

# BENICIA BIKE CLUB

www.benicibikeclub.org

P.O. Box, Benicia, CA 94510

707-644-0074

<b>Nutrition: Popcorn</b>	<b>2</b>
<b>Training: Yoga</b>	<b>2</b>
<b>BBC Featured Author Mike Schubert</b>	<b>4</b>
<b>Cougar Mountain</b>	<b>5</b>
<b>Club Rides, Centuries, Races</b>	<b>6</b>
<b>Premier California</b>	<b>7</b>
<b>Shasta Summit Century Ed Matthews American River Bike Trail Mick W/Bob K</b>	<b>8</b>
<b>Member Profile: Bill DeWolf</b>	<b>9</b>
<b>Cycle and Explore Yosemite</b>	<b>10</b>
<b>Hill Climb Training</b>	<b>11</b>
<b>Membership</b>	<b>12</b>

- **Benicia Bike Club Time Trial is October 5.** Time your fitness ride. BBC Time Trial Course Record on File. (see page 10) Time Trial season will end October 5th. Thank you for attending this fun and challenging event. See you next season in April.
- **Popcorn** is low in calories, high in fiber. Nutty and Natural recipe (page 2).

## The Pace Line: Message from the President

It's October! Did we ever have a summer? I mean, where did it go? Fall is with us accompanied the termination of heat and available daylight. So, given that it's colder and darker now, it's time for you to dig into the closets and pull out the cold/wet weather riding outfits, winter bike tires, the indoor trainer and bike lights.

Along with the season changes, we are closing the 2005 formal century season, the Foxy's Fall Century out of Davis. Foxy's is a fun ride. The first 35 miles are com-

pletely flat and usually accompanied by a tail wind. I have fond memories of Bob VW leading a 35 cyclist pace line into Elmira at over 30 MPH several years ago!

However, be for warned. If the wind blew you into Elmira, it's going to be in your face for the last 20 miles returning to Davis!

Ed and Kent should be back from Italy early this month and hopefully, we will be treated to some stories and cycling pictures of the Dolomites.



### Reminders

**A**) We are taking orders for Jerseys (long and short sleeve). We need orders of at least 25 in order for Voler to process the order; **B**) You will be reminded to get your 2006 renewal dues in ASAP. **C**) I'm looking forward to the nominating committee's report on officers for 2006! **Bill Schmidt**

## The Fork in the Road: News and Notes

- **Jerseys** are still available (L, XL). Order your long sleeve/short sleeve jersey now Contact Ed Brennan.
- **Yoga** is a great way to stretch, gain balance and have peace of mind (see page 2).
- Fuel your body with **Gel**. Find out what your favorite Gel contains (page 3)

**Meet at Mick's House**  
Mick graciously offers his home as a meeting place before centuries so we can carpool. Mick is also a bike mechanic who is often known to lend advise to fix or assist a failing bike. Mick loves variety. Last August Mick rode every Thursday, at Tahoe. Yep, he never says "NO!" While riding the Sierra Range Mick, acclimated to the elevation, climbed thousands of feet and improved his heart rate. In 1997 Mick rode, 3,230 miles of organized centuries including 4 double centuries. **Thanks Mick!**

- Mike S. shares his adventure at the High Sierra Fall Century (page 4).
- Ed M climbs Mt Shasta through a swarm of butterflies (page 8).
- Learn about Bill DW our featured BBC member and check out his photo while riding the Sequoia Century (page 9).
- Apply now for your own *Fastercard Titanium* (page 10).
- Stay in shape this season and train for hill climbing (page 11).

## In The Draft: Nutrition News

## Eat Healthy/Stay Fit

### Popcorn

Popcorn is a whole grain food which makes it a high-quality carbohydrate source that is not only low in calories, but a good source of fiber.

Popcorn is low in calories -- only 31-55 calories in one cup of unbuttered, and when lightly buttered, one cup still only has 133 calories.

Popcorn has no artificial additives or preservatives, and is sugar-free.

Popcorn contains energy-producing carbohydrates.

Popcorn is ideal for between meal snacking since it satisfies and doesn't spoil an appetite.

Popcorn inspires creativity. While there's no doubt hot buttered popcorn is pleasing to any palate, popcorn also can be enjoyed when combined with seasonings, spices and other foods like raisins, fruit and cheese providing a nutritious, delicious snack.

### Nutty and Natural Popcorn

2 tablespoons sunflower seed kernels

2 tablespoons almonds, finely ground

2 tablespoons walnuts or hazelnuts, finely ground

2 tablespoons wheat germ

4-6 tablespoons melted margarine or butter

1 6-ounce package (1 2/3 cups) chopped dried fruits and raisins

2 1/2 quarts popped popcorn

Finely grind sunflower kernels and nuts in a food processor or blender. Pour melted margarine over popcorn. Sprinkle with ground nuts and wheat germ; toss to mix. Stir in dried fruits.

Yield: 3 quarts.

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

### Help keep our Roads Safe

## The Break Away: Training

## Yoga

by Ann Pizer

<http://www.yogasite.com/postures.html>

The word **yoga** means "union" in Sanskrit, the language of ancient India where yoga originated. We can think of the union occurring between mind, body and spirit. What is commonly referred to as "yoga" can be more accurately described by the Sanskrit word *asana*, which refers to the practice of physical postures or poses. *Asana* is only one of the eight so-called "limbs" or types of yoga, the majority of which are more concerned with mental and spiritual well being than physical activity. Today, however, the words *asana* and *yoga* have become almost synonymous.

**Yoga Poses** Many people think that yoga is stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses, each of which has specific physical benefits. The poses can be done quickly in succession, creating heat in the body through movement or more slowly to increase stamina and perfect the alignment of the pose.

**Yoga Practice** Yoga teachers will often refer to "your practice," which means your individual experience with yoga as it develops over time. The amazing thing about yoga is that your practice is always evolving and changing so it never gets boring. Although the poses themselves do not change, your relationship to them will. Anyone can start a yoga practice, even if you don't feel like you are very flexible or very strong. These things will develop over time. Another great thing about thinking of yoga as "your practice" is that it encourages the noncompetitive spirit of yoga. One of the most difficult, but ultimately most liberating things about yoga is letting go of the ego and accepting that no one is better than anyone else. Everyone is just doing their best on any given day.

**Yoga Classes** In addition to practicing the poses, yoga classes may also include instruction on breathing, call and response chanting, meditation, or an inspirational reading by the teacher. The variety and amount of this will depend on the individual teacher and the tradition in which they have trained. Typically, a yoga class at a gym will be more focused on the purely physical benefits of yoga, while one at a yoga center may delve more into the spiritual side. Some people find that the physical practice of yoga becomes a gateway into a spiritual exploration while others just enjoy a wonderful low-impact workout that makes them feel great. Whatever your tendency, you will be able to find a yoga class that suits your style.

# The Double Metric: Fueling with Gel

## Gels with Fluid

Athletes who compete in endurance events often complain about not wanting to eat during competition, although replacing depleted carbohydrate stores (muscle glycogen) is essential to continued high intensity exercise. To solve this problem, many athletes have begun using energy gels as a source of easy to consume carbohydrate. Few athletes are aware of the proper way to use (and get the most benefit from) these gels.

A preliminary report on gels shows similar glycemic response when compared to liquid or solid foods with the same amount of carbohydrates, although the liquid and gel carbohydrates induced a slightly faster rise in glucose in the first 15 minutes of exercise with a corresponding increase in insulin that was higher with the liquid carbohydrate. An energy gel composed of 25 grams of carbohydrate taken with 200 ml of fluid was able to maintain blood glucose levels during a two hour run at 70% of V02 max when compared to a placebo.

While it appears that gels may be effective in providing energy for exercise, the biggest challenge may be taking in enough fluid along with them. Most athletes already compete in a state of dehydration. If they do not drink enough fluid when consuming a gel they may slow down the absorption of both the carbohydrate and water resulting in poor performance

During exercise, especially in hot and humid climates, the greatest need is to replace fluids lost during sweating. For that reason, sports drinks provide practical advantages over the gel-plus-water routine. If an athlete wants to use carbohydrate gels during exercise, it should be matched with an adequate amount of water. For example, for a 1.4 oz. gel pack the athlete should drink approximately 500 ml of fluid. I also recommend that the athlete examine the gel's electrolyte content, which may promote fluid retention.

**Cytomax Gulp and Go** is the most scientifically advanced gel on the market. Performance enhancing ingredients like Alpha-L-Polylactate and succinates help sustain stable blood sugar levels and enhance oxygen transport. Gulp N' Go is formulated with CytoSport's unique complex carb blend to make digestion easier for sugar-sensitive athletes.

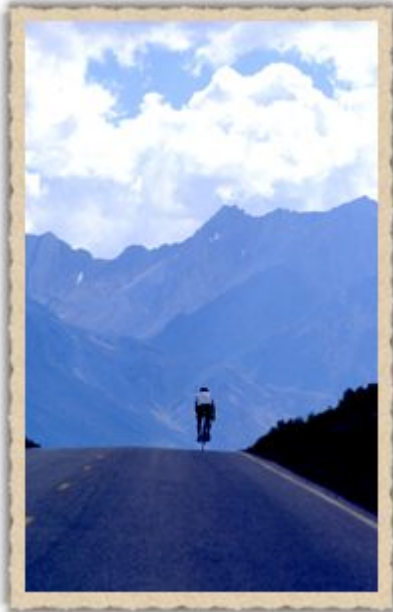
CytoSport prepared a blend of complex carbs in Gulp N' Go to minimize the blood sugar spikes and drops that many experience when using other gels and make it easy on your stomach to digest. Alpha-L-Polylactate, besides buffering lactic acid production in your muscles, is a highly efficient complex carbohydrate molecule that replenishes liver glycogen 6x more efficiently than glucose. The succinates in Gulp N' Go are proven to enhance oxygen delivery to working muscles by 11% during intense exercise. Instead of using straight caffeine, Gulp N' Go contains an herbal stimulant blend of guarana and ginseng. The herbal lift will pick you up naturally at the end of workouts and minimize the nervous and digestive system side effects that caffeine produces in sensitive athletes.

Gels	Serving (g)	Calories	Carbs	Protein	Fat	Sugar	Sodium (mg)	Potassium (mg)
Accel	41	90	20	5	0	10	95	50
Carb-BOOM	41	110	27	0	0	3	50	50
Clif Shot	32	100	25	0	0	8	40	80
GU	32	100	25	0	0	3	45	35
Hammer Gel	36	86	22	0	0	2	18	0
Honey Stinger	37	120	29	0	0	29	50	85
PowerGel	41	110	26	0	0	6	45	45
Pro-BOOM	88	150	26	10	1	14	180	120
Sharkies	52	160	41	0	0	20	125	45

## The Century: Benicia Bike Club Featured Author

Michael Schubert

### Sierra Mountain High



The photo on the cover of a recent issue of *Cycle California* is what grabbed my attention: a lone cyclist in the drops amidst a breathtakingly beautiful backdrop of high desert. This should be me, I thought! The picture credits told me that it was a scene from the High Sierra Fall Century ([www.fallcentury.org](http://www.fallcentury.org)), so within five minutes, I had signed up for the September 10 event.

The route is extraordinary not only for what it offers but for what it lacks: it doesn't pass through any city or town, and there is just one stop sign and not a single traffic light over the entire 96 miles!

Because of the remoteness of the location (250 miles from Benicia via Yosemite and Tioga Pass; farther via Tahoe), I decided to make a four-day trip of it. On Thursday morning I drove to Yosemite, pitched my tent at 6200' near the western park entrance and took a blissful 42-mile warm-up altitude ride to Yosemite Valley at 4000' and back up to camp.

On Friday I drove through Yosemite on Highway 120, stopping for a midday hike. In the late afternoon, I arrived in the city of Mammoth Lakes to check in early for Saturday's event. Repulsed by the crowds, traffic, Motel 6, Starbucks, etc., of Mammoth Lakes, I drove down the highway a few miles to Convict Lake, an idyllic little nook in the hills west of the highway with just a campground, a cabin resort and a glacial lake—perfect! My plan had been to continue camping,

but with forecasts of nighttime temperatures in the low 30's and wind gusts up to 40 MPH, I decided to act my age and treat myself to a cabin. Besides, I figured I might appreciate having a bed after the ride (and I was right!).

I rose before dawn on Saturday, geared up and sped four miles down the road to the start/finish on Benton Crossing Road, just off of Highway 395 about 10 miles south of Mammoth Lakes. The route begins at 7086' and heads north on Highway 395 to Deadman Summit at 8041'. Despite the ominous name, this was a pleasant and easy start to the ride. At mile 27, the route turns east on Highway 120 into the stunning beauty of the Mono Basin, descending to 6876' before climbing through what the organizers say is the world's largest Jeffrey Pine forest up to Sagehen Summit (mile 43), the ride's highest point at 8139'. A right turn takes you into the remote and beautiful high desert of Adobe Valley, the route's back side. Rolling hills with mild grades and super-fast straight descents had me wishing for higher gears. The omnipresent yellow of blossoming rabbit brush, contrasted with the green-gray sagebrush, characterized the next 20 miles.

At mile 66, the route turns west back onto Benton Crossing Road for the winding, up-and-down home stretch. Up to this point, the ride had been as close to perfect as I've ever experienced, but as we turned west we were saluted by afternoon winds that blew against us for the remainder of the course. I don't mind a little wind now and again, but 30 miles of 25-30 MPH headwinds with gusts up to 40 MPH, including along a 1000' climb up to Watterson Canyon summit, were a bit much. At mile 66, I felt as strong as a bull and was riding one of my fastest centuries ever; 30 miles later, I was crawling toward the barbecue line and dreaming of my bed.

After a hearty post-ride meal, I was back in the saddle for a tortuous 4-mile ride back up to Convict Lake. Were these really the same roads I sped down with such glee at dawn? The afternoon winds had grown even stronger—it took me 30 minutes to ride 4 miles! I leaned my bike against the wall, fell on my bed in my bike clothes and was out like a light for the next hour. I slept exceedingly well that night.

On Sunday I drove home through Yosemite for the end to a near-perfect weekend getaway.

The High Sierra Fall Century attracted about 850 riders and was well organized and supported. One of the ride's founders is the region's Eastside Velo Club. According to a club profile in a local magazine, their members have finished the course in years past in as little as 4 hours 40 minutes, and the club's leader brags a Death Ride finish time of 8:07. There's something to be said for mountain living. **Mike Schubert, September 2005**



## High Performance: BBC Members on the GO!

### Benicia Bike Club Time Trials

The last TT of the season is **October 5**. Time your fitness ride. Distance is 10.2 miles. Start/finish is Lopes Road; turn around is at the Fairfield City sign.

Contact Joe Pritchard at  
[jlpritchard@comcast.net](mailto:jlpritchard@comcast.net)

#### Course Record

#### Women

(30-34) Laurie Gottfried 32:41  
(35-39) Angela Tooch 33:33  
(45-49) Laurie Fenech 29:32  
(50-54) Riva Flexor 38:36  
(60-69) Barbara Wood 41:10

#### Men

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

#### 7 members competed in the Sept. 7 time trial:

Bryan M  
Pete VS  
Joe P  
Bob K  
Mike S  
Bob VW  
Lauri VW

**Bryan's time of 31:10 was done on a fixed gear bike. Pete VS. improved his 45-49 record to 28:49. Lauri V. improved her 30-34 record to 32:41.**

### Cougar Mountain Classic

Four BBC members raced at the Cougar Mountain Classic at Infineon Raceway (formerly Sears Point Raceway) in Sonoma:

Pete VS – Road Circuit Race

Laurie F – 15k Road/Off Road Run

Russ H & Joe P – Mountain Bike X-Country

This year, the event was held on September 9-11. There are race classes for everyone from beginners to professionals. Besides racing, they offer a slow ride on the race course with members of pro racing teams. There is a kid's bike rodeo for children under 8 and 10-15 minute races for children under 15 to get their first taste of racing. They also have a sports expo, team support tents, kids' bike safety classes, a swap meet & a vintage bicycle concourse. This event is very similar to the Sea Otter Classic but on a smaller scale. Website: [www.cmclassic.com](http://www.cmclassic.com) Joe P.

#### Tahoe Sierra Century

At 7:30 AM our hands and feet were freezing as we began the century at 6,000 ft elevation and 30 degrees at Squaw Valley. Bob K, Mick, Joe P Peter VS and Laurie F acclimated to the high altitude and prayed for a climb to warm up. A very enjoyable century with approximately 7,000 ft of climbing including some of the most beautiful vistas in the area. Climbing and descending Donner Summit was most memorable with vistas of striking, granite walls and historical railroad trestles. This Century is a fundraiser which supports the local school district music program. The support was excellent, the century was fun and challenging. Laurie F.

### A Note From Dr. Overfield

I arrived safely by way of Iceland because our military charter was Canceled. I was forced to look at beautiful Icelandic flight attendants the entire flight to London. I think I'll have to visit Iceland next summer.

Since arrival, I have stayed on base because my car has not yet arrived. I finally got my bike last week and rode Saturday after being off the bike over one month. I rode 50 miles to Ely and back (I added extra miles) and felt deliciously fatigued. We are getting an extra day off tomorrow and I will be riding again. I'm recovering today from yesterday's 4 mile run. Since I don't have the boy's with me, I'll be working out more. Friday is the base sports day. I'm riding in the 3.5 mile road race. I plan to draft the fastest person there and see if I can out sprint him. I doubt there will be many people doing the road race.

I'll be renting a house in Ely which is around 20 miles from Lakenheath, depending on the route. In the meantime, I'm in the base equivalent of a hotel. So I'm basically back to my old routine: work or ride.

The boys appear to be doing well and staying out of trouble.

Give my regards to everyone,  
Scott

# The Stage Race: Club Rides

## Tuesdays and Thursdays @ 9:30 AM

Meet at Raggs Coffee shop, corner of 2nd St. and Military East. Tuesday rides go to Martinez via the Zampa Bridge, and Thursday rides go to the Valley Café in Fairfield. Both have optional distance rides. These are no drop rides.

## Saturday @ 8:00 AM

Meet at Benicia St. Park, at the end of Military East. The ride goes through Benicia to Lake Herman Rd and then to Fairfield ending at the Valley Café. There are alternate longer routes and routes for the recreational rider as well. This is a no drop ride.

## Sunday @ 8:00 AM

Meet at Benicia St. Park, at the end of Military East. This is a 40 mile ride to Martinez with 2,000 ft. of climbing, stopping at Starbucks to refuel before returning. This is a no drop ride.

## Upcoming Centuries

### October

Burn of the Century  
Mt Whitney Classic  
Knocti Challenge  
Grizzly Century  
Foxy's Falls  
Moab Century Tour  
Furnace Creek 508  
Bass Lake Powerhouse Double  
Las Vegas Century  
Solvang Prelude  
<http://www.bbcnet.com>

### November

Solvang Prelude  
Giro d Vino  
Solvang's Finest

**Occidental Ride  
with Edith N  
October 1  
Michelle, Chuck,  
Gina and Rita**

## Upcoming Races

Mt Diablo Challenge Oct 2

### MTB

Parkfield Classic Oct 1,2

Billy Cross Oct 2, 9

Lagrange Fall Classic Oct 21-23

MTB Duathlon Nov 5

MTB Triathlon Nov 6

**CycloCross** [www.ncnca.org](http://www.ncnca.org)

Howard Park Oct 8

Granite Beach Oct 9, 16 Nov 13

Vacaville Oct 22 Condon Park Oct 30

## The Pedal: Members Riding Centuries and Racing

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

### Centuries

High Fall Sierra -**Michael S**, Shasta Century, **Ed M**, Auburn Century-**Bill DW**, **Bill B**, **Joe S**, **Michael S**, **Joe P**, **Joe M**, **Mick W**, **Ed B**, **Bob VW**, **Lauri VW**, **Laurie F**. Tahoe Sierra Century- **Roland T**, **Mick W**, **Joe P**, **Bob K**, **Pete VS**, **Laurie F**. Burn of the Century-**Joe M**, **Joe P**, **Mick W**, **Bob K**. **Bill B**, **Laurie F**. Knocti Challenge- **Mike S**, **Ed S**, **Bill S**,

### Races

T Mobile International-**Nathan M**

Infinion, Cougar Mountain: Circuit Race-**Pete VS**, Cross Country-**Joe P**, **Russ H**, 8 Hour Endurance-**Kip**, 15k Trail Run-**Laurie F**, Mt Diablo Hill Climb-**Bob G** Iowa Hill Time Trial- **Mike S**, **Laurie F**, Big Sur Trail Half Marathon-**Bob VW**, **Lauri VW**, U S National MTB Championships-**Russ H**.

**The Moxie BBC Century, October 23rd, 8 AM start, Benicia State Park Century, Metric Century, Cantelow option, Steel Canyon option**

### Mt Diablo Ride: Wednesday

Meet at Heather Farms Park (Ygnacio & San Carlos Dr.) @ 2:30 ride at 3:00. We park in the first parking lot on your left past the swimming pool alongside the lake. Back 6:30-7:00PM. Bring something warm to wear for the descent. Up Southgate and down Northgate and back is 38+ miles, ~4,000 ft of climbing.

### American River Path Tour

Tuesday September 27

Bob K, Mick, Bill Schmidt, Marwin, Mike Dunn. Our guide was Ed Delano of Elk Grove.

See pages 7 and 8 for more info.

## Campagnolo: Ride Premier California

### Furnace Creek 508 Race Route October 8-10

This 508 mile bicycle race is revered the world over for its epic mountain climbs, stark desert scenery, desolate roads, and its reputation as one of the toughest but most gratifying endurance challenges available, bar none.

Total elevation gain: 35,000'.

### 29th Annual Riverbank Cheese and Wine Century October 9

#### 110 Mile Route

The Stanislaus County Bicycle Club (SCBC) invites you to the 29th Annual Riverbank Cheese & Wine Century, October 9, 2005 at Riverbank High School in Riverbank. This route takes off southeast towards Turlock Lake Recreation Area. Along the way you'll encounter rolling hills, vineyards, orchards and dairies. After the first rest stop at the lake, you begin to enter the Central Sierra Nevada Foothills. You'll ride through grasslands, Blue Oak and Digger Pine woodlands, and chaparrals of Manzanita and Chamise. Once you pass the old mining town of La Grange, you climb and ride across Don Pedro Dam and the Tuolumne River. After riding along Don Pedro Lake, you'll soon begin a long climb to the 2948' Domingo Peak. Once to the summit, cyclists will descend +1000' in 1 mile to lunch at Yosemite Gateway Hostel in the town of Moccasin. Here you can look at the Hetch Hetchy water system which supplies San Francisco. After lunch, you'll begin to head back via the Northern Yosemite Highway. Across the Tuolumne River and pass the 1849 mining town of Chinese Camp towards Yosemite Junction, you'll view Table Mountain: ancient remains of lava flows. The route then takes you to the final rest stop at Knights Ferry Recreation Area. Climb 3000'

**Foxy's Fall Century October 15**-Experience a beautiful ride through Solano and Napa counties. Ride through vineyards along Gordon and Wooden Valleys, climb to Moskowitz Corner and enjoy the downhill after climbing Cardiac Hill. Lunch is served at Wooden Valley School. **Advanced registration is limited to 1,200 riders. Only 100 riders will be allowed to register on the day of the event. Climb 2,500.**

### Solvang's Finest Century November 12, 2005

Century ride: Starting with a wave start from the Royal Copenhagen, you'll do a short warm-up in the eastern Santa Ynez Valley, then head up world famous Foxen Canyon. You'll then pass through Santa Maria and head towards Guadalupe. From there, you'll ride southbound on a desolate and beautiful stretch of Hwy 1, and then continue onto Hwy 135 to the neat little western antique haven of Los Alamos, site of the final checkpoint. From Los Alamos, riders encounter what is essentially the only real climb of the day, up and over Drum Canyon, a quiet, twisty, 800 foot, 3.4 mile ascent. Drum Canyon has a steep, technical downhill, so please pay close attention to your speed. Once you reach the bottom, you'll hop onto Hwy 246 back to Solvang, with a big shoulder all the way to town! Climb 3,500.

<http://www.planetultra.com/SolFinest/index.htm>

### American River Bike Trail

Arguably one of the most successful and beautifully paved bike paths in northern California, this 32-mile gem of a trail stretches from downtown Sacramento eastward to Folsom Dam (64 miles round-trip). Also known as the Jedediah Smith National Recreation Trail, the American River Bike Path is nearly 100% separate from vehicle roads (a mile or two shares the road). The route hugs the American River as it ever so gently gains roughly 450 feet elevation as you ride from west to east. The trail is well maintained and mile markers are posted, starting at zero on the western end. You can start from a dozen access points and ride for as long or short as you like.

### Mt Diablo Hill Climb Challenge

**October 2, 2005**

A 10.8 mile mass-start hill climb with 3249 feet of elevation gain. The start is at Athenian School and the finish is at the summit. **Race the Devil!**

### Newsletter Contributors

Thanks Bill S, Joe P, Bill DW, Mike S, Bob K, Mick W. Ed M, Scott O. Thank you for sharing information for our newsletter. We appreciate you taking the time to contribute.

**Our October newsletter is a team effort.**

# Spinning Wheels: Experiencing Cycling

## Shasta Summit Century

Ed Matthews

The first weekend in August I rode the Shasta Summit Century, 100 miles/10,500' of climbing. This is a great century that I have ridden for the previous three years. The support is great, and it is not terribly congested with cyclists or traffic.

I started the ride at 0630 with my brother-in-law, Leo. The ride leaves the town of Shasta and heads north up to the town of Weed. The views are mostly of old wooden fences and large pastures as you ride north on well paved roads that gradually drop to the town of weed. The cycling is fast and very enjoyable. Once in the town of Weed, the route loops back to the original route and south back to Shasta City, the gradual climb out is just the start of things to come. As we rode back to town, we followed the route west around Lake Siskiyou and began the first ascent to Fawn Creek. The vistas of Mt. Shasta begin here, simply spectacular. The first climb heads into a canyon, a Fawn Creek courses along the road that is bounded by trees and steep rocky cliffs. The grades were a steady 5-6% for about 6 miles. At the Fawn Creek bridge we filled our bottles and descended back down our original ascent and made a right turn at Castle Lake, a rampy and steeper 7 mile climb. Glorious vistas take the attention away from the nice burn that my legs were experiencing. At the top, I refilled my bottles and made a rapid descent on great roads to Siskiyou Lake and the lunch stop. Leo and I had decided to bypass the next stop, feeling good and wanting to get the mother climb of the century started. Everett Memorial Highway, to the old ski bowl, is 14 miles of 6% road. I figured it would be 90 minutes of work and wanted to get it over with. I rode at my pace, leaving Leo to ride at his. Pain and endorphins were circulating and then I hit a wall, having to look deep to keep my pace going. Suddenly there were thousands of butterflies fluttering with me, the light was filtering in through the trees. The little winged insects danced around me for five miles. I felt a euphoria that was blissful, riding up this grade, butterflies around me, behind me, as far as I could see. The event boarded on a spiritual experience. I hit the top, stretched and descended back to town to a wonderful meal that was provided by the Shasta Wheelers. They are fortunate to have such a wonderful setting to put on this century ride. Next year, the Shasta Super Century- 130 miles with 15,500' of climbing, who wants to come along?

<http://www.shastahome.com/summit-century/>

### Grand Prix Web Sites

[http://www.pbase.com/kt\\_sf/2005\\_sf\\_grand\\_prix\\_bicycle\\_race](http://www.pbase.com/kt_sf/2005_sf_grand_prix_bicycle_race)

<http://www.pbase.com/ejcpa/>

[san francisco grand prix 090405](http://www.pbase.com/san_francisco_grand_prix_090405)

<http://www.pbase.com/garrettlau/sfgp05>

## American River Bike Trail

Tuesday, September 27, five of us toured the American River Bike Trail. Bob K, Bill S, Mike D, and Marwin. A Sacto friend of Bob's, Ed Delano, joined us as a guide. Marwin flatted and then Ed's rear derailleur fell apart. We were within walking distance of the town, Folsom and a very nice bike shop took care of the derailleur while we visited a deli next door. The ride was 67 miles with 800' of climbing and took about five hours to do. Side bar: Caltrans was using the path for their equipment to work on an overpass over the trail. They had gotten some dirt on the paved path. They had a flagman stopping and warning us of the hazard and telling us to work our bikes. It was not that bad and we rode on. "they hollered". Next day the CLUB got an email from CALTRANS. We need to consider "reversible" jerseys that have another club on the inside.

Mick Winneger

## Six Grumpy Old Men Cruising the Levees by Bob K

A segment from Bob's memoirs on the American River Bike Tour

We rode over the "Steel Bridge" at the north end of Lake Natoma. This beautiful structure is an old trestle bridge moved from near Yreka and reconstructed here. It is pedestrian /bike only and sports what looks like an oiled teak roadbed. The cost to bring in the old bridge ended up being twice the cost of a brand new one. Like they say in Folsom "it may be pork but it's our pork".

## Grand Prix 2005,



## Who's in the Peloton: Member Profile Bill DeWolf

### BBC Fact File:

**Rider Name:** Bill DeWolf

**Date of Birth:** Feb. 1955

**Place of Birth:** Honolulu, HI

**Height:** 5' 7"

**Weight:** 160

**Resting pulse:** 44

**Max pulse:** 189

**Marital Status:** M

**Children:** Malia, Jaime, Eric

**Occupation:** Self Employed

**First race:** Napa Crit.

**Last race:** Livermore Road Race

**First Century:** Delta Century 1994 w/ Mick, Joe P, George S.

**Last Century:** Auburn 2005 w/ BBC crew

**Rides with BBC:** Whenever I can

**Favorite Ride:** Any ride with good friends, Pedal The Peaks Tour, Mr. Bill's Nightmare

**Rides a:** Kestrel (RB), Schwinn(RB), Farnsworth(FG), Bontrager(MB), Pos(CB)

**Joined BBC:** 1993

**BBC Job:**

**Scheduled events:** To ride more

**My Perspective:** Life's too short to be serious, think fun !

*A note from the editor,*

*In 1997 Bill rode the Grand Tour 400, the Davis Double and Grizzly Peak. He rode eight organized tours and pedaled, 1,250 miles .*



### Leaky Valve: Club Minutes

Meeting held at Nancy L home...Bill S called meeting to order 7:40...Treasurer's report 3,660.48...Order jerseys now, contact Ed B...Edith N led a group of members through Occidental...Nancy will speak with Gabby about a tentative joint BBC and Eagle Club ride...Joe states our last BBC Time Trial for the season will be on October 5, Lopes Road begins at 6:00PM sharp...Last chance to officially test your fitness...2006 BBC Time Trials will resume in April...Christmas Party will be at George Villarreal's home, December 10, 2005...We will need a person to organize the potluck, please volunteer if you qualify for this fun BBC job...Qualifications for Christmas Party Potluck organizer; Must Like Food!!!Nancy L is going to SAG for two friends, Team Mahi Mahi at the 508 Furnace Creek Race...Bob K defines MOXIE, Energy, pep, courage and opportunity...Our BBC Moxie Century will be on October 23, at 8:00 at Benicia State Park or RockvilleCafe...Many Moxie options...Century, metric century, Cantelow, Steel Canyon...Bill B will provide a route map, many places to regroup and to refuel...Looking for a SAG person...Nancy L will talk with friend Katarina who is an endurance racer to be a speaker at our Jan/Feb meeting...Bill states "NO" bike sensor at new stoplight at HWY 29/Magazine St...Russ H places 15th at the US National MTB Championships, Congratulations Russ...Let's go Mountain Biking says Joe P...Mines road ride in the works...Next meeting Nov 1st at Ed's place 7:00PM...A productive meeting, Meeting adjourned 8:45...Respectfully, Laurie F.

### Support Cytomax

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

### Wheel Alignment:Local Bike Shops to Support

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

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

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

Ray's Cycles (707-448-1911)

## Quick Release Skewers: Rest, Laugh and Stay Fit

### The Climb: Glacier Point, Yosemite

#### Glacier Point, Yosemite

An overlook with a commanding view of Yosemite Valley, Half Dome and the High Sierra is located 32 miles (one hour) from Yosemite Valley. From Yosemite Valley, take Highway 41 for fourteen miles to the Chinquapin junction, then turn left onto Glacier Point Road. The road ends at Glacier Point.

### Bike Pump: Humor

#### FasterCard

FasterCard *Titanium*, is the first credit card ever to be made from Titanium 3AL 2.5V alloy for light weight and durability. In addition, the FasterCard *Titanium*, is drilled out for increased lightness, without compromising the embossed numerals or the special rare-earth magnetic stripe on the back.

The FasterCard *Titanium's* magnetic strip, despite its light weight, is the sturdiest, highest coercivity magnetic strip available on any major credit card. Even after thousands of uses, it still registers on the first swipe 99.993% of the time, so you never need to waste time waiting for some sales droid to tediously key in your number manually!

The FasterCard *Titanium* is highly exclusive, too. It is only available to Real Cyclists like you, not to the hoi polloi! **Apply at your nearest bike shop!**

## Cross Training

#### Stair Climbing

Take a trip to the back of the gym and climb aboard that often-forgotten-about contraption, the StairMaster. Keep the resistance moderate and your cadence high to simulate hill repeats on the bike. (If the gym is the last place you want to be on a Saturday morning, bundle up and pound the local high school's stadium steps instead.) Do three to four sets of high-intensity, 10-minute efforts with five minutes of recovery in between. You'll develop monster aerobic capacity in your quadriceps that'll have you crushing climbs on your bike come spring.

### Recovery: Rest Day

#### Yosemite

## Rest Day

Yosemite National Park was established on October 1, 1890, and is the Nation's third oldest national park. The park was established for the purpose of preservation of the resources that contribute to its uniqueness and attractiveness. Congress recognized the importance of preserving this great park for future public enjoyment when it established Yosemite National Park. Yosemite National Park is a showcase of spectacular geological features, including the greatest concentration of granite domes in the world and the largest exposed granite monolith in the world.

The first application of a park concept originated in Yosemite with the grant of 1864 (Federal land given to California for preservation) signed by Abraham Lincoln and since that time the park has played an important role in pioneering park management concepts.

Yosemite National Park possesses outstanding recreational values and supreme scenic attractions, including alpine and subalpine wilderness, three groves of giant sequoia trees and thundering waterfalls that are among the world's highest. Yosemite was the birthplace of the idea of the Sierra Club and plays an important role in wild-life preservation and preserving biological diversity.

Yosemite National Park is a world heritage site which has made a significant contribution to California's cultural heritage, to the national park movement, and to Yosemite's 4,000 years of cultural heritage by Native Americans. The park provides solitude and inspiration and serves as an outdoor classroom for environmental education.

### Clip On: Web Sites

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

## Heart Rate: Velo News

### Solvang's Finest Century (and Finest Metric Century) is dedicated to raising money for the Challenged Athletes Foundation.

The challenge of riding a century, or participating in any endurance sport, is a lot of fun; but people with disabilities sometimes don't have access to the special equipment and training it takes for them to pursue this type of lifestyle. Through the Challenged Athletes Foundation, you can provide funding for hand cycles, sports chairs, training and competition needs that will allow athletes with disabilities the freedom to enjoy a fit lifestyle. Since 1994, CAF has raised over \$6 million and distributed over 1,600 stipends to physically challenged individuals across the United States and around the world.

**Solvang's Finest Century November 12**  
<http://www.planetultra.com/SolFinest/index.htm>

### 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.

### Maratona dles Dolomites

July 2, 2006

**The history - 12th July 1987:** A unique route of 175 Km, with no fewer than seven Dolomite passes to cross; 166 fearless spirits of the bicycle that with great courage and fair play struggle to reach the coveted finishing-line: this was how the fascinating adventure of the Maratona dles Dolomites began, attracting year after year an increasing number of fans, to become one of the most important amateur cyclist events in the whole of Europe.

Conceived as part of the tenth anniversary celebrations of the Alta Badia-Raiffeisen Cycling Club, its organisers certainly never dreamt that they had created an event which in such a short period of time would have become one of the most important annual events in the Alta Badia valley, attracting thousands of fans, many of whom enthusiastically take part every year.

The great success of the Maratona dles Dolomites is certainly based on the splendid setting of the Dolomites, the striking routes that follow legendary runs where great champions have written a rich and glorious page in the history of cycling.

The Maratona dles Dolomites is growing every year. Let's let the numbers speak about it:

- **8.500** participants (limited number)
- **1.000** volunteers
- **16.000** yearly requests

#### 3 courses:

138 km / 4190 m climbing  
 106 km / 3090 m. climbing  
 55 km / 1780 m. climbing

[www.maratona.it](http://www.maratona.it)

### BBC Christmas Party

December 10, 2005

Villarreal's Home

Potluck

Merriment!

## Hill Climb Training for Off Season

### OFF SEASON WEIGHT TRAINING

Cycling-specific weight exercises in the off-season are a great way to improve your climbing power. Two or three sets of 15-25 reps, twice a week is a good general program. The emphasis should be on the legs and back (step-ups, lunges, squats or leg presses. Focus on higher reps and medium weight to develop muscular endurance and minimize the risk of injury - and adding sets of "standing jumps" (standing in place and jumping as high as one can for 20 or more times) after your weight workout will give you the explosiveness to catch your buddy off guard in the spring. And don't forget to stretch (yoga) to maintain flexibility.

### DO SOME HILLS

After you've developed a good strength base in the weight room, the absolutely best way to improve climbing is to get back on the bike when weather is dry and work on climbing. Find some rolling hills and use them like intervals with short bursts of climbing followed by spinning on the flats. Start with hills that take about 15 seconds to climb at a cadence of 90 rpm. Once you have your season base, you might add climbs of 10-15 minutes in a bigger gear that you can maintain easily at 70 rpm - but not if you have a history of knee problems.



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

**TO:**

*President/Bill Schmidt*  
*Treasurer*  
*Bob Klosterman*  
*Editor*  
*Laurie Fenech*  
*Web Master*  
*George Villarreal*

**The Road**

ANYBODY WANNA RIDE?

**JOIN THE BENICIA BICYCLE CLUB!**

**BENICIA BICYCLE CLUB**  
**MEMBERSHIP APPLICATION**

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

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

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

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

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

In consideration of the acceptance of my application I, for myself, my heirs, executors, administrators, successors and assigns, wave, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the BENICIA BICYCLE CLUB, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable for damages.

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

NAME:	SIGNATURE:	AGE:
_____	_____	_____