



Petaluma Wheelmen Cycling Club

Petaluma to Truckee Ride

(edited from Rick Moeller's Argus Courier blog)

T'was the night before Christmas. . . Well almost, but around that time Michael Troy and I were planning possible "great rides" for 2007. Half jokingly I said, "Why don't we **ride** up to Truckee for our annual Tahoe weekend? Michael said, "Why not!" The rest, as they say, is now history.

On June 1, nine cyclists departed Petaluma for a three day ride to Truckee. On day one, we climbed over Sonoma Mountain to Glen Ellen, up over Trinity and Oakville Grades, past Lake Berryessa, down Putah Creek and into Davis.

The second day was all flat across the Highway 80 causeway and onto the American River Bicycle Trail at Discovery Park. In Folsom we headed up the Folsom-Auburn Road to Auburn for our second night.

We followed the old historic Highway 40 on day three as it meandered up the Sierras to Dutch Flat. Our SAG's shuttled us to Cisco Grove (the alternative was to ride Highway 80 for 20 miles). From there we climbed the summit at Donner Pass and then plunged down the other side past Donner Lake and into Truckee.

We logged 210 miles total without any accidents and only two flats. Michael Troy did a superb job of planning the route. Our two stalwart sag drivers, David Mulford and my wife, Ann Moeller, made the journey seem flawless.

My thanks to them and our riders: Jim Janakes, Michael Troy, Mike Borse, Tom Mansell, Joe Conway, Miguel Villarreal, Antonio Castelli, Mitchell Kauk and Ed Steiger. We had all the ingredients of a great adventure: trials and tribulations, joy and laughter, and finally safety and success. What more could one ask?

News from the President



Jim Janakes, Club President

Summer is upon us, bringing sunny days for long, warm rides. Sometimes, those long warm rides become hot survival rides. When survival is the magic word, you want to be prepared to avoid collapsing in the sag wagon. That means having a structured management plan for hydration, nutrition, and mineral replenishment. I think sticking to such a plan contributed to my recent success in completing the Davis Double Century. So as you plan your bicycle

events this summer, remember to take care of yourselves out there!

The Petaluma Wheelmen are working hard this year for the American Lung Association's 2007 **Breathe Easy Ride** on June 30. We welcome your help in supporting this worthy cause. If you can donate a couple of hours of your time, please contact Ann Moeller (damramus@yahoo.com) or David Mulford (davidamulford@comcast.net). You won't regret it.

PWCC members met on May 16 to participate in the annual Ride of Silence, to honor fellow cyclists who have been killed or injured on the road. It's a small gesture, but it felt good to quietly honor our fallen companions and know that the same ride was happening in other towns all over the world.

The next morning was **Bike to Work Day**. We were up and on the streets by 6 a.m. to host an "energizer station" in downtown Petaluma. Many thanks to Dave, from Sonoma Bicycle Company, for providing us with a canopy and table. What an inspiration to see so many folks out in the fresh air rather than in their cars.

One last reminder to all members now sporting our jerseys: The Petaluma Wheelmen are more and more of a visible entity in our area. When you wear your club outfit, keep in mind that you represent all of us. Try to ride predictably and responsibly, and obey the traffic laws. Keep yourself safe, and help keep our reputation intact!

Have a great summer.

Member Profile

Wheelman Jim Garcia and his son, Jimmy, rode their second MS 150 together in Texas in April. The route runs between Houston and Austin and is a two day, 180 mile event involving over 13,000 riders, all riding with a single purpose in mind, to stamp out Multiple Sclerosis.

What makes this story remarkable is that Jimmy lives with MS.

Jim Sr. began riding in 2003. A former runner, Jim developed a foot injury and began riding an old mountain bike he kept hanging in his garage. He got tired of being passed by road bikes, and in June of that year purchased his first road bike. Jim has not looked back.

An avid rider in 2005, he decided to ride the annual MS 150 in Texas where his son Jimmy lives. Jimmy, who was diagnosed with MS ten years ago at the age of 25, said to Jim after the event, "Dad, I would really like to find a way to do this ride with you next year".

Jimmy has always been athletic. He works hard with weight training to keep himself as fit as he can. The problem is, Jimmy's MS has rendered him "sight impaired." Jimmy is legally blind. The solution, Jim thought, would be to do the ride on a tandem bike and that's just what they did.

In 2006, sponsored by Acme Bicycle Inc. (a shop in Houston that goes all out every year to help advance MS research), they joined the Acme Team and rode their first MS 150 together. In April of this year they



Jim Garcia and his son, Jimmy on the MS 150

completed their second ride. Jimmy looks forward to the event as being the highlight of his year. He also expresses his gratitude towards the Petaluma Wheelmen, who so generously donated their money and concern to advance the fight against this debilitating disease.

The Houston to Austin MS ride is now an annual event for the father and son Garcia team.

Mark Your Calendar!

Check the website, www.petalumawheelmen.org for updates and further details on events. Join the email list (list-serve) at the website and receive announcements on any new rides, changes to scheduled rides and information on rides noted here.

REGULAR RIDES: Tues/Thurs/Sun leaving from the Applebox at 8:30 am

EVERY THIRD SATURDAY: "Get Outta Town Rides"

FIRST WEDNESDAY OF MONTH: General meetings, 7 pm include a speaker. Note new location: Cafe Bella, corner of Lakeville Highway and North McDowell Blvd. Dinner available

AMERICAN LUNG ASSOCIATION BREATHE EASY RIDE: Saturday, June 30—PWCC is hosting the ten mile route. Volunteers are needed. Contact info @petalumawheelmen.org.

RIDE FOR A REASON, CHARITY RIDE: August 11, 2007, Folsom CA; Check the Website: www.rfar.org.

PWCC ANNUAL BBQ: August 25, 2007. Check our website or email lichau1@yahoo.com.

Thanks to our newsletter editorial staff: Judy Shubin, Karin Burger, Rick Moeller and Mike Borse