

# Benicia Bicycle Club

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## The Road Marshal: Message from the President

January 2007! It is the start of another year. Set your goals and plan your rides and remember to get those very important bike miles in and then start your training. Make this a strong, healthy and safe season. Over the next couple of months, the pace should be moderate for some nice enjoyable group riding so come out and cruise before the pace picks up.

I would like to thank Lisa and George for another great Christmas party. Sorry Juliet and I couldn't make it. We heard it was a wonderful and fun party.

I would also like to thank Bob Klosterman, Bill Schmidt, Ed Brennan, Lori Fenech, Barbara Wood, Mick Weninger, Alan Lemone, Riva Flexer, and

Sherri Bortolazzo for all your help throughout the year making my job easier. And for those of you who didn't know, Floyd Landis got his hip replacement and it is a success.

By the way, his new hip was manufactured and distributed by Smith & Nephew, which is where Juliet works.

Just a quick reminder, your 2007 club membership fees are due. \$15.00 single and \$18.00 family, so get the check to Bob K. The jerseys both short sleeve and vest are available to order. Please contact Ed B. We need at least 25 pieces to place our Voler Order.



Prez Sugar Joe Marks and his wife Juliet

### The Cinderella Tour

**Registration is in the mail—get your registrations in ASAP for the 31st edition of this tour. There will be changes to the usual route for those who feel fit enough for the challenge (Editor's note—if you completed last year's ride you can do anything!)**

### Welcome New Members!

- Sarah Gray
- Michael Eleccion (Returnee)
- Charles Mohn
- Carol Day
- Mel Gaba (Returnee)
- Yonghua Tai
- Jesus Martinez
- Jacqueline Medina (Returnee)

If you are looking for more routes to ride and a good read to boot, have a look at Bay Area Biking by Ann Marie Brown, published by Foghorn Outdoors (ISBN 1-56691-742-5). Whether your tastes run to fat tires or skinny rims, steep dirt trails or sweeping paved roads, you will find plenty of information about the resources at hand in the San Francisco Bay region for the avid cyclist.

### Newsletter Contributors

Thanks for your articles, photographs and your moral support! Our January/February Newsletter is a team effort. Special thanks to Joe Marks, Joe Shami, Mick Weninger, George Villarreal, Barbara Wood, Bob Klosterman, Bill Schmidt and Ed Brennan. Sherri and Riva

## High Performance: BBC Members on the GO!

### El Tour de Tucson XXIV, November 18, 2006

I'd heard about it many years ago. It is a big "event" in Tucson, AZ, bringing in more money than even baseball's spring training. The downtown festival surrounding the event includes art shows, craft shows, live music, and lots to eat. Such celebrities as Davis Phinney, Jeannie Longo, Greg LeMond, and Floyd Landis have accepted past invitations to ride with the cast of thousands. Something like 8000 riders, from all over the US, Canada, Mexico, and beyond, participated in El Tour 2006. I was one of them.

There are four choices of mileage. Each ride starts along the same route at different places and at a different time. Each route ends at the Convention Center, downtown, where the post ride party is happening. Vendors galore! If you didn't get to their booth

during the registration, here is the opportunity to taste, chat, and pick up samples of the latest and best on the market. (You need to get to the specific start but they will shuttle you back from the finish).

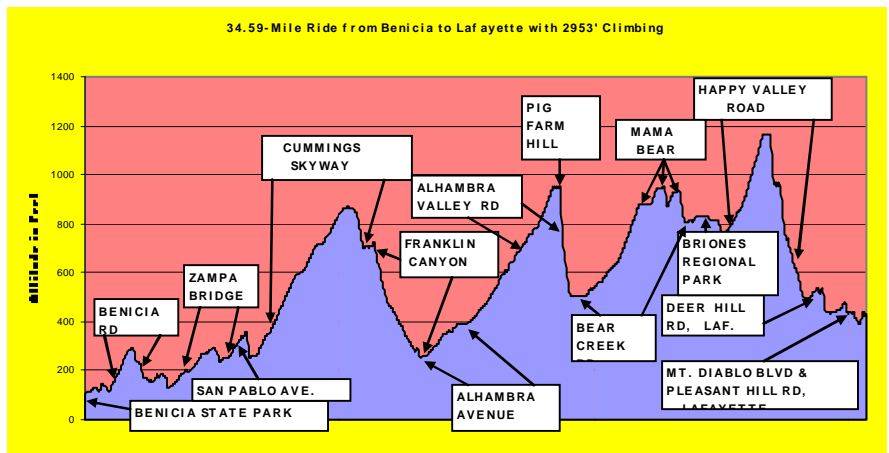
Although there isn't much elevation change, there is a big "wash" 11 miles into the 109 mile option. Riders have to dismount and carry their bikes across this rocky section. It's all part of the adventure, and no one complains.

10,000 riders are expected to descend upon Tucson in November, 2007 for the big XXV (25<sup>th</sup>). For more information, go to [www.PBAA.com](http://www.PBAA.com). It's big and well organized and worth the effort.

Barbara Wood

### The Shami Shack Ride: A Challenging Metric Century from Benicia to Lafayette and Back

*Editors' Note: Your intrepid editors took the 'low road' on this very chilly ride, the Reliez Valley route. We misread the little map and ended up on the road back to Martinez. Sherri's suggestion to ask for directions turned us around, and we were thankful to arrive at the Shami Shack for a well-deserved lunch. Sherri rode back with the Club, while Riva, who was chilled to the bone (to say the least!) rode to Walnut Creek, indulged in a bit of shopping, and met her husband on the Pleasant Hill/Walnut Creek border after his soccer game. She dresses for the weather now...*



**Bob Klosterman** led a group of 13 cyclists from Benicia to **Joe Shami's** place in Lafayette and back in a challenging metric century that he called the "Shami Shack" ride. Bob had previously scouted the route with **Mike Dunn**, and estimated conservatively that the ride was 55 miles with 3000 to 4000 ft. of climbing. However, it was considerably longer! Just the Benicia—to—Lafayette segment was 34.59 miles with 2953' of climbing (*Ed.'s note— see altitude profile above and detailed chart below*). And the return trip via Reliez Valley Rd, though easier, was still about 27 more miles with at

least another 1600', plus mileage to and from people's homes. So the total was at least 61 plus miles and 3600'. (**Shami** had never tried this challenging route from Benicia until recently, when he created the accompanying altitude profile and chart.)

It was a very cold, dreary Sunday in mid-November (the 19<sup>th</sup>), wherein the sun shone for only a few minutes all day. Accompanying Klosterman were **Sherri Bortolazzo, Ed Brennan, Riva Flexer, Kimball Goodman, Ron Holloway, Dan Jenkins, Marcie King, Rob**

(Continued on page 3)

## High Performance: BBC Members on the GO!

### The Nineteenth Annual New Year's Ride

In heavy fog on January 1, 2007, with train whistles that sounded just a few feet away rather than across the Carquinez Straits, 20 club members assembled at Benicia State Park at 9 a.m. to start the New Year with cycling. Seventeen were on their bikes, while three club veterans came to show support, take photos (see below), and walk.

Leader Barbara Wood had advertised the ride in advance as "a chilly, hilly ride through Vallejo, up American Canyon, returning by the Solano Bike trail and Lake Herman Road for a total of 30 miles and 2100' of climbing, with optional breakfast afterward at Pappas Restaurant on E. 2nd St, Benicia." However, the ride was significantly shortened due to the fog and the fact that even the fastest riders couldn't have made the 10:30 a.m. breakfast time requested by Pappas. A more direct route was chosen to Lake Herman Rd via Georgia St., Southport Way, and Ascot Pkwy, for a shortened distance of 17.29 miles to Pappas with a stop at the Lake Herman Reservoir.

The pace was very leisurely with more than usual social interaction during the



At the State recreation Area starting point (Photo credit Bill Schmidt)

ride. The weather improved rapidly to become a beautiful day later. Total climbing turned out to be 935'. No-one complained about the shortened route.

At the restaurant, Joe Marks' family joined the cyclists too, as well as Joe Brewster, an injured but recovering Manuel Olague, Bill Schmidt, and Mick Weninger. The restaurant did a great job in serving the group efficiently in a separate banquet room with three delicious specials. It was a very good way to kick off the cycling new year!

Joe Shami

*Shami Shack Ride (Continued from page 2)*

**Lo, Rob's friend Joe Soy, Nancy Lund, Doug Miller, and Bill DeWolf.** Also present was **Mick Weninger**, who couldn't ride that day but drove to Lafayette to be with the group.

**Bill DeWolf** was the first to arrive, sprinting ahead of the others, because his goal was even more am-

*(Continued on page 6)*



Breakfast at Pappas' (photo credits Bill Schmidt)

## The Benicia - Lafayette Route AKA Shami Shack Route (Thanks to Joe Shami)

Step	Miles	Feet Climbed	Alt.	Location
0	0	0'	108'	Benicia State Park Staging Area Near Military West
1		163'	171'	Benicia Rd @ Columbus Parkway, Benicia
2	3.30	210'	174'	Benicia Rd @ Laurel St., Vallejo
3				Laurel St. @ Magazine St., Vallejo
4	5.16	330'	200'	Vallejo Entrance to Zampa Bridge Bike Path
5	6.79	420'	249'	Crockett End of Zampa Bridge Bike Path
6	7.79	520'	256'	Cummings Skyway @ San Pablo Ave, Rodeo
7	9.75	980'	719'	Cummings Skyway @ Crockett Blvd
8	12.01	1130'	705'	Cummings Skyway @ Top of Franklin Canyon
9	16.37	1160'	259'	Franklin Canyon Bottom @ Alhambra Av, Martinez
10	18.03	1290'	390'	Alhambra Valley Rd @ Reliez Valley Rd, Martinez
11	21.46	1840'	951'	Pig Farm Hill @ Alhambra Vly Rd & Rancho La Boca
12	22.94	1850'	502'	Alhambra Valley Rd @ Bear Creek Rd, Briones
13	25.13	2230'	883'	Top of Mama Bear 1 <sup>st</sup> Peak on Bear Creek Rd
14	25.56	2300'	948'	Top of Mama Bear 2 <sup>nd</sup> Peak on Bear Creek Rd
15	26.26	2370'	925'	Top of Mama Bear 3 <sup>rd</sup> Peak on Bear Creek Rd
16	26.89	2370'	814'	Bear Creek Rd @ Briones Regional Park Entrance
17	27.69	2390'	814'	Same After Visiting Toilets/Water @ Left of Kiosk
18	28.02	2390'	764'	Bear Creek Rd @ Happy Valley Rd, Martinez
19	29.10	2780'	1168'	Top of Happy Valley Rd, Lafayette/Orinda
20	29.44	2780'	968'	Happy Valley Rd @ Sundown Terrace, Orinda
21	31.98	2780'	499'	Happy Vly Rd @ Deer Hill Rd Near Lafayette BART
22	33.01	2830'	436'	Mt. Diablo Blvd @ Brown Ave (past Café Barbara)
22A			436'	Mt. Diablo Blvd @ Starbucks on right before Carol Ln
23	33.87	2870'	436'	Mt. Diablo Blvd @ Pleasant Hill Rd, Lafayette
24	34.59	2953'	427'	"Shami Shack"

This Chart may be helpful in estimating parts of the following rides:

1. Benicia to Martinez Starbucks. Same route till after #9. Then turn left and proceed another two flat miles to Main St. and turn right.
2. Benicia to Lafayette an easier way via Reliez Valley Rd. Same route till after #10. Then turn left. On reaching Pleasant Hill Rd (of Lafayette), turn right.
3. Benicia to Lafayette an easier way via Alhambra Ave. Same till after #9. Then stay on Alhambra Ave till it becomes Pleasant Hill Rd (of Pleasant Hill). Turn right at Taylor Blvd and stay on it till it becomes Pleasant Hill Rd (of Walnut Creek and Lafayette).
4. Pig Farm Hill. Same route till after #11 or #12.
5. The Three Bears. Same route till after #18. Continue straight on Bear Creek Rd.
6. Little-known shortcut to Sleepy Hollow area of Orinda. Same till after #20. Right @ Sundown, Left @ Dalewood, Left @ Lombardy Ln. Emerges at Miner Rd & Camino Pablo, Orinda, south of Bear Creek Rd.

## Experience the Tour de France on the Big Island

Aloha,

Imagine a place with great daily bike rides of 15-100 miles starting at 3800' elevation. The temperature is cool-warm although tropical beaches are less than an hour away. An immense national park is minutes away.

You and your friends are nestled in comfortable accommodations in a rain forest setting during the 2007 Tour de France. Delicious gourmet lunches/dinners are served. Following your daily morning ride, you watch expanded coverage of the Tour

at 3:00 pm on a screen TV in the privacy of your own meditation hall.

Highly trained masseuses are at your beckon call. Evenings are spent relaxing, drinking wine from a local winery, or visiting the restaurants of Hawaii's second largest city, Hilo.

A new retreat center in Volcano has now opened and is offering a rare opportunity for a bike club, bike shop, group of friends, or any other Tour de France devotees to come experience the Tour in Hawaii. It is not the Alpe d'Huez or the Champs-Elysees. The owner is, however, French and the passion for the sport lives strong here.

The Tour de France is July 1-23, 2007.

Come create your own Tour experience without even leaving the country. While one week is already booked there are still two week-long slots available. If you are interested I can answer additional questions, send you to the website, and offer ideas on how you can make it a pleasurable and highly profitable alternative.

With Mahalo,

Scott Fothergill

evakyan@yahoo.com

## European Touring Information

Having moved here from the states a little over a year ago, I wanted to let you know about our business here in France.

I decided to start by describing a bit of our experiences.

The temperature here in Europe which has been warmer than usual, and the lack of precipitation that has prevented skiers from enjoying the Alps, has encouraged all but the most timid cyclists to extend their winter riding. Last year at this time this was all but impossible. The weather is not balmy by any means and the short days have been hard to get used to, as always. There was one memorable evening when poor route planning meant that I descended the hairpin turns to home in the dark, in the rain, guided only by the headlights of the car behind me. That was a cold evening and just helped to ensure my wife's low opinion of my sanity.

On the other hand the day after Christmas I put in an easy 60k in the countryside around Geneva. A few days later I celebrated my 50th birthday here in Autun with a great 70k ride with my friend Richard on New Years Eve, and followed this by a 99k solo ride on New Years day. I have to admit that the birthday present of a new Briko jacket did help.

We have enjoyed our first year here and have had moderate success introducing Co-Motion Cycles to Europe. Our most enjoyable sale was to a great couple in Croatia. For the adventure of the trip, I talked my 2 kids into making a weekend run across northern Italy to deliver the bike. It was worth the long hours behind the wheel. We loved the riding on the peninsula of Istria which ended at a local village restaurant. One has not lived until one can experience a dinner which begins with white truffles on toast in front of an open fire. This is a part of what Europe is all about. You will see a few images from our time there on my new web album - <http://picasaweb.google.com/Rochefort42>

We also had a great time introducing our first tour last year and are working hard on the tours for next year.

Last year our tour took in the last individual time trial of the Tour de France which was 25k from our hometown. This year the Tour de France comes to our town with a stage 5 finish. VeloNews describes the stage like this:

"This should be the most decisive stage of the opening week on a course that traverses the Chablis wine region and Morvan hills on its way through Burgundy. The narrow back roads, with their short steep climbs and twisting descents, continue all the way to the finish in Autun, where classics riders like Alejandro Valverde and Paolo Bettini are favored to win."

The roads VeloNews describes are the roads we ride all year long. All of the details are now on our website: <http://www.velotransatlantique.com/tours/index.html>. We also have images from our tour, and the region, on this link: <http://picasaweb.google.com/Rochefort42/TourDAutunMorvan>

If any members of your club have expressed an interest in cycling in France, perhaps you can let them know about this option and they can contact me directly. Bear in mind that we can provide custom tours for clubs for dates not on our schedule.

In the meantime, my best wishes to all for a happy and healthy new year. May the road ahead be smooth, and may the wind be always at your back.

Best Regards,

Marc de Rochefort

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

## Tech Talk: By BBC Bicycle Techy, Mick Winger

### Chain Wear

If you have a bicycle you have tires and a chain. Like tires, chains wear also. Chains wear internally. Chains are made up of rollers, pins and side plates. The roller and pins wear on the inside, where you cannot see it. The wear is known as stretch or elongation. The chain industry says when wear gets to 1% elongation the chain should be replaced. Park makes a gauge (CC3)(\$10.00) that works well to check chain wear. It is a go/no go gauge that will tell you when you have reached 75% of the 1% of the allowed wear. The  $\frac{3}{4}$  worn indication will give you enough time to pick up a new chain and get it installed or get your bike to a shop to have the chain replaced. Just do it. At 1% elongation things get expensive.

At 1% chain wear, chain strength starts falling off. Worse yet, the mating gears (rear cogs and chain rings) will wear to match the worn chain. When you install a new chain the worn teeth will not perfectly match the new chain and a skipping will occur under pressure, usually in the smaller cogs. The answer? New cassette and chain rings. You can buy several chains for the price of a set of gears. Better yet, you can buy a chain gauge for half the price of a chain and avoid it all. If you don't want to gauge your own chain, most shops will check it for you for nothing, but do it.

Next month let's talk about side plate wear and cleaning and lubing a chain.

*Shami Shack Ride (Continued from page 3)*

bitious – to complete a full century by going on to Moraga, Orinda, and El Sobrante before returning to Benicia. (He did it!)

**Sherri Bortolazzo** and **Riva Flexer** decided to take a shortcut by departing from the group at Reliez Valley Rd (Step 10 of chart) and going directly up the steep hill into Lafayette. However, they got turned around, due to ambiguous instructions (*mea culpa*), climbed a second steep hill unnecessarily and got lost. So they actually arrived after the others. **Riva** was lightly dressed in shorts, expecting the spring-like weather of the previous day to continue, and she paid for not hearing the weather forecast.

On Happy Valley Rd, the group encountered a large contingent of **Shami's** other bike club, the Veloraptors of Montclair, who were celebrating their liberation from Oakland due to the reopening of Pinehurst Rd, that had been closed near Canyon for months for repairs. "How come he never invited us to his house?," they asked the Benicia riders. After finding refreshments and



See these lovely, glowing and visible winter jerseys? You too can ride and display your club colors this summer by putting in your short sleeve jersey and shorts/knickers order to Ed Brennan at [farnsworthcycles@aol.com](mailto:farnsworthcycles@aol.com). A complete order needs 25 pieces, so the sooner you order, the quicker you will receive. Makes perfect sense...!

warming up, the Benicia group returned home an easier way than they had come – via Pleasant Hill Rd to Reliez Valley Rd., then right on Alhambra Valley Rd., left on Alhambra Ave., and

*(Continued on page 7)*

## Benicia Boys' Night Out by Ed Brennan

Members of the Benicia Bicycle Club, as well as a few other citizens, braved the cold temperatures on the evening of December 7th to participate in the first annual Boy's Night Out event. The boys were hosted by Ms. Christine Strawbridge, owner of the Christina S Boutique on First Street.

Sightings of BBC members included our President and First Lady, as well as Ed, Bob, Mark, and Michael. Bob was able to collect at least one person's dues for 2007.

First on the agenda was delving in to an ample supply of Celebration Ale from the Sierra Nevada Brewery in Chico. The topics of discussion

included the finer points of the Farnsworth bike displayed in the shop window. The discussion ended abruptly when two of America's Top Models, Peggy and Kat, emerged from the back room. Not content with the attention they were getting from Our Boys, the models visited The Chill wine bar next door after each change of outfit. During their brief absences, some of the Boys were actually observed looking at the items on display and discussing purchases with Christina S. and her excellent staff.



Pictured are Bob, Peggy, Mark, Kat, Joe, and Michael. (photo credit: Ed Brennan)



Peggy (left) and Kat showcase the red Farnsworth displayed prominently in the window of Christina S. (photo credit: Ed Brennan)

Not to be left out in the cold, the Boys eventually started following the models to The Chill. All agreed upon departing that this had been an excellent way to spend a wintry evening and thanks were given to Ms. Strawbridge for her hospitality.

Not to be left out in the cold, the Boys eventually started following the models to The Chill. All agreed upon departing that this had been an excellent way to spend a wintry evening and thanks were given to Ms. Strawbridge for her hospitality.

*Shami Shack Ride (Continued from page 6)*

left on Franklin Canyon Rd. All survived. But **Riva** rewarded herself by shopping in Walnut Creek and had her husband pick her up there.

## Winter cycling attire...then and now



Riders out for a spin in the winter of 1948. The rider second from left bears a striking resemblance to Fausto Coppi. Note the argyle socks sported by *il campionissimo*.

Bob and Ed share a few laughs in the winter of 2005. Classic good looks are never out of style.



Thanks to Ed Brennan for the pinup poster!

## Martinez Bicycling Festival 2007

Friday, Feb. 9 and Saturday, Feb. 10 Martinez rolls out the red carpet for racers and fans alike with a bicycle film festival and a special day of bike races, a tour and BMX demonstrations, a kids bike safety rodeo and a Live Healthy Fair presented by Shell Oil Products US Martinez Refinery.

Friday, Feb. 9 : free downtown Bike Film Festival featuring four movies at local restaurants and clubs.

7:30pm : Breaking Away starring Dennis Quaid playing at Paradise Café, 414 Ferry St. Also showing at 7:30pm is Overcoming, a fascinating look behind the scenes at the 2004 Tour de France, playing at JT LaBeau's, 436 Ferry St.

9:30pm a bike race documentary Pro playing at Bulldog BBQ, 601 Main St. Also showing at 9:30 is American Flyers starring Keven Costner, playing at Armondo's, 707 Marina Vista.

Saturday, Feb. 10: Second Annual all-day celebration and Live Healthy Fair will feature a local 40-mile bike tour, a "Bay Front Classic Criterium", and a race for all ages and levels through the downtown race route.

Throughout the day, the fair will showcase numerous booths focused on cycling, fitness, health products and more.

The Local Bike Tour will begin at 8 a.m. with cyclists following the early part of tour race route. The cost is \$35 per rider, and the first 100 registered riders receive free T-shirts.

The Bay Front Classic Criterium will begin at 9:00 a.m. with multiple races based on ability and age groups, offering cash and prize awards. For \$20-\$30 per rider, cyclists can compete for cash and prize awards in the Criterium, one of the most popular forms of bike racing in the United States. Held on a closed circuit track around downtown streets, spectators can watch the action up close as racers complete series of laps (1 km per lap), traveling at speeds exceeding 30 miles per hour.

## Napa Bicycle Coalition seeks Director

The Napa Bicycle Coalition has received a grant from the [Eagle Cycling Club](#) to hire its first Executive Director. The job posting will be released to the public in January, 2007. In addition, the Napa Bicycle Coalition has changed its name to the Napa County Bicycle Coalition, to emphasise its goal to represent all of Napa County.

### A word from the Lodi Sunrise Century Webmaster

It is hard to believe that it has been 11 years since the Lodi Sunrise Rotary Club held the first annual Sunrise Century! We thank all of you for making this event enjoyable for everyone involved!

This year's event will be held Saturday, May 19th.

Registration is now OPEN! To register, please visit our website at [www.LodiSunriseCentury.com](http://www.LodiSunriseCentury.com)!

We hope to see you at this year's event!

Best Regards,

Ralph Cesena Jr.

Join the Mountain Bike Pioneers at a party to benefit Trips for Kids on Sunday, February 11 (2pm – 6pm) at the Broken Drum Brewery, 1132 Fourth Street, San Rafael, CA  
Great food, drink and music! Drawing for a 2006 Jamis Dakota Comp Mountain Bike (retail value \$1075 )!

No admission charge!

Contact: (415) 458-2986 or (415) 381-2941 for details.

The event also features a BMX Stunt Show at 11am, 1pm and 3pm, and a Kids Bike Safety Rodeo from 11am-2pm sponsored by Martinez Rotary and Kiwanis Clubs. Kids can then ride in the Kids Fun Ride on the Criterium course on Main at Las Juntas at 2pm.

Volunteers who can assist in a wide variety of fun activities for the "Martinez Celebrates Cycling" festival on Saturday, Feb. 10. If you are interested in helping, email [noralea@sbcglobal.net](mailto:noralea@sbcglobal.net)

## Upcoming Ride Schedule

### February — May 2007

2/4/2007 Paskenta Century Chico Velo Cycling Club  
2/10/2007 Tour de Palm Springs GTE Directories  
2/11/2007 Rice Valley Tandem Rally Chico Velo Cycling Club  
2/17/2007 Butterfield Double Century PlanetUltra  
2/19/2007 Joshua Tree 150 and 200 Anny Beck  
2/24/2007 Mardi Gras Century Ventura Velo  
2/25/2007 Chilly Hilly Cascade Bicycle Club  
3/2/2007 The Moab Skinny Tire Festival Peloton Project  
3/3/2007 Death Valley Century and Double Century Adventure Corps  
3/3/2007 Kings River Blossom Bike Ride Reedley Lions Club  
3/3/2007 McLane Pacific Cycling Classic - Foothill Century Stanislaus Merlock Velo Race Team  
3/4/2007 LA Bike Tour Los Angeles Marathon  
3/4/2007 Tour of the Unknown Valley Chico Velo Cycling Club  
3/10/2007 Solvang Century & Half Century SCOR  
3/17/2007 Moss Beach 200k Brevet Santa Cruz Randonneurs  
3/17/2007 Spring Metric Century Orange County Wheelmen  
3/17/2007 Tour de Sewer Bell Gardens Lions Club  
3/18/2007 Solvang Spring Tour Planet Ultra  
3/24/2007 Redlands Rotary Ride Redlands Rotary Club  
3/31/2007 Cinderella Classic Valley Spokesmen  
3/31/2007 Solvang Double Century (Spring) PlanetUltra  
4/7/2007 Party Pardee Century Sacramento Bike Hikers  
4/7/2007 Pinnacles 300k Brevet Santa Cruz Randonneurs  
4/12/2007 Sea Otter Classic Cypress Group  
4/14/2007 Alta Sierra Challenge Kern Wheelmen  
4/14/2007 Bike Around the Buttes Benefit ride for local Diabetes Society  
4/14/2007 Hemet Double Century and Single Century Watrous Cycling Enterprises  
4/14/2007 Mulholland Challenge Planet Ultra  
4/14/2007 Mulholland Double Planet Ultra  
4/14/2007 Tierra Bella Century Almaden Cycle Touring Club  
4/15/2007 Katy Ram Challenge Ram Band Boosters  
4/22/2007 Primavera Century Fremont Freewheelers  
4/22/2007 The Wildflower Chico Velo Cycling Club  
4/28/2007 Devil Mountain Double Quackcyclists  
4/28/2007 The Alpine Challenge Alpine Kiwanis Foundation  
4/28/2007 Top Hat Classic Bike Tour Northern California Chapter NMSS  
4/28/2007 Wildflower Century San Luis Obispo Bicycle Club  
4/29/2007 Monster Cookie Metric Century Salem Bicycle Club  
5/5/2007 Breathless Agony Ride Santiago Cycling  
5/5/2007 Fiesta 150 Orange County Wheelmen  
5/5/2007 The Diehard Double Century Anny Beck  
5/5/2007 The X Rides TGFT Productions / Bike the West  
5/6/2007 Delta Century Stockton Bicycle Club  
5/6/2007 Grizzly Peak Century Grizzly Peak Cyclists, Inc.  
5/12/2007 San Ardo 400k Brevet Santa Cruz Randonneurs  
5/12/2007 Tour of the Unknown Coast Tour of the Unknown Coast  
5/19/2007 Buena Vista Bike Fest Colorado Springs Cycling Club  
5/19/2007 Davis Double Davis Bicycle Club  
5/19/2007 Mulholland Highway Century Different Spokes of California  
5/19/2007 Nevada City Mountain Bike Endurance Ride Big Brothers and Sisters of Nevada County, CA  
5/19/2007 Sunrise Century Lodi Sunrise Rotary Club  
5/20/2007 Strawberry Fields Forever Cyclists for Cultural Exchange  
5/25/2007 Great Western Bicycle Rally Great Western Bike Rally  
5/25/2007 Northwest Tandem Rally Northwest Tandem Rally

## Club Stuff

### Regular 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.

#### Slower riders

If you are feeling intimidated and prefer a slower pace, Sunday morning rides often have slower riders. For more information, send Riva an email at [riva.flexer@mail.mcgill.ca](mailto:riva.flexer@mail.mcgill.ca)

#### Mt Diablo Ride:Wednesday

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.

### Looking for more rides? More Company?

Valley Spokesmen [www.valleyspokesmen.org](http://www.valleyspokesmen.org)

Diablo Cycling Club [www.diablocyclists.com/](http://www.diablocyclists.com/)

Eagle Cycling Club [www.eaglecyclingclub.org/](http://www.eaglecyclingclub.org/)

### In case you forgot...DUES ARE DUE!

We are now available to receive your 2007 renewal dues.

Dues are due by 12-31-2006 and remain the same as last year—\$15 solo, \$18 family.

The application is available for printing on the Club website, on the last page of this newsletter, or you can re-

quest one by snail mail if you prefer. You can pay by check or cash. The mailing address is on the application.

If you will not be renewing, please let us know so we can turn off the reminder machine.

Bob K.

### Minutes of the BBC January 2, 2007

Meeting opened at 7:05 pm. Present was Joe Marks, Barbara Wood, George Villarreal, Bob Klosterman, Bill Schmidt, Marwin Rosburg, Mick Weninger, Riva Flexer, Ed Brennan.

Treasurer reported that we have \$4,800.39 in the bank. 60 people have paid dues; about 33 have not yet paid. Richard Schneider provides liquid refreshments in lieu of dues. Bob Klosterman moved to permit this for this year, seconded by Barbara Wood.

Discussion about short sleeved order and shorts order. Needs to be pushed. Ed Brennan will prepare an article about this-will try to fill orders for both.

Discussion about a list of "Easy" centuries.

Discussion about a PDF file conversion program for the Newsletter Editor. No decision just yet. For pictures of club members for newsletter, go to Yahoo Groups-show link-write to George.

Regarding the Rose Drive/Columbus Parkway project, Barbara Wood showed the latest drawings showing the bike path entrance off Columbus Parkway. It is poorly angled, forcing cyclists out into traffic to access the sidewalk.

Meeting was adjourned at 7:35 pm.

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How do we name thee? Let us count the ways... After much discussion, the editors decided to take an email poll of the membership, asking if they would prefer nicknames, full names or first name plus initial. Of the fourteen people who replied, all were comfortable with the use of full names in this publication. If you would prefer something else, please let the editors know by email.



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

*President: Joe Marks*  
*Treasurer: Bob Klosterman*  
*Editors: Riva Flexer/ Sherri Bortolazzo*  
*Publisher: Bill Schmidt*  
*Web Master: George Villarreal*

TO:

The Road

ANYBODY WANNA RIDE?

## 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.**

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.

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
_____	_____	_____