a metric century event in 2007. This was a lofty objective since I had never ridden more than 40 miles in one day. And, after the first and only time I did that, I collapsed on the couch. I knew I had some serious work ahead of me so off I went in search of a good training program, coach/mentor, whatever to help me accomplish my goal. That's how I found Team in Training.

This program is run by the Leukemia & Lymphoma Society, and is the world's largest endurance sports training program. Since 1988, Team in Training has helped over 300,000 volunteer participants by providing training to run or walk [marathons](#) and [half marathons](#) or participate in [triathlons](#) and [century \(100-mile\) bike rides](#). Their efforts have been instrumental in raising more than \$700 million for leukemia, lymphoma and myeloma research and patient services.

By participating in the Team in Training program, participants receive:



Personalized fitness training by certified coaches for a period of four to five months, training clinics, their own personal Web site for online fundraising, a supportive group of team-mates and lodging and airfare to more than 60 accredited events in the United States and abroad.

The cycling event I had signed up for was the Marin Metric and it took place on August 4. It had been billed as a tough event with enough hills to challenge the seasoned cyclist. It did not disappoint. The only hills I had ever ridden were the fast rollers on Lopes Road between Benicia and Fairfield. With the help of the Team in Training staff, I felt more than adequately prepared to tackle the hilly, 60+ miler.

Through bi-weekly coached rides that got progressively harder and "Buddy Rides" on the off-weekends designed to give us more saddle time, I knew I could ride the miles and climb the hills. The encouragement from my coaches, mentors and fellow participants had me pumped! The cheers and hugs I received from the same folks at the finish line reaffirmed that I did not do this event alone. We trained as a team, we rode the miles and suffered the hills as a team and, last but not least, we raised funds as a team.

Not only did Team in Training prepare me for the cycling event, they also taught me how to be a successful fund-

*(Continued on page 7)*

## Training with Kent Odell— the Tour de Napa

The day (no, wait, it was still dark: poetic license) had arrived: The Tour of the Napa Valley- my Marengo, I hoped, and not my Waterloo, the day whose finish would see the payoff for my lack of hard work. I'd stayed off my bike religiously, and this was no easy feat; I sorely felt the lack of the occasional "escape" ride, as the girlfriend clamored for my attentions every waking, and most sleeping, moments, the unlooked-for result of my Floyd-inspired regimen ( you may recall: hormones and sour mash.) I'd kept up with JM's fixed gear training tips, and as Joe did, experienced tightness in my shorts, largely- and I mean that sincerely- due to a month and a half of inactivity. On the bike, anyway.

I rose; I'd set myself a goal, and no cries of "You're an animal!" could turn me from my destiny and back to bed.

My Little Pony was champing at its bit, eager to transport me and the couple of cinderblocks I'd decided to tie on in case I might pass too many riders at too great a speed, and spoil someone's day. They'd be useful as sheet-anchors if I got totally out of control on the descents, and be a notable proof of my dominance on the climbs, bouncing about in my wake like dice. I planned to jettison them, though, for the steeplechase of the Silverado Trail; in my mind's eye, I saw a contrail shoot from My Little Pony as I "hit the afterburners" and "hammered," "dropping cats" right and left.

I met my fellow BBC'ers by the dumpster; they bright and yellow and numerous ( anyone else hear "the yelloton" in reference to BBC? This is why being in a gang is cool: props); I finished the part of my sweet roll with the icing, and stood tall, knowing that all around me knew of my Date With Fate. I could practically hear the swell of some great Wagnerian orchestra and chorus, as I prepared to join the immortals in Valhalla. I looked on this as a side-effect, novel and rather inspiring than otherwise, of the chemical portion of my training.

We rolled; I knew this route of old; it had been my first ride of 100 miles, and I'd returned each year since. In the past I'd learned not to sing operetta as you pass Clif House, that home-baked cookies are not necessarily the best fuel, and that the blonde in the powder-blue skinsuit who rode next to me on the first Silverado stretch in '05 was with somebody.

*(Continued from page 4) Antlers*

At the last instant the deer blinked. He didn't really blink. He just suddenly whirled around 180 degrees, closer to the curb, and stood with his back toward me, as if ignoring me. He didn't flee. He wasn't in a submissive posture. His body language said, "I don't choose to fight you, but I'm not scared of you."

I like to think that he saw the admiration in my eyes, even though I was wearing glasses that darken in the sun. I have no doubt that animals can read human intentions from our eyes.

I was lucky to have had an encounter with a powerful wild animal without any ill effect to either of us.

Joe Shami

But there would be no collegial banter for me on this fateful morning. I loved these guys and might even pretend to offer to buy their dinner after the ride, but I had something to prove. I "put the hammer down" and started "hammering."

I reached the rollers that signal the advent of mighty Mt. Veeder. The few riders ahead of me, those who didn't simply pull over and watch in awe as I flew by, served my turn as I used their draft and then catapulted past, a cruel smile on my lips. The climb began; my only misgiving was that I'd not brought enough cinderblocks. Of course I hurt; the pain was infinite, Hadean, a brutal, flesh-rendering fire consuming my thighs- you get the picture. I'd count each of MLP's pedal strokes (that's a lot of strokes), conjugate French verbs, and listen to the frequent cries of admiration and wonder - "Is that My Little Pony?"- from slower mortals, anything to keep my mind off my agony. But here was the summit! The long descent before me, I stretched my legs onto the high-way pegs, drew a single breath, and started down.

Now My Little Pony, short as it is, presents little wind resistance. But any means to increase my speed I would consider, and it occurred to me that if I stretched out on my belly on the banana seat, legs streaming behind à la The Man of Steel, head down between the apehangers and clutching the forks, I'd have a position on the bike fishlike in its sleekness. Control might become an issue, but I laughed at risk. Was I Indiana Jones? You know that part where he's grabbed the little idol and it triggers that giant ball that threatens to crush him? I felt a little like Indy as I looked back upside-down at the cinderblocks bounding down the hill after me.

Onto the Trail; no time for dalliance or dallying, today! I slingshotted past club riders, trade-team packs, Cats 1 thru 5; Lance would have been my bitch, the way I was feeling. But I had to pee, really badly. [The Motorman's Friend had proved impractical.] And I thought I'd pick up a couple of hard-boiled eggs to go with the beer in the IV. So I skidded into the Lake Hennessey rest stop. Early as I was, there was no line for the facilities; I spotted a "green light," power-slid over the gravel, nearly laying MLP on her side, then righted the bike, tore open the door and bunny-hopped in. I did my business while doing a trackstand, wheeled out and past the food table, snatched my protein, and was out within 45 seconds.

Pope Valley: a chance to pick up more time. Ink Grade: purgatory. I sprinted up the narrow road, the cinderblocks knocking little pieces out of the pebbly asphalt, doing my best not to look back Lance-like at each sufferer as I "dropped" him. Over the top, a move, both gymnastic and graceful, that little Olga Korbut would have been pleased with, into my Superman position, and down I soared. By now I had my machine wired, and I picked my line with a daring precision that I think alarmed less expert riders. But I continued to hear "Dude, you're such an animal!" as I plummeted past within inches of these slowcoaches. Actually, I was always passing so rapidly that the last word of the phrase was never really clear. Pretty sure it was "animal"...

A few twists and turns and I'd reached the field of The Final Conflict: The Silverado Trail! There'd be Big Dogs, Little Dogs, Big Dog wannabes (be afraid! Be very afraid!), all of whom looked up to me and honored my quest, but who, like Pavlov's mutts or greyhounds after the mechanical bunny, just need that one little trigger to change from 101 Dalmatians to a pack of hellhounds on your trail. I knew I'd want to ride in with my

*(Continued on page 6)*

## Upcoming Ride Schedule September/October 2007

9/8/2007 Amtrak Century Orange County Wheelmen  
 9/8/2007 Audi Best Buddies Challenge --  
 9/8/2007 High Sierra Fall Century Sierra Cycling Foundation  
 9/8/2007 Oregon Coast Cycling Festival  
 9/8/2007 Ride for 65 Roses The Cystic Fibrosis Foundation  
 9/8/2007 Siskiyou Century Yreka Rotary Club  
 9/9/2007 Tour De Tahoe - Bike Big Blue  
 9/15/2007 Auburn Century Auburn Endurance Events  
 9/15/2007 Bicycle Tour of California Alps Cycling Escapes  
 9/15/2007 Big Sur Ride The Cypress Group LLC  
 9/15/2007 Hoodoo 500 Planet Ultra  
 9/15/2007 Tour Des Lacs Round and Round  
 9/17/2007 Tour d Organics Sebastopol OrganicAthlete  
 9/22/2007 Everest Challenge Stage Race Eastside Velo  
 9/22/2007 Ride the Rogue Siskiyou Velo  
 9/22/2007 Tahoe Sierra Century  
 9/22/2007 Tour de Whidbey Whidbey Island Hospital Foundn.  
 9/23/2007 OatBran TGFT Productions / Bike the West  
 9/23/2007 Peach of a Century Salem Bicycle Club  
 9/29/2007 Amgen California Coast Classic Bicycle Tour  
 9/29/2007 California Coast Classic The Arthritis Foundation  
 9/29/2007 Knoxville Fall Classic Double Century Quackcyclists  
 9/29/2007 Lighthouse Century San Luis Obispo B. C.

9/29/2007 Moonlight Magic Planet Ultra  
 9/29/2007 Mt. Whitney Classic Cycling Event Summit Adventure  
 10/3/2007 Peak to Peak Pedal United States Adaptive Recreation Center  
 10/6/2007 Angeles Crest Century Planet Ultra  
 10/6/2007 Harvest Ride for Literacy Ventura Rotary Club  
 10/6/2007 Konocti Challenge Rotary Club of Lakeport  
 10/6/2007 Templeton Wine & Roses Bike Ride Templeton C of C  
 10/6/2007 The Grizzly Century North Fork Community Dev. Council  
 10/6/2007 Tour d Organics Portland OrganicAthlete  
 10/7/2007 Kitsap Color Classic Cascade Bicycle Club  
 10/7/2007 Tour de Poway Cycling Promotions West  
 10/13/2007 Bass Lake Powerhouse Double Century Fresno Cycling Club  
 10/13/2007 Cochise County Cycling Classic  
 10/13/2007 MS 150 Bay to Bay Bike Tour National MS Society

## Autumn highlights

For your fresh air fix, and beautiful scenery, register for the Konocti Challenge October 6 2007.

[www.konoctichallenge.com](http://www.konoctichallenge.com)

Foxy's Fall Century October 20, 2007

<http://www.davisbikeclub.org/foxys/2007/index.htm>

(Continued from page 5) *Tour de Napa*

buds, so I'd passed the hour-or-so layover at the last rest stop doing deep squats with the cinderblocks. The group gathered; there was something in the air as each wheel pointed toward the road, helmets and gloves were adjusted, the last gulp taken of Blastomax. I seemed again to hear music: the deep pulsing throb of percussion- "Olatungi! Drums Of Passion!" I noticed my club mates viewing me quizzically, and vowed to cut back on the drugs.

At first all was sweetness and light. Relieved of the cinderblocks and cocooned among riders effectively twice as tall as I, I rode in the low 20's pedaling with only one leg, the other stretched out on the opposite peg as I shaved it. I'd finished both legs, tweezed my brows and started reading the newspaper I'd stuffed in my jersey that morning for warmth, when I sensed a stirring in the pack, a quickening- was the cry raised? Had the fatal attack fallen? I stood up on MLP's saddle to take a look - Yoicks! Tal-yho! The chase was on!

I laced my way to the front: *voila l'instigateur!* He seemed to be spinning almost as fast as I, his teeth grinding as he urged more from himself and his machine. For him, for that moment, being on the front end of this group of cyclists was the most important thing in the world, and I thought, how could I deprive him- candy from a baby- dog has his day- and, after all, in the words of Bill Murray, *Meatballs, 1979*, "It really doesn't matter!" (The aforementioned rider positively shot out the back a mile or so later; *sic transit gloria mundi.*) I rode back with my pals Angela and Bob, feeling even better about myself than if I'd torn his legs off and handed them to him.

I got back that evening, tired but content. I took My Little Pony back to her "stable" and oiled her chain ("rid hard, put away wet," if your trusty steed is not to become a rusty steed). My daughters asked "Daddy, did you win?" I said "No... but I learned a valuable lesson, about people and about myself. Would you girls like to hear what it was?" "Oh yes, Daddy, wise, handsome Daddy, if you please!" -That's a fiction. I said "You bet I won. I tore their legs off and handed them to them!" "Yay, Daddy, Yay!" they cried blood-thirstily. "You're the baddest Daddy of them all!"

## Club Stuff

### Regular Club Rides

### Minutes of the BBC August 7, 2007

Tuesdays and Thursdays @ 9:30 AM: Meet at Raggs Coffee shop, corner of 2nd St. and Military East. Tuesday rides go to Martinez via the Zampa Bridge, and Thursday rides go to the Valley Café in Fairfield. Both have optional distance rides. These are no-drop rides.

Saturday @ 8:00 AM: Meet at Benicia St. Park, at the end of Military East. The ride goes through Benicia to Lake Herman Rd and then to Fairfield ending at the Valley Café. There are alternate longer routes and routes for the recreational rider as well. This is a no-drop ride.

Sunday @ 8:00 AM: Meet at Benicia St. Park, at the end of Military East. This is a 40 mile ride to Martinez with 2,000 ft. of climbing, stopping at Starbuck's to refuel before returning. This is a no -drop ride.

Slower riders: If you are feeling intimidated and prefer a slower pace, Sunday morning rides often have slower riders. For info, contact Riva at [riva.flexer@mail.mcjill.ca](mailto:riva.flexer@mail.mcjill.ca)

Mt Diablo Ride: Wednesdays: Meet at Heather Farms Park (Ygnacio & San Carlos Dr.) @ 2:30 p.m. & ride at 3:00 p.m. . We park in the first parking lot on your left past the swimming pool alongside the lake. Back 6:30-7:00PM. Bring something warm to wear for the descent. Up Southgate and down Northgate and back is 38+ miles, ~4,000 ft of climbing.

BBC Monthly Meeting: Monthly meetings of the Benicia Bicycle Club are held on the first Tuesday of the month at 7 p.m. at Farnsworth Cycles, located at 976 Lincoln in the Benicia Arsenal Industrial Park.

### Bicycle Recall

Raleigh America and the U.S. Consumer Product Safety Commission are recalling 1,200 Chinese-made Raleigh Cadent bikes with Carbonage Technology carbon fiber forks.

The forks can break during normal use, causing the rider to lose control and fall. Raleigh has received three reports of fork failures, resulting in a dislocated shoulder, a concussion and a broken jaw. The recall involves the 2007 Raleigh Cadent 1.0, Cadent 2.0 and Cadent Carbon bicycle models with carbon forks. They were sold at Raleigh dealers nationwide from January through June 2007 for \$660-\$1,930.

If you own one of these bikes, stop riding it and take it to the place of purchase for a free fork replacement. For more information, call Raleigh America toll-free at 888-805-6396 during 9-5 PT weekdays, or visit

<http://www.raleighusa.com>

Those in attendance were George V., Dave W., Carol D., Sarah G., Nancy L., Mick W., Joe M., Bob K., Joe P., Ed B., Sherri B. and Kimball G.

Meeting was called to order at 7:09 p.m.

Bob K. gave treasurer's report. We still need to pay the van Werts for the BBQ Ride party.

The shorts have been ordered. They will be in approx. Sept. 8<sup>th</sup> or 9<sup>th</sup>. Discussed getting short argyle socks. Ed will check into sock order.

Joe M. reported that there is a Pedestrian, Traffic Commission Meeting, and would like someone to attend, as a citizen, and express concerns regarding bike lane on Park Road. Barbara W. will be out of town and cannot attend.

The meeting regarding the bike race was in Napa. Those attending were Carol D., Joe M., Barbara W., Riva F., and Pete VS. We need about 40 volunteers to do shifts. Eagle Race Team hope to have 15 volunteers. Race is Sun. 9/9. Discussion.

Sherri B. said newsletter could be printed at husband's office, to save the club money on printing it monthly. Requested recognition be put in the newsletter, for the printing. Club members in attendance said that would be okay.

Nancy is riding again. Rode 15 miles today! We all welcomed her back.

Carol D. went to France on a bike tour. Was a dream trip come true. Watched Stage 5 and rode part of the course. Discussion.

Bob K. reported upcoming rides: Mt. Diablo on 8/8. Mt. Tam on 8/11. Meet at Mick's at 7:30 to carpool. Napa Tour 8/19. Carbo loading party at George's house. Discussion.

Nancy mentioned that she would try to get volunteers for the crit from her gym, Benicia Fitness.

Discussed the Napa Tour. We want to be all registered and ready to ride at 6:30 am.

Meeting adjourned.

*(Continued from page 4) Team in Training*

raiser. They provided the tools to help me create a website for receiving donations online and excellent sample letters for reference so I can craft one of my own. Truly, the hardest part about fundraising was affixing the stamps and licking the envelopes. The donations came, some with letters about loved ones lost to leukemia or lymphoma. It seems everyone wants to give to a good cause; they simply have to be asked.

I accomplished my goal to ride a metric this year. I also raised money to help combat the disease and find a cure. Everyone wins with Team In Training.

Chris Paterno



**FROM:**  
*Benicia Bicycle Club*  
*P. O. Box 141*  
*Benicia, CA 94510*

*President: Joe Marks*  
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*Publisher: Bill Schmidt*  
*Web Master: George Villarreal*

TO:

**ANYBODY WANNA RIDE?**

**The Road**

## JOIN THE BENICIA BICYCLE CLUB!

**BENICIA BICYCLE CLUB**  
**MEMBERSHIP APPLICATION**  
 Membership Dues - \$15.00 for individuals,  
 \$18.00 for families. Membership runs for 12 months.  
 Please Complete and Mail to:  
**Benicia Bicycle Club**  
**P. O. Box 141, Benicia, Ca. 94510**  
 Please accept my application for membership in the  
**BENICIA BICYCLE CLUB**  
 Enclosed is: \$15.00 for individual membership, or  
 \$18.00 for family membership.  
 Make your check payable to: **BENICIA BICYCLE CLUB.**  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ E-Mail \_\_\_\_\_  
 E Mail Address \_\_\_\_\_  
 RENEWAL Yes  No-New Application   
 Do you want the club to restrict access to this information?  
 Yes  No

In consideration of the acceptance of my application I, for myself, my heirs, executors, administrators, successors and assigns, wave, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the BENICIA BICYCLE CLUB, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable for damages.

**I ALSO AGREE TO WEAR A BICYCLE HELMET ON ALL CLUB RIDES.**

If this application is for family membership, please indicate names and ages of all minors who might be included in the family.

NAME:	SIGNATURE:	AGE:
_____	_____	_____
Address	Phone Number	email
_____	_____	_____