



# Eagle Cycling Club

March 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](http://eaglecyclingclub.org)

### Inside This Issue:

Eagle Interview—Pg 1-2

Yoga—Pg 2 -5

Ride Schedule—Pg 6-9

Ride News—9-10

Cherry Pie—11

Facebook —Pg 12

Pictures and articles for the newsletter are welcome! Please submit them to [newsletter@eaglecyclingclub.org](mailto:newsletter@eaglecyclingclub.org) before the end of the month.



**Our next meeting will be on March 13th 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 Felix Riesenber

**Q: Tell me a little about yourself: name, year born, job, high school or college Alma Mater?** My name is Felix Riesenber. I was born in 1965, went to high school at Sir Francis Drake HS in San Anselmo and went to college at UC Davis, where I studied Civil Engineering.



**Q: Describe your perfect day on the bike: weather, location, and who is with you.** The very best days include nice weather (about 65-70 degrees and sunny), a taxing effort, riding with good friends (I still ride with a couple of friends from high school fairly regularly) and that can be in Napa, Marin County or an organized ride somewhere else. A cyclocross race where I don't crash, don't finish last, and don't get lapped is always a great day on the bike. Finishing a ride at the Gestalt Haus in Fairfax with a good beer is also pretty fantastic.

**Q: What is your favorite Napa ride?**

I love Dry Creek Road up to the fire station on a warm summer day and one of the most beautiful

rides I can think of is climbing up Atlas Peak to Foss Valley in the spring.

**Q: What is your favorite Eagles memory?**

Racing the Merckx race at the 40<sup>th</sup> annual Cherry Pie Criterium. That brought back some fun memories from my younger days of road racing in a pretty safe setting. It hurt, but I was happy I could hang with the youngsters that day!

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

I set cycling goals every year, whether it be a do-it-yourself century with friends, organized events I want to complete or to do a handful of cyclocross races. This year, I've got the short ride at Eroica California (super fun rolling museum of a

ride in Paso Robles) and the medium route of the Lost and Found Gravel ride in my sights, with a few CX races likely at the end of the year. Cycling is my favorite form of exercise, and I like good food, beer and wine, so that helps keep me motivated to ride, even on a wet or cold day. While often in denial, I'm also aware that physically, my best days are behind me, and I want to try to maintain a high level of fitness for as long as possible!

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

I'd like to see a racing team return to the Eagles. I've got some thoughts on this, but not enough time to personally lead this effort – perhaps when I retire from my day job.

**Q: What was your motivation in joining the Eagles?**

I've been active in the Reno Wheelman and the Davis Bike Club in the past and as my daughters have gotten older, free time has come back into my life and I missed being part of a cycling club. I've been very impressed with all the positive things the ECC does for the community and I wanted to get to know more people in the Napa cycling community.

**What is your involvement in Napa Bike?**

I joined the Napa County Bicycle Coalition Board of Directors in November of 2015. I'm at a point in life where I want to give back to the cycling community and there is much more to the world of bikes than what I have done personally. I'm new to the world of bicycle advocacy and this is an area where I want to learn and grow. Cycling has been a huge part of my life and has brought me so much personal satisfaction. I want to help others experience that same level of satisfaction whether they are commuting, touring, racing or getting out for a leisurely family ride.

**Q: Finally, if you could ride with two famous people (living or dead), who would they be?** Greg LeMond and Teddy Roosevelt.

## Yoga for Cyclist



Personally speaking, the more I push myself to become a better cyclist (longer miles, more hours in the saddle) the more my body pushes back, and the more I realize I should stretch both before and after every ride. Again personally, after a solid fifty mile ride, I am hungry, tired, and really want a shower; so the last thing I want to do is stop and stretch. I have suffered the consequences of my lack of stretching, as my calf muscles have spasmed and I suffer through the night after one of these rides.

Last semester for school I had to participate in a “fish out of water” experience. I had wanted to try out yoga for a number of years, so I took the opportunity to kill two birds with one stone. I discovered Yoga in the Park (now Yoga NV), a free yoga class offered a few times a week in Napa. I went to their Sunday morning class for a session of restorative yoga. They teach two styles of yoga: Hatha (restorative), where you stretch out your body with different



positions and concentrate on your breathing; and Vinyasa-style flow interwoven with therapeutic techniques, which is a faster pace yoga. Vinyasa is more of a full body workout; you still concentrate on your breathing, but you should expect your heart rate to rise during this class.

We should all become better cyclists and push ourselves to stretch more. The instructors at Yoga NV, Jessica and Stacy, have shared some valuable yoga poses to help us stretch those muscles before and after a ride.

I continued to go to Yoga NV's classes sporadically throughout the winter, and I can see the benefit, even if I am not riding my bike. As cyclists we can use the breathing techniques to our benefit. I recommend every Eagle member try going to one of their classes. You can get the schedule on their Facebook page, which I will include a link to below.

Facebook: <https://www.facebook.com/yoganapavalley/>

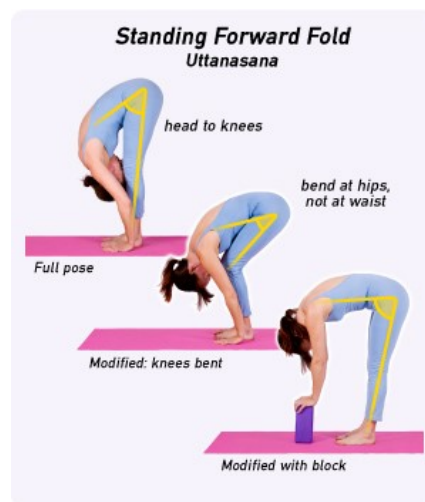
**Just like with cycling, NEVER push your body past its' comfort zone!! It is best to practice these poses with a trained professional!**

From Jessica at Yoga NV:

These poses will address multiple things at once while focusing on lengthening and releasing your calves, quads, low back and arms. When riding a bike cyclists are leaning forward, so many of these poses encourage the opposite, asking you to externally rotate your shoulders opening the heart and releasing your hip flexors, including internal and external rotation of the hip joint.

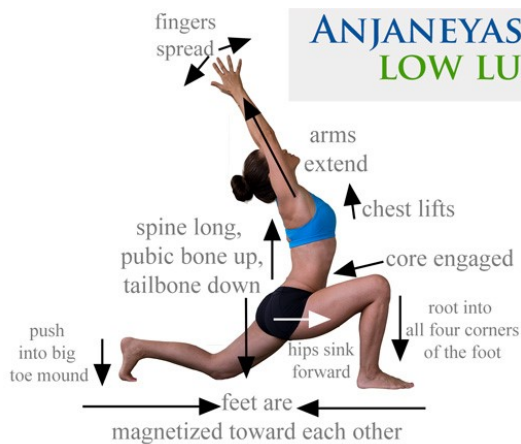
By working on releasing your hamstrings, you will relieve pressure on your low back. Your hamstrings form a group of three posterior muscles that originate from your ischial tuberosity (sit bones, the little round things you can feel in your butt.) Tightness in the hamstring affects the pelvic position because the hamstrings pull your sit bones into extension, straightening out the lordosis (natural curve) of the lumbar spine. This can create increased flexion in the lumbar region and lower back pain. Being hunched over on your bike encourages the lumbar spine to round out (kyphosis) instead of having the curve in your low back.

**Good poses for releasing your Hamstrings:**



Opening up your hip flexors, reversing the form you take on your bike with your hips-

### Low Lunge,



### Figure Four,



### Windshield Wiper,

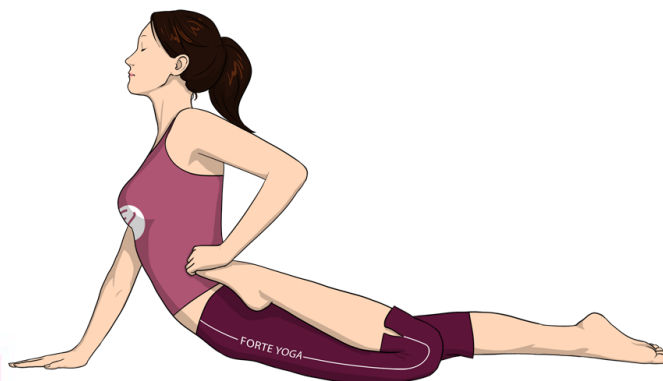


### Quads:

### Hero,



### Half Frog,





Arms/heart- Thread the Needle, Camel, upward facing table or plank, side plank for strengthening

Camel Pose



Upward Facing Plank



Calves:

Downward Facing Dog



RICHARD CUMMINGS

Revolved Triangle



## 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

Variable route with a monthly set rotation. Meet at 9:00 a.m. at Browns Valley Market, 3263 Browns Valley Road. For more information contact Doug Pettie at [415-747-6965](tel:415-747-6965) or [dap1000000@aol.com](mailto:dap1000000@aol.com).

1st Sat: Carneros Loop, 2-B-25

2nd Sat: Avenues Loop, 2-B-30

3rd Sat: Dry Creek Rd, 2-C/D-25/45

4th Sat: Dead End Ride, 2-B/C/D-20/45

5th Sat: Special Ride outside Napa, 2-C/D-40/60 (carpool from the market)

### Sundays

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

Now the only ECC 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/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 Pruett 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](mailto:ellenlynnchang@gmail.com), or Espen Jensen at [707-315-5114](tel:707-315-5114) or [espenjensen@mac.com](mailto: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](mailto: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](mailto:dap1000000@aol.com).





## Other Rides

The following rides are not led nor sponsored by the Eagle Cycling Club. A listing here should not be taken as an endorsement of any particular ride.

### **"The Herd" Ride on Saturday and Sunday**

This ride, not an Eagle Cycling Club ride, is attended by many of Napa's law enforcement cyclists, affectionately referred to as "The Herd". The ride varies in both route and length. Meet at 8:00 a.m. at Justin Sienna High School. For more information contact Ron Lemos at [707-294-2796](tel:707-294-2796).

### **International Rides**

Interested in an international biking experience that is not only a physical challenge, but emotionally inspiring? Bike with some of the injured soldiers from Israel and see highlights of the country at the same time. <http://fidf.org/2017-cycling-tour-of-israel>

## Ride Director News

### **Road Conditions**

I recently did a ride out Dry Creek Road and back over Mt Veeder Road to Napa. Mt Veeder Road is now open to vehicular traffic. I was able to make it through without dismounting from the bike. There are several areas (uphill and downhill) where the road is hard packed dirt, contains wide cracks, has water on it, or is reduced to one-lane. Caution is advised. I also rode up Howell Mountain Road to Deer Park Road and descended to the Silverado Trail. Howell Mountain Road is closed (barricaded) to vehicular traffic. Bikers are able to go around the barricades without dismounting. There are large boulders on the road where the slide occurred, but there is room to get by them. On the way up I encountered bikers descending, which I would not recommend yet.

### **Velo Vino**

The first Velo Vino ride of the season is this Sunday, March 19. We will be going out Conn Valley Road and taking the dirt trail around Lake Hennessey to Moore Creek Park. This will be my first time crossing Moore Creek in non-drought conditions. If the water is too high, we resort to Plan B.

### **Oregon Rides**

Campsite reservations have been made at the Creekside Campground in Sisters, Oregon for Jul 20-23, and Mazama Village Campground in Crater Lake National Park for Sep 15-17. Anyone interested in these rides should contact me to have their name placed on the list to reserve a campground site.



**Celebrate A Milestone**

Club member Fito Gomez will be turning 70 on March 31. I will be leading a birthday ride for him on that day. We will start from his house, 1963 William Dr, Penngrove, at 9:00 a.m. The ride will be to Petaluma, across Chilleno Valley Rd, Wilson Hill Rd, the Marshall Wall, and Highway 1 to Point Reyes Station for lunch; then return via Petaluma and Pt Reyes Road. Come celebrate with us!

**Velo Vino Rides (Meet at 8:45 am)**

Mar 19	Conn Valley/Moore Creek, 2-D-38
Apr 23	Old Lawley Toll Road, 2-D-34
May 21	Franz Valley/Knights Valley, 2-D-41
Jun 11	Franz Valley/Porter Creek, 2-D-41
Jul 9	Counter clockwise Pope Valley Loop, 2-D-46
Aug 6	Clockwise Lake Berryessa loop, 2-D-50
Sep 24	Counter clockwise Lake Berryessa Loop, 2-D-55
Oct 15	Spring Mtn Rd/Petrified Forest Rd, 2-D-35

**Browns Valley Market Group Fifth Saturday Rides (Meet at 8:45 am)**

Apr 29	Mt Tam Summit Ride, 2-E-45
Jul 29	Petaluma - Novato Loop, 2-D-40
Sep 30	Sonoma Wine Country Ride, 2-D-62
Dec 30	Penn Grove - Occidental Ride, 2-E-50

**Sunday Bicycle Works Group Field Trip Rides**

Apr 9	Ride Around Mt. Vaca, 2-D-55
May 14	Bridges and Bears, 2-D-50
Jun 25	Marin Bakery Ride, 2-D-53
Aug 27	Bohemian Highway, Mayes Canyon Redwoods Loop, 2-D-45
Oct 29	Clockwise Geysers Loop, 2-E-50

**Other Rides**

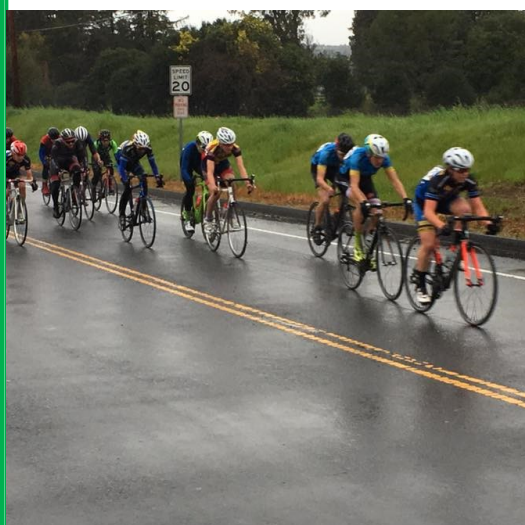
May 28	American River Ride, Sacramento
Jul 20-23	Sisters to Smith Rock and McKenzie Pass, Oregon
Aug 13	Tour of Napa Valley Preride
Aug 20	Tour of Napa Valley
Sep 8-10	Lake Tahoe
Sep 15-17	Ride The Rim, Crater Lake National Park, Oregon



## Cherry Pie Photos

Photo credit to Tim Thulin

Congratulations to the Eagle Cycling Club for another successful Cherry Pie Criterium! Special thank you goes out to Felix Riesenberg, this years Race Director. It was a wet day!





As always, ride safely, and happy cycling!

## Solano Ave Warning!

Vine Trail in Oak Knoll closed Darms to Hoffman 7am-5pm M-F 3/6 for 3-4 wks for PG&E work. **PLAN AHEAD:** PG&E has scheduled work that will require a closure of the Vine Trail in the Oak Knoll District for public safety.

The work will begin March 6 and last 3-4 weeks, removing large eucalyptus trees adjacent to the trail near Darms Lane. The trail will be closed to all users from Darms Lane to Hoffman Lane 7 a.m. to 5 p.m. Monday-Friday. During these hours, trail users will be “detoured” onto Solano Avenue.

(Note: Solano Avenue will be closed to all traffic between Carrell Lane to Hoffman Lane during the same hours.)

The trail will be reopened evenings and weekends, although users are cautioned that there will be “traffic plates” in the work area.



ECC members Sheryl Johnson and Howard Gilbert ride Lightning P 38 recumbents



Tim Thulin is second from the right in the top row, Mike Jarschke is third from the right, Lori Morgan is in the middle and Dave Rucker at bottom right. This photo might have been taken in 1984 in Crested Butte, Colorado by Tim.

**President:** Greg Stueland  
**Vice President:** Jim Fitch  
**Treasurer:** Richard Wenrick  
**Secretary:** Chris Lougee  
**Co-Treasurer:** Genny Fox  
**Webmaster:** Nancy Tracy  
**Newsletter Editor:** Andre Garcia  
**Ride Schedule Chair:** Doug Pettie  
**Membership Chair:** Bob Hillhouse

**Skyline Park Representative:**  
 T.J. Perry  
**Tour of Napa Valley Director:**  
 David Williams  
**Cherry Pie Criterium Director:**  
 Felix Riesenberg  
**Skyline Park Mountain Bike Race Director:**

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