



PETALUMA WHEELMEN

Cycling Safely Since 1895

PWCC jerseys

We have new jerseys and vests available in many sizes. Email Judy Shubin at judyshubin@gmail.com for details.

Casa Grande Mountain Bike Club

Thanks to those who donated excess gear to the Casa Grande High School Mountain Bike Club. Email info@petalumawheelmen.org if you have items you can donate—windbreakers, shoes, pedals, shorts, jerseys, etc.

PWCC Annual Holiday Party

Join Club members on Dec. 12 from 4-8 pm at the Oddfellows Hall (111 Petaluma Blvd. N) for holiday festivities. Pasta, salad and bread is provided. Guests will potluck appetizers and desserts. BYOB. RSVP by Dec. 1 to Karin Burger at karinbur@sonic.net.

Bike Store Discount!

Local bike stores offering discounts to club members holding a current membership card:

Bici Sport, Petaluma

Mike's Bikes, Petaluma

Hub Cyclery, Cotati

West County Revolution, Sebastopol

Join PWCC

Annual membership is only \$15 and you can easily recoup that with your bike store discounts. Sign up at the website.

President's Message



Fall is my favorite time to ride in this area. The fog recedes along with the summertime traffic, and the roads become mercifully quiet!

Taking advantage of our brief Indian Summer, nine members headed down to Santa Cruz for some rides that were absolute jewels, superbly planned by Joe and Arlene Morgan. Sparkling coast dotted with pumpkins, sublime climbs into the forest, they couldn't have been more perfect.

Karin Burger, PWCC President Huge thanks to Joe and Arlene, and to Joe Conway for polishing up the route slips. Also, several Wheelmen tackled Levi's Gran Fondo! Congratulations to all who finished a very challenging ride.

Something on my mind these days is how we appear when we're on the road sporting our Wheelmen jerseys. I hope you've all taken the opportunity to read your copy of **Street Smarts**, as well as **Guidelines for Group Rides** on our website. Being courteous and following the rules doesn't have to diminish the pleasure of our ride one bit. What does diminish it, for us and for those that follow us, is the long term consequence of discourteous cycling behavior. I'd like to take this space to remind us all (me included) to try and remember to single up when we see a car; take our proper turn at intersections and lights; and fail to give our local drivers any excuse for ill will toward cyclists.

Thanks to all of you who've attended our club get-togethers this year. Each one of you has really energized the club by your presence and your participation. It's been such a pleasure for me to get acquainted with someone new at every meeting. Our last gathering of the year will be the Holiday Party on Sunday, December 12. Hope to see you there, to help us cap off another great year of cycling together!

Karin Burger

PWCC President

How do I join a ride?

Click on the rides calendar at our website—www.petalumawheelmen.org— to view upcoming rides and locations. Join the email notification list at the website to receive up-to-date announcements on new rides and changes to scheduled rides. 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–Mar. 31, rides depart at 9:00 am).

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

Introductory Rides—On the 1st and 3rd Sundays, 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. This ride leaves the Applebox at the same time as the regular ride.

What level of fitness should I have?

Introductory rides: You should be able to ride up to 20 miles. There will be few hills, and the group will pace itself to accommodate the slowest rider, so don't be intimidated!

Regular calendar rides: Most of these rides require an ability to ride at least 40 miles, with a break at around mile 20. There are frequent regroupings, and no one is dropped. If you have a bike computer, you should be able to see an average speed of at least 12-13 mph at the end of 40+ miles without significant climbing. This means you should be able to ride around 15-20 mph on flat roads, and not be completely intimidated by our local climbs (Wilson Hill, Marshall Wall, Spring Hill).

Be familiar with some basic rules of group riding, available on our website (www.petalumawheelmen.org) on the page "Guidelines for Group Rides."

P.W.C.C. Ride Classifications

Keep in mind that the miles per hour listed is the average miles per hour that the rider's computer registers at the end of your ride. Note that average does not mean how fast you ride on a flat road, like Bodega Avenue. Even if you find yourself riding 15-20 mph on a flat road, your average speed at the end of your ride can still be only 12 mph.

Pace descriptions

(A) EASY (average 8 – 11 mph.) These rides regroup frequently and are an easy conversational pace. (These are often, but not always, shorter rides of 1-2 hours, often oriented to novice riders.)

(B) MODERATE (average 12 – 14 mph.) "B" rides are typically 2-4 hours covering 30-50 miles. Regroups are usual, but at the discretion of the ride leader. Often a bakery stop in the middle, but not always.

(C) FAST (average 15+ mph.) These rides are for experienced riders and may require pace line skills. Regrouping is at the discretion of the ride leader and will be less frequent.

Terrain descriptions

(1) MOSTLY FLAT: Mostly flat roads with possible gentle upgrades. Examples: Stony Point, Petaluma Hill, Old Redwood Hwy.

(2) ROLLING, easy grades: Climbs are short and not too numerous. Examples: Chileno Valley Rd. passing Helen Putnam Park, Hwy 1 between Marshall and Tomales.

(3) SOME HILLS: A few steeper hills, moderates sustained grades and/or longer gentle climbs. Examples: Chalk Hill, Spring Hill, Graton Road.

(4) HILLY: Lots of climbing and descending. Steeper and/or sustained climbs over 9% likely. Examples: Pressley, Sonoma Mountain, Burnside, Marshall "Wall," Franklin School Road.

(5) MOUNTAINS: Only for those very sure of their ability to climb any grade, any length at the stated pace. Examples: Pine Flat, Geysers, Cavedale, Trinity, King Ridge.

For Riders:

- Always bring water and energy food and your helmet.
- Bring a pump, tube, tire levers and patch kit and know how to change a flat, especially if you're going on a B or a C ride.
- Make sure your bike is in good working condition. Have your local bike mechanic advise you if you're not sure. Road bikes, not mountain bikes, are appropriate for group rides.