



PETALUMA WHEELMEN

Cycling safely since 1895

President's Message

Wow, there is a lot going on. 2011 brings on a new year and new cycling events:

* Tuesday, Thursday, Saturday and Sunday rides.

* In addition are Bernie's "B Street Riders" on Monday, Wednesday and Thursday. So Friday you do laundry.

* Many challenging centuries coming put on by other clubs.

* Summer barbeque and Santa Cruz trip are yet to be determined so stay tuned.

What fun is in store.

Beginner rides will be returning to the calendar...we're working on trying to find a time that works for most riders. Check the website for updates. These rides give the new cyclist exposure to riding safely and riding in groups. Also this will assess a rider's ability and give him/her a foundation to build upon. If you are a beginning cyclist wondering where to start, contact us (you can start at info@petalumawheelmen.org)

Cycle though the pages of our website. It has so much information on cycling plus links to other useful sites. Use the Forum and post your question or observation on cycling. We love to hear from you.

Remember the hardest challenge in cycling is putting air in your tires and your butt on the saddle. All the rest is fun.

Joe Conway

PWCC President



Joe Conway, PWCC President

General Membership Meeting

Wednesday, February 16, 7 p.m.

Location: P.O.S.T., Corner of East "D" and Weller Streets

Susan Forsman, Speaker

Topic: The Furnace Creek 508

Susan is a multi-sport coach with expertise in running and cycling. She has been a Level II USA Cycling Coach since 2005. She is also a co-owner of Volagi Cycles, a manufacturer of bicycles with disc brakes, built especially for endurance and long distance riding. She will bring one of the bicycles to show us.

Come enjoy some pizza and hear about one of the most grueling bicycle events in California, from a major contender who set the women's record for completing it on a fixed-gear bicycle. You can read her blog about the event at

<http://www.blog.ultracycle.net/2010/10/furnace-creek-508-susan>.

(That's right: 508 miles! Read more about the Furnace Creek 508 at www.the508.com)

This should be a fascinating evening. Please join us!

Join PWCC

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

PWCC jerseys

We have jerseys available in many sizes at \$75 for current clubmembers/\$80 nonmembers. Email Judy Shubin at judyshubin@gmail.com.

Bike Store Discount!

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

Bici Sport, Petaluma; Mike's Bikes, Petaluma; West County Revolution, Sebastopol

Grasshopper Adventure



Who says Wheelmen don't Kick It? PWCC member Matt Muldoon ably represented the Wheelmen Colors at the first of the Grasshopper Adventure Series – a cyclocross event not for sissies! Matt reports: “It was a great ride. As so often happens when I ride in a new and beautiful place, the experience was imbued with a sense of endorphin-enhanced wonder. Although I've spent a little time in west Sonoma County, that day I rode through places I'd never been before, places I didn't know existed. Roads and trails through wilderness and panoramic beauty. And I did it with the help of friends I didn't even know. All in all, a wonderful, exhilarating experience. I plan to ride as many of the rest of GH series as possible.”

Christmas Lights Tour

In December, a few Wheelmen decided to ride the Holiday Lights Driving Tour on their bicycles. This may become an annual event – stay tuned on the Ride List for next December! The foursome bundled up and visited most of the festively decorated homes on the east side of town, and thawed out with hot drinks at Starbucks. Left to right are Richard Burger, Dave Trumbo and Rick Moeller.



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 9:00 am. (Apr. 1–Oct. 31, rides depart at 8:30 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—Check the website for information on introductory rides.

Post your own ride

Yes, you can do it! Members who are unable to join in the regular rides can use the email notification list to post a ride. Want to ride after work? Interested in a fast-paced ride? Want to do some century training? You'd like a short 20 mile ride? Just send an email and you'll be surprised at how many other members would like to ride at your pace. Here's the link to join the Ride List:

<http://lists.sonic.net/mailman/listinfo/pwcc-rides>

Helpful links for training for your century

Whether you are a seasoned century rider looking to improve your time, or you are planning on your very first century this year, proper training is essential. You learn to use your training time wisely and you'll find you will cross the finish line on the big day sooner than you imagined and feeling less fatigued.

Here are some great links for training in general as well as century training, plus a guide to the various centuries in 2011:

<http://www.volagi.com/endurance-tips/prepare-ride-100-miles>

<http://www.ultracycling.com/training/century.html>

<http://www.bbcnet.com/RideCalendar/default.aspx>