

Benicia Bicycle Club

P.O. Box 141

Benicia, CA 94510

707-644-0074

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The Road Marshal: Message from the President

August! Summer is almost over and now it's going to get hot. Napa Century is here on Sunday, August 17th. We will all be out there wearing yellow cruising the first 40 or 50 miles then we will get moving. Last year, the Yellow Jersey of your President was attacked on the Silverado Trail, coming back with speeds way up there. When the yellow train turned right off Silverado, it all calmed down. Yes, I was still with the main group which had been cut in half.



Prez "Sugar Joe" Marks & wife Juliet

This year some club members have challenged Kevin Kelley to show up and in return, Kevin has challenged the club to ride the following Sunday, Mountain Bike Style!! So keep that in mind, keep training and be ready. I think we are all going to go mountain bike riding!

July's Club BBQ put on by Laurie and Bob Vanwert was first class again and it just gets better and better. Next year, we might have to take down the fence to give Bob and Laurie a bigger yard. It was comfortably a full house and the ride was 40 plus riders with perfect weather. Thank you Bob and Laurie.

The Jersey orders is in so anyone who needs a jersey, please contact Ed Brennan. Also we have hats and t-shirts with socks coming in the near future.

Remember, in September, the Benicia Crit is coming so be ready to help out on Sunday, September 7th.

Thank you,

Joe Marks

Time Trials
The August Time Trials were held at Lopes Road on August 6 at 6:00 p.m. Results in next issue. July results on Page 2.

Welcome New Members
Michael Clarke
Michael & Monyee Kazek
Danilo Duaz
Welcome Back
A Scott Overfield
Karen & John Tusting



From your Intrepid Editors

Oh, we had such fun on the Newsletter Appreciation Ride. And it wasn't as difficult as Riva thought it would be. Looks as though those Sundays of climbing Cummings Skyway are paying off. You don't have to run with the Big Dogs to ride with the BBC. There is still room to fit in a century or two before the rain begins. Hope to see you out on the road!

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SOLANO PACIFIC

Newsletter Contributors

Thank you for your articles, photographs and your moral support! Our Summer 2008 Newsletter is a team effort, as always. Special thanks to Steve Salvador, Mark Birnbaum, Barbara Wood, Joe Pritchard, George Villarreal, Bill Schmidt and Mike Dunn.

Sherri and Riva

BBC Members on the Go!

Time Trials July 4 2008

Here are the results from our July 4th Lopes road time trial. We had a great turn out with 21 people showing up, 4 of which were with Karen Tusting's training group. A big congratulations to Mick Weninger who set a new record in the Men's 70+ category with a blazing time of 31:51, holy s#\$%!

Weather conditions could have been better, the wind was estimated blowing 16-18 mph, with temperature around 68 degrees. Last year's wind conditions were 8-12 mph. The climb up to Parish Road was harsh as everyone got slammed by the usual gust at the top.

Our next time trial will be start at the usually time of 6 pm and is scheduled for August 6th. Special thanks to Joe

Barbecue Ride 2008

This year's ride was a real challenge on a hot hot day in July. Two groups set out, faster and slower. Some riders did the Bears, all did Pig Farm in at least one direction (pew!), and some returned to Benicia via San Pablo Avenue. Some even got lost! A warning to all—bring enough water and food, even if you don't plan to get lost or delayed (the best-laid plans ...) It can be dangerous out there!

The Barbecue was fantastic. All that food! We really cook. And the meats prepared by our hosts, the Vanverts! Pictures on Page 8.

A Thank you note to our guys

Bob & Mick;

Just want to say thanks for the escort and overall friendliness you guys showed to my wife and her friend last week. She REALLY appreciated it. She's just getting back into cycling after a 25 year hiatus. It really was great for her to run into you and for the two of you to escort the two of them back to their starting place.

By the way, the Canyon Classic was great, on Sat.

Thx again,

Mark Birnbaum

Ed.'s note—Read Mark's account of the Canyon Classic in this issue.

Wind/Temp 16-18mph/68°F		Timed by: Joe P, Barbara W, Nancy L.				
Start Order	Surname	First Name	Age Group	Time Min	Time Sec	Avg. Speed
20	Hands	Russ	50-54	27	27	22.30
16	Van Wert	Bob		29	25	20.80
19	Villarreal	George	50-54	29	48	20.54
21	Martinelli	Brian	55-59	30	9	20.30
18	Elmore	Ray	55-59	30	18	20.20
14	Bahr	Steve	50-54	31	14	19.59
10	Van Wert	Laurie		31	23	19.50
17	Delfin	Johnny	40-44	31	29	19.44
15	Tusting	John		31	36	19.37
11	Weninger	Mick	70+	31	51	19.22
7	O'Dell	Ken		32	24	18.89
9	King	Marcie	50-54	33	7	18.48
13	White	Dave	50-54	33	46	18.12
8	Hands	Ellie	45-49	34	9	17.92
12	Marks	Joe	45-49	36	3	16.98
6	Marks	Juliet	45-49	37	24	16.36
4	Jensen	Deanna		38	49	15.77
5	Flexer	Riva		39	1	15.69
2	Pappas	Cindy		40	15	15.20
3	Plummer	Crystal		45	15	13.52
1	Woodhouse	Susan		50	7	12.21

Barbara Wood's Cross-Country Trip

Long-time BBC member Barbara Wood rode across the United States this summer. Her adventures can be found at www.gbvilla.cnc.net/barbarawoods.htm where she has been keeping a log of her travels. An interview with photo can be found on Page 7.

The Doc is Baacck! — A Scott Overfield

I'm back! I arrived from the United Kingdom on 8 July, and went on my first club ride 12 July. It's nice to be back home!

Congratulations to Laurie Fenech!!

This just in from Joe Pritchard.

On July 26, our one and only Laurie Fenech traveled to Woodfords, CA for the NCNCA Masters Road Race Championships (Diamond Valley Road Race) and won the 50-54 age group division. The following day, she won the NCNCA criterium championship (Carson Valley Classic) in Minden NV. Way to go, Laurie!

The Newsletter Ride — August 10 2008

The Club held a Newsletter ride in honor of the Editors of the BBC Newsletter, Sherri and Riva. Riva picked the route, and selected all the hills she hasn't done or never rode. So Marwin Rosburg, Riva Flexer, Joe Shami, Sherri Bortolazzo, Bob Klosterman, Bobby Miller and Nancy Lund headed out to Orinda and back, at Riva's leisurely pace, logging 65 miles and 4000' of elevation gain. Mick Weninger accompanied the group back from Pinole Valley Road. Three food stops, four water stops, magnificent views and good company were the order of the day! A good time was had by all.

Wildflower Century—Mark Birnbaum

Editor's Note: I've never been able to schedule this ride in due to activity conflicts every year. This account tells me what I'm missing!

Chico Velo has been running this ride for many years now and it has become one of the biggest rides in Northern California in terms of number of riders. The number I heard while at the ride was something over 3,000. Any bike ride with that many people becomes a rolling celebration of the sport itself. You could feel the vibe in the air, laid back and mellow. The start/finish is at one of the larger buildings at the Chico Fairgrounds. Rain has been a problem more than once on the ride but this year the temps would be close to 90. This was a coming home of sorts. In Chico 35 years ago, I had first started riding, doing ever longer explorations in all directions including most of the route we would be doing today.

I had dinner with Bob K. Bob Hyde, Joe P and Barb the night before and we agreed to ride together the next day. The plan was to meet and start at 6:30. We left pretty much on time, riding north through Chico for a mile or two then uphill NE into the hills for a few miles on Humboldt Road, which was a horrible mass of potholes, patches, dirt and rough asphalt. When we hit Hwy 32, we dropped quickly down the hill, back to town on acceptable although not great pavement. Joe pulled ahead at this point, and was soon out of sight. We worked our way to the south end of town on various city streets and two new bike paths and were soon on Honeyrun Road, entering Butte Creek Canyon. The temps were pleasant and there were riders everywhere. Everyone seemed to be having a good time, kicking back, enjoying the scenery and just being a part of the whole experience.

After a few miles of flat we came to the covered bridge and the start of the Honeyrun climb to Paradise. We passed a fair number of cyclists as we climbed. Bob K was a slower climber than Bob H and I so he gradually fell behind on this stretch. We waited for him at the top and then proceeded together to the first rest stop at the Paradise Middle School. The place was swarming with riders. Bikes were everywhere on the ground and leaning against anything that would support them. It was warming up so the jacket came off at this point. We ran into Joe and after about 20 minutes all four of us set out together.

The remainder of Paradise passed quickly and we were soon zipping south on Pentz-Magalia Rd. After a few miles the grade got steeper and the final mile or so of downhill was really fast. I lost Bob H and Joe on this stretch. Bob K was somewhere behind me. Hitting the bottom of the hill, I proceeded alone through the valley towards Oroville. A mile or so into this stretch, the 100k route separated from the 100 mile route and it became less crowded. As we worked our way south, through the orchards and grassland we had glimpses of the Sutter Buttes from time to time and views of the snow covered peaks to the west as well. Arriving at rest stop #2, I ate, used the facilities and refilled water which I was drinking at a rapid rate. After a few minutes Bob K showed up and I waited for him to do his thing. Then we headed east.

The next portion of the ride took us into the outskirts of Oroville then north up the long climb onto Table Mountain. It was getting warmer now and as we got closer to the top some people were walking their bikes. At the top was a water refill station which we skipped. It was very pleasant being on top of Table Mountain. More or less flat, a bit cooler than the valley, good scenery, decent pavement and full stomachs. Arriving at the north end of Table Mountain we passed through the hamlet of Cherokee and enjoyed the rapid downhill to Highway 70. A short downhill on Highway 70 and a shorter jog to the north brought us to the next rest stop. Bob H and Joe were just leaving as we pulled in, so we said hi. Now we were probably 60+ miles into the ride and were back in the valley. All the big climbing of the day was over. From here it was mini rollers and than flat orchards and grasslands for the rest of the ride. Once again, we refilled both body and bottle. Like the other rest stops, this one was a mass of riders and their machines everywhere. An amazing sight. After stuffing ourselves yet again, it was time to tackle the valley.

We were now back on course with the 100k riders and would be for the rest of the ride. We took turns pulling each other as we headed west across the valley. In some ways this was harder than hill climbing as there was no rest time and it was getting hot. Progress seemed slow as measured

(Continued on page 4)

Climb to Kaiser—Mike Dunn

The 32nd Climb to Kaiser was held on June 28. It was advertised as 155 miles with 14,000 feet of climbing. Ed Craft, Jim Green and yours truly were the only riders from the Benicia Bicycle Club to tackle the event this year.

I arrived in Clovis the day before the event and stayed in a Best Western that was very comfortable. That night, I attended the Farmers' Market, which included a live band. Luna's, an Italian restaurant, was recommended by the hotel as being the best in town (yummy). After a fitful night's rest, I awoke at 0400h, dressed and rode to the event. I met Ed and Jim at the start and we rolled out, en masse, at 0530h.

After the first 15-20 miles, I never saw Jim again. He finished in roughly 11 hours. Ed and I kept playing leapfrog from one rest stop to the next. I would be leaving just as he arrived.

There were roughly 300 riders for the Climb to Kaiser and a total of 90 riders for the other two shorter rides (according to one of the event personnel). I was unable to record the ride stats because my Garmin only recorded for 10 hours and this ride took me roughly 14.5 hours to finish. Most of the 14,000 feet of climbing was done by mile 80-90. The downhill was impressive and long, but the uphill was a killer (the route sheet listed the following climbs: Old Tollhouse Grade: 2700 feet in 7 miles and Big Creek Road: 2000 feet in 3.8 miles). The climb to Kaiser Pass was roughly 8 miles, but not as steep as the previous two climbs.

On a personal note, THIS RIDE WHIPPED MY BUTT. I

had assumed I would finish the ride before dark and had neglected to bring lights. I also assumed I would be able to drink the Gatorade they provided at the rest stops. I DID finish the ride (just barely) before dark, but the Gatorade was too sweet and I started drinking only water (BIG MISTAKE). About mile 120, I knew I was in trouble. I was exhausted and my legs were tingling (not cramping, yet). I had managed to get in a pace line with three other riders and arrived at the last rest stop, mile 139, at 1800h (hour 13). The three "pacers" offered to help me ride in, but I was too exhausted and needed another 15 minutes to rest. I started the last 16 miles, on my own, as the sun was beginning to approach the horizon. I wasn't sure how strict the ride officials would be and anticipated being pulled from the course, after completing the major portion of the ride. SO... I cranked like a madman and arrived at the start in roughly 14.5 hours (I say roughly because I neglected to check in at the finish). I was so exhausted, I went directly to my car to rest before dinner. When I had filled my tray with food and met Ed and his wife, I remembered that I hadn't checked in. I was recorded as completing the ride in 15+ hours.

The support staff were great. They offered to hold your bike at the rest stops while you indulged. Overall I would say this is the hardest ride I've done, thus far and, YES, I would do it again.

Wildflower Century (Continued from page 3)

against the distant hills and other landmarks. At mile 80+ we pulled into the Durham rest stop. As we pulled in, I could see Bob H and Joe pulling out in the distance. I normally skip this stop, but the flatlands were wearing us out. It felt good to take a ten-minute break before tackling the final section of the route.

As we left Durham we got behind a woman who was going at our speed. She joined our paceline and we took turns pulling for the next six or seven miles. This was a big help. She stopped for reasons unknown where the route made the turn from W to NE so we were on our own again. The next seven or eight miles back to Chico seemed to take a long time although we were moving at a pretty good clip. The scenery wasn't too exciting, it was now hot and we

had been sitting down and cranking hard for a while. Good training for future rides. After what seemed like a long time, we entered Chico and rode through downtown before the final jog to the fairgrounds. As we pulled into the fairgrounds, Joe greeted us. He and Bob H had been there for a while. It was 2:00 p.m., which meant we had been gone for seven and a half hours. It felt good to put the bike in the car, take off the cycling shoes and join the hundreds of other cyclists for the post-ride meal.

It had been a good ride. Decent route, good quality and quantity of food, rest stops where needed, with lots of portapotties (to keep the lines short) and no killer headwinds. Being a three-hour drive from Novato, however, this will probably be the last time I do the ride.

Ah Yosemite! —Barbara Wood

Three days of riding, 180 or so miles, 10,000 feet of climbing!! Valley Spokesmen's chief organizer, Bonnie Powers, has been leading this trip for 20 years. The original trips were done with panniers and camping. Now it's motels and dining rooms and a ride home in a van which was left there the previous Friday.

The trip, as usual, leaves from the Power's home in Dublin, CA. The first climb is the Altamont Pass and then a practically flat ride to Oakdale. (77 miles) The next morning, we got an early start to tackle the five-mile climb up "Priest's Grade" en route to Groveland. Up, up, up! Not too hard, just continuous. I could see the top of the grade above the road that wended its way along the mountain. But, alas, as we turned the corner, the climb not only continued, but got steeper! Not too long a climb, but steep, single lane due to construction. I looked forward to reaching Big Oak Flat. NOT! The climb continues through town. It wasn't too steep in itself, but the name implied FLAT and it wasn't. We were very glad when we reached the nice floating downhill into Groveland.

We stayed at a cute B&B but had to leave our bikes at the firehouse down the street. The firemen were pleasant and showed us where to store our bikes – out of the way. Once all had arrived at the hotel and settled in, we were treated to pie and ice cream purchased at a local bakery (excellent!). After a beverage at the "oldest bar in California" we had dinner and went to bed. Tomorrow would be our climb (and descent) into Yosemite.

In previous years, riders had encountered rain and sometimes snow at the higher elevation (6000'). This year the weather was on our side. This was particularly good since we would face 5000' of climbing. I mentally broke the trip into segments. I would think about one segment at a time. Long climbs were followed by long descents. I hated giving back the elevation I had just gained.

Finally I saw the sign for the Nordic Ski Area where our faithful SAG Bonnie would be waiting. We packed warm clothes so that they would be readily available to put on for the eleven-mile descent. I added some layers and began the last leg into the park. It was pleasant without too much traffic – that is until we got into the construction delays. Some of the riders had to wait as long as 15 minutes before they would let anyone through. More construction through the valley made it a little dicey getting to our cabins at Curry Village.

We had a nice dinner near the Yosemite Lodge and spent the next day exploring the valley. It is always an awesome sight. The dogwood was blooming and the water was falling. It was a beautiful day in a beautiful spot.

Of course, we ended our stay with breakfast at the Ahwanee Lodge.

The Canyon Classic (June 14 2008) —Mark Birnbaum

This ride out of Patterson is run by N. Modesto Rotary Club. It is a pleasant ride that attracts a few hundred riders each year, making it one of the smaller centuries in the area. Since it is in June, the weather can be on the hot side. This would be the third time I'd ridden it. Greg H. had driven up from Santa Barbara, Norm B. had driven down from Lincoln and I had driven from Novato. The prediction was for hot weather and it was warm enough to start the ride without a jacket. While at the check in, I spotted Mike the Plumber, from SF. He's probably the only regular on the century circuit who still rides in toe clips. We were on our way by 6:08, riding through the residential and new industrial park areas of west Patterson.

Crossing under I-5, we headed up Del Puerto Canyon Road into the foothills. The scenery was hills, a few oak trees, dry grass and occasional ranch houses. There was no traffic, the grade was gentle and the pavement was OK. A nice way to start a ride. A few miles out, we passed a big guy on a beautiful yellow Medici. It was a guy who I've never spoken with; who I think rides with the Valley Spokesmen. I've been seeing him for 20-25 years on the rides, although it had been a while since I recalled seeing him last. Between his size (at least 6' 6") and his old large yellow bike, he's hard to miss. At mile 18 we pulled into the first rest stop, ate, used the rest rooms, refilled water bottles and were out in about 10 minutes.

Four miles later, the grade steepened for 1 ½ miles for the climb to the Stanislaus-Santa Clara County line. There were a few more trees up here, since the elevation was higher, but it was still a tinderbox. We could smell smoke, which I assumed was from the Bonny Doon fire which was burning in the Santa Cruz mountains. Greg had gone on ahead and I waited for Norm at the top. Once Norm caught up, we proceeded through the rollers to the Junction Café, where the road forks. The left fork goes to Mt. Hamilton, another route option on the ride. The right fork goes to Livermore, which is what we were doing. Greg had stopped, and was ready to roll. Norm and I rolled through without stopping. We were at mile 27, and it was getting warm.

The next 20 miles took us through the mountains going N-NW with two climbs, followed by gradual descent into

the Livermore Valley. At the top of the second climb, I ran into Jesse Smith, former Quackcyclist, whom I hadn't seen in a while. He was having a big year and had already done 5 doubles as well as helping out on a few rides. There was a headwind which kept us working as we made our way towards the valley and which also cooled things off a bit. We were now going through the second canyon of the day. Along this stretch, we entered Alameda County, our third county of the day. We arrived at the valley floor and headed east after a few miles. At mile 56.6 we pulled into lunch, at the Garre Vineyards winery. The fixings weren't fancy but they were adequate and there was a lot of everything. A tomato/sprout sandwich, some pretzels, a banana and a few cookies were enough to send us on our way after about 25 minutes.

After lunch, the road began to climb, gradually at first, then steeper as we headed E-SE into the hills towards the Central Valley. At mile 62, we summited at 1,590 according to the route sheet and headed down into the third and last canyon of the day on Corral Hollow Road. The climbing was over for the day. For a few glorious minutes we had a great tailwind. After a mile or two, the wind changed directions and was in our faces for the remainder of the ride through the canyon. We went past the Carnegie SRVA (State Recreational Vehicle Area) where the loud dirt bikes were busy eroding the hills as fast as they could. Does any other country in the world spend sparse taxpayer dollars so that people can screw up the hills while creating noise and pollution at the same time? The good news was that there seemed to be less people there than in prior years. Perhaps the high cost of gas was keeping them at home.

Along this section of the ride, we passed into San Joaquin County, the fourth and last county of the day. The canyon ended in a few short rollers and we crossed over I-580, re-entering the Central Valley. It was close to noon, but the promised hot weather had not materialized. It was probably only about 75-80. At mile 75.4, we pulled into the next rest stop, in the outskirts of Tracy. A lot of folks must have gotten a really late start on the ride, because we were not exactly tearing up the pavement and we were not seeing a whole lot of other riders. We had the rest stop to ourselves for the 5

(Continued on page 9)

Tour of the Unknown Coast—Joe Pritchard

Club member Mark Birnbaum & I rode The Tour of the Unknown Coast on May 10, 2008. There were 100K, 50 mile, 20 mile, & 10 mile options in addition to the 100 mile ride.



The ride started at the fairgrounds in Ferndale, which is near Eureka. Pre-ride camping was available.

The TUC was an awesome ride, one of the most challenging that I have ever done – however, the scenery was beautiful. The roads were in bad condition but I was warned, so I used heavy duty wheels & tires, which worked out great. Over 100 miles, the elevation gain was nearly 10,000' with three very steep hills, including one called "The Wall".

Riding across the USA— Barbara Wood

Editor: How many years have you been riding? How long have you been a BBC member?

BW: I have been seriously riding my bicycle since joining the BBC in 1987. That's over 20 years.

Editor: What motivated you to undertake this trip?

BW: I have always been intrigued with the idea of riding my bicycle across the country. I have always had a spirit of adventure.

Editor: What were your best experience on this trip?

BW: I had 3 best experiences on the trip. (a) Meeting Austin's former crew mate (B-17) and his wife in Canal Fulton, Ohio. (b) having my sister, brother-in-law, and four cousins meet me for dinner in Albany, NY. (c) my ride from Hamburg, NY to Canandaigua, NY. I defied the SAG driver and took shelter during a thunderstorm. 94 miles, 6000' of climbing. I think this was one of my best days EVER!



Editor: What were your worst experience on this trip?

BW: My worst experience – no really bad experiences. I guess four flats in one day. As we left Erie, PA, we must have cleaned the streets for them. Most of us had flat tires. Many of us more than one. Too bad because it was a beautiful day long the eastern shore of Lake Erie.

Editor: Describe your feelings upon reaching the Atlantic Ocean.

BW: Reaching the Atlantic was the end of the trip. Sad, because I enjoyed the ride and the friends that I had made. But elated that I had

reached what seemed at times to be an impossible goal. Somehow, I think that I was mostly sad that what was a wonderful adventure had come to an end.

Editor: Would you recommend this trip? Why?

BW: I would highly recommend any long distance bike trip. I loved seeing the USA first-hand from the seat of my bike. America the beautiful!! Each area had its own special feeling. The California desert, the mountains and high desert of Arizona and New Mexico, the plains of Texas and Oklahoma, the endless wheat fields of Kansas, corn in Missouri, Illinois, Indiana, and Ohio (and soybeans). Riding along the Lake Erie shore and then crossing my home state of New York was the highlight for me. Vermont greeted us with a perfect day for riding while New Hampshire and Massachusetts allowed us to test our rain gear once again. It is an adventure! The weather, the traffic, the terrain, even the condition of the road are all part of it.

Editor: What's the next trip in store?

BW: My next adventure is the RSVP ride from Seattle to Vancouver (and party). I am going with my step-daughter, Cindy, and her husband, Chris. They will be on a tandem. I hope to see them at dinner. About 180 miles. I don't know the elevation. August 15th and 16th After that, the Waves to Wine in September and then back to New York state for a bike ride along the Erie Canal and the Hudson Valley. Buffalo to the city of New York. About 450 miles. Most of the climbing will be in the Hudson Valley which I rode last year. Why do it again? Because it's home!



The BBC Barbecue 2008

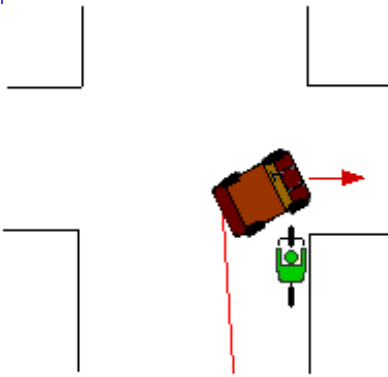


It was a wonderful summer's day in July—the Ride was very well attended. And as for the food, well, suffice to say that we all ate our fill, and more! Photos by Steve Salvador.

Safety Tips

Since we cyclists are always looking for ways to ride safely, and since accidents are always waiting to happen, we've decided to bring you safety tips from www.bicyclesafe.com. Set up by Michael Bluejay, this website is full of tips and suggestions, and well worth a read. Thanks to Mick Weninger for bringing it to our attention. This month we are looking at the The Right Hook

The Right Hook



A car passes you and then tries to make a right turn directly in front of you, or right into you. They think you're not going very fast just because you're on a bicycle, so it never occurs to them that they can't pass you in time. Even if you have to slam on your brakes to avoid hitting them, they often won't feel they've done anything wrong. This kind of collision is very hard to avoid because you typically don't see it until the last second, and because there's nowhere for you to go when it happens.

How to avoid this collision:

- 1. Don't ride on the sidewalk.** When you come off the sidewalk to cross the street you're invisible to motorists. You're just begging to be hit if you do this. [Keith Vick](#) was killed this way in Austin, TX in Dec. 2002.
- 2. Ride to the left.** Taking up the whole lane makes it harder for drivers to pass you to cut you off or turn into you. Don't feel bad about taking the lane: if motorists didn't threaten your life by turning in front of or into you or passing you too closely, then you wouldn't have to. If the lane you're in isn't wide enough for cars to pass you safely, then you should be taking the whole lane *anyway*. Lane position is discussed in more detail below.
- 3. Glance in your mirror before approaching an intersection.** (If you don't have a handlebar or helmet mirror, get one now.) Be sure to look in your mirror *well before* you get to the intersection. When you're actually going through an intersection, you'll need to be paying very close attention to what's in *front* of you.

Canyon Classic (Continued from page 6)

minutes we were there. The next group of riders pulled in as we were leaving.

The next 22 miles took us east, then S-SE through orchards, vegetable fields, past tracts of new houses, large lots with McMansions on them, and one or two small rural food stores. Not exactly inspirational, but a change from what we are used to. It's nice to connect with the land occasionally and be reminded that this is where the food comes from. At mile 97, we rolled into the last rest stop, at the Grayson Community Center. It was probably around 80-85 now, as hot as it was going to get. Not unpleasant as long as we kept moving and drank a lot of water. Ten minutes later, we were heading SE towards the eastern edge of Patterson. It seems like every year another tract of homes has gone up in this area. All of them are too large and there is a shortage of visible trees. Perhaps folks have planted small ones that are still below the height of the wall surrounding the tract. The last few miles took us through more residential areas of Patterson. At mile 105.8 we pulled into the start/finish. It was 2:00. We had been on the road for a bit under 8 hours.

The post ride meal of pasta, salad, garlic bread, chili and fruit Popsicle was most welcome. Like everything else in the ride, it was plain, but more than adequate in quantity and quality. The rest stop and start/finish staff had been extremely friendly and helpful as always. A good, solid, meat and potatoes ride. Riders got goody bags containing patch, water bottle, and literature from various local businesses. We enjoyed the meal, spoke to Jesse for a bit and then headed back to our respective corners of the state. It had been a pleasant, most worthwhile way to spend a Saturday.

Minutes of the BBC Board July 1, 2008

The meeting was called to order at 7:05 by President Joe Marks. Those present were Pete VS., George V., Nancy L., Steve B., Mike D., Bob H., Bob K., Ed K., Mick W., Sherri B., Marwin R., Barbara W., Ed B., Dave W., Jake, and Kimble G.

Bob K. gave treasurer's report. All jersey orders have been paid for.

Ed B. stated that the ship date for the jerseys is 7/7/08.

Motion from Pete VS. that committee heads can draw money from BBC up front, if necessary, for Crit expenses. Nancy L. seconded. Discussion. All in favor. Pete reported that road race was denied by City of Benicia due to numerous reasons. Discussion. City of Benicia really wants to do it, but wants it to be the safest it can be. Crit will now be on Sunday, Sept. 7th instead of Saturday. Same format as last year. Some booths will be set up, exposition style. There is a meeting set with the City of Benicia Staff in October to work out issues for the road race next year. Discussion. A lot of volunteers will be needed. Discussed ways to include the community. Nancy L. will check with the high school band, to include the school. Pete spoke about the need for Volunteer Czars. The Grand Czar is Carlos Soto. He will be getting Czars for Food, Set-up and Tear-down, and Marshalling. Barbara W. volunteered to be the Marshal Czar. We also need a co-announcer. Email Pete if you want to be a Czar. Eagles Cycling will be in charge of Registration. LaMorinda will help marshal and help us with other aspects needed.

Time Trials will be on Friday, 7/4 at 10:00 this month. Also on Friday there is a ride up Pig Farm and the Bears. Meet at the State Park at 8:00. Discussion. Mark Birnbaum wants to lead another Marin ride. Start in Novato, go to Fairfax. 75 miles, 2 bakeries and one ice cream shop. BBQ ride is 7/19. 68 miles. Meet at the State Park at 8:00. Death Ride is coming up. Those riding it are Bob K., Bob H., Frank

and Janey. Discussion.

Bob K. thought we should do an appreciation ride for Riva. Discussion.

Discussed the fact that we left off part of Mark Birnbaum's article on the Chico Wildflower in the newsletter. Club said to just reprint it in its entirety in next newsletter.

We have about 20 members signed up for Napa Century so far. Jake signed up. Marin Century is filling up. It is on 8/2.

Steve B. stated that a lot of riders have been injured this summer. Ride safely. Mick is riding with Joe Shami tomorrow. Riding to Moraga for lunch, 7 miles. Discussion.

George V. will send out another reminder to sign up for the Napa Century. Discussion.

Steve B. reported that 10 members did the Giro de Peninsula. Bobby Miller finished first on the 100 mile. Food was good. Nice weather, well supported, good ride. Discussion.

Mike D., Ed K. and Jim Green did the Climb to Kaiser. Very hard ride. Great weather. 285 people started the century. Don't know how many finished. Ed's time was 15 hours, 10 minutes. The Ride started in Clovis. 15,500 feet of climbing. Discussion.

Barbara W. is back from her Albuquerque to Boston ride. Lots of climbing, thunderstorms, lightning. A lot of helpful people. 38 people finished the ride. 49 total days riding. Barbara did 30 something days of riding, and averaged 85 miles per day! Discussion.

Meeting adjourned at 8:00 p.m.

Respectfully submitted,

Sherri Bortolazzo

Regular Club Rides

Tuesdays and Thursdays @ 9:30 AM: Meet at Starbucks at the bottom of First Street. 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.mcgill.ca

BBC Monthly Meeting: 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.

Upcoming Rides August — October 2008

8/16/2008 Chualar 200k Santa Cruz Randonneurs
 8/16/2008 Cool Breeze Channel Islands Bicycle Club
 8/16/2008 Holstein Hundred West Marin Senior Services
 8/16/2008 Hot August Days Hot August Days
 8/16/2008 Stonewall Century Spanish Peaks Cycling
 8/17/2008 Tour of Napa Valley Eagle Cycling Club,
 8/17/2008 Tour d'Organics
 8/17/2008 Yaquina Lighthouse
 8/23/2008 Desperado Dual Color Country CC
 8/23/2008 The Cache Valley Century
 8/24/2008 Tour of Southern Utah Planet Ultra
 8/31/2008 North Rim Tour Planet Ultra
 9/6/2008 Amtrak Century Orange County Wheelmen
 9/6/2008 Audi Best Buddies Challenge- Hearst Castle
 9/6/2008 High Sierra Fall Century Sierra Cycling Foundation
 9/6/2008 Siskiyou Century Yreka Rotary Club
 9/7/2008 Tour De Tahoe - Bike Big Blue TGFT Productions / Bike the West
 9/13/2008 Hoodoo 500 (RAAM Qualifier) Planet Ultra
 9/13/2008 Ride for 65 Roses The Cystic Fibrosis Foundation
 9/13/2008 Waves to Wine Nor Cal Chapter NMSS
 9/14/2008 OatBran TGFT Productions / Bike the West

9/20/2008 Amgen California Coast Classic Bicycle Tour Arthritis Foundation, Southern California Chapter
 9/20/2008 Auburn Century Auburn Endurance Events
 9/20/2008 Bicycle Tour of Utah Cycling Escapes
 9/20/2008 California Coast Classic The Arthritis Foundation
 9/20/2008 Everest Challenge Stage Race Eastside Velo
 9/20/2008 Knoxville Fall Classic Double Century Quackcyclists
 9/20/2008 Ride the Rogue Siskiyou Velo
 9/20/2008 Tahoe Sierra Century Tahoe Sierra Century Ride
 9/20/2008 Tour Des Lacs Round and Round
 9/20/2008 Tour of Big Sur & CA Coast Cycling Escapes
 9/27/2008 Lighthouse Century San Luis Obispo Bicycle Club
 9/27/2008 Mt. Whitney Classic Cycling Event Summit Adventure
 9/27/2008 Tour de Whidbey Whidbey Island Hospital Foundation
 9/27/2008 Tour of Two Forests (Classic Route) Planet Ultra
 9/28/2008 Peach of a Century Salem Bicycle Club
 10/4/2008 Furnace Creek 508 Bicycle Race AdventureCORPS, Inc.
 10/4/2008 Harvest Ride for Literacy Ventura Rotary Club
 10/4/2008 Konocti Challenge Rotary Club of Lakeport
 10/4/2008 The Grizzly Century North Fork Com.Dev.
 10/5/2008 Tour de Poway Cycling Promotions West
 10/8/2008 Condor Classic Pinnacle Partnership
 10/8/2008 Peak to Peak Pedal United States Adaptive Recreation Center
 10/11/2008 Bass Lake Powerhouse Double Century Fresno Cycling Club
 10/11/2008 Cochise County Cycling Classic Perimeter Bicycling Association of America
 10/11/2008 Colonel Allensworth Century Crankin' Time Cycling
 10/11/2008 Inland Express STS Riverside Bicycle Club
 10/11/2008 MS 150 Bay to Bay Bike Tour National MS Soc.
 10/18/2008 Foxys Fall Classic Davis Bicycle Club
 10/18/2008 JDRF Ride to Cure Diabetes
 10/18/2008 Salton Sea Century Shadow Tour LLC
 10/18/2008 Solvang Autumn Double PlanetUltra
 10/18/2008 Tour of Solvang Wine Country Cycling Escapes
 10/25/2008 Death Valley Century and Double Century - Fall AdventureCORPS, Inc.
 10/25/2008 Fall Metric Century Orange County Wheelmen
 10/25/2008 Spooktacular Kern Wheelmen



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

President: Joe Marks
Treasurer: Bob Klosterman
Editors: Riva Flexer/Sherrri 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 or 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 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.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE BENICIA BICYCLE CLUB AND SIGN IT OF MY OWN FREE WILL.

If this application is for family membership, please indicate names and ages of all family members, including minors.

DATE _____ AGE _____
 SIGNATURE _____

NAME:	SIGNATURE:	AGE:
_____	_____	_____
_____	_____	_____
_____	_____	_____