

# Benicia Bicycle Club

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## The Road Marshal: Message from the President

November! Fall is here. The weather has changed, it's colder and gets darker earlier. It's time to break out the cold and wet weather clothes, put on winter tires, add some fenders and don't forget your bike lights!

Change your workout but keep riding when you can, Saturday and Sunday and don't forget Tuesday and Thursday and of course, Mick's ride - Mt. Diablo on Wednesdays. If you want to drop a few pounds, now is the time of the year to do it. Go to the gym, lift weights and if you want cardio, try the elliptical trainer or spin classes, Pilates or yoga. Or just set up your indoor trainer.

Don't forget the Thanksgiving morning Benicia City bike ride. Show your ! There's also the New Year's Day 19th Annual Ride with breakfast at Pappas. Also the Annual Christmas Party will be in December and once again George and Lisa will be hosting that event. So please plan to be there!



**Club President Joe Marks with Michael S**

Got Bicycling News?  
 Leading a Ride?  
 Share Your Century!  
 Share a Personal Bicycling Adventure!  
 Contact Riva [rivaflexer@yahoo.ca](mailto:rivaflexer@yahoo.ca)  
 or  
 Sherri [sherrib@solanopacific.net](mailto:sherrib@solanopacific.net)

### Welcome New Members!

- David W
- Mark A
- Steve B
- Dennis B
- John D
- Jim G
- Joe M

### Time Trials

The BBC Time Trial series has ended for 2006. Thanks to Joe P and Laurie F. See page 8

## From Your Editors

Summer has definitely moved on and we are approaching the rainy season. It's not an excuse to stop riding, but this weather has its particular challenges. If you are planning to be out later than you wish, make sure you have your lighting system up to scratch. It's also time to dig out the winter arm-warmers, ear-warmers and shoe-covers. If you don't have any, and you like retail therapy, it's time to shop! And you know where to go...Or, you can prepare your Christmas list (but you probably started that a long time ago!)

Riva F & Sherri B

### Newsletter Contributors

**Thanks for your articles , photographs and your moral support! Our November/December Newsletter is a team effort. Special thanks to Joe M, Mick W, Joe P, Mike D, Joe S, Bob K, Barbara W, Edith N and Nancy L .**

### Monthly Club Meeting

December 16, 2006@ 6 p.m.  
 1224 West K Street in Benicia

## High Performance: BBC Members on the GO!

Editors' note—Looks as though Joe P has a few surprises up his arm-warmer sleeves...

### EDDY MERCKX RIDE

On September 29, 2006 three club members, Dan J., Joe P. and Ed M. had the opportunity to ride with the cycling legend Eddy Merckx. Along with 160 or so other riders, we rode 35 miles from Marin City around China Camp and back. We had a police escort the whole way. Before and after the ride, we were able to get autographs and take pictures with Eddy. The cost was \$100 but was well worth it and it supported a good cause - the Oak Hill School and its program for children with autism and developmental challenges. Anyone interested in more info can read a Marin IJ newspaper article at the following link: [http://www.marinij.com/sports/ci\\_4427163?source=email](http://www.marinij.com/sports/ci_4427163?source=email).

From Joe P.

### Foxy's Fall Century 2006

This year's participants were:

Rob & Cora L., Joe P., Dan J., Joe M., Manuel, Gray, Ron H., Elmer B & Sherri B.

**Way to go!**

### Joe's little Secret: The Moxie 2006

The Moxie of October 21 was billed as a 60-mile ride with roughly 3200 to 3600 feet of climbing. An excursion at the Moskowite Store was an add-on and rumored to be 10 miles with 800 feet of climbing. Of course no one in the crowd (to my knowledge) had ridden Steele Canyon so who knew what the stats really were. Bob K had received his information from Arctic Bill and we all assumed the mileage and elevation were accurate.

After 5 miles, this rider was pooped. Bob K and I had reached a marina and assumed that it was time to turn around. However, Tall Joe, Manny, Ron and Green were ascending one of two steep inclines just in front of us. Bob and I were aghast. By the time we reached the store to rejoin the ride, we had traveled 14 miles and climbed nearly 2000 feet.

One small detail I forgot to mention was that at the turn-around point, Tall Joe said he had ridden the Canyon before and didn't want to let us know what we were in for, fearing he wouldn't have any company on the ride. So... the next time you ask Tall Joe a question, have him take off his shades and look closely into his eyes for any hidden secrets.

Jokingly,

Mike "Shoeless" D .

**New Year's Ride—The Nineteenth Annual BBC New Year's Ride will be held on Jan 1, 2007. The route has yet to be determined. Details to follow in the next month. Check your email.**

**Barbara W (who has ridden in all previous eighteen rides!)**

## This Month's Featured Writer

### Edith Norby—Riding the Flatlands of Europe

On my recent trip to Northern Germany, I was able to do some extensive bicycling. First, I bought a new bike. The available models were nothing like those found in our local stores. 95% were quite heavy - probably 35 lbs. with big frames and wide tires - mine are 40 mm. Part of this weight is because of the attachments: by law you need a fixed light with a dynamo. Because of weather conditions, add mud fenders, a cover over the chain ring and chain, a rack for your shopping basket etc. Big, sturdy handlebars let you sit straight up as if you swallowed a pole. They call this a "Holland Rad" or Dutch bike, typical for the northern regions.

I was able to change the handlebars in order to have a more forward position. As to the wide saddle, I am determined to bring my own on the next trip.

These bikes will carry you through all weather conditions - rain, ice, sleet, snow. They come with several gears and I was surprised how easy it was to ride them. Of course, the terrain is flatter than a pancake and if you get a tailwind, there is no need to pedal at all. There seems to be a steady wind

coming from somewhere in this area of windmills,

so you still get a good workout.

Most people ride their bikes out of necessity, as not everyone owns a car. Whereas our local high schools have big parking lots, I saw a sea of bicycles. How the students find their own bike after class I do not know. You see some ladies riding in their skirts and most everyone else rides in their normal clothes.

It felt odd to wear biking pants and a helmet. The latter is not required by law and only children wear one. One of the reasons could be safer riding conditions: very seldom do you need to share the road with a car. Most bike paths are separated from the street by a wide swath of grass or trees. Some old towns/villages do not have a separate bike path and the cars respect the bicyclist's right to share the road.

I did not feel any aggression or impatience from the drivers - a nice change from our hectic lifestyle here. That and the wide open countryside make me want to go back and explore more of my roots - on a bike, of course!

## Joint Rides with the Valley Spokesmen—Joe Shami

Two joint rides were held with the Valley Spokesmen on successive Wednesdays in October in gorgeous weather. Three members of the Benicia Bicycle Club (BBC) attended each ride in Central Costa County. Both rides were recommended to our club by **Barbara W** in an e-mail describing them as "scenic" and "slow-paced."

Though based in the Dublin/Pleasanton area, the Valley Spokesmen Club draws its membership from a wide range of both Alameda and Contra Costa counties (and a few members from Solano County). There were many retired members in fit condition on the Wednesday rides. These two bike rides are reminiscent of mid-week Sierra Club hikes in that most of the participants are either retired or are taking a day off from work, are physically fit, and are from a broad geographical area.

The first ride, on October 18, 2006, was led by **Edith N**, a member of both clubs, having been a long-time Valley Spokes "man" before moving to Benicia. **Barbara W**'s e-mail said that the ride would begin at Hidden Lakes Park in Pleasant Hill (at Chilpancingo and Morello) but didn't mention that it would be a joint ride. So **Howard H** and **Joe S** showed up there at the designated time, believing that it was a BBC ride, only to find four Valley Spokesmen there.

There had been a minor mix-up. The rest of their group - about 12 strong -- were starting from Heather Farms Park in Walnut Creek. Thanks to the marvel of cell-phones, both groups headed toward each other on the Contra Costa Canal Trail and met about halfway between the two parks. The combined group then paused at Hidden Lakes Park for a rest stop and continued on to downtown Martinez at a leisurely pace for an outdoor lunch at Haute Stuff, a restaurant located across from the Starbucks on Main Street where the BBC riders usually stop when riding to and from Benicia. The group returned by a

*(Continued on page 7)*

## High Performance: BBC Members on the GO!

The Woodside Century September 23, 2006



### A Birthday ride- 66 miles for 66 years by Nancy Lund

Phlat Bar Bob, Joe S, Sherri B and my friend Sarah from San Francisco, with whom I work, joined me for a celebratory ride on September 26, 2006.

We decided to head over to Martinez and then choose a route once we had met up with Joe (he was going to meet us at the bottom of Franklin Canyon). About 5 miles into the ride, Sheri headed back home as she wasn't feeling well.

By the time we got to the bottom of Franklin Canyon, we had gone about 22 miles. This meant we had to do 22 + miles before we came back to Franklin Canyon. Sarah hadn't been up Bear Creek Road and I hadn't done Upper Happy Valley Road, so we decided to go to Lafayette for lunch. After a stop in Briones Park for food and water, we headed over to the famous UHV hill. Joe warned me that it was a 14% grade towards the top.

Bob and Sarah led us with Joe in the rear. About half way up the hill, I cranked it up and passed both Bob and Sarah just before they got to the top. How fun was that!

After a wonderful lunch at Caffe Barbara in Lafayette, Joe left for home and Bob led us over Reliez Valley Road. I'd been to the top the other way but this side, contrary to my expectations, was equally challenging. The scenery,  
(Continued on page 8)

**Editor's note—I had to include a photo from this century, even though we ran the article last edition.**

The Tour for Woodside is a fundraiser for Woodside High School. The Century Ride incorporates the classic climbs up Kings Mountain Road and Tunitas Creek Road, with the ocean beauty along Highway 1 and Stage Road. Seems that the BRDAA rating for this ride is 'extremely difficult'...

Note those glowing yellow jerseys!

### Bike Path Etiquette

**When riding in the Benicia State Recreation Area, please be aware that the bicycle path is used by all levels of cyclists, from skilled road riders to children with training wheels. The speed limit in the park is 15 mph. Let other riders know that you are passing them with "On YOUR LEFT"**

**YOU KNOW YOU'RE ADDICTED TO CYCLING IF....**

You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities...

Biker chick means black lycra, not leather, and a Marinoni, not a Harley...

You view crashes as an opportunity to upgrade components.

## Konocti Challenge 2006

by Riva Flexer

This year I wanted to ride a century in October but I had no desire to participate in Foxy's Fall Century - I hadn't forgotten the inexorable wind from 2003. There was a ride down in Gilroy (the Bonfante), but I'd heard of 'Pedal the Puddle' and I'd also heard that it was challenging. So I looked it up to find that it had been remade as the Konocti Challenge, and that it would be held on October 7 up in Lakeport, Lake County.

This ride is organized by the Rotary Club of Lakeport, and is an important fundraiser. It's also an intimate ride, without the huge crowds seen in other centuries. Less people and well-organised.

One of the pleasures of cycling is the chance to explore other parts of the state. That's what Barbara W and I did, when we drove up to our motel in Upper Lake on the Friday afternoon. We had decided leave the day before rather than drive up in the cold and dark the following morning. This way we would get a chance to enjoy the landscape and hopefully a good supper and soft beds. We stayed at the reasonable Motel 8 and had a truly enjoyable meal at the Blue Wing Saloon and Café in Upper Lake. It's always a treat to taste local wines, and good service and great food go a long way

Six a.m. saw us loading our bikes back into the car for the ten-minute drive into Lakeport, where we met up with the carload from Benicia who had left at some ungodly hour (4:30, 5:00 a.m.?) Mick W., Mike D, Bob K. Michael S. and his brother, Ed B and Ed W. were registered for the Imperial Century. We were riding the metric century.

The weather was just perfect, and it turned out that we were just plain fortunate. Everyone I talked to said that usually it was really warm, especially in the afternoon during the big climbs. It was just above freezing when we started out (at least it FELT like that) and we wore all our clothes, and wished for more.

The Konocti Challenge is named for Mt. Konocti, which rises above the western shores of Clear Lake. The Puddle is big, huge in fact for California, although not as big as Lake Tahoe. The route follows the shores of the lake, rising above vineyards in the south, with some riding on Highway 29, and a couple of rather challenging climbs after the first of five rest stops.

A word about those rest stops - there were seven in total, five for the metric century and an extra two for the

brave souls on the imperial century which rose up into the hills southwest of the lake. Each rest stop vies for the title of 'best'. Number 4 was our favorite - two guys playing bluegrass music AND they took requests! We spent a pleasant half-hour singing sweet harmony before tackling the last 15 or so miles.

Clear Lake has many little communities along its shores, some attractive and some much less so. It's very different from anything in the Bay area, and a comment from one of the Rotarians gave me the impression that there are significant cultural differences. The difference, though, is refreshing. The priorities are different in Clear Lake, and the air is the purest in the state. If one could bottle it and bring it home...

I recommend this ride wholeheartedly. It would be a challenge for a novice rider, due to some of the traffic and descents. But there is a 30-mile route as well. I plan to return next year, and maybe I'll even try the 100 miler!

## Cycling the Texas Hill Country

by Barbara Wood

My image of Texas was that of an arid, flat land full of cactus, tumbleweeds, cattle, and oil rigs. When I was invited to join a group of friends to ride the Texas Hill Country, I thought I'd have to see this for myself.

The ride was centered in Fredericksburg, ("Fred" to Texans) a city settled by German immigrants about 150 years ago. The German influence is still strong as witnessed by the many wonderful German restaurants and bakeries. It also has the distinct designation as the "Cycling Capital of Texas". Many rides are described in detail, complete with trip sheets and maps, at [www.cycletexas.com](http://www.cycletexas.com) I reviewed many of these in detail as well as looking at several descriptions from commercial bicycle tours. OK, so there are hills...

A group of us flew into the San Antonio airport and were met by our "local" friends who happily transported us to "Fred". We had previously

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## Rides and more!



**Death Ride Participants: the Prez, Tall Joe, Mick W, Angela T, Bob and Laurie V. Steve and Marci K, Ellie H, Bob K.**

### BBC Thanksgiving Ride 2006

New idea for the Thanksgiving Day Ride!

Leave from either Starbucks on First Street or from the Park at 8 a.m.

Ride through the State Park, across to Rose Drive and up on Columbus Parkway. Right on Lake Herman Road. Rest and regroup at Lake Herman Park (6.8 miles). Continue on Lake Herman Road, right on Reservoir Road, right on Second Street. Make a right on Rose Drive, go through the State Park. Go left and make a right on Military West, left on Southampton Road. Make the loop back to Military. Make a left on Military, right on First Street. Go all the way down and around the tree at the end and loop back to Starbucks (17.5 miles). After Starbucks, decide and go for more miles for those of you that want to.

Let me know your thoughts!

Your Prez

### THE MOUNT DIABLO CHALLENGE

According to page 1 of the Contra Costa Times on Monday, October 2<sup>nd</sup>, "A record 1,100 cyclists made the 10.8 mile uphill trek to the summit of Mount Diablo on Sunday [Oct. 1<sup>st</sup>] as part of the 25<sup>th</sup> annual Mount Diablo Challenge. The ride rises 3,249 feet and traverses Mt. Diablo State Park before ending at the summit. The event benefits – and is sponsored by – Save Mount Diablo, a land trust that has helped preserve more than 80,000 acres of the mountain as park land."

Included in those 1,100 riders was Benicia Bicycle Club's **Dan J**, doing his first ride to the summit of the mountain. Helping as volunteers in the event were **Nancy L** and **Barbara W**.

The ride also celebrated the completion of the much-needed re-paving of the upper 4.5 miles of the summit road to the top (elev. 3,849') from the ranger station at the junction of North Gate and South Gate Roads.

**Dan J** reported that the large number of riders was broken up into groups that started at different times and descended at different times for safety reasons. Also, the speed of the descent was controlled by a park ranger lead-

ing each descending group. At the summit, the riders climbed the one-way road at the left that is normally the exit road and descended the steeper, one-way road at the right that is normally the entrance road to the summit, according to **Dan**. So they got a break in that they avoided climbing the steeper 100 yards to the top.

The Benicia Bicycle Club has weekly rides to the summit of Mt. Diablo, usually starting from Heather Farms Park in Walnut Creek and going up North Gate Rd, whereas the Mt. Diablo Challenge began at the Athenian School at the bottom of South Gate Rd in Diablo. The North Gate route is considered to be steeper.

There have been at least two serious cycling accidents on the mountain since the opening of the repaved summit road, injuring three. Riders need to be aware that they can achieve higher downhill speeds on the smooth, nicely resurfaced pavement. For those familiar with the terrible shape of the old road, cycling the new road is a great pleasure and seems to make the climb easier.

By Joe Shami

## Rides and More

### A Napa Ride with the Valley Spokesmen

(**Editor's note**—the BBC and Valley Spokesmen have been riding together often this past month., two successive Wednesday in late October and in early November. These rides are all around the East Bay.)

A day before the November 4<sup>th</sup> event, **Bob Klosterman** sent out an e-mail notifying the Benicia Bicycle Club (BBC) of a Saturday ride in the Napa Valley planned by the Valley Spokesman. The tantalizing description: "Ascends two of the finest climbs in the Napa area: Atlas Peak and Mt. Veeder. After descending Atlas Peak, we'll eat lunch at the Soda Canyon Store, then zip across the valley through the vineyards before climbing Dry Creek and the backside of Mt. Veeder."

Despite the short notice, four BBC riders showed up: **Brian H, Dan J, Bob K, and Joe S.** They joined a group of six fit-looking Valley Spokesmen, led by **Mike DeM** for a fast-paced ride of 58.5 miles (94 km) with 4700' of elevation gain, beginning/ending at Napa Valley College in downtown Napa.

Following a cool, drizzly start, the weather became perfect for the ten-mile, scenic climb through vineyards to Atlas

Peak, reached at 18.4 miles. By then, almost half the climbing had been done. After the fast descent, there was lunch outdoors at the general store and delicatessen at the entrance to Soda Canyon. Then it was time to climb and pass over the summit of Mt. Veeder (elev. 1400') in the steeper direction, from north to south, which is opposite to how it's done in the Tour of the Napa Valley century.

The leader was also a member of the Napa-based Eagle Cycling Club and was wearing their jersey, while three other Valley Spokesmen were sporting their own club jersey. But the predominant colors (usually at the rear) were those of the Benicia Bicycle Club, worn by all four members. It was a very pleasurable ride with little traffic and just a touch of early fall color, but at a faster pace than the mid-week rides offered by the Valley Spokesmen at various locations. There were frequent regroupings so that no-one was dropped. One thoughtful Valley Spokesman had a cooler full of ice-cold sodas waiting at the end.

Submitted by Joe S.

### Joint Rides with the Valley Spokesmen

(Continued from page 3)

different way to the two parks.

The total distance was about 27 miles with over 1,000 ft of climbing. The route can be found at <http://home.comcast.net/~prathman/VS256A.htm>

The second ride, held the following week, was led by **Sandra Steinbeck** of the Valley Spokesmen. It started in Orinda Village and made a loop of San Pablo Dam Rd/Castro Ranch Rd/Alhambra Valley Rd/ and the "Three Bears" on Bear Creek Rd before returning to Orinda Village for lunch at Gepetto's. Total distance was 24 miles with over 1,000 ft. of climbing. BBC members **Edith N, Riva F, and Joe Srode** and lunched with about 15 Valley Spokesmen. **Joe** showed off his brand-new Benicia Bicycle Club long-sleeve jersey and windbreaker. **Riva** also wore her BBC colors.

On this ride, participants were from Orinda, San

Ramon, Lafayette, Benicia, Brentwood/Oakley, Pleasant Hill, and Walnut Creek. There was a lot of interaction and socializing.

And where was **Barbara W**? Cycling in the Texas hill country!

(Ed.'s note—see page 5 for Barbara's adventures)

**The Benicia Bicycle Club is cordially invited to join future slow-paced, scenic Wednesday rides with the Valley Spokesmen.**

For more information see [www.valleyspokesmen.org](http://www.valleyspokesmen.org)

**Tech Talk by Mick Weninger**

Probably the thing that gives us the most trouble on the bike is the shifting. On road bikes it's known as STI (Shimano total integration). Ergo on Campy, and now Sram. What this means is that it is a system— a group of parts (chain, cogs, derailleurs, shifters, cables and housings) built to work together. If you get a component from another groupo (XTR) or manufacturer (Sram) it may not work in your system.

Now, the shifter has clicks or indexing to give you the next gear on the rear. One click of the shifter pulls a given amount of cable. That cable pull moves the rear derailleur a set distance which is the space between the gear you are in and the next one. Any cable stretch or outer housing compression messes this up. Any time your shifting becomes drifty or inconsistent your first move should be to replace the inner cable and outer housing. This could happen once a year.

The rear derailleur pulleys, when viewed from the rear, should run parallel to the rim. Stand the bike up straight so the wheel is vertical, the pulleys should also be vertical. One tip over or fall and the derailleur could be bent. There is a gauge to check this. (Derailleur hanger). There are three (3) adjustment screws on the rear derailleur. The lone screw is the "B" screw and is used to move the upper pulley away from the larger rear cog so they don't touch. Usually this is not a problem unless you have installed larger rear cogs. The other two screws are together and may be marked "H" for high (small) and "L" for low (large) rear gears.

These are limit screws which set how far the derailleur can move in and out. The cable should be slack or unhooked when setting these. We will adjust the cables next month.

**Time Trials - The final results for 2006**

The last time trial of the year (Oct 4) was cancelled due to bad weather. We'll start again next year on Wednesday, April 4. Current records are:

	<b>MEN</b>			<b>WOMEN</b>	
<b>30-34</b>	Bob G	27:14	<b>30-34</b>	Lauri V	31:43
<b>35-39</b>	Bob V	25:27	<b>35-39</b>		
<b>40-44</b>	Bob V	25:30	<b>40-44</b>		
<b>45-49</b>	Pete V S	28:49	<b>45-49</b>	Laurie F	28:55
<b>50-54</b>	Aloha Bill	28:09	<b>50-54</b>	Riva F	36:23
<b>55-59</b>	Bob K	29:35	<b>55-59</b>		
<b>60-64</b>	Joe P	29P12	<b>60-64</b>	Barbara W	41:05
<b>65-69</b>	Bill S	36:02	<b>65-69</b>		

**A Birthday ride** *(Continued from page 4)*

however, is quite lovely which helped detract us from our sore legs.

We phoned Mick W and arranged to meet him as he would be riding home from REI via Alhambra Road and then up Franklin Canyon. Since he rides this route so often, he is always appreciative of any company. .I was glad we could all ride home together.

68.95 miles later with about 4100 feet elevation gain, we made it back to Benicia. The weather was wonderful-warm and sunny with just a bit of a SW wind. Thanks Bob, Joe, Sherri, and Sarah. You made my day!

I would recommend this route as an alternate to those who want to ride around the hills, get in some nice climbs, and avoid refineries and traffic. A stop in Lafayette for a bite to eat is recommended before you head back to Benicia.

## From Rice to Ridges: The Fall Tour 2006—Bob Klosterman

From the time the seeds are planted in the spring California rice likes to be in five inches of water to eliminate competition from weeds. It takes about twenty-five gallons of water to produce one serving of rice along with hot weather and laser flattened fields. Almonds require sixty gallons per serving. California's 2.3 million tons of annual production is second only to Arkansas in US rice production and exports 40% of the crop overseas. Oroville lies on the eastern edge of premium rice territory and Lake Oroville provides the water that fuels your Sushi, Jambalaya and Rice Crispy treats.

The Pacific Ridge Trail runs from Mexico to Canada and generally follows the highest ridges in the Sierra Nevada. It is a favorite of multi-week binge hikers. There is also a brewery tour available in Chico at the Sierra Nevada Brewery for those looking for a shorter walk and/or binge beer tasting. A cycling jersey from the attached gift shop was spotted on the Fall tour worn by Wunbeer Bob.

Bikemick, Ed B., Aloha Bill and Phlatbar Bob left the lawnmower shop in Vallejo at about 10:30 a.m. on a Friday. Bill Schmidt was also there to see us off and get a battery for his mower. He went home empty-handed while the rest of us boarded Mick's Van for the trip to the brewery in Chico and a killer dining experience. After lunch we got on our bikes at the Motel 6 in Oroville and headed for the "bike path" that goes all the way to the Oroville Dam as recommended by the desk clerk. After discovering (the hard way) it was a mountain bike trail, we stumbled on the bike shop in town and Mick bought some new red gloves he could not resist. The shop guys gave us direction to the dam — out the door, turn right, keep going. After 15 miles and 1K feet we were riding across the mile-long dam — best flat ride I ever had. Forty feet wide, canyon on the left, water on the right and no cars.

The official Fall Tour actually began at 0900h and 55 degrees on Saturday in Oroville with brilliant sunshine, a slight tailwind, 18 rid-

ers and 2 Sags. Rob J joined us along with our tour leader Dennis B who is now a BBC member. We were headed on a long climb to the Crest Trail via the Laporte Road and down into Quincy on the other side-6500' of "estimated" climbing. The day turned into about 10,500' of climbing and the sag drivers were not lonely. The ride was spectacular with great roads, light traffic, perfect weather, and great scenery. Some even stopped at the Forbestown cemetery to look for Rob's great grandmother among the poison oak.

The hot tub at our motel in Quincy was out of order - (for YEARS was the rumor)-but the grub Saturday night and Sunday morning got rave reviews. We also met up with the Chico-Velo tour which started in Oroville but took a different route. They took our Sunday route on Saturday and then back to Oroville via the scenic but motor vehicle-infested Feather River Canyon.

Sunday morning at 46 degrees F we climbed from Quincy up to Buck Lake and up across the Pacific Ridge trail again. With about 4500' of climbing behind us we had 30 miles, 70 degrees, and 6000' of very fun downhill rollers back into Oroville.

After the obligatory stop at Mick Donald's for ice cream and senior coffee, we took our endorphin high on the road directly west out of town -right into Ground Zero for California rice production. The harvest was drawing to an end and the straw was being buried since burning is almost totally banned and only 5% of the straw is used for other purposes.

The Winter Tour will be in January and include four days of King City, Carmel, Big Sur, Paso Robles, and Parkfield. How much fun can that be?

For more info on California Rice go to <http://www.calrice.org/>

## 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.

#### **Tire Pressure**

Maintaining proper tire pressure is one of the best ways to increase your riding efficiency, prevent flat tires, and protect your wheels from being damaged.

### 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 request 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 11/7/06

Meeting called to order. Those attending were Joe M, Ed B, Bob K, George V, Emily V, Marwin R, Barbara W, Sarah G, Riva F, Nancy L, and Sherri B.

Treasurer Bob K. reported our account balance is \$3,780.34. Dues are due on 1/1/07.

Clothing order is in. Clothing discussion.

Christmas Party on 12/16/06. George V. will email for RSVP and menu. Need more beer for party.

Barbara W. to organize the 19<sup>th</sup> Annual New Year Day ride. Discussion on Thanksgiving ride. George proposed a City of Benicia ride, to be visible in our town. Club will do that for Thanksgiving Ride. Start time 8:00.

Welcome Package & Membership Chair person discussed. Sherri B. to be that person.

Discussion about Pete V. wanting to put on a Crit. Joe told Pete to organize it if he wanted to, and Joe would help, but the consensus at the meeting was that we wouldn't have enough volunteers for it.

Discussion about Ed B. putting on a night ride. Mt. Diablo or around town. Bob K. to put together a ride to Joe S's house.

Meeting adjourned.

Respectfully submitted, Sherri B.

### 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/)

## Upcoming Supported Rides

We are still looking for a ride coordinator for the Club.

Interested? Let's talk.

**Bob Klosterman**

### Cycling the Texas Hill Country

*(Continued from page 5)*

shipped our bikes to the hotel and they were there waiting for us. Of course, we had a "bike assembly party" that evening and were ready to roll early the next morning.

Our first ride was a loop to the northeast, including the scenic Willow City Loop and a view of the Enchanted Rock. (think of Half Dome, lying on its face). There were lots of cattle guards and loose livestock grazing at the side of the road. Unlike California, these back roads are smooth while the main roads are paved with a rocky aggregate making them a bit rough. These back roads were paved during an earlier oil boom. Although narrow, there is minimal traffic and they are in great shape. We had lots of climbs, beautiful scenery, and a long floating downhill back to town.

The next day we headed southeast to Luckenbach, hoping to get a glimpse of Willie, Waylon, and the boys. Much to our surprise, Luckenbach has not been commercialized. There is a post office and a dance hall. That's it!!!

There is more agriculture in this area than we saw yesterday. No cattle guards or loose livestock to deal with. What livestock we saw was fenced in, except for the plentiful white tailed deer. Lots of gently rolling hills, beautiful trees, and colorful shrubs made this a pleasant, undemanding day.

The last few days found us riding north of town. The wind was from the northwest so it was headwinds out and a tail wind back. Great plan! At one point, I left the group and took a short cut back to town. I was getting tired as we rode choppy rollers into the headwind. I knew where I was from previous rides, had a map, and everyone's cell phone number. So...off I went. I crossed a cattle guard, rode up a hill and

## Feeling adventurous?

### December 2006 Rides

12/3/2006 Breakaway From Cancer

### January 2007 Rides

1/1/2007 BBC New Year's Ride

1/2/2007 The Torture Clinic

1/13 Stagecoach Century Shadow Tour LLC

### February 2007 Rides

2/10 Tour de Palm Springs GTE Directories

2/17 Butterfield Double Century PlanetUltra

2/24/2007 Mardi Gras Century

around a corner where I was greeted by a flock of 30 or so sheep. There were sheep to the right, sheep to the left, and sheep dozing in the middle of the road. As I approached (slowly), one of sheep darted across the road in front of me. The rest followed as if they were being chased by a mad dog. Of course, I didn't bring my camera...

As I crested the last hill, I could see "Fred" stretched out below me. With the tailwind pushing me down the hill, I was back at the motel in no time, hungry for some of that wonderful German food.

It was a wonderful trip enabling me to see another section of our vast country as well as spend time with a group of friends. I also understand the fields are covered with bluebonnets in the spring, but that will be another story....

FROM:

***Benicia Bicycle Club***

***P. O. Box 141***

***Benicia, CA 94510***

***President: Joe Marks***

***Treasurer: Bob Klosterman***

***Editors: Sherri Bortolazzo & Riva  
Flexer***

***Publisher: Bill Schmidt***

***Webmaster: George Villarreal***

TO

**The Road**

## JOIN THE BENICIA BICYCLE CLUB!

### BENICIA BICYCLE CLUB MEMBERSHIP APPLICATION

Membership Dues - \$15.00 for individuals,  
\$18.00 for families. Membership runs for 12 months.  
Please Complete and Mail to:

**Benicia Bicycle Club**

**P. O. Box 141, Benicia, Ca. 94510**

Please accept my application for membership in the  
**BENICIA BICYCLE CLUB**

Enclosed is: \$15.00 for individual membership, or  
\$18.00 for family membership.

Make your check payable to: **BENICIA BICYCLE CLUB.**

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 minors who might be included.

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 \_\_\_\_\_

NAME:

SIGNATURE:

AGE:

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\_\_\_\_\_

Address

Phone Number

email

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