

# Benicia Bicycle Club

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## The Road Marshal: Message from the President

September, Back to School.

I would like to thank Laurie F. for doing a great job on our newsletter. Thank you Laurie. As of this month, Laurie turns over the newsletter to Riva F. and Sherri B. Good Luck Riva and Sherri.

The Napa Century was great with perfect weather. The yellow train cruised through Napa Valley. The pretty in yellow women showed us just how strong they are. The only thing that was missing was our yellow caboose, Bob Klosterman.

Foxy Falls Century is October 15th. Don't forget to sign up. Keep training, the season isn't over yet. There is still plenty of rides out there.

Test your fitness. Don't forget Tall Joe's Time Trial the first Wednesday of every month and the VO2max testing with Nathan Miller.

Joe Marks



**Club President; Joe Marks  
with Michael Schubert**

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)

### Time Trials

Distance is 10.2 miles. Start/finish at Lopes Road; turn around at the Fairfield City sign. Last Time trial of 2006 is Wednesday, October 9 at 6 p.m.

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

### Bay in a Day Ride

The Club received a thank-you note for a job well done from the Bay Area Bicycle Coalition! Those who participated as riders, as rest stop workers and as sweep drivers had a good time.

### Club Monthly Meeting

October 3, 2006 @ 7 p.m.  
976 Lincoln in the Arsenal

## From Your Editors

It's been a joy working on the newsletter together and learning what we've learned so far. We have a long way to go, but we'll get there. We certainly appreciate all of Laurie Fenech's hard work and dedication on the previous newsletters, and we see how very time consuming it can be. Laurie did a masterful job and we thank her!

For the time being we will publish on a bi-monthly basis. We encourage all members to submit articles of interest or personal writings and pictures for our newsletter. We all enjoy hearing what is going on out in the cycling world.

Thank you for your patience, and your submissions.

Riva F. & Sherri B.  
Editors-in-Training

### Newsletter Contributors

**Thanks to Joe M, Barbara W, Joe S, Ed B, Mick W, Bob K, Joe P, Riva F, Sherri B and Sherie R for your articles and photographs and moral support! Our September Newsletter is a team effort.**

## High Performance: BBC Members on the GO!

### Back to Back centuries, by Ed Brennan

In August I rode the Holstein Hundred on Saturday, August 19<sup>th</sup>, and the Tour of the Napa Valley on Sunday, August 20<sup>th</sup>. When people heard I was going to do this they seemed to think it a little strange, but I had compelling reasons for wanting to do both rides.

For Holstein, I got an email from my friend Gil saying that he had signed up to do his first century since he had a knee operation a year ago. I wanted to support Gil in his effort, since he's had a rough time with his health for a long time. He contracted bone cancer 10 or 15 years ago. After chemotherapy he got a bad case of rickets, and as a result is blind in one eye. The radiation treatments on his leg, where the bone cancer was, damaged the bone. That led to the knee replacement. The knee works, but he can't bend his leg enough to get the crank around. So he had a custom made crank that's about half as long as a regular one. All this and he still wants to ride a century! Gil has guts. He was bummed that he couldn't quite make it up Coleman Valley Rd. from the Highway 1 side without stopping. But he was determined to finish the ride, and it's not an easy one. We pulled in to the parking lot at the end to the cheers and applause of Gil's wife Virginia and two friends. They had done the 100K ride together. I'm proud of Gil and inspired by his determination. Riding the Holstein Hundred with him was a great experience.

For the Napa ride, the motivation was simpler. This is the ride our club gets the most participation for, and I really enjoy being part of that. Riding along in the big group with all the members decked out in their club colors is something I wouldn't want to miss, even if I was tired from riding the day before.

I'm not the only one from the BBC who did both of these rides, by the way. Kenny Peschel also did both rides. His motivation was different than mine, though. He was training for the upcoming Knoxville Double Century.

### The Intrepid Climbers on Mount Tamalpais August 26, 2006

Thanks to the photographer who sent Bill Schmidt this photo –

Hi Bill and Friends,

it was a pleasure to meet you at this famous observation point. .... It is fun to meet energetic, fun-loving, and nature oriented guys like you. You are on the right track. Keep it up!

I am sorry having witnessed that one of your team mates got injured on the way down. I hope he is OK.

Regards,  
Siegfried Kohl



Left to right—Bill Schmidt, Tall Joe Pritchard, Randall Lee, Mick Weninger, Bob Klosterman and Kevin Kelley

**Road Hazards** Should you encounter road hazards such as pot holes, debris or tree limbs while cycling in our area, please contact the following agencies and report status.

Vallejo call the Department of Public Works, Traffic Engineering and Maintenance at 648-4300.

Benicia: call Public Works Maintenance Division, streets at 746-4296.

Solano County: contact Steve Hilas 421-6055.

**Help keep our Roads Safe**

## This Month's Featured Writer—Barbara Wood

### Riding the Oregon Coast

Panniers and plastic. No sag this time as we left the hotel (and our car) in Eugene at 4:45 AM to catch the 5:45 train to Portland. Good thing we had driven the route the night before as it was barely daylight. We arrived in Portland around 8:30, and were soon pedaling along Hwy 30. Our destination was Rainer, 50 miles away. It was HOT! 100 +! Headwinds - significant headwinds.....not too scenic, not too hilly. Just heat, headwinds, and trucks.

Day 2 was more of the same. Heat, headwinds and trucks!!! This time we had hills to add to the equation. We stopped for lunch in Astoria, then took the coastal road south to Seaside, following the Oregon Coastal Bike Route. (mainly, Hwy 101) This part of the road was beautiful. Nice wide, smooth shoulders and we were protected from the wind. This last 20 miles was a pleasant end to our 70 mile day.

Seaside is an upscale beach town with a promenade lined with high-rise condos and timeshares. We found the International Hostel to be quite adequate and within budget. Seaside is also the end of the Lewis and Clark Trail.

Day 3's destination was Tillamook. There were many long climbs, and a tunnel with a button to push to let traffic know that there were "bicycles in tunnel". These climbs all had scenic view rest stops of which we took full advantage. Beautiful beaches, rocks, seals, and the continuous breaking of the waves made a pleasant day. Oh yes, we also had a tail wind. We arrived tired and hungry. Did I mention that there was a cheese factory in Tillamook? They make wonderful, rich ice cream as well.

Day 4 found us heading for Newport, 70 or so miles south. More beautiful beaches, and more little towns greeted us as we pedaled onward. We left 101 several times today. These roads were quiet and scenic and in great shape for the most part. One 10 mile route was described as "scenic farmland, old forests, and gentler climbing". We made a good choice as it was beautiful. We stopped to pick salmon berries which were in abundance along the road. (they look like red raspberries, only yellow). The redwood trees and beautiful ferns made the climb seem easier.

Day 5 meant our last day on the coast. Florence was only 50 miles down the road. The wind was fierce and it was cold. Luckily for us, it was from the north. Any cyclist heading north today was in deep trouble. Other than that, it was another beautiful day on the scenic Oregon Coast. Even though no climbs were noted on the map, they existed, along with screaming downhills and another tunnel. We reached Florence, checked in to a motel, and settled down to a special dinner at the Seafood Station.



Day 6 was our final day. We were heading east on Route 126 for 60 miles. For the first 15 or so miles, we followed the Siuslaw River. It was Saturday before the 4<sup>th</sup> of July holiday which meant lots of traffic heading to the beach. There was one big climb which included our 3<sup>rd</sup> tunnel. As we climbed through the tunnel, just about every car going the other direction had to lean on their horn for the echo effect. There was no way we could hear a vehicle behind us. After that, there were many rolling hills through the mountains leading to our destination. It was a great trip. Oregon is really bicycle friendly and a great place to ride. I must not forget to mention the spectacular bridges we crossed along the way. These were designed in the 1930's by Oregon's Master Bridge Builder, Conde B. McCullough.

Next year? Florence to the California Border, what else?

#### Links:

**Florence OR:** [www.oldtownflorence.com](http://www.oldtownflorence.com)

**Tillamook OR :** [www.tillamookchamber.org](http://www.tillamookchamber.org)

**Conde B. McCullough:** [www.asce.org/history/bio\\_mccullough.html](http://www.asce.org/history/bio_mccullough.html)

## High Performance: BBC Members on the GO!

### Centuries on Vacation By Joe Pritchard

I did two century rides while on vacation in Oregon. I wore my club jersey and can't count the number of times I heard "Benicia? Where's that?" I also heard "Benicia, I've been there" several times. My Death Ride water bottle got some comments, too.

Torture 10,000 was the first century. It was put on by the Portland Wheelmen Touring Club. The ride took place in the beautiful countryside east of Portland. The main climb was to the top of Larch Mountain. The remainder of the ride had lots of rolling hills.

The 2<sup>nd</sup> century, the Yaquina Lighthouse Century, started in Newport on the Oregon Coast. We rode on scenic back roads primarily northeast of Newport, then finished along the coast on Hwy 101 from Lincoln City back to Newport.

### Congratulations!!

Congratulations to club member Robert Vanwert, who finished third in the 200-mile Bay in a Day Double Century in record temperatures sometimes exceeding 110 degrees on Saturday, July 22nd, 2006! Bob finished at 7:30 p.m.

The official results are available at [www.bayareabikes.org/biad.htm](http://www.bayareabikes.org/biad.htm) along with a recap of the event by the organizers.

Joe Shamie

Congratulations to Sherri Bortolazzo and Steve Salvador, who completed their first Imperial century on the Tour of Napa, August 20. Way to go!

### Apple Cider Century by Sherri B.

Being somewhat of a beginner at cycling, my favorite ride so far has to be the Apple Cider ride. It encompasses my favorite types of scenery, which are wooded forestland and the ocean. Bob Klosterman, Mick Weninger, Ed Brennan, Mike Dunn, Riva Flexer and I were on the ride.

Starting off, we rode through Sebastopol to get to Highway 116. This was uneventful; however, everyone was on the lookout for the Naked Ladies (*Amaryllis belladonna*, the pink flowers). Upon reaching Monte Rio, and Highway 116, we were in the coast redwoods, which are such wonderful, massive trees. There is such an array of homes along 116 and the various other streets we were on – everything from beautiful regal homes to little shanties that looked as if they would topple any moment. I loved seeing all the campgrounds amongst the redwoods and riding along the Russian River.

We stopped in Cazadero for a rest and bite to eat, which was highly needed. We continued and went up Fort Ross Road, which seemed never-ending. It did finally end, and we all rested at the top for a time. When we reached the top we came upon Joe Shami, which is always a delight. He started the ride earlier than we did, and took a different route to reach the top of Fort Ross Road. We enjoyed hearing his route story, and he continued with us to his starting point.

We turned left onto Meyers Grade road and on to Highway 1. Once you reach Highway 1 the scenery is spectacular! To see the road fold out below you, along with the ocean is just breathtaking. It was a great descent; however, there were quite a few cars since it was Sunday afternoon on Labor Day Week-



L-R: (Standing) Riva F., Joe S., Mike D., Bob K. (Sitting) Ed. B., Sherri B.

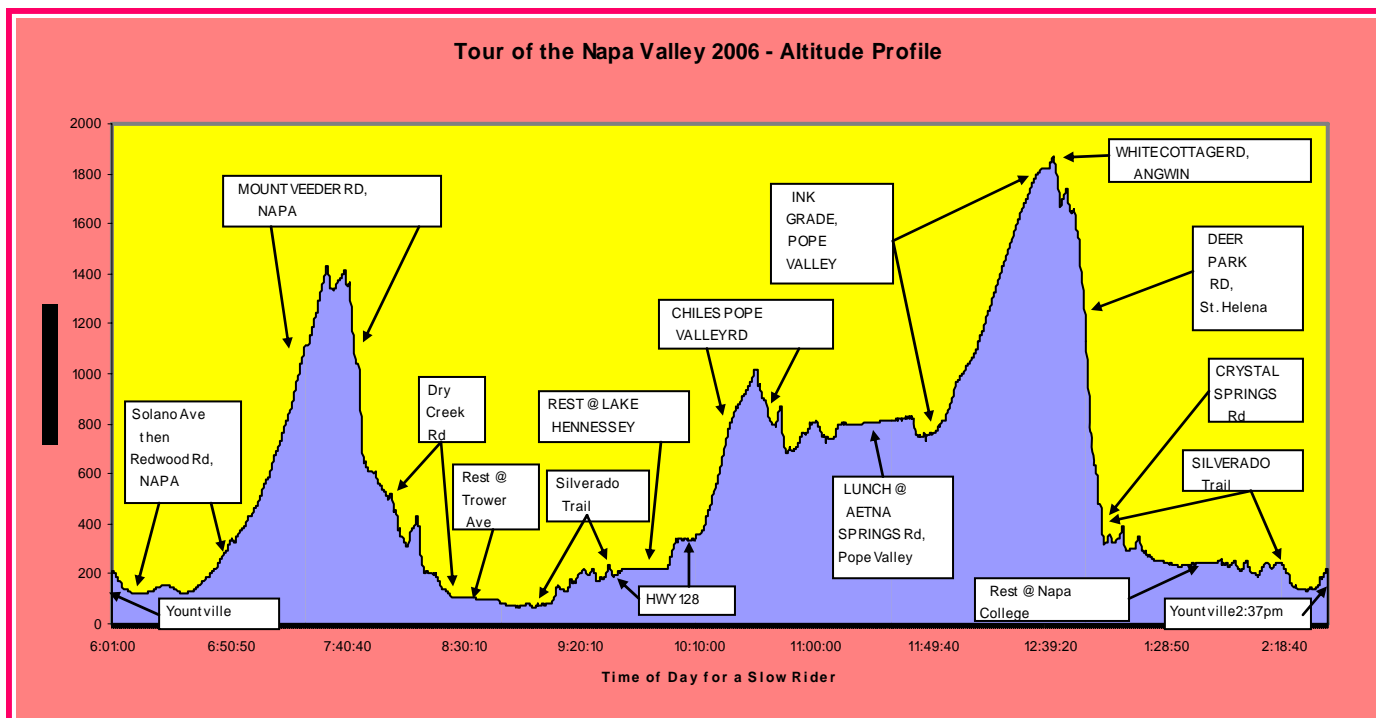
end.

We then continued on and stopped at a restaurant in Duncan Mills. They served the best pizza I have ever tasted (I think I was starved by then). It was so nice to sit outside in the sun, eating lunch and having a drink.

When we finished lunch, we continued on through Occidental and Freestone, back to Sebastopol. While riding I realized that you could look through the trees lining the road, and see communities within them. Sometimes they were homes, sometimes campgrounds, sometimes meadows. There was a whole world behind the trees you'd have to look for.

It was a great day of riding, and I enjoyed it immensely. I love being a part of the Benicia Bicycle Club. Everyone is so nice and helpful. I can't tell you how much I've learned from all the experience the members are willing to share!

## A BBC Standard: the Napa Tour 2006 by Joe Shami



The following 28 Benicia Bicycle Club members participated in their chosen distances:

Sherri Bortolazzo, Ed Brennan, Bill DeWolf, Ray Elmore, Laurie Fenech, Ellie Hands, Russell Hands, Ron Holloway, Marci King, Allan Lemone, Joe Marks, Brian Martinelli, Edith Norby, Kent O'Dell, Manuel Olague, Kenneth Peschel, Sherie Reineman, Steve Salvador, Bill Schmidt, Joe Shami, Angela Toooh, Roland Torrecampo, Peter Van Slyke, Bob Vanwert, Lauri Vanwert, George Villareal, Mick Weninger, and Gray Williams.

Finishing the 100-mile century were 21 club members, including two who were attempting their first full century: **Sherri Bortolazzo** and **Steve Salvador**.

Returning strong after recuperating from his serious cycling accident was **Ron Holloway**, doing the full century on a brand new bike.

Congratulations to all and especially to those three! For **Bob Vanwert**, this event must have been a "breeze" after his finishing third in the 200-mile Bay in a Day Double Century during the record July heat wave, when the temperature reached an unofficial 116 degrees at one point!

A few of my clubmates were doing their second century of the weekend or their second metric century, having ridden the Holstein Hundred the day before. Usually, the two events fall on different weekends, either a week before or a week after each other, but this year they coincided, and some members rode one or the other, while a few did both. I know that **Ed Brennan** was one who did both centuries, and **Ken Peschel** did both metric centuries.

Club member **Brian Martinelli**, who is also a Diablo Cyclist and was accompanying them, rode the 65-mile route on a FIXED-GEAR bike. (Just look at the altitude profile of Ink Grade and imagine doing that on a single-speed, fixed-gear bike!) But I'm told that the steep descent on Deer Park Rd is even tougher on a fixed-gear machine than the climb up Ink Grade (because the pedals rotate continuously with the wheel). So that's why Brian had a freewheel on the other side of his rear hub and used it on that descent.

Associating with our club during this event were four "Friends of the Club": **Joe Miller**, **Manuel Borges**, **Jessie Sanchez** of Monticello Cycle Club (Vacaville), and **Trudy Lee**. (**Joe Miller** also completed the 200-mile Bay in a Day Double Century in July in that record heat, even with a stomach ache reportedly caused by swallowing sunscreen that he mistook for energy gel.)...(Joe is NEVER going to live that one down! - Ed.)

## Rides and more!

### Woodside Century by Joe Marks

Woodside Century was great! Bob K. Mike D., Mick W., Ed B., and Joe M. rode this year. Good weather and friendly people and a lot of climbing. - 8,000 feet. This is a do-again ride for next year.

### A Mount Tam Thank-You

Hey guys, just wanted to say thank you again for being such great riding buddies! I really appreciated the many rest & "wait for Sherie" stops.... helped bunches. Ben also enjoyed riding with you all, good riding and good company. May the sun gods bless us next time we meet up (possibly next Sunday, Marin Century? I'll be soloing the metric route, as Ben is out of town for a few weeks starting tomorrow morning.

sorry I didn't see you after the ride, I wanted to say good-bye & thanks in person.... and I was also dreaming about that ice cream cone the whole way down the hill..

Bob K, thank you again for waiting for me at the golf course..... that was very nice! maybe i should have taken that short break after all, just to give the back of my neck a rest.... I started really slowing down shortly after you passed me.....in any case, i did make it down the hill in one piece and hope to see you all out on the road again soon.....

Cheers,

Sherie (Reinemann—eds.) (& Ben)

### British Cyclist Rides from D.C. to Benicia Peddler's Fair Thinking it was a Bikefest

On a recent (Peddler's Fair Saturday in August) Club ride Ed Brennan, Al Lemone, and Flat-bar Bob made an uncommon stop at the Gold Hill gas-mart on the return to Benicia. As we waited hung out we were approached by a cyclist with full touring baggage, Robert Hawkins from Stafford in the United Kingdom.

Rob was taking a rest stop on his way from Washington, D.C. to San Francisco. This day's leg was from Fairfield to Vallejo with plans to catch the Sunday morning ferry to the City. After about 15 minutes of visiting we were joined by another stranger who was sagging for a friend riding from San Francisco to D.C. that same day. As it turns out Lopes Road is on the route for a trans-continental route map published by a cycling adventure company.

When Rob asked for lodging recommendations for the night in Vallejo, the three of us came up empty. With the Peddler's Fair going on in Benicia the chances of something there were slim. After checking with boss, I received permission for a surprise house guest, made an offer, and Rob accepted. On the way home we visited the Fair and ran into more BBC members.

I heard many interesting tales about his adventure – too many for even Joe Shami to remember, much less commit to paper. Here are a few tidbits.

- A. Solo effort, self supported, tenting 90% of the time. Trip took about 80 days.
- B. About 80 lbs of gear, down tube shifters, and 1 set of tires without one flat.
- C. Bought pepper spray in Kentucky because of aggressive dogs but never used it.
- D. Did not wear a helmet. Preferred a wide brimmed hat for protection from the dangerous sun.
- E. First time in U.S. but had toured Europe, Australia, and the Philippines.
- F. Despite owning a digital camera he used a simple 35mm and took slide photos. The rolls were developed along the route and shipped home un-mounted.

On Sunday morning Mark Allen and I rode with Rob to the ferry terminal in Vallejo. He had made reservations for 3 nights in a Tenderloin district hotel – as if he did not have enough adventures already.

I have his email address and we may hear from him, as he plans to publish his memoirs of the trek. From Bob Klosterman.



Bob K, Mark A. and British Adventurer Rob Hawkins in Benicia

## Rides and More

## Travels with Riva or 'Bring your Own Bike Next Time!'

It's been the story of my life — travel with my bike whenever possible.

Of course, everything was easier when I was younger. Leaving home? Bring my bike. Going to Israel? Bring the bike (dropped it off in England and picked it up and toured on the way back). Moving to England? Don't forget that bike! (sold it to a New Zealander and bought another one, now stored in Vermont). On that trip, I returned with a household packed in a container, a husband and a son. I've acquired even more stuff and children since...

So when I found myself this summer with a ticket to London via Las Vegas I decided to rent a bike in England. Should be easier than schlepping a bike box, I mused, and there will be plenty of bike rentals available because there are lots of tourists.

I miscalculated.

Bike shops in England don't like to rent cycles, because IF they are returned, chances they are beaten up, and often the bikes are not returned. I found this out to my chagrin in Norwich, a university city with plenty of bicycles in use, but no place to rent.

I encountered the same problem up in the Kingdom of Fife, Scotland. The Leslie Bicycle Shop offered to put my packed bike together, but no, they



didn't rent out bikes. This was bad news.

Help arrived the next day in the form of Carl Gardener from Scottish Enterprise, lugging his teenage daughter's old rusted mountain bike, with fused brakes and gears. Thanks to Fred in next-door Spectrogon's office, we got the brakes operating (after a fashion). The seat was too low, but frozen in place. Never mind a helmet, and as for gears? Well, I needed to train anyway. So I hopped on and pedaled

out into the Fife countryside, keeping in mind that I had to stay on the LEFT side of the road.

Cycling in the UK is always a treat, because much of the time you can get out into the countryside quickly. The B and C roads are safe to ride on, and cyclists are a common sight and well-tolerated by car drivers. You can travel comfortably all day and reach a hostel, B&B or hotel easily. If the weather cooperates, it is true joy. And if not, well, you don't melt (so they say)...

I must have covered 25 miles on that awful bike, climbing hills standing up and gritting my teeth against the blisters rising on my palms. I felt naked without a helmet, which is a good sign. I didn't look any different from the other cyclists, though — helmets are a rare sight in rural Scotland. More common are the old men on coaster bikes.

I've learned my lesson. Next trip to the UK, I'll schlep my bike. AND I'll wear my club colors. Ah well, at least I'll be easy to spot on the road...

**Links:**

Kingdom of Fife: [www.standrews.co.uk](http://www.standrews.co.uk)

Fife Cycleways: [www.fifedirect.org.uk](http://www.fifedirect.org.uk)

City of Norwich: [www.norwich.gov.uk](http://www.norwich.gov.uk)



### The Marin Century 2006 - All those Yellow Jerseys!

From left to right: Laurie Fenech, Greg Dannucci, Joe Marks, Nancy Lund, Kent O'Dell, Ed Brennan, Joe Pritchard, Mick Weninger, George Villarreal, Bob Klosterman and Dan Jenkins

**Support your Local Bike Shops**

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)

## 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.

### Cyclists' Phrasebook

**We've all heard these phrases before. But what do they really mean?**

#### "I'm out of shape"

Translation: I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

#### "I'm not into competition. I'm just riding to stay in shape"

Translation: I will attack until you collapse in the gutter, babbling and whimpering. I will win the line sprint if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post, and spray energy drink in your eyes.

#### "I'm on my beater bike"

Translation: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

#### "It's not that hilly"

Translation: This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23 low gear? Here's the name of my knee surgeon.



Cross-training with Team Argyle

#### "You're doing great, honey"

Translation: Yo, lard ass, I'd like to get home before midnight. This is what you get for spending the winter decorating and eating chocolate. I shoulda married that cute Cat 1 racer when I had the chance.

#### "This is a no-drop ride"

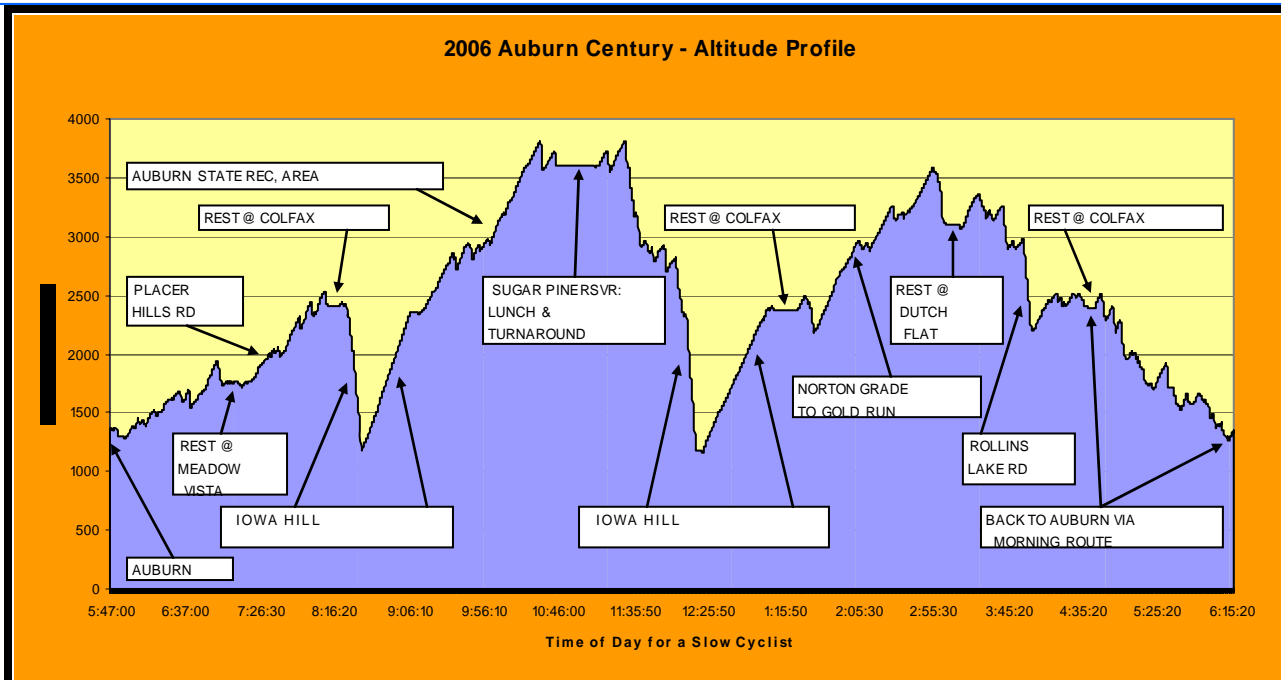
Translation: I'll need an article of your clothing for the search-and-rescue dogs.

#### "It's not that far"

Translation: Bring your passport.

## Auburn Century 2006 by Joe Shami

(Editor's notes: This year's Auburn Century presented significant challenges, because of the weather and the necessary route changes. A number of BBCers participated, namely **Joe Pritchard, Bob Klosterman, Kipp Penovitch and Joe Shami**, The temperature at the 5:30 a.m. registration hovered at the 40F mark, and riders started in pitch black. Below are excerpts from Joe Shami's ride account.)



This year, a wildfire in the rugged Sierra Foothills affected the route of the 2006 Auburn Century, which was planned to be the same as in 2005. A thick layer of smoke from the fire, known as the Ralston Fire or Foresthill Fire, prompted health warnings in many communities in Placer County, as well as in Sacramento and Reno. Some nearby communities were urged to evacuate.

With this in mind, the organizers of the Auburn Century did a truly remarkable and commendable job in a short time in planning and implementing a new route to avoid the impacted area. The first (unaffected) part of the route from Auburn to Colfax remained exactly the same. But instead of entering the Tahoe National Forest after the lunch stop at the reservoir, the revised century route returned to Colfax the way it had come, climbing for the second time the notorious Iowa Hill -- reportedly steeper than anything in the Tour de France -- this time in the opposite (less steep) direction. Then, from Colfax, the route headed northwest, away from the fire, for a loop to Gold Run and Dutch Flat, in place of the out-and-back to Robinson Flat. Total climbing would be over 11,300', a bit more than the 10,800' of the

2005 route. However, the highest elevation reached in 2006 was only 3806' as compared with 6693' in 2005 (according to my altimeter).

I personally enjoyed the substituted route because it enabled me to see new terrain that wasn't familiar. And though it didn't have the spectacular views into the massive, pine-filled canyon between Foresthill Rd and Mosquito Ridge Rd on the way to Robinson Flat, I found it every bit as challenging as last year's route, if not more so.

Despite the forest fire that caused a drastic change of plans, I can truthfully say that I consider the 2006 Auburn Century to be a great success, though it was TOUGH, my toughest century of the 12 I've done in 2006 (but I didn't do the Death Ride this year). It was well organized; there was good food and snacks with great variety and more than adequate quantity. The support personnel were very friendly and helpful. This could easily become one of the "prestige" must-do cycling endurance events, despite the fact that only four of my club members did it this year, whereas there were nine last year, **Joe Pritchard** and I being the only two repeaters. It was that TOUGH!

## 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**

The October meeting of the Benicia Bicycle Club will be held on October 3, at 7 p.m. at Farnsworth Cycles 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.

### August 2 Time Trial.

Seven racers attended the August 2 Time Trial.

Riva broke her old 50-54 record by 1:49. The new time is 36:23. Marci K. had a great time (32:28). Unfortunately for her, she's in Laurie Fenech's age group. 28:55 is going to be hard to beat. Lauri V. seems to set a new 30-34 record every time out. Now it's 31:43.

Bob V. broke Todd Doherty's 40-44 record. The new time is 25:30. Joe P., Pete V., and Bob K. also raced.

Laurie F. timed for us. Thanks Laurie!

The final time trial of 2006 will be held on Wednesday, October 9 at 6 p.m.  
Joe Pritchard

#### More Biking newsletters

**Thank you Mick!**

Produced almost every Thursday by RBR Publishing Company. E-mailed without cost or obligation to 54,771 roadies around the world.

Please forward this issue to cyclists who may not know about RBR. They, too, can [sign up](#) and receive a complimentary copy of our eBook, *29 Pro Cycling Secrets for Roadies*.

**You can read this issue online at**

<http://www.roadbikerider.com/259e.htm>

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#### **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

Some upcoming rides for your consideration where you will find your buddies:

**Saturday, Sept 16:** Auburn Century 80/8000' and 106/11000'

**Saturday, Sept 23:** Tour for Woodside. 55 and 100 miles Lots of climbing on both

**Sunday, Oct 1:** Surf City in Aptos and Mt Diablo Challenge

**Saturday & Sunday, Oct 14/15:** Pedal the Peaks Fall Tour

Oroville to Quincy and back ( Summer Solstice in 2 Days-135 miles and 15000')

**Sunday, Oct 15:** Foxy Fall Tour - Davis, Gordon Valley, Berryessa

We are still looking for a ride coordinator for the Club. Interested? Let's talk.

Bob Klosterman

### Southern Oregon in the autumn!

The Ride Through Paradise in Klamath Falls, OR

**When:** Saturday, October 7, 2006.

**What:** Annual fundraiser for the Klamath Falls CASA Chapter, a non-profit organization whose volunteers represent foster children in child custody situations.

**Route:** The ride starts in Klamath Falls OR, which is just 10 miles across the northern border of California (roughly 5.5 hours from San Francisco.) The ride is fully supported with four loops of 10, 25, 62 and 100 miles.

**Info:** [www.klamathfallscasa.org](http://www.klamathfallscasa.org) or write Rob Sturm at [c\\_robert\\_sturm@hotmail.com](mailto:c_robert_sturm@hotmail.com) for registration forms and/or fliers.

From Rob Sturm

### Foxy's Fall Century

It's time! Another year has flown by! The Foxy's Fall Century is now open for online registration. It's happening on 10/15/06, so mark your calendar and register today at [www.active.com](http://www.active.com)

Feeling adventurous?

#### September Rides

- 9/16/2006 Auburn Century Auburn Endurance Events
- 9/16/2006 Bicycle Tour of Utah
- 9/16/2006 Knoxville Fall Classic Double Century Quackcyclists
- 9/16/2006 LAGBRAU LAGBRAU
- 9/16/2006 Tour Des Lacs Round and Round
- 9/16/2006 Unknown Coast Weekend Chico Velo Cycling Club
- 9/17/2006 Tour d Organics Santa Barbara OrganicAthlete
- 9/23/2006 Big Sur Ride The Cypress Group LLC
- 9/23/2006 Picnic in the Park High Sierra Cyclists
- 9/23/2006 Ride the Rogue Siskiyou Velo
- 9/23/2006 Tahoe Sierra Century Tahoe Sierra Century Ride
- 9/23/2006 Tour de Whidbey Whidbey Island Hospital Foundation
- 9/23/2006 Tour of Two Forests (Classic Route) Planet Ultra
- 9/24/2006 OatBran TGFT Productions / Bike the West
- 9/24/2006 Peach of a Century Salem Bicycle Club
- 9/30/2006 Angeles Crest Century Planet Ultra
- 9/30/2006 Lighthouse Century San Luis Obispo Bicycle Club
- 9/30/2006 Mt. Whitney Classic Cycling Event Summit Adventure
- 9/30/2006 RoadRunner Ride Citizens Making A Difference

#### October Rides

- 10/1/2006 Kitsap Color Classic Cascade Bicycle Club
- 10/1/2006 Mount Diablo Challenge Am. Lung Association of the East Bay
- 10/1/2006 Tour de Poway Cycling Promotions West
- 10/3/2006 Torture Prelude Cycling Clinic Santiago Cycling
- 10/6/2006 Moab Century Tour Moab Skinny Tire Festival
- 10/7/2006 Furnace Creek 508 Bicycle Race Adventure Corps
- 10/7/2006 Harvest Ride for Literacy Ventura Rotary Club
- 10/7/2006 Konocti Challenge Rotary Club of Lakeport
- 10/7/2006 Grizzly Century North Fork Community Development Council
- 10/8/2006 People Powered Ride Goleta Valley Cycling Club
- 10/14/2006 Bass Lake Powerhouse Double Century Fresno Cycling Club
- 10/14/2006 Burn of the Century Sierra Express Bicycle Club
- 10/14/2006 Riverside to Surfside Riverside Bicycle Club
- 10/14/2006 Spooktacular Kern Wheelmen
- 10/15/2006 Foxys Fall Classic Davis Bicycle Club
- 10/21/2006 Bonfante Harvest Ride Bonfante Harvest Ride
- 10/21/2006 Fall Juvenile Diabetes Research Foundation Adventure Corps
- 10/21/2006 Solvang Double Century (Fall) PlanetUltra
- 10/28/2006 Bicycle Tour of Arizona Cycling Escapes
- 10/28/2006 Death Valley Century, and Double Fall Adventure Corps
- 10/28/2006 Fall Metric Century Orange County Wheelmen

#### November Rides

- 11/4/2006 Solvang Prelude SCOR
- 11/11/2006 Solvang's Finest Planet Ultra
- 11/11/2006 Tour de Foothills Upland Chamber of Commerce
- 11/18/2006 El Tour De Tucson Perimeter Bicycling Association of America
- 11/18/2006 Holiday Halves Tailwinds Bicycle Club
- 1/13/2007 Stagecoach Century Shadow Tour LLC



FROM:  
***Benicia Bicycle Club***  
***P. O. Box 141***

***President: Joe Marks***  
***Treasurer: Bob Klosterman***  
***Editors: Sherri Bortolazzo & Riva Flexer***  
***Publisher: Bill Schmidt***  
***Webmaster: George Villarreal***

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**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.**

NAME \_\_\_\_\_

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:
_____	_____	_____
Address	Phone Number	email
_____	_____	_____