

# BENICIA BIKE CLUB

www.beniciabikeclub.org

P.O. Box, Benicia, CA 94510

707-644-0074

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## The Pace Line: Message from the President

August - the last month of summer vacation offers opportunities for the family; and time to register for the Tour of the Napa Valley. A fun century strongly supported by the BBC.

I was sorry to hear about a crash involving a number of Club members on Franklin Canyon Road several week ends ago. Tire touching can be very dangerous. Thankfully all involved are or have fully recovered and are riding again.

A grand celebration accompanied Lance Armstrong's Tour de France victory ~ his seventh!. We probably will never see this duplicated in our life time! What makes it so astounding (his seventh Tour de France in a row) is that almost everyone can ride a bicycle...but to ride it that fast and with his determination and dedication to reach his goal is unreal! Most of us would have given up during the first time trial!



Lastly, thanks to Lauri and Bob for organizing and hosting our traditional July Club ride. Thirty two Benicia Bicycle Club members answered the starter's gun. If you missed it, put it on your calendar for next year. It's usually held on the third weekend in July. **Bill Schmidt**

**Welcome New Members !!!**

Michael and Joe Eleccion

Michelle, Charles, Amy, Danielle, Rebecca and Matthew Jacobson

Michael Crowley

## The Fork in the Road: News and Notes

- **Benicia Bike Club Time Trial is August 10th.** Time your fitness ride. BBC Time Trial Course Record on File. (see page 8)
- **Esparto Individual Time Trial August 14** (see page 8)
- **Iowa Hill Climb Time Trial-Auburn Century** (see page 8)

- **Jerseys** are still available (L, XL). Order your long sleeve jersey now Contact Ed Brennan.
- **BBC Diva Fitness Ride** Wednesday Mornings we climb Mount Diablo. (p. 4)
- **Recovery Day** Wonderful and relaxing ideas to spend with loved ones at Point Reyes National Seashore. (see page 10)

**Tour De BBQ**

**Thanks Lauri and Bob**

2nd annual BBQ ride entertained 32 BBC members through 67 miles under the California sunshine. Mile S. refreshed our heated bodies with Cytomax beverages, GU, ice cold water and powerbars. To end the day: riders, club members and their families enjoyed a BBQ potluck dinner at the VanWert's residence. It was a fun day and thank you Bob and Lauri for organizing the event.

- **Staying Cool** while cycling this summer. (page 2)
- Finding your **Hill Climbing Speed and Rhythm** (page 2)
- **Lance wins 7.** Le Tour de France Wrap-up. (page 8)
- Martis Peak Fire Look-out- **Mountain Bike Climb.** (page 3)

# In The Draft: Nutrition News Eat Healthy/Stay Fit

## Healthy Whole Wheat Pancakes

These healthy pancakes with a hint of almond are thick and fluffy and they really stick to your ribs. Serve warm with maple syrup or peach jam. Leftovers are great served cold with a little of your favorite jam spread on them.

### Ingredients:

2 cups whole wheat pastry flour; 1/4 cup wheat germ; 3 tablespoons soy flour; 2 tablespoons white sugar; 4 teaspoons baking powder; 1/2 teaspoon salt; three eggs; 1/4 cup olive oil; 1/4 teaspoon almond extract; 2 cups soy (or "regular" skim) milk

### Directions:

Preheat griddle to 350-degrees. In a large mixing bowl combine dry ingredients. In another large mixing bowl combine eggs, oil and almond extract; whisk until combined. Stir in soy milk. Add wet ingredients to dry ingredients and whisk until combined. Batter should be slightly thick, adjust liquid if necessary.

Pour batter by the 1/4-cup full onto hot griddle. Cook until edges look dry and bubbles burst. Flip and cook another minute or so until golden brown. Serve warm.

Recipe makes four to six servings.

### Nutritional information per serving:

Calories: 351  
Protein: 14g  
Total Fat: 17g  
Sodium: 482mg  
Cholesterol: 128mg  
Carbohydrates: 38g

Fiber: 6g

## Good Way to start a Century!

**Road Hazards** While cycling in our area and if you encounter road hazards such as pot holes, debris or tree limbs contact these agencies and report status. Vallejo-Department of public Works, Traffic Engineering and Maintenance Dept at 648-4300. In Benicia-Public Works maintenance Division, streets at 746-4296. In Solano County-Steve Hilas 421-6055.

**Help keep our Roads Safe**

# The Break Away: Training By Peter Van Slyke

## PERIODIZATION TRAINING PART 2

### The Long and Short of It

It is impossible to discuss periodization training without talking about microcycles, mesocycles and macrocycles. A 'microcycle' is simply the numbers of training sessions which form a training unit. For example, if your training consists of a hard day, and easy day and then a rest day which is then repeated, these three days represents a microcycle. Or if you are a cyclist and your training week consists of a hill work out, an endurance work out, a rest day, an interval work out, and easy day, a rest day, and an endurance work out, this weekly pattern would also be a microcycle.

A 'mesocycle' is a block of training consisting of some number of microcycles which emphasizes the attainment of a specific goal. A 'macrocycle' is a long stretch of training which is intended to accomplish an extremely important overall goal, such as completion of a double century in fourteen hours. A macrocycle is made up of a number of mesocycles and covers many months. Typically, a microcycle lasts for 5 to 10 days, a mesocycle covers 4 to 12 weeks, and a macro cycle lasts for 10 to 12 months.

These terms, of course, don't explain how a periodization plan should be laid out. It is important before one begins to realize that there is not one best plan - what works for one athlete may actually hurt another athlete. Different people

*(Continued on page 10)*

## High Performance: Fitness Ride

### Enjoy the Ride During Hot Summer Months

The summer months are probably the most popular cycling months of the year, but they're also the hottest months of the year. Read on to learn what you need to know to stay cool and safe under the sun's hot rays.

#### Drink more.

Sweating is your body's natural mechanism for cooling down, but it can only work when your body stays well hydrated. If you plan to spend time outdoors on a hot day that means drinking enough fluids to make up for what your body has had to sweat out. Get in the habit of drinking water every 15 minutes, or more frequently, and you'll greatly reduce your risk of heat-related illnesses.

#### Choose Fabric

Fabric choice is another important consideration when trying to stay cool. For the ultimate in comfort, opt for clothing made of polypropylene. This high-tech fabric is designed to wick moisture away from your skin as you sweat-thereby keeping you cool and dry under the hottest of conditions. Jerseys, shorts and socks are all available in polypropylene.

#### Avoid caffeine and alcohol.

Caffeine and alcohol remove water from your body, and as a result leave you more susceptible to dehydration. If you plan to ride outdoors in the summer, consider eliminating these items from your diet or at least abstain from consuming them for the period before and during your ride.

#### Take frequent breaks.

Give your body a chance to cool down by taking frequent breaks throughout the course of your ride. To maximize the benefits of your break, find a shady spot to rest, or better still, step inside an air-conditioned building.

#### Get acclimated.

Getting used to the heat takes time, so don't try to do too much too soon. Start with several shorter rides, and slowly build up to the longer rides you wish to take.

#### Limit your exertion.

The summer heat will cause you to tire faster than you're used to-even if you're the mostly physically fit person around-so don't push yourself as hard as you usually would. Shorter rides and easier routes are just the ticket when temperatures rise.

team discovery channel -<http://team.discovery.com/>  
 tour de france-<http://www.letour.fr/>  
[www.velopromo.com](http://www.velopromo.com)  
[www.cyclecalifornia.com](http://www.cyclecalifornia.com)  
<http://www.usacycling.org/>  
[www.ncnca.org](http://www.ncnca.org)

**Clip On: Web Sites**

### Hill Climbing

#### FIND YOUR SPEED AND RHYTHM

Climbing should always be done in your comfort zone. Ride at your own pace - Know your limits and listen to your body. If you become anaerobic, you won't recover, so let faster riders go. It's a common mistake: Trying to keep up with better climbers on the lower slopes, then reaching your limits and losing big hunks of time. Take it a bit easier and you have a much better chance of catching them later. You don't want to over exert and go anaerobic.

Gear down before the hill. The goal is to avoid producing large quantities of lactic acid and then pedaling through the pain. You want a sustainable rhythm. Try to keep your cadence above 70 -- any slower puts excess stress on your knees. The optimum spin rates for efficient pedaling are somewhere between 70 and 80. One rider reported that he actually went faster as he increased his cadence in a lower gear. For example, he would maintain 6.5 mph at 50 rpm in one gear and then, as he geared down, he found he maintained 8 mph at 70 rpm without a perceived increase in effort.

**Try to find the cadence that would let you "climb all day".**

You are pushing too hard if you:

- Can't keep a smooth pedal stroke
- Are panting or breathing irregularly

### Martis Fire Lookout

### Mountain Bike Steady and Moderate Hill Climb

### Dirt Fire Road

This popular destination above Martis Valley has a partial view of Lake Tahoe and a helpful guide to all the peaks, lakes and valleys drawn into the wall above the windows. A paid staffer and volunteers work in the cab during the fire season, generally July through October. The public is welcome. The road to the lookout isn't maintained in the winter, but the lookout stays open. Winter visitors can stay overnight but can't cook inside the lookout. There is an outhouse, but no amenities.

**Directions:** From Reno, take Interstate 80 west to exit 188 for Northstar, Lake Tahoe. Take California 267 south for approximately six miles. While heading up the hill to Brockway Summit and through a curve, look for a Forest Service road on the left. A yellow road sign indicating the oncoming road warns drivers of the approaching turn. Some guidebooks will direct travelers to Martis Peak Road, but the only sign for the road is a brown U.S. Forest Service road marker for 16N92. Follow this road straight to the lookout. It is a left turn before you reach the summit.

## The Stage Race: Club Rides

### **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.

## Upcoming Centuries

### **August**

Marin Century  
Mt Tam Double  
Santa Cruz Challenge  
Mt Shasta Summit  
Holstein Hundred  
Tour D' Organics  
Let us Ride  
Tour of Napa  
Desperado Dual  
[www.bbcnet.com](http://www.bbcnet.com)

### **September**

Tour Southern Utah  
High Sierra Fall  
Siskiyou Century  
Tour De Tahoe  
Auburn Century  
Knoxville Double  
Unknown Coast Weekend  
Oat Bran  
Lighthouse Century  
Everest Challenge  
Tahoe Sierra Century

## Upcoming Races

### **September**

<http://www.ncnca.org/>

Northern CA/NV Road Race Championship 6th  
Timpani Criterium 7th  
Patterson Pass Road Race 13th  
Esparto Time Trial 14th  
Winters Road Race 20th  
Suisun harbor Criterium 21st  
San Ardo Road Race 27th  
University Road Race 28th

### **Mt Diablo Ride: Wednesday**

Meet at Heather Farms Park (Ygnacio & San Carlos Dr.) @ 2:30 ride at 3:00. 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.

### **Diva Fitness Ride on Wednesday**

Attention BBC female riders: Wednesday Morning (August) we will climb Mt Diablo. Meet at Heather Farms Park at 8:30 AM and we will climb to the peak from the North side and descend the South side. It is a fat burning ride.

Contact Laurie F.

[nachurelover@sbcglobal.net](mailto:nachurelover@sbcglobal.net).

**Men are welcome!**

## The Pedal: Members Riding Centuries and Racing

Congratulations to our club members and their family and friends who braved the Hot climates and Summer winds to ride races and centuries this season. Sharing your experience will provide opportunities that will benefit "new" and "veteran" riders. Ride Smart, Ride Safe and Have Fun!

**Death Ride** Ed B., Mick W., Joe S., Mike D. Bill B. Kent O'D.

**Seattle to Portland** Barbara Wood, Nancy Lund

**Bay in a Day, Double Century** Bill B.



### **Tour De BBQ Ride**

**Elmer B - Keven K - Kent O - Ed B - Mick W - Manuel O -Ellie H  
Russ H - Laurie F - Peter VS - Bill S - Ray E - Angela T - Marci K  
Steve K - Rolland T - David B - Neil L - Bill B -Steve O - Kipp P  
Lauri VW - Bob VW - Bob K Kevin Y - John T - Joe M - Marwin R,  
Bruce Mc - Mike D - Glen M - Barbara W.**

## Campagnolo: Ride Premier California

### Marin Centuries

Marin

August 6th

All of the Marin Cyclist Century rides are among California's most beautiful and unique bicycle tours. All 2005 courses begin and end at **Vallecito Elementary School in San Rafael**. The courses travel the rural roads of West Marin and Southern Sonoma Counties. The terrain varies from gentle rolling hills along the coast to a few very challenging climbs. There will be 4 courses offered in 2005. Marin Metric Century 100K (60 Miles), Marin Century (104 Mile), Marin Double Metric Century 200K (133 Miles) New in 2003 Mt Tam Double Century (200 Miles) New in 2004. We offer a ride to challenge everyone. You must be fit and trained to complete any of the rides. A route sheet will be provided at registration, and the route will be well marked. The rest stops are incredibly well supported by club volunteers and great food.

### Mt Shasta Century

August 7<sup>th</sup>

**The Super Century-Challenging & Impossibly Beautiful.** A challenge for experienced riders – the equivalent of a Tour de France mountain stage! Four significant climbs dot this ride, which challenges you with 130 miles and 15,500' of climbing! Riding on lightly traveled rural roads, you'll wind to the top of Parks Creek Summit (6,854'); up a stunning river gorge to Mumbo Summit (6,300'); through forested roads up to Castle Lake (a mountain cirque at 5400'); and finally, a breathtaking 14 mile climb up Mount Shasta's moderately graded (6% average) forested roads (7850'). Views of Shasta, Mt. Eddy, Castle Crags and even Mt. Lassen abound. Not sure if you're ready for this challenge? Our route forms a cloverleaf, so you can bail out at any time and only face a short ride back. Time to test yourself! Start time - 5:30-6:30 AM.

### Tour of Napa

August 21st

**100 Mile:** This ride is the classic. It starts with a challenging climb over the front side of Mt. Veeder, rolls north through the Valley, around Lake Hennesey and on to Pope Valley, climbs over Ink Grade, goes around the Crystal Springs loop and then back down the Valley to Yountville. Approximately 5,000 ft. of climbing.

### High Sierra Fall Century September 10th

The 11<sup>th</sup> Annual High Sierra Fall Century is on September 10, 2005! The 100 mile course takes you along the spectacular east side of the High Sierra and into the quiet beauty of the Mono Basin with awesome views of Mono Lake and the White Mountains. Our route offers 100 miles of beautiful riding with no stoplights and just one stop sign! If 100 miles is more than you want to take on, short course options of 30 and 45 miles will also be offered.

### Siskiyou Century September 10th

**The Century Ride (100 miles)** - From Yreka (2,595 ft.), we begin the climb up Forest Mountain (4,097 ft.), then travel along Highway 3 to Fort Jones (2,744 ft.). From there the ride loops to Greenview, Quartz Valley, and back to Fort Jones. After that, riders head south along East Side road. Next is on to Callahan (3,123 ft.) then a climb up Gazelle Mountain (4,921 ft.) with magnificent views. Then a long downhill run to Gazelle (2,765 ft.) and onward to Yreka. Total vertical gain is approximately 4,600 feet.

### Auburn Century September 17th

JOIN US for an inspiring ride through the challenging Sierra Nevada foothill communities and remote mountain locations. You'll have the opportunity to ride through historic mining towns, travel through beautiful wilderness areas and spin up climbs that are steeper than any found on the Tour de France. Our three courses begin and end in historic Auburn, California. Depending on your route choice, you'll have the chance to descend into deep, breathtaking river canyons and pass through historic gold-rush towns. Everyone will enjoy the warm and friendly welcome offered at each rest stop. Some may even be surprised by servings of hot apple pie. Through out the ride, you'll find terrain that challenges your fitness, scenery that could make postcards, quiet solitude that serenades your soul and rest stops that quenches your thirst and appetite. When you have completed your ride, you will savor your achievement and the memories that you have just created.

### Mountain Bike Single Track at Tahoe

**Brockway Summit - Mt. Rose / Tahoe Meadows:** Mountain biking is allowed between Brockway Summit and the Mt. Rose wilderness boundary, which is roughly 7 miles. Starting at the Mt. Rose summit trailhead one can take a small section of single track to a dirt road and then bike roughly 3 miles uphill to Relay Peak and the Mount Rose Wilderness boundary.

# The Carbon Crankset: Benicia Bike Club Athletes on the Go Tour de BBQ



Let's Go !!!



Sprinting For It



Our Good Side



Our Better Side



Rest Stop



Thumbs Up



YEAH BABY

## Who's in the Peloton: Member Profile

### BBC FACTFILE Joe Pritchard/Tall Joe

**Rider Name:** Joe Pritchard  
**Date of Birth:** 4/13/1944  
**Place of Birth:** San Jose, CA  
**Height:** 6'5"  
**Weight:** 210  
**Resting pulse:** 60  
**Max pulse:** 170  
**Marital Status:** Single  
**Children:** None  
**Occupation:** Retired Fire Fighter  
**First race:** Pinole Team Time Trial - 1985  
**Last race:** Police Fire Games Cross Country Mountain Bike – July 27, 2005  
**First Century:** Foxy's Fall Century  
**Last Century:** Wine Country - 2005  
**Rides with BBC:** As many as I can! Tuesday, Thursday, Saturday, Sunday, Wednesday's Mt. Diablo, Monthly Time Trial, Club Centuries  
**Favorite ride:** Road Ride: Bear's Loop – El Sobrante  
                     Off Road: Bolinas Ridge on Mt. Tam  
**Rides a:** Calfee Road Bike, Specialized FSR Pro Mountain Bike, Ed Litton Track Bike  
**Joined BBC:** 1989  
**BBC Job:** Time Trial Coordinator  
**Scheduled events** Infineon race, Marin Century, Tour of Napa Valley, Auburn or Surf City Century (same weekend), Tahoe Sierra, Burn of the Century, Foxy's Fall  
  
**Joe's Perspective** I've been riding for approximately 30 years. It's been a great way to stay in shape. Club rides are good training as well as socializing. Racing is exciting! And, what a way to see the country on century rides!



### Leaky Valve: Club Minutes

Meeting held at Ed Brennan's bike shop, Farnsworth Cycles, August 2, 2005...Well attended with a variety of snacks and beverage...Bill S. very focused and called meeting to order at 7:03...Most of the group responded, a few sidebar conversations...Treasurer's report stated the BBC account has \$3,632.89...Minus funds owed to George for website domain renewal fees...And minus funds owed to Bob for BBQ expenses...According to our recently updated roster, Bill S. states there are 104 official BBC members and the majority are from Benicia...Ed mentioned he's getting several requests for clothing and he is updating the order form and making it available via website for members to order clothing...Riva is transferring Kevin's Napa Century registration to her name...Debbie has an extra Marin Century registration...Nathan M is racing in the S.F. Grand Prix, September 4...Next Time Trial is August 10...BBC Tahoe Weekend is September 24/25...Rockville Bike shop wants to take a photo of the BBC members with their new helmets...Bill S. still focused yet group in various conversations, meeting adjourned 7:41...Respectfully Laurie F.

### Support Cytomax

**Cytomax** donated beverages and Gu for our annual BBQ ride.

**Cytomax** is the world's most scientifically advanced complex carbohydrate, electrolyte performance energy drink. Ensures proper hydration, steady energy and reduced fatigue during exercise. Try it on your next ride

### Wheel Alignment: Local Bike Shops to Support

The Peddler ([www.theped.com](http://www.theped.com))

Rockville Bike Shop ([www.rockvillebike.com](http://www.rockvillebike.com))

Authorized Bike ([www.authorizedbicycle.com](http://www.authorizedbicycle.com))

Ray's Cycles (707-448-1911)

# Heart Rate:Velo News

## Benicia Bike Club Time Trials

The next TT is **August 10**. Time your fitness ride. Distance is 10.2 miles. Start/finish is Lopes Road; turn around is at the Fairfield City sign. Time trial dates coming up; Aug 10, & the first Wed. of Sept and Oct. Contact Joe Pritchard at [jlpritchard@comcast.net](mailto:jlpritchard@comcast.net)

### Course Record

#### Women

- (45-49) Laurie Fenech 29:32
- (50-54) Riva Flexor 38:36
- (60-69) Barbara Wood 41:10

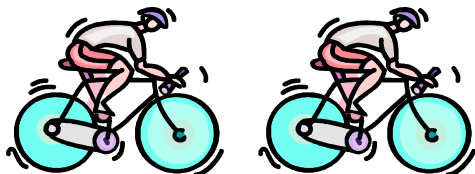
#### Men

- (30-34) Bob Gades 27:10
- (35-39) Bob Van Wert 26:33
- (40-44) Todd Doherty 25:30**
- (45-49) Peter Van Slyke 29:23
- (50-54) Russ Hands 28:28
- (55-59) Glen Milard 31:40
- (60-64) Joe Pritchard 29:15
- (65-69) Bill Schmidt 38:36

### Members competing at the July 20 time trial were:

- Bryan Martinelli
- Pete VanSlyke
- Joe Pritchard
- Neil Leary
- Bob Klosterman

Laurie Fenech, still recovering from a half marathon, helped with timing. No new records were set.



## Le Tour wrap-Up

### Lance's Diet :Stage 20

So, what did it take for **Lance Armstrong** to win his last time trial? Based on his performance and physiology, I estimate he burned between 1500-1700 calories and lost about two liters of fluid during the 1:11:46 effort. While that provides an estimate of what he expended, he only consumed 500 milliliters of fluid (one bottle) and fewer than 100 calories during the same period of time. From a training perspective, that's not something you should try at home. If you were doing an all-out effort for 71 minutes on a hot day, I'd recommend consuming at least two bottles of fluid and about 40-60 grams of carbohydrate during the workout.

**By Chris Carmichael**

## Le Tour Jersey Winners

- Yellow Jersey-Lance Armstrong
- Green Jersey- Thor Hushovd
- Polk-a-Dot Jersey- Michael Rasmussen
- White Jersey- Yaroslav Popovych

## Esparto Individual Time Trial August 14th

**Course:** An 18-mile out and back open road tt course. Course is Road 87 north to Road 19, then east to Road 94B and a turnaround, then back on Road 19 to just **before** the intersection of Road 87. Mostly flat, with a few small rolling hills (a la Snelling).

### 2004 Record

- Male 37:29
- Female 43:36

## Iowa Hill Time Trial September 17 Auburn Century

This Optional event provides an opportunity to test your fitness and climbing skills against the clock on a section of road that has been described simple as "sick". Aside from the reward of completing the climb, we will reward the fastest male and female rider with \$50.00 in cash. At the end of your ride, find out how you compare with your peers, some of the fittest cyclist in the world!

Any interested rider who is signed up for either the 75-mile or 100-mile course may participate. Entries are taken during check-in. All time trialists will be given a participant bracelet that permits the rider to enter the starting area.

Participating riders will need to stop prior to crossing the NF American River Bridge. You will be allowed into staging area upon your arrival. Check-in is required in order to organize your starting time. Riders who do not check-in at this staging area will not be given a starting time and therefore will not be timed.

The Iowa Hill Time Trial will be open for timing from 8:00am to 9:30am. Late arrivals will not be accommodated.

### The Climb

**1.74 miles, 1,250 ft climb, 13.5% average gradient.**

# Hydrating: BBC Home Town News

## Napa Tour Logistics

### RIDE-DAY CHECK-IN & REGISTRATION

Riders must check in between the times specified below to receive their map and other materials. Registration open 6 to 10:30, leave times are firm.

**100 mile route - riders must leave by 8:00 AM**

**65 mile route - riders must leave by 9:00 AM**

**30 mile route - riders must leave by 10:30 AM**

**LUNCH SERVED BETWEEN 11:30 AND 4:00.**

**COURSE CLOSSES AT 4:00 PM.**

Those wishing to carpool can meet at Mick's at 0500. Leave at 0515. Get checked in and have a ride time about 0615-0630 when all riders are ready to RIDE. It can get hot so try to leave early and trade some hot afternoon time for some cool early morning time.

## In Memory of Ralph Davis

A long time (ago) member, Ralph Davis, passed away Monday July 25th. Ralph was a member of our Benicia Bike Club during the 1990's and was a regular rider on our Lake Tahoe trips. More recently, he was often seen riding his bright yellow recumbent from Vallejo to join other recumbent riders for coffee at the various cafes along First Street in Benicia. Bon Voyage, Ralph.

## Trips for Kids

We are looking for a few volunteers to help us with special projects:

1) Redesigning the homepage of our website <http://www.tripsforkids.org> and creating a template for our interior pages.

2) Developing marketing ideas and designing marketing requests for the bicycle industry.

3) Streamlining our computer operations by redesigning our Access data base and Excel spreadsheets.

4) Bicycle repair: mechanics who can diagnose and repair every component system (except suspension and disc brakes) on any bicycle.

## For Sale

Brand New **Sierra Century -30th Anniversary Jersey.**

This size large jersey is a great gift to a cycling peer who loves to share Slug Gulch stories. Still in the plastic, Mike D. will sell to you for a deal of \$50.00.

Contact Mike D at MDJRDRD3@aol.com

## BBC Weekend at Tahoe

**September 24/25**

**Road Bike Riding/Mountain Bike Riding  
Trail Running/Hiking/Kayaking/Swimming**

**Mark your Calendar**

## Newsletter Contributors

Thanks to Bill S, Barbara W, Mick W, Bob K, Mike D, Joe S, Joe P, Barbara (Joe's girlfriend), Bill B, Kevin K, Roland T, and Bob VW. Thank you for sharing information for our newsletter. We appreciate you taking the time to contribute. **Our August newsletter is a team effort.**

Periodization Part 2

(Continued from page 2)

have different needs. For example, a cyclist with poor strength might need to spend several mesocycles throughout the year to develop cycling specific strength. Such a cyclist would also spend time working on hill training which develops the leg muscles. In contrast, a cyclist who is very strong might find it more advantageous to work on raising lactate threshold or VO<sub>2</sub>max. It is therefore clear that each individual needs his/her own unique plan. See your coach...it requires skill in figuring out what you really need and knowledge of the different programs that might effectively work for you.

## Recovery: Rest Day

### Rest Day

Take a moment and read through the list below about a few Point Reyes National Seashore seasonal offerings and seminars. Find the classes that speak to you and take your special loved one to share the experience.

**Fitness Walking** August 13

**Point Reyes Photography** August 20

**Draw Landscapes** August 20

**Bird Migration** September 2

**Full Moon Hike** September 17

**Yoga Retreat** October 14-16

**Sunset Hike** October 29

**Story Telling** (family night) October 29

**Autumn Adaptation Hike** November 6

**Outdoor Photography** November 19

**Observe Waterfowl** November 19

There are more... [www.ptreyes.org](http://www.ptreyes.org) (415) 464-5100

### Quotes of the Day

**When I see an adult on a bicycle, I do not despair for the future of the human race.**

**- H.G. Wells**

**Don't buy upgrades, ride up grades**

**- Eddy Merckx**

## Bike Pump: Humor

### A Bicycle Zen Proverb

A Zen teacher saw five of his students returning from the market, riding their bicycles. When they arrived at the monastery and had dismounted, the teacher asked the students, "Why are you riding your bicycles?"

The first student replied, "The bicycle is carrying the sack of potatoes. I am glad that I do not have to carry them on my back!" The teacher praised the first student, "You are a smart boy! When you grow old, you will not walk hunched over like I do."

The second student replied, "I love to watch the trees and fields pass by as I roll down the path!" The teacher commended the second student, "Your eyes are open, and you see the world."

The third student replied, "When I ride my bicycle, I am content to chant *nam myoho renge kyo*." The teacher gave praise to the third student, "Your mind will roll with the ease of a newly trued wheel."

The fourth student replied, "Riding my bicycle, I live in harmony with all sentient beings." The teacher was pleased, and said to the fourth student, "You are riding on the golden path of non-harming."

The fifth student replied, "I ride my bicycle to ride my bicycle." The teacher sat at the feet of the fifth student and said, "Ahh.... I am your student!"

## The Century: Benicia Bike Club Featured Author

Joe Shami

### Life on the Road from a Volunteer's Viewpoint: Bay in a Day Double Century

By Joseph C. (Joe) Shami

How could it be interesting standing on an unfamiliar corner for two hours, beginning at dawn, waiting for cyclists to appear so I could make sure they turned left at a STOP sign instead of right? But it WAS interesting!

My participation really wasn't necessary, because there were already three successive arrows marked on the roadway before the STOP sign, telling the riders to turn left. And the riders' route sheets also mandated a left turn. So the only additional value I provided was human confirmation of the left turn and a verbal warning that the road ahead was rough! With potholes! But my presence seems to have been appreciated, first and foremost by the cyclists, secondly by the organizers, and also by the Benicia Bicycle Club.

The event was the first-ever Bay in a Day Double Century. It began in Novato in Marin County with a route that would go all around San Francisco Bay in 208 miles on Saturday, July 23<sup>rd</sup>, 2005. It was organized by the Bay Area Bicycle Coalition and had approximately 110 registrants. Until the opening of the bike path across the new Zampa Bridge from Vallejo to Crockett over the Carquinez Straits on May 16, 2004, such a bike ride around the bay was not possible.

A request had been made to the Benicia Bicycle Club, of which I'm a member, through Mick Weninger to provide volunteers at key intersections in Vallejo to shepherd the riders through the club's geographical area from the Napa River Bridge to the Zampa Bridge.

The six of us who responded met on the morning of the ride at 5:30 a.m. at the eastbound exit from State Route 37 (Sears Point Rd) at Wilson Ave, Vallejo, and discussed who would take which of the six assignments. Being the least familiar with the territory, I elected to stay right there. My fellow volunteers were (alphabetically): "Aloha Bill" DeWolf, Bob Klosterman, club president Bill Schmidt, Mick Weninger, and Barbara Wood.

Just as it was settled as to who would go where, we were surprised to see a group of five cyclists with headlamps and tail-lamps already upon us. They must have started before 4:30 a.m., because they had already come 23 miles, 17 of which were on SR-37, through the marsh-

lands on the northern perimeter of San Francisco Bay. Just by looking at them, one could tell that these were very fit, SERIOUS cyclists. Quickly, we all left for our posts – some of which were several miles away.

As dawn broke, I noted that I had a scenic spot with a view of water. I was below the bridge where SR-37 crosses the Napa River, and when I looked up, I would be able to see cyclists approaching my position for a quarter mile before they arrived on the curved exit ramp down to my spot.

Stationed immediately above me on SR-37 was Bill DeWolf, whose objective was to ensure that all cyclists exited there and that they came down to me. He had cycled to the venue on his elegant, single-speed Farnsworth by the light from his headlamp. (The rest of us had driven there.) So Bill was up there on the highway in cycling uniform, standing next to his bicycle, directing the bicycle traffic. And when cyclists approached him, Bill gave them a sign of encouragement with a "thumbs up."

The very funny thing was that when one rider came down to me, he reported that there was a stranded, participating cyclist on the highway above, who was trying to hitchhike his way out of trouble with his thumb out. I suppressed my laughter while assuring the genuinely concerned cyclist that Bill was one of the volunteers and that he was OK.

It was interesting observing the cyclists. Already, the strongest, fastest ones were arriving first. The earlier they were, the stronger and more determined they seemed. One of the earliest to pass by me was Bill Buckalew of Benicia Bicycle Club, a truly strong cyclist and the only club representative in the event. (Bill successfully completed the double century, despite the record heat, and this was just two weeks after his finishing all five passes of the Death Ride in a very fast time! Congratulations, Bill! The next day, Sunday, the San Francisco Chronicle carried an article about the double century on Page A-15, with a photo of Bill Buckalew, who arrived first at the lunch stop at Palo Alto. To see the text of the article, which includes a brief quote from Bill, go to:

<http://sfgate.com/cgi-bin/article.cgi?f=/c/a/2005/07/24/BAGMVDSP2T1.DTL> .)

The temperatures in the East Bay were forecasted to

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**Volunteers***(Continued from page 11)*

be in the high nineties, so it was not surprising for everyone to be starting early. (As a matter of fact, I heard after the event that at least two participants abandoned the ride because of the heat, and there were probably many more.) There were a lot of solitary riders. It must be terribly lonely cycling 200 miles with no other cyclists in sight! (I've never cycled that far in one day.) I admired their taking on such a challenge with so little public interest and fanfare – doing it just for their own personal satisfaction. At least a couple of the riders had their own personal SAG wagon following them on the course.

One lady told me she appreciated my being there because she had already taken a couple of wrong turns that morning. And several entrants eloquently thanked me for “taking the time to come out and help them.” That made me feel good! Often there were long pauses of five to ten minutes between successive riders. When the SAG wagon arrived at my location at about 7:30 a.m., the driver reported that one of the cyclists had already crashed while coming off the Petaluma Bridge on SR-37; he was taken to Kaiser Permanente Medical Center. His bicycle was atop the SAG wagon. It was not clear what caused the accident.

Bill DeWolf reported that he saved at least one cyclist from missing the exit from SR-37 at Wilson Ave and had to call back another guy. Mick Weninger, stationed at Mare Island Way and Tennessee St., reported the following: “(1) A rider asked me to hold his bike while he ran off into the bushes, (2) Another had a flat, and I had a floor pump and was able to help, (3) A rider came down Tennessee, saying “I missed the Wilson Ave. turn off.”, (4) Another came from behind me (Mare Island); In North Gate???, (5) Most riders said “Thank You.” Mick suggested that one thing that could have been done better was that there should have been a confirming arrow in the roadway after every turn. After his ride, Bill Buckalew agreed.

The remaining volunteers were stationed as follows, in order of their distance away from me: Bob Klosterman at Mare Island Way and Sonoma Blvd (SR-29), Bill Schmidt at Maritime Academy Way at entrance to I-80, and Barbara Wood at Vallejo entrance to bike path over Zampa Bridge to Crockett. Barbara reported that one group had a flat near her and stopped to change a tire and rim strip.

Five of us volunteers had a great breakfast together afterwards, during which we swapped stories. There was still time for a bike ride for some of the volunteers. Though I'd rather be an active cyclist than a volunteer watching cyclists, I still had a pleasant, different, and unusual experience that made me feel good!

**Bill Buckalew's Perspective****Riding the Bay in A Day: Double Century**

From my (rider's) perspective, you guys were invaluable. Even though the area you covered was part of our (BBC's) home turf, the route was generally not one that I have ridden before. So your presence made it a lot easier. Plus, for me it was an inspiration to see you out there - as volunteers - helping others out and cheering them on, myself very much included.

Because of where I ended up in the ride, I had only one other rider to discuss the ride logistics with - and he, too was very complimentary of BBC's help. I will also add that the intent was to have additional "ride monitors" all along the route - and I saw nary an additional one - you guys were it. (Was I too early to take advantage of the monitors - I doubt it.) So I ended up making several errors, and spent lots of time wondering whether I was on the right track. (Gets back to Mick's confidence arrows comment.)

I appreciate the support you gave us - and probably more importantly, I am proud to be a member of Benicia Bicycle club. You guys certainly showed our colors on Saturday morning. Thank you very much.

**Bill Buckalew****Appreciation From Mick (Volunteer)****Bay In A Day: Double Century**

Thank you all for your help Saturday Morning. The BABC asked the CLUB to guide the riders thru Vallejo and you did a bang up job. Can't think of too many things worse than getting lost on a 200+ mile ride or having a problem with nobody around to help. WE were there for them. Also gave us a chance to cheer on one of our own (Artic Bill). Next year we could skip Napa and do this.

Just kidding...**Mick**

## The Double Metric Century: BBC Featured Author

### Mike Dunn

#### Shoeless in Markleeville

The Death Ride. What an ominous name for a century. Who wouldn't feel mixed emotions at the thought of contemplating the ride? Tour of the California Alps? Does that do anything for you? The Death Ride. Now that's a tease that can't be resisted. At least it was for me.

I actually signed up the day the site opened. Unfortunately, I didn't make it in the lottery and was placed on the waiting list. Fortunately, Kevin Kelley had also signed up and was given an entry and wanted to sell his place. How could I resist? Phatbar Bob made a call to the event organizers and before I knew it, I was on my way. Thanks Bob and Kevin.

In anticipation of the ride, I trained with Bob K, Mick and Ed. We were joined by Joe Shami on a few of these training rides. Mount Diablo was a beautiful ride. It was my first ride on the mountain and I fell in love with it from the start, EXCEPT THE LAST CLIMB TO THE SUMMIT. Only a masochist would enjoy that climb. The week before the Death Ride, I took a spill on another training ride in the Sonoma Napa region. I had 2nd degree abrasions on both butt cheeks and my right forearm. Should I drop out of the ride? Will I mend in time?

I threw all caution to the wind. I wanted to do this ride. I had been anticipating the thrill of achieving such a feat that nothing short of a serious accident or death in the family was going to keep me away. I was looking forward to the camaraderie I would share with Bob, Mick, Ed and Kent.

We caravanned to Markleeville the day before the event and camped in the parking lot at the staging area of the event. The expo was interesting, but hot. I waited in a line to register. I waited in a line to receive a Death Ride Jersey. I waited in a line for dinner and I waited in a line for breakfast. But, so what. I was in. I was doing the Death Ride !

That night, I tried to sleep in my CRV. I was told the seats were comfortable when folded down and positioned just right. I guess I never GOT IT RIGHT because I tossed and turned all night. Oh well, I was in the Death Ride. What's a few hours of sleep.

Reveille was a treat. They played Pink Floyd over loud speakers, just loud enough to nudge you out of dream land. I quickly dressed and went for breakfast. When I returned, I donned my helmet, gloves, emergency first aid pack, nourishment, water bottles and ..... Oh no, I FORGOT MY SHOES !! I'm usually good about packing. They must be in the car somewhere. I'll rip this baby apart until I find them. Alas, no shoes.

I've come so far. How can I quit now? The answer. I can't. I'll ride for as long as I can and quit when I've had enough. After 4 passes, the course is routed so that you actually pass your parking spot on the way to the final pass. An opportunity to call it a day. This could have been my out. Instead, I went back to my car and looked, once more, for the forgotten shoes and continued on to Carson's Pass.

The ride itself was beautiful, even in sandals. I had enough of a platform on my pedal that allowed me to pedal, sitting down, for most of the race. The posterior suffered because I could only stand in flat areas or down hills (with some odd looking standing posture). I should make a pitch for Nike here since it was their sandals that allowed me to finish the race. Surprisingly, my feet were fine. BUT MY KNEES !! It took me a while to recover from this one.

**Mike Dunn**



**FROM:**  
***Benicia Bicycle Club***  
***P. O. Box 141***

**TO:**

***President/Bill Schmidt***  
***Treasurer***  
***Bob Klosterman***  
***Editors***  
***Laurie Fenech, Peter Van Slyke***  
***Publisher***  
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ANYBODY WANNA RIDE?

**The Road**

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Please accept my application for membership in the  
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Enclosed is: \$15.00 for individual membership, or  
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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.

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