



PETALUMA WHEELMEN

Cycling safely since 1895

President's Message



Joe Conway, PWCC President

Greetings to all you summer cyclists. We have lots of summertime rides to offer! Simply put, we have rides on Tuesdays, Thursdays, Saturdays and Sundays with more rides posted using the Email Ride List. Check the PWCC Calendar at petalumawheelmen.org. There is also a link to sign up for the Email Ride List if you have not done so already.

Our 6th annual BBQ and PotLuck is rapidly approaching on Saturday, August 20, from 3-7 pm, once again at a lovely spot in Penngrove at the home of Michael Troy and Judy Shubin. Please check

out the website for details, and sign up to attend. You're guaranteed a great afternoon of good company and delicious food.

In October we have scheduled the Santa Cruz Tour, four days of riding heaven with the creature comforts of a luxury hotel (ok, an inexpensive motel). Mark your calendar for October 7 through October 11. Riders can plan on doing all the rides or as little as they choose. The date includes a weekend, permitting the working class to attend. Last year's tour had 12 people enjoying the smooth roads of coast and mountains of Santa Cruz on some sparkling autumn days. The pleasures of such eateries as Gale's Bakery, Marie's Ice Cream and Fin's Coffee House are close at hand so the basic food groups were enjoyed by all. You'll be receiving an email with details in the coming months.

Meanwhile, ride safely and watch out for potholes!

Joe Conway, PWCC President

PWCC road clean up

is scheduled for Saturday August 27. Details are at the website and will be emailed to club members.

Join a ride!

You can join an Easy to Moderate paced (11-13 mph average) ride at the Apple Box in downtown Petaluma any Tuesday, Thursday, or Sunday at 8:15 a.m. These rides are usually 30-45 miles with a bakery stop in the middle, and coffee or lunch at the end in Petaluma. Enjoy some great company on some beautiful roads.

More challenging rides occur on Saturdays at various times and starting places. Join the Email Ride List at <http://lists.sonic.net/mailman/listinfo/pwcc-rides> where the Saturday route and pace should be announced by prior Thursday.

Are you new to cycling? Or just returning to cycling after a long absence? Look on the calendar for a Saturday Welcome Ride, leaving the Apple Box at 10:30 a.m. We try to have one of these per month. You'll get lots of TLC, the pace will be very relaxed, and the distance will not wear you out.

Wednesday after-work rides are back!

Riders leave from the NW corner of Penry Park (Kentucky and Prospect) at 6:15 p.m. Please RSVP to Tracy Wilson at tracywilson@gmx.com if you plan to join in, and keep an eye on the Email List (subscribe at <http://lists.sonic.net/mailman/listinfo/pwcc-rides>) for any changes.

Want a jersey?

We have a pretty decent supply of short-sleeved jerseys, and a few long-sleeves. Contact David Hinds at davidrhinds2@aol.com for information and to arrange to go try some on at his office in Petaluma. Members pay \$75 for a short-sleeved jersey, \$70 for a vest. The price is slightly higher for non-members. Not sure of your size? Just try a few on. Men's and women's sizing available.



Matt Muldoon at the Grassopper, 2011

PWCC cyclists make their mark!

Congratulations to member *Matt Muldoon*, who tackled the challenging Grasshopper series of mountain bike races this year. His latest effort, in the Series Final, rewarded him with a distinguished second place!

Member *Wes Holloway*, who began riding with us only a couple of years ago as a high school student, performed in the San Rafael Twilight Criterium in the Professional Men's Division(!) and placed a very respectable 27 out of 120 riders, not all of whom finished the nervewracking course in one piece.

Upcoming cycling classes

Marin County Bicycle Coalition's **Women on Wheels** offers a series of bike handling and maintenance classes for women. The next two are on August 9 (bicycle maintenance) and August 20 (Gearing and hills, 10 a.m.–noon). More info here: <http://www.marinbike.org/Education/WOW/Overview.shtml#Details>

Without exception, everyone should have Martin Clinton's Street Skills class under their belts. These invaluable seminars teach you how to ride responsibly and safely on city streets. One class is geared to 12-15 year olds; the other is for adults (and of course, youth 16 and over). Check out the dates and times for upcoming classes here: <http://bikesonoma.org/skillsclinic051111.pdf>

Organized rides

Several Wheelmen and women stepped up and made a showing at three new organized benefit rides in the area this summer: The **Salvation Army Petaluma Century** beginning in Walnut Park, the **Sunrise Rotary's Backroad Challenge** metric century beginning at Lagunitas Brewery, and Steven Cozza's **Giro Bella** which climbed over the legendary Geysers Road. All for good causes, with great support.

If you missed out, there's still time to get in shape for a century or a metric this year. The following are all beautiful supported rides happening not too far from home. Want to put together a group to ride one of these? Try posting your plans on the Email Ride List, and organize a PWCC contingent.

August 21: Tour of Napa Valley. Ride off all the calories you ingested at the Club BBQ in the beautiful Pope Valley. 100, 65, and 30 mile options. <http://www.eaglecyclingclub.org/tour.html>

September 11: Tour de Tahoe. 72 and 35 mile options. Circumnavigates the Lake. Benefitting the Juvenile Diabetes Research Foundation. 35 mile ride includes an optional boat cruise! <http://www.bikethewest.com/tourdetahoe.html>

September 24: Tahoe Sierra Century, benefitting local music programs. 100, 60, and 30 mile options. Explores northern lakeshore, Truckee, Donner Pass. <http://www.tahoesierracentury.com/index.html>

October 1: Levi's Gran Fondo still has openings for the "medio (65 m.)" and "piccolo (32 m.)" rides. This is a major event, attracting riders from all over the country for the 103-mile epic ride over King Ridge. Information and registration here: <http://www.levisgranfondo.com/p/registration/>