



Petaluma Wheelmen

Cycling Club

Annual Summer BBQ Saturday, August 15

Details at the website at
www.petalumawheelmen.org
or email Judy Shubin at
lichau1@yahoo.com.

We have jerseys!

Club jerseys are available at both
Sonoma Bicycle Company and
Bici Sport. For vests, old-style
jerseys and jackets, email Dave
Trumbo at jumpin@sonic.net.

Hub Cyclery Rides

PWCC is now leading two rides
per month from the Hub Cy-
clery in Cotati. Rides start at 10
am on the 2nd and 4th Fridays
of the month. Pace is 12–14
mph and distance is between 30
and 40 miles.

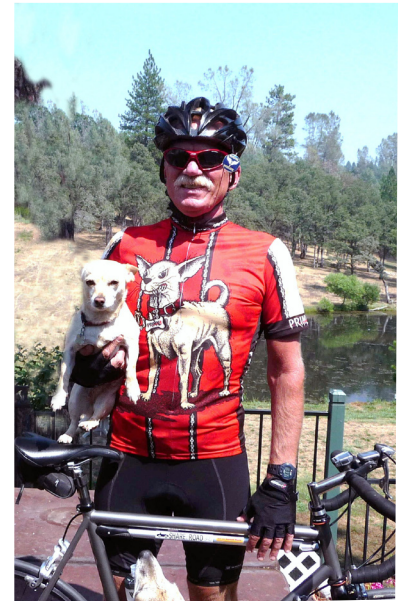
Support your local bike stores

Take the time to spend your
cycling dollars in the stores that
support our club: Bici Sport,
Hub Cyclery and Sonoma
Bicycle Company. These stores
offer discounts to current
PWCC members.

MEET OUR CLUB PRESIDENT

If you haven't met our 2009 president, just listen for the laughter on any one of the club rides. Chances are you'll find him right in the middle of it. Dave Trumbo is a living testimonial to the joys of recreational cycling in the camaraderie of a club. A founding member of PWCC, he's been active in all aspects of the club: serving on the board, leading and coordinating rides, counseling us in group riding safety, but above all making sure everyone has a blast.

Dave was 51 years old when he began cycling eight years ago—but he's more than made up for lost time. In 2002 the Santa Rosa Cycling Club voted him Rookie of the Year for tackling over a half dozen centuries in his first year of cycling. Last year he logged over 14,000 miles on his bike! Dave stays active in the SRCC; you can find him running Customer Service for the Wine Country Century.



Dave Trumbo, PWCC President

Ever since a very close friend and cycling buddy succumbed to lung cancer, Dave has chosen to honor him by working for the American Lung Association's Breathe Easy ride. Since he knows almost all the Sonoma County roads like the back of his hand, they asked Dave to outline their first 100-mile course for them this year.

We sat down with Dave to chat about cycling and his goals for PWCC.

What made you pick up that first bike? I needed to lose some weight! I weighed 240 pounds when I started taking small rides with a friend. My first organized ride was the Two Rock & Roll, a 25 mile loop covering Spring Hill and Chileno Valley Roads. I actually had to walk the bike up Spring Hill, but I made it. I lost 70 pounds that year.

You belong to two cycling clubs. What do you get from it? Meeting like-minded people, for one thing. Also, it's been a way to find a variety of rides with new and different routes. I learned all the back roads in our county that way. It's been a great way to form friendships and keep up my enthusiasm for riding.

What would you say to someone to convince them to join a PWCC ride?

Don't be intimidated—we don't ride as fast as you think we do! People are reluctant to join a group of people they don't know, assuming they won't be able to keep up, or maybe even assuming we'll go too slow! But most every ride has people riding at a variety of levels; you're sure to find your comfort zone. (continued on back page)

Our Favorite Bikes

Club Member Susan Cieslinski

After riding my Italian steel frame for nearly 20 years, I finally decided to bite the bullet and treat myself to a new, lighter bike. After much research and test riding of several models, I decided to purchase a 2008 Orbea Diva. The Diva is a female-specific carbon frame, built in the Basque region of northern Spain.

I love my bike, not only for the sleek look and brilliant purple color, but because it fits me like a glove. In fact, when I am pedaling down the road I feel like my body is merely an extension of my bike. Proper fit is essential when selecting a frame. Although I miss the solid feeling of steel, my new carbon bike is just as responsive, weighs a lot less, and absorbs the road vibration extremely well. I ride 150–200 miles each week and rarely experience neck or knee pain.



Susan Cieslinski shows off her new Orbea Diva.

Interview with the Club President (continued from front page):

What would you like to see happen this year?

We need to establish some more formal ride categories as our ridership is increasing, and encourage new folks to step forward and lead rides at different levels: social rides, training rides, etc. We've done fine so far with informal adjustments based on who shows up on any given day, but as we grow we'll want to adopt some of the strategies that the larger clubs use. Most of all, we want to keep increasing our ridership and make sure people have fun.

Ride with the Wheelmen!

Check our rides calendar at www.petalumawheelmen.org. Join the email notification list at the website and receive announcements on any new rides, changes to scheduled rides and other club information. The club encourages all levels of riders to post rides, so try it and meet other riders at your level.

REGULAR RIDES

Tues/Thurs/Sunday Rides—Rides depart from the Applebox at 8:30 am. (Nov. 1–April 30, rides depart at 9 am).

Saturday Rides—Rides depart from different locations. The ride leader posts the ride through the email notification list.

Other rides are often posted by various members, so join the email notification list and don't miss out.

INTRODUCTORY RIDES

First Sunday of the Month Rides—In addition to the regular ride, a ride leader will lead an introductory ride, geared for those wanting to get back into cycling, or those just beginning to cycle. Ride leaves the Applebox at the same time as the regular ride.

"B STREET RIDERS"

PWCC member Bernie Album leads two rides per week for Petaluma riders, a short 20 mile ride on Monday, often to the private college on San Antonio Road, and a longer 35–45 mile on Thursday, often to Tomales. Riders ride their own pace, which can be slow or fast. Email Bernie at cadexbike@yahoo.com.



Former Club president and founding member Jim Janakes is training future PWCC members (his 3 grandkids).