



Petaluma Wheelmen Cycling Club

Some spectacular summer rides...

Century season is winding down, and a few Wheelmen couldn't resist getting out there and pushing themselves a little.

Richard Burger shaved an hour off his time in his second Terrible Two and vows to take a third go at it. **Allen Testa** completed the spectacular Mt. Tam double century, accompanied by **Richard Burger** and **Joe Morgan**.

Michael Troy and **Judy Shubin** steamed through the Cool Breeze Century in Santa Barbara. They also completed the Ride the Rockies, a 420 mile ride in Colorado this summer.

Susan Cohen and **Richard Burger** completed the Holstein Hundred and then Susan woke up the next morning and did it again—for the Napa Century!

Karin Burger completed the Mt. Tam Century, discovering it's possible to travel to places like Muir Woods and Stinson Beach without getting carsick.

Joe Morgan completed his 5th double century this year, the horrendous Knoxville, thus qualifying him for the respected 1,000 Mile Club jersey.

Arlene and **Joe Morgan**, **Charlie Rowell**, and **Dave Trumbo** attended the week-long Mid State Tour with the Santa Rosa Cycling Club, which involved a ridiculous amount of climbing around Santa Barbara and Solvang.

If you've completed a century, let us know! We apologize if we left anyone out.

PWCC welcomes new members!

Drew Groshan, Robert Hall, Brodie Auld, Tom Isaak, Frank Blue

News from the President



Jim Janakes, Club President

Enjoy the glorious fall cycling weather. To encourage safe club rides, we've put together a primer on group riding etiquette that you can review in this newsletter. We gathered information from other clubs along with the accumulated wisdom of some of our most experienced cyclists. We hope you'll find it useful.

In June, PWCC supported the American Lung Association's Breathe Easy Ride. "El Prez" coordinated all the food for the rest stops; VP Dave Mulford and Ann Moeller solicited and trained volunteers; Joe Conway rounded up a crew to transport all the equipment; Dave Trumbo and Mike Borse marked all the courses; and Robin Weinzveg and family staffed the ten-mile rest stop.

Our annual barbecue in August, hosted by Michael Troy and Judy Shubin, was a blast with great food, entertainment and a chance to visit with biking friends in normal clothing. We raised a little money with thanks to John and Sabrina of Eastside Cycles, Andrew of Bici Bike Sport, and Dave of Sonoma Bicycle Co., as well as members Ken Larson and Linda Adams, for the cool items they donated for our raffles, prizes and auctions.

In an effort to encourage new and beginner cyclists, we're offering introductory rides on the first Sunday of every month. These are usually 20 mile rides with a nice coffee stop included, and they are geared to the very slowest rider in the group. If you are new to cycling, or shy about group rides, give it a try. Rides leave at 8:30 a.m. unless otherwise posted on the list serve.

So, with the great weather, and more ride offerings, there's really no excuse. Dust off that bike, come join us and ride!

PWCC club meetings—Note our new location

Try to catch a speaker at one of our monthly meetings over dinner at **Cafe Bella** on Lakeville Hwy. We've had some interesting presentations, including Slipstream team member Steven Cozza, who clued us in on the daily life of a young pro cyclist. Coming back by popular demand will be respected educator Martin Clinton, who gives a fascinating and entertaining presentation on riding safely in traffic. Speakers and meeting announcements can be found on the website at www.petalumawheelmen.org.

Group Etiquette Guidelines for PWCC Group Rides

Please take a moment to review the following points of riding etiquette and common courtesies that apply to all club rides. If you are unclear about anything, please ask. We have knowledgeable and experienced cyclists who are happy to share their expertise.

Provide camaraderie and support—Remember we are a recreational bicycle club. Watch out for your fellow cyclist before, during and after the ride. Introduce yourself to new cyclists. Don't immediately spin off to join up with your old cycling buddies. Spend a portion of the ride with the new cyclist.

Watch the pace—A group ride, by definition, is geared to accommodate the slowest rider. No one should be "dropped," or left to ride alone. If you're riding next to someone, be aware of your relationship to his or her front wheel. Constantly upping the pace (half-wheeling) whenever a rider draws next to you is rude.

Provide regroups—Wait at turns. If the group becomes separated, even by a few dozen meters, someone should wait at the turn until the next rider arrives at the intersection, and so on until all riders have made the turn. After ascents regroupings should occur at the bottom of the descent. During regroupings the last cyclist to arrive should determine when the group will restart. Don't take off as soon as the last cyclist rolls up.

Stronger riders must take turns as "sweep," going back for those who fall off the back. If you find the paces of group rides are either too fast or slow for you, then volunteer to lead a ride at the pace you enjoy. You're sure to find a group of cyclists who would love to join you.

Be predictable—Group riding requires even more attention to predictability than riding alone. Other riders expect you to ride straight, at a constant speed,

unless you indicate differently. For example, if you get out of the saddle on a climb, be conscious that your back wheel is likely to drop back six inches unless you control your bike correctly. Pedal continuously at a cadence and speed that is consistent with the riders in front of you. If the pace slows ahead of you, try to soak up the distance between you and the rider in front by pedaling softer rather than braking hard.

Change positions correctly—If you want to pass, do so on the left. Say "on your left" to warn the cyclist ahead that you are passing. Sprinting around the group while a car is trying to pass is inconsiderate and dangerous.

4-way stops—Yield to the vehicles who get there first, and do so as a group. Do not scoot through intersections if it is technically not your turn. Resist going if a driver waves you on. Stay with the group and wait. Call out "slowing" or "stopping," to alert those behind if you are changing speed.

Announce hazards—When riding in a tight group, most of the cyclists do not have a good view of the road surface ahead, so it is important to indicate road hazards by pointing down to the left or right and by shouting "glass," "bump," etc., where required for safety.

Leave a gap for cars—When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every 3 or 4 bicycles. This way a motorist can take advantage of shorter passing intervals and eventually move around the entire group.

Move off the road when you stop—Avoid interfering with traffic.

Keep the group informed—If you decide to leave a group ride to ride on your own, inform another rider so people don't waste time looking for you.

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. *Note time change on December 1—rides leave at 9 am.*

SATURDAY RIDES: Clubmembers often post a Saturday ride, often out of the Petaluma area. Check the email list for each week's posting. You can also post a ride yourself.

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.

PWCC ANNUAL HOLIDAY CELEBRATION AND AWARDS: Check the website for the date and location to be announced.

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