



# Petaluma Wheelmen Cycling Club

## PWCC MEMORABLE MOMENTS

Joe Morgan and Karin Burger represented PWCC at the Death Valley Double and Death Valley Century in March. They recommend this ride to club members next year!

PWCC members wore their jerseys in the Club Color Parade in Santa Rosa, on February 19, before the Tour of California riders blew into town from Sausalito.



*Jim Garcia, Joe Conway and Dave Trumbo in Santa Rosa, waiting for the Tour of California*

Ten cyclists headed to Point Reyes and beyond on March 13 for an overnight at the Point Reyes Seashore Lodge. Cyclists and spouses enjoyed dinner together at the Farmhouse Inn and a group headed back to Petaluma the next day.



*Michael Troy, Derek Coons and Robin Weinzveg head back to Petaluma from Point Reyes with stunning spring-like weather.*

## President's Message



*Jim Janakes, PWCC President*

Greetings, from your new club President. In 2005 we were reborn. In 2006 we started to walk. In 2007 we are off running! The Petaluma Wheelmen have made their presence known in Petaluma and in Sonoma County.

The original idea for PWCC was born in the back room of the now departed Sonoma Mountain Cyclery, with five guys who wanted to share their love of cycling with a larger community. Your club now has about 135 members, men and women cyclists of all ages and levels.

Last year, people heard about the club and its rides through flyers, the bike shops, newspaper and magazine articles and our web site. To satisfy their curiosity, they would show up for our rides, enjoy a day of riding and come back for more! In fact, last summer, a tourist from New Zealand heard about the club through the internet. He joined us on a ride, had a great time, and offered to show us the cycling roads in his part of the world as well. So we seem to be on the right path to our goal of expanding our cycling community.

Once again, in 2007, the Wheelmen will provide major support for the American Lung Association's *Breathe Easy Ride* on June 30. I encourage you to participate by either volunteering with the club or riding in the 10 mile, 35 mile, or 60 mile options. Learn about it at <http://www.mrsnv.com/evt/e01/evteamslist.jsp?id=1181>.

The club will also participate for the second time in the annual *Ride of Silence*, honoring all cyclists, who have been killed or injured out on the road. This event takes place worldwide, and you can read about it at <http://www.rideofsilence.org/main.php>.

Cyclists of all abilities are encouraged to join us on one of our daily rides. Look us up on the web at <http://www.petalumawheelmen.org> for ride schedules and club news. Join our email list, which will let you know who's out riding and where! Our aim is for more and more people to recognize the blue and gold Wheelmen jersey as a symbol of enjoyable cycling for everybody. Join us and have some fun!

**PWCC welcomes new members in 2007:  
Frank Agius, Mike Benjamin, Julie Christensen,  
Ted Herman, Fred Jacobs, Eliza Sprang, Allen Testa.**

## MARK YOUR CALENDAR!

Check the PWCC website at <http://www.petalumawheelmen.org> for updates and further details on events. Instructions on how to join the email list (list-serve) are on the website. You can then send and receive announcements on any new rides and post changes to scheduled rides.

### REGULAR RIDES

Tues/Thurs/Sun leaving The Applebox at 8:30 am (9:15 am until April 1)

### EVERY THIRD SATURDAY

"Get outta town" rides. Here's your chance to experience great rides out of the Petaluma area. Check the email list for rides originating in other parts of the Bay Area. Any member can post a ride.

### CLUB MEETINGS

First Wednesday of the month, 7 pm at the Applebox

#### Scheduled Speakers:

April 4—Martin Clinton/Bicycle Safety and Auto Issues

May 2—Vanessa Hauswald/Casa Grande High School Racing Team

June 6—Andrew Christensen/Training with Heart Rate Monitors

Join members at 6 pm for delicious, moderately priced dinners prepared by proprietors Kayvon and Zora Nikfar. Beer and wine available.

### UPCOMING CENTURIES

Check out the Links page on our club's website to access ride calendars with information on upcoming centuries: <http://www.petalumawheelmen.org/Links.html>.

### RIDE TO TRUCKEE

Join clubmembers in a 3 day ride to Truckee from Petaluma, dates TBA. Contact Michael Troy at [troy@mkstroy.com](mailto:troy@mkstroy.com) for details.

### TANDEM RIDES

Tandem riders can join a tandem email list for ride postings. Contact Judy Shubin at [lichau1@yahoo.com](mailto:lichau1@yahoo.com).

### TRICKY RICKY'S BLOG

Former club president, Rick Moeller, keeps you up to date on cycling issues with his blog in the Petaluma Argus Courier. Check it out: <http://rick-moeller.petaluma360.com/>

# Those Pesty Flat Tires



John Muela, owner of Eastside Cycles, 169 C Street, Petaluma

The most common question John Muela and his staff at Eastside Cycles receive is "How do I fix a flat tire when I am out on a ride?" Here are Eastside Cycles' easy-to-follow guidelines.

**Supplies:** Always carry some sort of mini repair kit on your bike in your saddlebag, including at least one extra tube, a set of tire levers, a patch kit and a pump (frame mounted or CO2 mini pump).

**Changing the flat:** Safely move your bike off to the side of the road and find a spot that you can lean your bike against. To remove your front wheel, simply loosen the brake calipers, then the quick release, and pull the wheel out of the drop outs. Before removing your rear wheel, shift the rear derailleur into the smallest cog, which allows you to more easily remove and replace the wheel.

Use your tire levers (tire irons) to remove one side of the tire from the wheel. Many tire levers have a flat edged side and a hook side. Insert the flat edged side between the tire and the wheel and push down on the lever, using the rim as your leverage point. If more than one tire lever is needed to remove the tire, use the hook side of the lever to secure the lever in place on a spoke before moving on to the next lever.

Remove one side of the tire from the wheel and then pull the damaged tube out of the tire. Before inserting the patched (or new) tube into the tire, check for the cause of the flat. First, run your hand through the inside of the tire to feel for any object that may be stuck in the rubber. Be cautious as thorns or glass may have a sharp edge. Then look over the rim strip (the rubber or cloth material that covers the spokes inside of the wheel) for any cracks or tears that may allow a spoke to pop your tube. Remember that even though it looks minor to the eye, it can cause a puncture when pressed up against a tube with 120 pounds of pressure in it.

If you discover a tear in your tire that allows the tube to protrude out of it, "boot" the tire before moving on. A tire boot is simply a piece of material (energy bar wrapper, dollar bill, or otherwise) that will prevent the tube from pushing out of the gap when inflating.

Before inserting your new tube, use your pump to put a little air in it. This will form the tube and allow you to insert it into the tire more easily, and it will also prevent pinch flats when inflating. Start by inserting the valve stem into the opening on the wheel. Push the tube inside of the tire until only the loose side of the tire is on the outside of the rim. Starting at the valve stem, work the tire back over the rim. Make sure that you do not pinch the tube between the tire and rim.

As you inflate the tube, be sure to check that the tire has not popped back over the rim. Once you have the tire to the inflation pressure you desire, give it a quick spin in your hands to make sure the tire is set on the rim. You want to watch for any bulges on the tire that would indicate that the tube is pushing the tire off of the wheel.

Re-install the wheel on your bike and be sure to collect any garbage you may have dropped when replacing the tube. **DON'T FORGET TO TIGHTEN YOUR QUICK RELEASE AND RETURN YOUR BRAKE CALIPERS TO THE NORMAL POSITION!**

Want a hands on demonstration? Stop in at Eastside Cycles where we will be happy to take the time to show you!