



Eagle Cycling Club

July 2016 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

Inside This Issue:

Eagle Interview—Pg 1

Editors' Desk—Pg 2

Chain Wear—Pg 3

Ride Reports—Pg 4-5

Film Review—Pg 6

Ride Schedule—Pg 7-10

Advocacy —Pg 11

Facebook Pics—Pg 12

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 at NCOE on July 11th at 7pm

Getting to Know You

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

Q: Tell me a little about yourself: name, year born, job, high school or college Alma Mater?

A: I grew up in Menlo Park CA. Went to Menlo Atherton High School and UC Davis. I've done everything from teaching tennis, a microbiologist, a computer programmer and a web designer. Now I am a part time wine tour guide and chauffeur. Still trying to figure what to be when I grow up.



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

A: I went to UC Davis, that says it all. I did bike some before that, rode to high school which was hard in a mini skirt. I started riding more for fun in my 30's while working in Menlo Park. We would get out at lunch and ride the Portola Loop or up Old La Honda and some of the other hills on the weekends. I did my first multi-day ride in 1980 from Spokane WA to Jackson Hole.

Q: Describe your perfect day on the bike: weather, location, and who is with you.

A: Riding down the coast with a great ocean view and a tailwind.

Q: What is your favorite Napa ride?

A: Bob's Wednesday morning ride. (I have to say that or I may get in trouble). Veeder/Dry Creek, or Turtle Rock also,

Q: What is your favorite Eagles memory?

A: Doing the Lake Tahoe ride when we had lots of kids in trailers.

Q: We all know it can be difficult to get out and ride some days. What keeps you riding?

A: Bob banging on my front door telling me I have to get going. That and the beauty of the Napa Valley

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

A: More fun rides, some multi day rides. I miss the brunch rides we used to have.

Q: What was your motivation in joining the Eagles?

A: I had just moved to town and didn't know anyone except Terry. And I had just moved from the peninsula biking mecca.

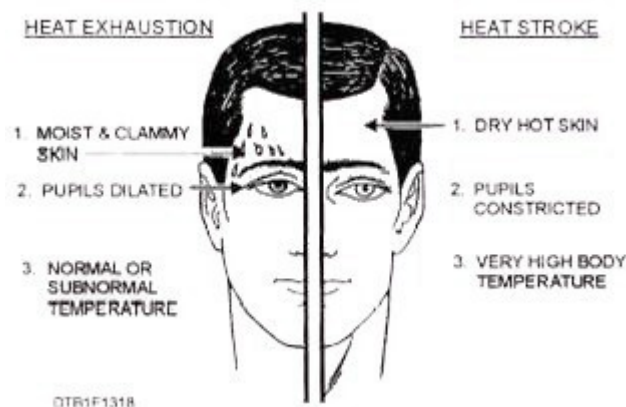
Q: Finally, if you could ride with two famous people (living or dead), who would they be?

A: Robin Williams and Billy Crystal. That would be hilarious!!

from the Editor's Desk

With the summer months upon us, it is important to pay attention to your hydration with the hot weather. Drink before you are thirsty, and don't be afraid to stop into a winery to refill your water bottles (with water of course). I personally got hit with a case of heat exhaustion on a Sunday ride. Even after I was home for an hour, I will still sweating, and not cooling down. I read some tips on how to deal with heat exhaustion online. Take a cool/cold shower, avoid caffeine, and drink water. Heat exhaustion is not as dangerous as heat stroke, but it is nothing to dismiss. Pay attention to the people you are riding with, and keep hydrated this summer!

-Andre



Chain Wear

By Andre Garcia

Chain wear or stretch is a common occurrence when you love to ride your bicycle. When a chain is brand new the distance between the pins is $\frac{1}{2}$ ", and as you ride the rollers inside the chain begin to wear down. Over time, and miles, that $\frac{1}{2}$ " measurement grows, it is very subtle, you would need to measure 24 links to get a clean measurement. The difference between a good chain and one that needs to be replaced is only $\frac{1}{16}$ " of an inch! I have taken off chains that are stretched and laid them next to the new chain, and over the distance of the entire chain the old chain is over a link longer than the new!

How does this affect your other bike parts? Anything with teeth (Cassette, Chainrings, Derailleur Pulleys) can be worn down by a stretched chain. Researching facts for this article, it was a stretched chain rides higher on the teeth of your cassette or chainring, causing the teeth to wear faster.

If you wait too long to replace your chain you will need to replace other parts as well. The teeth get so worn down that the new chain can not mesh with the old parts, and you get skipping from this. If you have felt this before it is an upsetting sensation. If your cassette or freewheel is skipping then you get short pops as the chain rolls over the teeth without moving you forward. If your chainrings are worn out you can get half a pedal rotation as the chain rides over the worn teeth. Riding worn parts with a new chain can be dangerous, since you can fall, or be thrown off balance. The worst is when this happens at an intersection, or climbing a hill.

There are two types of riders, those who regularly change their chains to avoid having to buy expensive parts, then there are the riders whose replacement parts are not too expensive so they just replace everything at once. What type of rider you are depends on your budget and how expensive replacement parts are. If a cassette cost \$100, and chainrings are about the same, it is better to replace a \$50 chain more often. But if your chain cost \$20, and the cassette or chainrings are also around that price it may make more sense to wait and just do it all at once. The number of miles you ride in a year also determine when you should replace your chain. We get customers that are riding excess of 250 miles a week (lucky bastards!), they can wear a chain out within a month!

A great article from Bike Radar: [When to Replace Your Chain?](#)





Ride Reports

Tim Thulin: Still having fun on my bike!

I just wasn't that motivated to ride but I needed to burn some calories and I knew that once I got on my bike I would probably enjoy the ride.

That's how it turned out, fun with a dash of adrenaline!

I was riding on the new bike path (I'm bad) between Napa and Yountville and saw another rider going the opposite direction as I was crossing Oak Knoll ave., I said howdy as we passed each other. I looked in my rear



view mirror a minute or so later and there he was, he'd turned around. I picked up the pace a bit but slowed for other traffic on the trail and he passed me, I was fine with that, I preferred that he set the pace.

His pace was fast enough that I thought he would burn out quickly, he didn't but I'd let a gap develop, I was chasing at 24-25 mph and not falling back but not closing the gap either. At this point I was having fun chasing this guy. There were squeeze points, bridges and road crossings that he negotiated faster than me, he'd pull ahead more and I'd get some of it back on the approaches to the squeeze points.

When he got to the California dr. Intersection he had clear sailing, when I got there I had to wait for traffic which put me further behind. I chased him on the bike path at Yountville but when I got to the north end and turned onto Madison st. he was nowhere in sight, he'd turned one way or the other at the next intersection, Madison and Washington, I never figured out which way, he'd won the game!

I would have liked to have caught him, passed him, but damn, it was fun trying!

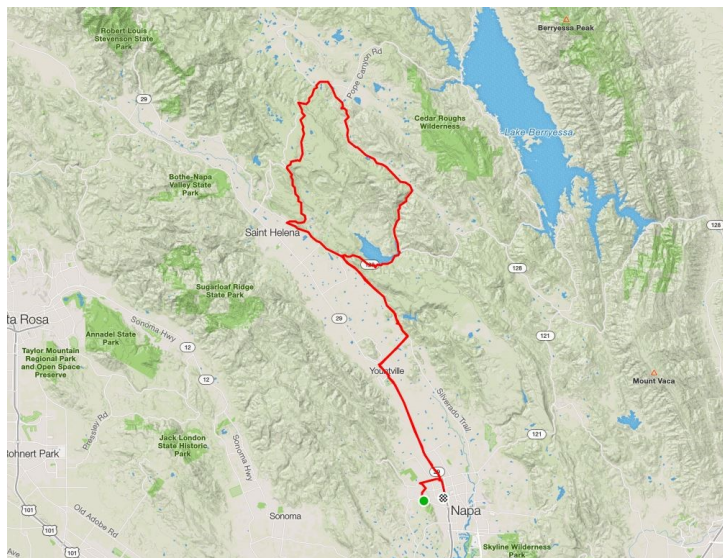
Ride somewhere cool this month? Email us a little blurb about your ride (and a picture or two if you have them) at newsletter@eaglecyclingclub.org and we will feature your submission in the next newsletter!



Josh Tikhonoff: June 18th my dad came up from the central coast for Father's Day and brought his new Cannondale for a ride. This would be the official first break in ride for it so we decided to head up valley to one of my favorite spots, Velo Vino in st. Helena. We had lunch there at the food truck and a espresso inside and went on our way to the back of Lake Hennesey via old Howell Mountain (across from Pope Street) At the dead end we decided to that our road bikes can handle some off road and took the fire trail to the other side of the lake and then descended 128 back to the trail and back to Napa. I always love these rides, epic, adventures, great weather and another ride with my dad.



Jim Fitch: On Sunday, June 26, seven Eagles who should have known better (Doug Pettie, Cheryl Korte, Suzanne Maib, Andre Garcia, Mike Moulta) rode from Bicycle Works to Pope Valley and back, encountering the forecast 100 degree heat along the way. At the bottom of Old Howell Mountain Road, the temperature was only about 80 degrees and remained comfortable all the way to the top. The two miles down Howell Mountain Road to Pope Valley was as exhilarating as usual, but the temperature perceptibly increased with each 100 feet of altitude loss. As expected, Pope Valley was hot. After a break at the Pope Valley Store, we continued on south through the heat and headwind to come down to Lake Hennesey via Chiles Canyon Road. The usual slog into the wind down Silverado trail was marred only by my thigh cramping, only the second time I've ever had that happen. We paused while I rested and ingested salt and fluid, which put the cramp into a tenuous remission. We continued on riding, very easily, until splitting up at Yountville Cross Road for our individual routes home. All in all a great, and classic, Napa Valley ride, albeit better done when not quite so hot.



Film Review

Cycling Movie Review: *ESPN; 30 for 30: Slaying the Badger*

Synopsis from ESPN: Before Lance Armstrong, there was Greg LeMond, who is now the first and only American to win the Tour de France. In this engrossing documentary, LeMond looks back at the pivotal 1986 Tour and his increasingly vicious rivalry with friend, teammate and mentor Bernard Hinault. The reigning Tour champion and brutal competitor known as "The Badger," Hinault "promised" to help LeMond to his first victory, in return for LeMond supporting him in the previous year. But in a sport that purports to reward teamwork, it's really every man for himself.

Review: Personally I am a big fan of Greg Lemond, it was reading about his 1989 TdF win that got me into the sport. This documentary was really well done, with interviews of Greg, Bernard, teammates, support staff, and their coach on Team La Vie Claire. They dive into the background of Greg and Bernard, and the personal drama between them, their coach, and the team owner. I would recommend checking it out.

This movie is available on Netflix through their streaming services.



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, 3/C-E/40-80.

Meet at Dwight Murray Plaza, at the missing clock tower, on First between Main and Coombs at 9:15 a.m. Roll at 9:25 a.m. sharp. On the second Sunday of each month, the ride will be 60-80 miles, 4-6 hours, so plan accordingly. If the long ride is rained out, it will take place on the next dry Sunday. For more information, contact Mark Lucas at 707-224-8873 or Ron Lemos at 707-294-2796.



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

This is the kinder, gentler of the two Sunday rides. Meet at Bicycle Works, 3335 Solano Avenue. We usually try to get in at least some minor climbing. No drop policy, frequent regroup. For more information, contact Jim Fitch or Genny Fox at 707-226-5038.

Tuesdays

9:00 a.m. Variable route, 2/A-B/30-40

A recovery ride for our Sunday 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**9:00 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.



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.

Saturdays, 8:30 a.m. Variable route, variable length.

Not an Eagle Cycling Club ride, but a ride attended by many of Napa's law enforcement cyclists, affectionately known as "The Herd". Meet at Justin Siena High School, ride rolls at 8:30 a.m.

Saturdays, 8:30 a.m. Semi-variable route.

Not an Eagle Cycling Club ride, but a regular ride in which many club members participate: Ride starts with Bob's Wednesday ride loop through Carneros. At Stanley Lane, the group breaks into smaller groups for further riding. Meet at Azzurro, at the corner of Main and Clinton Streets.

Special Events

Eagle Cycling Club Ride – Conn Valley & Moore Creek

Sunday, July 17th

8:30am meet up, 9am roll out

Velo Vino, 709 Main Street, St. Helena, CA

Route: This month's ride will head out Howell Mountain and Conn Valley Road to meet up with the unpaved (but rideable on a road bike) path that meanders along the back side of Lake Hennessey to Moore Creek Park. From there we will head up Pope Canyon and Chiles Valley Road to Sage Canyon before heading back down past Lake Hennessey on Hwy 128. Upon reaching the Silverado Trail we will head back towards St. Helena and Velo Vino.

This ride will included about 2,400 feet of climbing and 38 miles with 3.5 miles of unpaved, but rideable on a road bike, terrain.

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

Are you interested in getting more involved in our local cycling community? Do you have valuable skills or experience that could benefit a small nonprofit organization? Are you a student or retiree looking for ways to give back?

The Napa County Bicycle Coalition is conducting an open application period to help expand our all-volunteer Board of Directors.

The Board serves as the governing body of the Coalition, providing strategic leadership and vision to the organization. Each Board member has a personal connection to our bicycle riding community, and members come from all walks of life, all socioeconomic backgrounds, and work hard to represent all types of riders. They are bound by a shared passion for riding, and an interest in seeing Napa County become a leader in safe, convenient, and accessible bicycling.

Want to learn more, and possibly apply to become a member of our Board?

[Click here](#) to read more about the roles and responsibilities of Board members, then [fill out our online application](#). We will be collecting responses through the month of July, and following up with the strongest candidates for additional phone and in-person interviews in early August.

I hope you'll consider applying. If you have any questions about the organization or the application process, please feel free to call me at (707) 812-1770 or email pband@napabike.org.



As always, ride safely, and happy cycling!

Pictures from Facebook



Photo by Tim Thulin



Thursday evening ride at the end of Redwood Rd.



Photo by Curtis Inglis



Bob gives a lesson to Kelly P. grand daughter



Gabby and Becky on the Wed PM Ride

President: David Pruett
Vice President: Jen Chapman
Treasurer: Richard Wenrick
Secretary: Rebecca Maguire
Co-Treasurer: Rich Collins
Webmaster: Nancy Tracy
Newsletter Editors: Charlie Wheat
 & Andre Garcia
Ride Schedule Chair: Doug Pettie

Membership Chair: Bob Hillhouse
Skyline Park Representative:
 T.J. Perry
Tour of Napa Valley Director:
 Greg Stueland
Cherry Pie Criterium Director:
 Felix Riesenbergs & Andre Garcia
**Skyline Park Mountain Bike Race
 Director:** David Pruett

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Or visit us online:
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