



Eagle Cycling Club

January 2017 Newsletter

The Eagle Cycling Club

...provides local cyclists with a variety of riding experiences. Our members can be seen on the road, in the hills, on tandems, and pulling kids along in trailers.

eaglecyclingclub.org

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Pictures and articles for the newsletter are welcome! Please submit them to newsletter@eaglecyclingclub.org before the end of the month.



Our next meeting will be on January 9th at 7pm, Downtown Joes

Getting to Know You

Every month we plan on interviewing one Eagle member in the newsletter. This month's interviewee is Joel King.

Q:Tell me a little about yourself: name, year born, job, high school or college Alma Mater? I was born in 1955 and grew up in Edwardsville, a small town in southern Illinois. I went to Northwestern University in Chicago and got my Master's in Entomology from the University of Minnesota. I moved out to



California where the weather is a little better and after a year or two got a job as a biologist with the Napa County Agriculture Department, where I kept Napa's vineyards safe from scourges like the glassy-winged sharpshooter. I retired a couple of years ago and now get to ride when I want to. I became a League Certified Instructor in cycling safety from the League of American Bicyclists, and I volunteer with the Safe Routes to School program.

Q:When did you first get interested in cycling for sport?

I started riding as a kid and remember getting my bicycling merit badge as a boy scout. I had a bike in grad school and got my first ten speed a little before I moved to Napa in 1980. I commuted to work by bike most days and started going on recreational rides in the evening and weekends. Gradually, bicycling became my life. I rode to work when it was in the 20's or raining. I've become a little more of a weather wimp as I've gotten older, but I still enjoy riding almost anytime.

Q: Describe your perfect day on the bike: weather, location, and who is with you. The perfect day would be in the 60's with sunshine or a few clouds. I would be riding along a flowing creek in late winter or spring with wildflowers blooming and everything is green. I would see some wildlife along the way, maybe some deer or foxes and a raptor or two. I would end up back home after 2 or 3 hours and pop open a beer and not have a care in the world.

Q: What is your favorite Napa ride?

I have always enjoyed going up the back side of Veeder starting out with a ride up Dry Creek. It was especially fun after the quake a couple of years ago to see which creeks started flowing. I enjoy almost any ride in Napa though, especially Soda Canyon up to the fire station and maybe Partrick Rd to see the llamas.

Q: What is your favorite Eagles memory?

What could be more memorable than picking up trash along the Silverado Trail? I've actually enjoyed doing that and other volunteer opportunities with the Eagles. But I certainly remember fondly a Wednesday morning ride last Spring with lunch in Sonoma and my first ride up Cavedale in decades.

Q: It can be difficult to get out and ride some days. What keeps you riding?

I love to ride. I always feel better when I'm riding or have just finished a ride. I love to be outdoors and to experience nature, and cycling is a great way to do that. Napa has such an ideal climate that I can ignore the few days when it's too hot or cold. I'm not a huge fan of riding in the rain, but we haven't had a real wet winter in a long time.

Q: What would you like to see in the future for the Eagles?

More people, especially younger people, enjoying themselves while riding their bikes. I remember taking my daughter in her trailer or trailer bike on Eagles rides, and I hope others can experience things like that.

Q: What was your motivation in joining the Eagles?

When I first moved to Napa, I joined the Napa Bike Club or Napa Family Bike Club, or whatever it was called, to ride with others. The Eagles were too hard core for me then. But after about 10 years, the Napa Bike Club folded, and I joined the Eagles. I enjoy the company on rides and it feels good to give back to the community.



Q: What is your involvement in Napa Bike?

I was a founding member of the Napa Bike Coalition and currently serve as the chair of the board. It's great to see Napa become more bike-friendly, but there's a long way to go. I appreciate the support of the Eagle Cycling Club for Napa Bike. Bicyclists in the area got a Christmas present when the Metropolitan Transportation Commission announced their recommendation for funding 2 projects in the area. The city of Napa will receive money to build the trail under Hwy 29 near 1st Street and the city of Vallejo will receive funding to build bike lanes and trails to connect their ferry terminal to the Vine Trail and Bay Trail in American Canyon.



Q: Finally, if you could ride with two famous people (living or dead), who would they be? Other than my wife and daughter? Probably Albert Einstein, because he looked so good on a bike. And maybe he could help me go relatively faster. The other would be any member of the World Champion Chicago Cubs, some of whom live in the neighborhood of Wrigley Field and can be seen riding to the ball park. That would be a special treat.

From the Editor's Desk

It is always fun introducing someone new to cycling. In the past year, I have introduced a couple of friends to the sport. I enjoy hearing them talk about their first solo trip up to Yountville, or when we go ride Mt Veeder for their first time. Even life long residents on Napa, discover new roads, and they have the opportunity to take in the scenery at a slower pace. As I being my student teaching, I hope to help the Eagle High School Club expand, and share the passion for cycling with the next generation of club members. See you out on the road!



Ride Schedule

This schedule tries to capture all regular rides happening in or around Napa, regardless of who leads or sponsors them. Not all of the rides on the schedule are led or sponsored by the Eagle Cycling Club.

Eagle Cycling Club rides are rated by the pace, terrain, and mileage range as follows:

Pace: (1) Easy (8-12-MPH) (2) Moderate (12-15 MPH) (3) fast (16+ MPH)

Terrain: (A) Mostly flat (B) Rolling (C) Some hills (D) Hilly (E) Mountains

For example, a ride described as 1/A/15-25 would be a ride at an easy (1) pace, on a mostly flat (A) course, for 15-25 miles. A ride described as 2/C-D/40-60 would be a ride at a moderate (2) pace, on a course with hills (C) that might be steep or sustained (D), for 40-60 miles. For a full description of the ratings, download the [Ride Classifications Document](#).

Eagle Cycling Club Rides

Saturdays

8:30 a.m. Variable route, 2/B-C/30-60.

Training ride for the Eagle High School Cycling Club. Meet at 8:30 at the bicycle container near the Napa High School gym, roll at 9:00. This is a coached ride for high school age riders learning group riding skills. Experienced riders are more than welcome to attend as mentors. For more information, contact Ken Chapman at 707-299-9152.

9:00 a.m. Variable route, 2/B/20-30.

Meet at Browns Valley Market, 3263 Browns Valley Road. Ride starts with a loop through the Carneros area. After coffee and pastries at Stanley Lane, the group splits up for optional additional riding. Tandems welcome. No drop policy. For more information, contact Cheryl Korte at 707-265-0456.

Sundays

9:00 a.m. Variable route, 2/C-E/30-60.

Now the only Eagle Cycling Club Sunday ride. Variable route. May be significant climbing. Meet at Bicycle Works, 3335 Solano Avenue. No drop policy, frequent regrouping. Actual ride time varies with ride mileage. For more information contact Jim Fitch or Genny Fox [707-226-5038](tel:707-226-5038).



Tuesdays

10:00 a.m. Variable route, 2/A-B/30-40

A hammerhead ride, this will be 30-40 mostly flat miles at an easy pace. The ride meets by the Ranch Market at the corner of Wine Country Ave and Solano Ave. For more information contact Mark Lucas at 707-224-8873 or Ron Lemos at 707-294-2796.

3:00 p.m. Variable route, 2/B-C/20-40.

Training ride for the Eagle High School Cycling Club. Meet at 3:00 at the bicycle container near the Napa High School gym, roll at 3:30. This is a coached ride for high school age riders learning group riding skills. Experienced riders are more than welcome to attend as mentors. For more information, contact Ken Chapman at 707-299-9152.

Wednesdays

8:30 a.m. SHARP! Carneros loop, 1-2/B/20.

A leisurely two hour ride in the Carneros district. No drop policy. We regroup regularly, and usually takes a group photo at the “Pigs 4 Sale” sign. Meet at Dwight Murray Plaza, at the infamous missing clock tower, on First between Main and Coombs. Refreshments at the Model Bakery afterwards. Rain cancels. For more information, call Bob Hillhouse at 707-253-7000 or 707-252-1246.

3:00 p.m. Variable route, 2/B-C/30-60.

Training ride for the Eagle High School Cycling Club. Meet at 2:30 at the bicycle container near the Napa High School gym, roll at 3:00. This is a coached ride for high school age riders learning group riding skills. Experienced riders are more than welcome to attend as mentors. For more information, contact Ken Chapman at 707-299-9152.

5:00 p.m. Mt. Veeder loop, 2-3/D/20.

The classic clockwise Mt. Veeder loop. Meet at the corner of Browns Valley Road and Redwood Road. Go over Mt. Veeder and return via Dry Creek Road. Optional return with the 6:00 p.m. counter-clockwise ride. No leader.

6:00 p.m. Variable Route, 2/D/20-25.

Usually a counter-clockwise Mt. Veeder loop, going out on Dry Creek Rd., and returning on Redwood Rd. Meet at Bicycle Works, 3335 Solano Avenue. Bring lights in the winter. During the winter and on rainy days, we will go on a less hilly ride (usually a Carneros loop). This is a no drop ride, for all levels. For more information, contact Dave Pruet at Bicycle Works, 707-253-7000.



Thursdays

10:00 a.m. Variable route, 3/C-E/40-50.

The ride meets by the Ranch Market at the corner of Wine Country Ave and Solano Ave, and goes 40-50 miles at an 18-20 MPH pace. For more information contact Mark Lucas at 707-224-8873 or Ron Lemos at 707-294-2796.

3:00 p.m. Variable route, 2-B/C-30/60.

Training ride for the Eagle High School Cycling Club. Meet at 3:00 at the bicycle container near the Napa High School gym, roll at 3:30. This is a coached ride for high school age riders learning group riding skills. Experienced riders are more than welcome to attend as mentors. For more information, contact Ken Chapman at 707-299-9152.

5:30 p.m. Variable route, 2-A/D-20/30.

This ride meets at Bicycle Works. The route will be determined by the group and the distance will be between 20 to 30 miles. Great warm up for the longer weekend rides. Lights will be needed during the winter months. This is a no drop ride and rain cancels the ride. For more information, contact Ellen Chang at [707-246-5504](tel:707-246-5504) or ellenlynnchang@gmail.com, or Espen Jensen at [707-315-5114](tel:707-315-5114) or espenjensen@mac.com.

Fridays

8:30 a.m. Bike Friday, 1-2/A/10

Bike Friday is an easy, mostly flat ride to Yountville via Solano Avenue. There is a yak stop at the structure at the end of Solano Avenue in Yountville. Alternate routes are planned impromptu from there. Some ride up-valley, some return via Solano Avenue to Napa for coffee at Panera. The up-valley groups tend to ride a bit faster. Occasionally, a group will ride up to Hennessey and do the Lower Chiles Valley loop. Rain cancels. For more information, contact Doug Cleveland at 707-252-3985, or velobruin@att.net.

Link to [Eagle Cycling Club Ride Calendar](#)

Upcoming Centuries: For a list of the upcoming season's century rides, visit the following links:

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

<http://www.bikecal.com/asp/century-result.asp>.

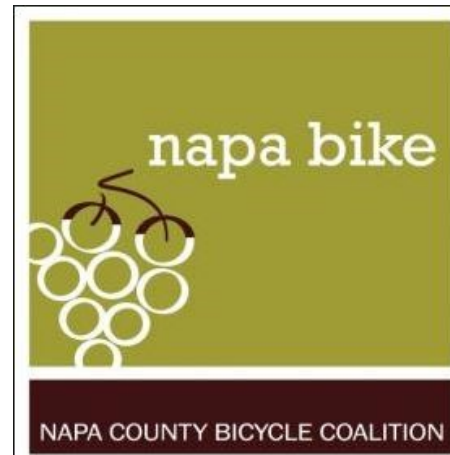
Ever wanted to lead a ride of your own? Now you can! We are always looking for more ride leaders, particularly for slower-paced family fun rides. For more info on scheduling a new ride, contact Doug Pettie at dap1000000@aol.com.



Advocacy

On Monday, January 16th, Americans across the country will come together as part of an annual Martin Luther King Jr. Day of Service, in support of our neighbors and our community.

This year, the Napa County Bicycle Coalition has organized trash cleanup efforts along two of our most-used bike trails, the Commuter Bike Path and Napa River Trail. Volunteers will help pick up trash, and use the City of Napa app to report graffiti, broken pavement, and other issues.



Please join us in making this year's Day of Service, "A Day On, Not a Day Off."

Commuter Bike Path Group:

Meet @ 10am at the Vallejo Street terminus of the Commuter Bike Path.

We will be cleaning both the trail, and the railroad right-of-way. A representative from the Wine Train will be on-site and provide a safety review for working along active rail lines.

For those who have the City of Napa app installed on their phones, we will provide directions for how to report issues such as graffiti or broken pavement.

Volunteers will walk as a group along the path, up to Solano Ave, then return (a total of 3.5 miles round-trip).

We'll provide snacks for those who get a bit nibbly.

Napa River Trail Group:

Meet @ Northern end of trail (near Trancas & Old Soscol Way).

We will be cleaning the trail, but will not enter the river bank for safety reasons. Everyone will be required to wear an orange safety vest.

Volunteers will walk as a group along the path, down to Lincoln Ave, then return (a total of 2.5 miles round-trip).

We'll provide snacks for those who get a bit nibbly.

What to Bring?

Volunteers should wear closed-toed shoes, weather-appropriate clothing, work gloves, and a reusable water bottle. Sections of the cleanup area may be muddy, so be prepared to get a bit dirty and/or wet.

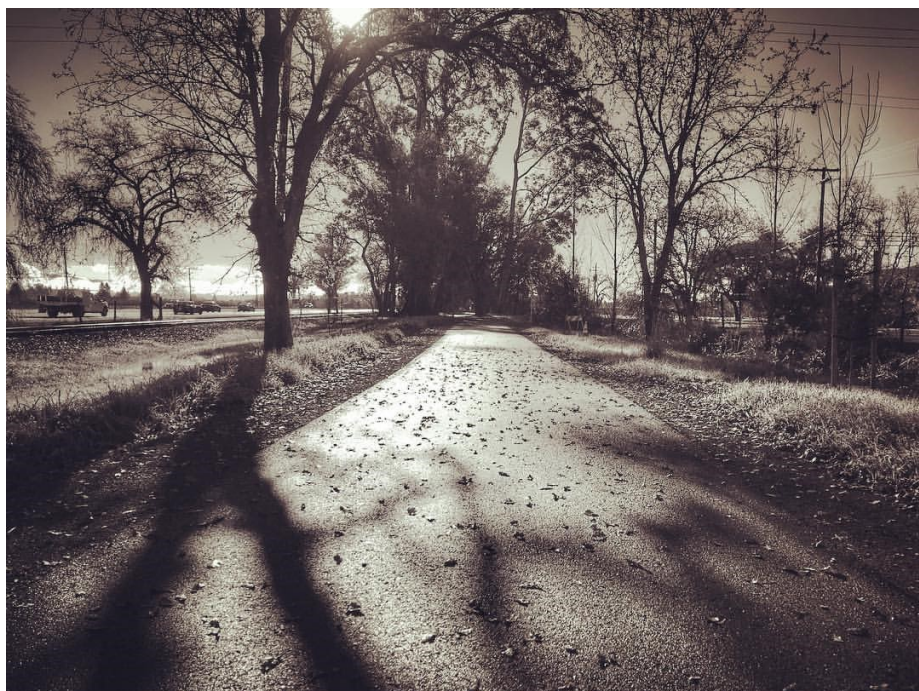
Got questions? Contact us via email at info@napabike.org or by calling (707) 812-1770.

Link to event page: <https://napabike.org/event/trail-cleanup-mlk-day-of-service/>





As always, ride safely, and happy cycling!



From top left:
TJ Perry w. Sister at Lake Tahoe enjoying a ride.
Josh Tikhonoff visits the Skate Park after the rain.
Tim Thulin. Vine Trail on a winter day.

President: Greg Stueland	Skyline Park Representative:	Eagle Cycling Club
Vice President: Jim Fitch	T.J. Perry	3335 Solano Avenue
Treasurer: Richard Wenrick	Tour of Napa Valley Director:	Napa, CA 94558
Secretary: Chris Lougee	David Williams	
Co-Treasurer: Genny Fox	Cherry Pie Criterium Director:	Email us at:
Webmaster: Nancy Tracy	Felix Riesenberg	info@eaglecyclingclub.org
Newsletter Editor: Andre Garcia	Skyline Park Mountain Bike Race	
Ride Schedule Chair: Doug Pettie	Director:	Or visit us online:
Membership Chair: Bob Hillhouse		http://eaglecyclingclub.org