

Benicia Bicycle Club

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The Road Marshal: Message from the President

June: Weather is great and we are all out riding. Please mark your calendars and get ready for our club barbecue ride Saturday, July 19th. It's a great metric century, it's free and then there's the BBQ afterwards for you and your family!



Prez "Sugar Joe" Marks & wife Juliet

Monticello Century was a great ride! It didn't get too hot until the end and we all finished together. No one attacked down Pleasant Valley and that was a good thing because I was done and could not have countered. Are you all signed up for the Napa Century Sunday, August 17th? We need the whole club there, 25, 65 or 100 miles. You pick the distance that you want to go and sign up as soon as possible.

Remember, we have short sleeve jerseys on order and hats and t-shirts available for sale.

Thank you!

Welcome New Members!
Keith and Linda Nowell
Jacob Hansen

MARK YOUR CALENDAR!

Saturday, July 19th

The 5th Annual BBC BBQ Ride

Ride starts at 8am, sharp, at the Benicia State Park.

BBQ/Potluck to follow at 4:00PM.

See page 2 for more info!

From your Intrepid Editors



Sherri has been riding the tough hills lately, and Riva is very impressed with her strength. Both had the pleasure of participating in the Wine Country Century (Sherri rode 100 miles, while Riva did the metric version). If you haven't tried this ride yet, read Mark Birnbaum's account and mark your calendar for next year! Speaking of hills, recently Riva encountered a cyclist loading her road bike into her van outside the post office. Seems that she didn't like riding the hills, so she drove downtown and rode on the flats...Some of our members seek out those hills—Barbara Wood comes to mind. Read about her trip to Yosemite with the Valley Spokesmen. See you on the road!

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Newsletter Contributors

Thank you for your articles, photographs and your moral support! Our June 2008 Newsletter is a team effort, as always. Special thanks to Barbara Wood, Ed Matthews, Mark Birnbaum, George Villarreal, Craig Snider, Joe Pritchard, and Mick Weninger

Sherri and Riva

BBC Members on the Go!

Time Trials May 7 2008

The temperature was a nice 65 degrees but the wind was blowing a harsh 15-17mph at the Lopes/Parish cross roads. We had 11 cyclists ride the course, with a few first timers braving the harsh conditions. The cows were out in force and cheered the riders on with their Moo's and Naa's. A new age group record of 27:03 was set by Russ Hands in the 50-54 group. Russ broke his previous record of 27:18. Thanks to Mick Weninger for timing the riders.

Start Order	Last Name	First Name	Age Group	Time Min	Time Sec	Avg. Speed
10	Hands	Russ	50-54	27	3	22.62
9	Salvador	Steve	40-44	27	20	22.39
6	Villarreal	George	50-54	29	48	20.54
5	Delvin	Johnny	40-44	30	25	20.12
8	Favela	Oscar	45-49	30	27	20.10
7	Fenech	Laurie	50-54	30	30	20.07
3	Marks	Joe	45-49	30	49	19.86
4	Striepeke	Steve	50-54	31	8	19.66
2	Bahr	Steve	50-54	32	33	18.80
1	Marks	Juliet	45-49	37	45	16.21
0	Villarreal	Lisa	45-49	40	7	15.26

Bike to Work Day

This year's Bike to Work day was an unmitigated success. Rather than locating the energizer station at the entrance to the Carquinez Bike Path, it was conveniently placed next door to the Ferry in Vallejo and was open from 5:30 to 9:30 a.m. In all, 59 riders passed through, both onto the ferry and just passers-by on bikes. It was a hot and gusty day as well, warming up fast in the morning.

This year the Bike To Work Campaign increased its energizer stations in the Bay area, from twelve to fifteen. Although there was a station in Benicia, the BBC was not involved with it. Thanks to Bill deWolf, Sherri Bortolazzo, Ed Brennan, Mike Dunn, Dave White, Mike Kunz, Nancy Lund, Gray Williams, Riva Flexer, and Barbara Wood for taking the time and effort to staff the

Kudos to:

Lisa Villareal for participating in her first time trial.

Barbara Wood for riding across the continent.

Mick W, Bill DeWolf and Bob K for safely completing the Spring Tour.

Cross-country trip

Barbara Wood is riding across the United States, a trip she has training for over the last year. You can follow her adventures at www.benicibicycleclub.org, where she has been keeping a log of her travels. See www.gbvilla.cnc.net/barbarawoods.htm

Time Trials June 2008

We had 10 riders show up. After participating in the Dunlop 31K time trail (19.26 miles) on Sunday, Greg Dannucci and Laurie Fenech came back to town and broke their age group records. Both riders previously held the records in their age groups. Greg broke his previous record by 5 seconds, with a new time of 27:22. Laurie broke her previous record by 35 seconds with a new time 28:01. Wow! Several other riders did their personal best times as well. The wind was blowing 14-16 mph, a little slower than in May. The temperature was 72 F.

Start Order	Last Name	First Name	Age Group	Time Min	Time Sec	Avg. Speed
8	Dannucci	Greg	45-49	27	22	22.36
6	Fenech	Laurie	50-54	28	1	21.84
9	Green	Jim	50-54	28	20	21.60
7	Villarreal	George	50-54	28	27	21.51
10	Salvador	Steve	40-44	28	36	21.40
5	Delvin	Johnny	40-44	29	52	20.49
3	Marks	Joe	45-49	30	0	20.40
4	Striepeke	Steve	50-54	30	0	20.40
2	White	Dave	50-54	31	46	19.27
1	Villarreal	Lisa	45-49	39	42	15.42

BBC BBQ Ride and Potluck July 19 2008

MARK YOUR CALENDARS for the 5th Annual BBC BBQ Ride

Hosted by Bob & Lauri VanWert

Ride starts at 8am, sharp, at the State Park. Enjoy 68 miles of The Three Bears and Over and back Pig Farm Twice. Ride Pace is Moderate to Difficult...with few stops.

BBQ/Potluck to follow at 4:00PM. We encourage you to bring your partner and your children. It's time to relax, have fun, and mingle with the people you have been riding with all year.

If anybody is interested in providing SAG support, please contact Bob at vanwert@sbcglobal.net.

Potluck details to follow.

Ah Yosemite!

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 would 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 thru 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 11 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.

Barbara Wood

Encounter on Lopes Road April 21 2008

We had an eventful ride for a small group this morning...

I came through the State Park at 8:10 and no one was there so I cruised through and met up with George, Craig and a couple other guys in front of his house. As we approached Military I saw a couple riders and one of them was my buddy Sonny from Spin class at Benicia Health and Fitness. He had just bought his first road bike at The Pedaler's Bike Swap last weekend; I had told him about the club and he was jumping right in. He and the other guy Steve had just met on the road and both were on their first road rides ever. So we cruised along in our group of about 6 pausing at the overlook. Manny caught up to us and then, as usual, things started to pick up. Craig and I broke away taking long pulls all the way to the store. As we were waiting at the light I saw Bob and Laurie, Steve and Marcie and one or two others just leaving but my phone started ringing. It was my buddy Sonny and he said, "Steve got hit!" but he seemed okay and an ambulance was on the way. I made sure that the car had stopped then busted my ass back as fast as I could arriving before the ambulance, fire and police that eventually all arrived. An elderly man with apparently poor vision had hit Steve straight on from behind and he landed across the windshield caving it in. Sonny said that they were cruising along with Steve just behind and to the left of the line

when he heard screeching tires and, when he turned to look, saw Steve being thrown forward off the windshield landing an estimated 30 feet in front of the car as it finished coming to a stop. When Sonny turned to look he lost control and went down but wasn't hit by the car.

By the shape of his bike and the look of the car, I couldn't believe it but Steve's only complaint was some soreness to his low back. He was sitting up on the shoulder of the road with torn up shorts and abrasions on his butt but no other identifiable injuries. I did a quick neurological exam and checked his neck, head, and extremities and couldn't even find a tender spot anywhere else. The paramedics put him on a back board as a precautionary measure and took him to John Muir. They also cleaned up a couple scrapes on Sonny's leg and hand. Sonny's wife came by and picked up the bikes and took Sonny to Kaiser to have his hand checked out.

All the rest of the group had come back as well by now so once Sonny and Steve were packaged up, we continued the ride through to Mankas with various folks splitting off along the way. So the thing is nobody knows this guy Steve any more than his first name. I assumed incorrectly that Sonny knew him

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An encounter on Benicia Road

Here's an update on my accident: I got hit on April 23 at at 7:45 am on route to work. I was riding my commuter bike (Specialized Tricross) down Benicia Road and a driver took a left turn into me as I was riding thru the intersection at Benicia Road and Maple. The club rides through that same intersection every Sunday on route to Martinez. The crash tore the front forks from the frame of my bike, snapping through the carbon and aluminum of the fork. I landed face down and could tell right away my left arm/wrist was broken among other less serious injuries. I was taken by ambulance to Sutter medical where I underwent surgery on my left wrist. It was comforting to see club member Steve Salvador while I was awaiting surgery. I ended up with a broken wrist that required placement of three wire pins to hold the bones together. My wrist is held immobile by an external fixator that is screwed into the bone of my arm and the hand bone leading to the index finger with a bar that connects the two. It's a scary looking contraption, but turns out to be a great conversation starter! It's been painful, but I'm managing on morphine and codeine. On May 21 I had carpal tunnel surgery to help restore feeling in my hand. This was very painful at first, but has improved since. The pins are supposed to come out mid-June and the fixator comes off two weeks later. I'm hoping to be back in the saddle by mid-summer. I sorely miss our group rides and appreciate the get well card sent by the club. Best wishes and ride safe!

Craig Snider

Lessons Learned

(A confluence, the crash, and the conclusion...)

Following my first Century last week, the Monticello, I did not ride as I planned on Saturday, let the weather, and the idea of dirtying up my new bike send me to the gym. So by Sunday, I was itching to ride, and zipped along all morning, even making the top of Cummings early enough to loop back for a support climb. All was well till the end (sounds like skiing), I flew back over the bridge, and was moving well

going up Fulton, but was caught by Manny at the apex. We caught a yellow turning onto Glen Cove, which separated us from the group. He was slightly in front, but I timed the light at the Safeway better, and passed him fast going over 780. I think I was down Benicia before he was midway. I stomped on the right at Rose, as I ascended over the 780 overpass, I stood up, and I must have downshifted. The chain dropped off the crank set small gear. My right leg dropped hard, and the bike crashed into the raised sidewalk. I scraped down the cement, ripping off a pile of skin from my ankle to my knee.

The bike took most of the damage on the right drop down tape job. I put another hole in my shorts. Luckily I



had taken off my knee warmers, or the right one would have been trashed. While laying there a car stopped to inquire in I needed help. I sat up and said I was OK. Manny showed up, I stood up. Lots of traffic on the bridge. Bike looked OK. So I got on, and road down to the state park, where I reassessed the damage. As the group rode

in, I got to display the damage. Rode home, felt pretty good, no pain, still had lots of power as I went up Hastings.

Lessons learned (and this is still a process) –

If I had been down stroking on my left leg I could have just as easily crashed left, potentially under a car.

On the Highway 80 overpass on Magazine in Vallejo, where there is no sidewalk, the same crash might have put me on the highway, and that would have made the paper.

Standing in a climb, in a precarious situation, and shifting do not mix.

Not sure if this is obvious, but that's my lesson learned.

Steve Bahr

Wildflower Century

Editor's Note: I've never been able to schedule this ride in due to activity conflicts every year. This account tell 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 against the distant hills and other landmarks. At

Mountain Biking with Ed Matthews—24 hours of Adrenalin May 3 2008

Editors' Note: Ed Matthews participated in a five-man team, one of 16 teams registered. His team placed third!

Back again, for the fourth year, at Laguna Seca to race with a five-man team for 24 hours. It has always been a great event with emotional highs and lows each time. This year, the turnout was at a record low. Competing with the same weekend as *The Coolest 24hr* and some classic century rides led to lower turnouts. The promoter had only this weekend available, what can you do?

Given it was our fourth trip; we had the logistics down pretty smooth. We had all the right essentials: food, clothing and equipment to keep the bikes running tip-top.

We arrived on Friday afternoon and set up camp before taking the bikes for a slow spin over the 10-mile course. Every year it varies, this year the best singletrack sections had deep sand – possibly from the heavy traffic of the recent Sea Otter?

From what I hear, this was Team Hamana's last year. The theme of their annual party was one of Toga and Rome. It was ver the top, with beer, big screen projected music/videos, bonfires and appetizers. They had all the essentials, furniture to lounge on, heaters to keep toasty warm while conversing with the other teams. But, we had to be cautious given the free beer in such a festive event. The opposing team, giving out free food and drink....be wary.

The race kicked off at noon on Saturday, a Lemans start to the bikes and everyone is off. Our first rider came in at 51 minutes, and the second was off. The key to a good race is, of course, ride fast...but consistency, avoiding mechanical issues and making smooth transitions are the icing on the cake.

My first lap was my best, 50 minutes. The weather was cool, headwinds on the climb out and back to the S/F made for a pleasant lactic acid burn.

The second lap felt faster, but was 51 minutes. I guess I was smoother on the sandy sections and that led me to feel faster, who knows.

At this point we were in a solid 3rd, out of 16 teams. And looking at the lap times, we hoped to catch and over take 2nd place at some point during the night.

The weather was very cool, windy with heavy fog/mist at night- making for low visibility on the night laps.

As I was heading out to the S/F for my first night lap, our rider out on the course was sprinting back to camp. I was very uneasy



seeing him heading back to camp. His lamp had failed and we lost 40 minutes, scratched his lap. I knew we had slid down the ladder in the standings. Racing to the S/F, I checked in and headed out into the cold fog and wind. I was very frustrated knowing we had slipped to about 7th place. I rode fast, but safe, given the poor trail conditions and mist making the visibility poor. Moving up in the standings was going to come with time and not in one fast lap. Ride fast, ride safe, and be patient.

Four hours later I was heading out again. We were in fifth place according to the last update. I made note of the team numbers on the standings ahead of us. Heading through the last singletrack section, a rider was cooking through and making time on me. Catching me on the start of the "grind" I noted he was the team that was in 3rd before I had ridden out on this lap. I stayed back and watched his form on the grind, it was looking fatigued. I rolled up on him and held his wheel, easy pace. I rolled along side him, had a quick conversation about the race and the standings as I was slowly picking up speed. He was beginning to have more labored breathing and told me I was holding a "good pace", I told him it "hurts huh?".....he answered with a "yeah" as I shifted into the

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Wine Country Century May 3 2008

Sometimes things turn out the way they are supposed to. The Wine Country Century, put on by the Santa Rosa Cycling Club has been running for many years. It has become increasingly popular and now sells out several months in advance of the ride itself. Unlike many rides, the name of the ride is a good description. Most of the course is actually through vineyards in the various parts of north and west Sonoma County. There are several course options, ranging from 35 miles to 200k. Start/finish is at the Wells Fargo (formerly Luther Burbank) Center at the north end of Santa Rosa. Like last year I chose to ride the 100 mile route.

Official start time was 6:30, but Norm and I, both being early birds, hit the course at 5:55. It was cold. Norm's computer said 38 degrees. As we worked our way south and west we encountered many patches of ground fog and several stretches of pea soup. We saw one rider ahead of us and after 10 or so miles another rider passed us. Aside from that, we had the course to ourselves. Norm was setting a very aggressive pace. Traffic was minimal. We gradually worked our way to Graton, over the hill to Occidental and down Bohemian Highway to the first rest stop in Monte Rio (mile 26), arriving at 7:45. We were the first riders at the rest stop as both the riders ahead of us were apparently doing the 200k route, which adds a loop out to the coast before hitting this rest stop. It was great not having any lines for food or porta potties. The rest stop was well stocked with cookies, fruit, and snacks of various kinds. In less than 10 minutes we were back on the road, on our way to Guerneville and points east and north.



What a View! BBC Century riders at the coast. L-R: Joe Miller, Mike Dunn, Bob Hyde, Roland Torrecampo, Sherri Bortolazzo, Bob Klosterman, Nancy Lund (Photo by Ward Ingles)

riders who were quite numerous. Like the first rest stop, this one was full of stuff that cyclists want and need. Boiled potatoes, potato chips, bananas, cookies, pretzels and even strawberries with the stems cut off. Other rides should learn from these guys. Large number of porta potties and a tanker truck with water faucets attached to it insured that there would be no lines to contend with. After gorging ourselves and shedding a layer of clothes, it was time to head out again.

The next stretch took us into and through the Dry Creek Valley. This long, narrow valley has one winery after another and seemed even more beautiful than the areas we'd already passed through. We were now sharing the course with the 100k riders and whoever else was out riding for the day on their own. It was glorious. It had warmed up to maybe 60 degrees, which was as close to perfect as it gets. The valley scenery seemed to go by on its own, as we watched it change. We finally turned onto Dry Creek Road and arrived at lunch at the base of Warm Springs Dam (mile 70) at 11:15. The place was crawling with 100k riders as well as the few 100 milers who had passed us so far. We were pretty full from the last rest stop so lunch was not a huge meal for us. It was nice sitting at a picnic table, checking out everyone else, in the shade of the redwoods. This was the life. After 20 minutes or so we had no excuse to linger so we set out again.

The remainder of the ride would be mostly south with a few jogs to the east to get us back to Santa Rosa. Heading south from lunch and over the low pass on Canyon Road, we were soon entering the Alexander Valley. Norm set the pace as we went past field after field of lush grape plants. This valley seemed even more beautiful than the previous valleys. Since a casino was built in the hills overlooking the valley, there has been a noticeable increase in the

(Continued on page 9)

The vineyards were in full splendor throughout the ride with many shades of large green leaves on the various varieties of vines. The country the ride passes through is in many places like being in a postcard. The next section took us on Highway 116 along the Russian River, then south over the Mays Canyon and Green Valley climbs. After the climbs the route turns east and then heading north towards the Russian River. Most of this stretch is in vineyard country. At 9:30, we pulled into rest stop #2 at Wohler Bridge Park (mile 48.5) on the Russian River. We were now sharing the course with the 100k

The Spring Tour 2008

On Friday, 30 May, Bill D, Jake(works for Bill), Bob K, and Mick W headed for Bass Lake for the Spring Tour. It's near the town of North Fork and southwest of Yosemite.

Day One was a 75 mile loop with 7000' of climbing, up the scenic byway and then up Grizzly Road to Cold Springs summit.(7,400'). We spent a lot of time walking through snow drifts.

Day Two was 50 miles with 5,000' of climbing. We stayed at the Pines Resort at Bass lake and it was very pleasant with



Lake, heated pool and hot tub. Lots of good eating and drinking. There were 17 riders and a sag. All riders returned in original condition.

Mick Weninger



Encounter on Lopes Road (Continued from page 3)

from before so I didn't think to get his contact info. He's a white guy in his early 40's, 6 foot-ish with Short sandy hair. Is he on the club roster perchance? Maybe send out a note to the club and see if anyone knows him(?) I'd like to check in with him and make sure he knows we are still thinking of him.

As you reflect back on an incident like this, you really realize the importance of riding as far to the right as possible and staying in single file as much as possible. By the grace of God an absolute nightmare was averted but it just doesn't take much to change a nice group ride into an accident scene – an old guy with bad vision, a cop asleep at the wheel – even on a straight stretch of lonely road on a laidback spring morning.

Gray Williams

(24 hours of Adrenalin Continued from page 6)

big ring and slowly dieseled away. Making no effort to hold my wheel, he was cracked and I felt great. So much time can be made on the "grind", he came in three minutes after me. Checking the standings, we were in 3rd again by two minutes and I know I had nipped a few more minutes with that effort on the last lap. I headed up to camp, ate, showered and tried to nap as I figured I had two more laps to do before this race was over and done with.

In the morning, the fog rolled in with force, everything was wet.

The trail conditions were great, tacky and damp. The air was cool, and the best factor was that I could see. The lap times were the same. I found myself climbing a bit slower, but riding the technical areas a bit faster.

My last lap was the last one for the team; I came in at 24hr00min17sec, 18sec too slow for one more lap. We had lapped the 4th place team and had a solid 3rd. The additional lap that we missed out on would not have made a difference.

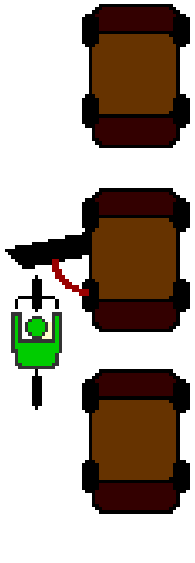
Great event, would recommend it to anyone....

Pictures of the event can be viewed at: <http://flickr.com/photos/7107333@N05/sets/72157604891437157/>

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 Door Prize..

The Door Prize



A driver opens his door right in front of you. You run right into it if you can't stop in time. If you're lucky, the motorist will exit the car before you hit the door, so you'll at least have the pleasure of smashing them too when you crash, and their soft flesh will cushion your impact. One advocate has compiled a list of [cyclists killed by running into open car doors](#)*.

How to avoid this collision:

Ride to the left. Ride far enough to the left that you won't run into any door that's opened unexpectedly. You may be wary about riding so far into the lane that cars can't pass you easily, but you're MUCH more likely to get doored by a parked car if you ride too close to it than you are to get hit from behind by a car which can clearly see you.

Editors' note: For more information about this problem, see The DoorZone Project.*

*<http://www.riinsrants.info/bikes/doorzone.htm>

Wine Country Century 2008 (Continued from page 7)

amount of traffic here. Plans have been approved for massive expansion of the casino, so the days of safe cycling in what should be paradise are numbered. Traffic wasn't too heavy today so we were in luck. The last rest stop is at the Alexander Valley School at mile 85.6. To my surprise, Norm didn't so much as slow down, and we zipped right past it. That was fine with me.

The miles continued to roll by as we went through the southern end of the Alexander Valley and began the climb up Chalk Hill Road. The climb isn't especially long, but gets fairly steep towards the top. Having done this climb numerous times, it was a known quantity and pacing ourselves was not a problem. It had warmed up to maybe 75 degrees as the day had progressed, causing some riders to overheat on the climb. After going over the top, the downhill was most welcome, as always. That was followed by a few miles of very poor quality pavement as we skirted the base of the hills northeast of Santa Rosa. This was followed by 4 miles of urban streets. At 1:25 we rolled across the finish line, exactly 7 ½ hours after starting.

The post ride meal, like the rest of the ride was very well done. Chicken on a French roll with choice of accessories, pasta, salad, cookies drinks and small containers of ice cream like those served in schools. All under a huge tent that the club had put up. Everyone seemed to have had a good ride. There were no great flashes of inspiration on the ride and nothing especially spectacular. The whole experience had been most pleasant, low key and under control the whole time, with great scenery, enough hills to make it interesting and great support in the form of food, markings and map. In short, this is what a century should be. A good ride run by a competent club.

Mark Birnbaum

Minutes of the BBC Board May 6, 2008

Meeting opened at 7:10 p.m. at Farnsworth's

Present: Ed B, George V, Bob K, Keith Nowell, Nancy L, Marwin R, Mike Kunz, Michael Eleccion, Joe Marks, Bob Hyde, Mick W, Riva F, Carol Day & Allan Lemone (later)

Treasurer's report - we are in the black.

Tee-shirts - Joe Marks presented the new cotton jersey - the gold colour would match the jerseys better. We have 'warm yellow', and the colour is more 'gold' Next time we'll try for gold hats and gold jerseys. Cost will be \$9 apiece. All sizes available.

Bike to Work day - Thursday, May 13 - it will be at the Ferry Building in Vallejo - we are much more visible. Volunteers - Ed. B, Nancy L, Mick W, Carol Day, Riva F (possible). Need to be there at 6 a.m., ending at 8:30 a.m.

Craig Snider was hit by a car on Benicia Road on the journey to work. Suggestion to send him a get-well card. As for Steve Thompson, well Sonny is now a member. Sonny had Gray William's phone number and he called him, and Gray and the rest of the group rode right back to the accident site. Nancy will take care of get-well cards for Steve and Craig.

Ray's Cycle in Vacaville has invited us as a Club to give us a 20% discount after hours. Three days are available - next Monday, Tuesday or Wednesday are available. 6:15 p.m. Choice made- Monday Evening. George will advise Club via email.

Time Trial - tomorrow night 6 p.m.

Jersey order - short sleeve - 8 so far. Another email will go out for a final count for an order in two weeks.

Criterion - Pete VS not here this meeting

Socks - design is in progress.

Lactate threshold testing and performance testing.. Also UC Davis School of Medicine has a program for performance testing. George will check it out and get back to the Club.

David Taylor is presenting a tour in Southern Oregon in June. See Ed B for more info.

Congratulations to Bob K for starting right on time for the Wine Country Century (from Joe Marks). Discussion about people's experiences on that ride.

Chico Wildflower was a good ride, but no flowers.

Nancy has provided GW Bike Rally brochures.

Monticello Century is coming up. For the Pope valley Ride this weekend, Sherri B will provide a vehicle.

For an event canopy, we could have one printed up. Discussion about printing canopies and magnets for SAG vehicles.

Minutes submitted by Riva Flexer for Sherri Bortolazzo.

Minutes of the BBC Board June 3, 2008

President Joe Marks called the meeting to order at 7:07. Those in attendance are Joe M., Pete VS., Mick W., Bob K., Steve B., Ed B., Sherri B., George V., Mike D., Marwin R., Carol D., Ed K., Craig S., Riva F., and Dave W.

Bob K. gave the Treasury Report. We gave placed shirt order, paid for them, and we should have 12 unsold jerseys on hand. He also bought club ice chests.

Pete VS. gave update on the Benicia Bicycle Extravaganza. The City of Benicia is behind it, but wants it safe. The crit will be the same route and is approved. Trying to make the event an exposition style. Maybe we can get the Benicia Merchants out, maybe a band or something. Synergy Racing Club out of Lafayette will take care of the road race on Sunday. The route is on roads in the Industrial Park, a 22 mile loop. Discussed route, distances and communications with the City. Discussed sponsorships. Hope to be able to make some donations to a couple of local charities. Discussed charities. If you have any favorites, email Pete VS. The dates for the event are 9/6 and 9/7. Need 75-100 volunteers for the crit. Any questions, comments or suggestions, email Pete.

Craig S. showed us his arm apparatus and injury from getting hit by the car. Ed B. reported that the jersey order is in. Approximate arrival date is 7/7. Riva addressed the socks. We discussed the three different design possibilities.

Received thanks for those volunteering for Bike to Work Day.

Club BBQ Ride is 7/19. Need Sag. Call Bob K. if you know one. Discussion. Bob K. reported these upcoming rides:

6/7 - Mt. Tam from Fairfax

6/14 - Canyon classic

TBA - Joe Shami's 52nd weekly ascent of Mt. Diablo

6/21 - Summer Solstice - Quincy

6/28 - Giro D'Penninsula

George V. reported about the Diablo Hill Climb Time Trial on the north side of Diablo on 6/22. Discussion.

Time Trials tomorrow at 6:00.

Riva requested all items for newsletter be submitted now.

Meeting adjourned at 7:55 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.

Looking for more rides? More company?

Valley Spokesmen www.valleyspokesmen.org
Diablo Cycling Club www.diablocyclists.com/
Eagle Cycling Club www.eaglecyclingclub.org/

Upcoming Rides June — August 2008

6/21/2008 Bicycle Tour of California Alps Cycling Escapes
6/21/2008 Country Coast Classic (Cerise Memorial) Benefit Community Center of Cambria
6/21/2008 Mission 360 Horizon Bicycle Club
6/21/2008 Mountain Lakes Challenge Ride Siskiyou Velo Bicycling Club
6/21/2008 Summer Solstice Century The Forest Foundation
6/21/2008 Terrible Two Santa Rosa Cycling Club
6/21/2008 The Best of The Bay Cherry City Cyclists
6/21/2008 Tour De Blast Longview Rotary Club
6/28/2008 Climb to Kaiser Fresno Cycling Club
6/28/2008 The Grand Tour Double Century Los Angeles Wheelmen
7/3/2008 Northwest Tandem Rally Northwest Tandem Rally
7/5/2008 Bicycle Tour of Colorado Cycling Escapes
7/5/2008 Three Harbors Tour Ventura Velo
7/12/2008 Bike for Breath - Peninsula Breathe California
7/12/2008 Seattle to Portland Bicycle Classic Cascade

Bicycle Club 7/12/2008 The Death Ride Alpine County Chamber of Commerce

7/12/2008 Triple Bypass Team Evergreen Bicycle Club

7/12/2008 Windmill Century Tailwinds Bicycle Club

7/19/2008 Bryce Canyon 200 km Brevet Color Country Cycling Club
7/19/2008 Fall River Century Fall River Century

7/19/2008 One Helena Hundred Helena Bicycle Club

7/26/2008 Pedal the Pinchot Rotary Club of Woodland

Washington 7/26/2008 Santa Cruz Mountain Challenge Santa Cruz County Cycling Club

7/26/2008 Summit to Surf American Diabetes Association

7/27/2008 Durango-100 Velo de Animas

8/2/2008 Marin Century Marin Cyclists

8/2/2008 Mt. Tam Double Marin Cyclists

8/3/2008 Mt. Shasta Summit Century Mt. Shasta Summit Century Mountain Wheelers

8/9/2008 Tour of Volcanic Scenic Byway Cycling Escapes

8/10/2008 Covered Bridge Bicycle Tour Mid-Valley Bicycle Club
8/10/2008 Tour de Max Max Seales Yonker Foundation

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, Inc.

8/17/2008 Tour d'Organics

8/17/2008 Yaquina Lighthouse Century Yaquina Wheels Bicycle Club

8/23/2008 Desperado Dual Color Country Cycling Club

8/23/2008 Desperado Dual Color Country Cycling Club

8/23/2008 The Cache Valley Century Cache Valley Veloists Bicycle Touring Club

8/24/2008 Tour of Southern Utah Planet Ultra

8/31/2008 North Rim Tour Planet Ultra

Ride Notes from Phlatbar Bob:

Sat June 21st-Summer Solstice from Quincy. Great death ride training and spectacular back country riding. 30, 50, 100, 150 and 200K. Web site www.summersolsticecentury.org/

Sat June 28th-Giro de Peninsula from Bay Meadows Race course in San Mateo.

Web site www.festafoundation.org/giro.html

Sat June 28th-Climb to Kaiser- Mike Dunne would like some company-

Web www.fresnocycling.com/kaiser/2007/index.htm



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 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

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

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.

DATE _____ AGE _____
 SIGNATURE _____

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