



Eagle Cycling Club

September 2016 Newsletter

Our next meeting will be at NCOE on September 12th at 7pm

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

Tour Pictures—Pg 3-6

Ride Schedule—Pg 7-10

Advocacy—Pg 11

Karma Kits—Pg 12

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



Getting to Know You

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

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

A: I am Greg Stueland, proud son of Minnesota. We don't zip up our jackets until there's ice on the lake. I attended the University of Minnesota.

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

A: In the late 90's I participated in duathlons. Moving to Napa I discovered the Eagles and began to ride with them.

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



A: A foggy January morning riding up Mt. Veeder. It became lighter and then I was in sunshine. Down into the fog and up into sunshine at Oakville Grade crest. Across the valley some peaks were in sunshine. Down into the fog again, getting colder as I coasted down the hill. Cold but fun.

Q: What is your favorite Napa ride?

A: Mt. Veeder/Dry Creek. It's challenging, has little traffic and I feel like a racer if I'm not with someone faster.

Q: What is your favorite Eagles memory?

A: Three weeks after arriving in Napa I joined Margaret, Peggy and Nancy for a ride. We went up Atlas Peak. They coached me on the way up and back down. I was a flatland biker from Michigan. Brakes are for stop signs. I was a cautious descender. Rounding a corner I found them waiting for me. They reassured me my brakes would really stop me and were nice enough to wait for me at the Country Club.

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

A: A maxim in riding is - I'll ride for 10 minutes and if I don't like it I'll go home. By then I'm warmed up, having a good time and I keep going.

Q: How many Tour of the Napa Valley have you been the Director for?

A: This was my 6th year. 2009 - 2012 and 2015/16

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

A: We need to attract new younger members. At any given gathering most of the members are over 50.

Q: What was your motivation in joining the Eagles?

A: I was new in town, liked to ride and run. There was no running group but there were the Eagles. I joined them and am glad I did!

Q: What is your next favorite hobby or activity to cycling?

A: General aviation, working in the yard.

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

A: Harry Truman and Henry Ford. They both knew how to ride a bike and changed the world they lived in. I would ask leading questions, listen and remember.



From the Editor's Desk

On August 21st we celebrated our 40th annual Tour of Napa Valley. It takes a lot of work from the club to put on this event. I want to thank everyone involved for their help. This issue of the club newsletter is going to be focused on memories from this year's tour.

July Silverado Trail Clean-up Crew

Tom Newman, Michael Fitzgerald, Bernadette Jensen, Margaret Abulaban, Issa Abulaban, Doug Marx, John Miller, Linda McCallum Miller, Rich Collins, Larry Bogner

The last day in 2016 for Adopt-a-Highway will be Sunday October 16 at 9AM.



40th Annual Tour of Napa Valley Memories



Doug P. & Howard G. enjoy a chicken sandwich



Eagles working Saturday Registration By Andre



Chef Rich By A. Atkinson



Gary and the Taco By A. Atkinson



Nichelini Rest Stop in full swing. Photos by Andre Garcia



Photos by Rebecca Maguire at Whiskey River Rest Stop



Great crew of volunteers



Nichelini Rest Stop Pictures by Mitch Gunderson

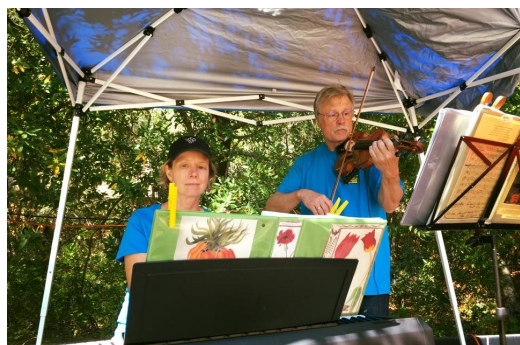
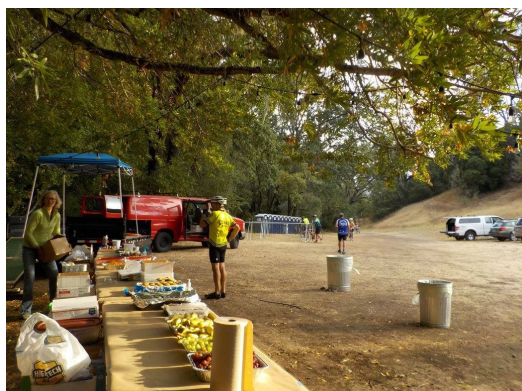
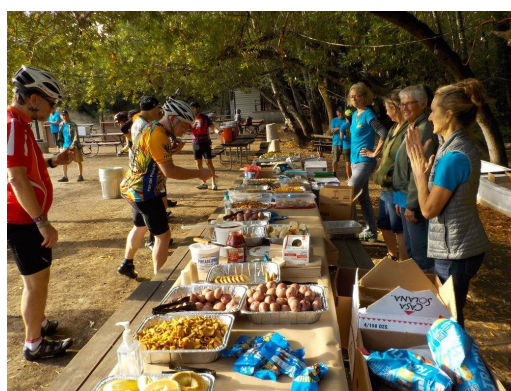
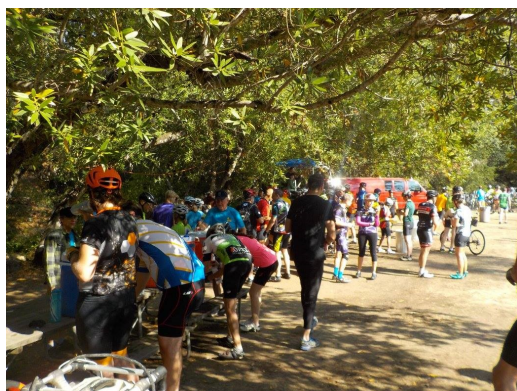
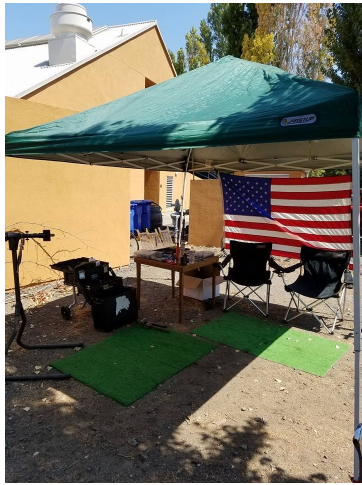


Photo by Tim Thulin



Whiskey River Mascot By Kelly Pepper





Mike J. Mechanic Booth at
Napa College Rest Stop



Walt Custer, Mechanic extraordinaire!



The lunch crew!



Guiding riders into Nicholilli



It takes an army, and a lot of food!



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.

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

Velo Vino Ride: 9/25 Franz Valley, Calistoga Rd. Loop 2-D-43

Tahoe Ride: 2-3 days of riding up at Lake Tahoe, Contact Mike Fitzgerald for more details.

Time is running out, so hurry!

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:

Silverado Trail Rumble Dots

Have you seen the new rumble dots along Silverado Trail?

In recent weeks, Napa County Public Works has had crews restripe Silverado Trail between Yountville Cross Road and Trancas St. But more importantly, inserted every couple of feet in the striping are small dots - roughly 2 inches across, and half an inch tall.

These “rumble dots” serve a similar purpose to the more prolific rumble strips - providing drivers a reminder they can feel when their vehicle drifts toward the bike lane.

Unlike traditional rumble strips, which are often placed deep into the shoulder of the road, these dots are on the bike lane stripe itself, retaining the full shoulder width for cyclists.

Although such dots have been used within the travel lane for years - often placed across a lane of traffic to alert drivers of sharp turns or other potential hazards, using them to protect cyclists is new. Caltrans District staff in Oakland were only able to identify two other examples of rumble dots being used for bike safety in the region, with the new project here in Napa being the largest by far.

But these dots are still a test. We’re relying on feedback from cyclists (and drivers) to learn whether this kind of project should be expanded, and whether the potential to keep vehicles out of the bike lane is real.

So please let us know - email me at pband@napabike.org and share your feedback with this new road treatment.



As always, ride safely, and happy cycling!

Karma Kits

Napa County got a few new Karma Kits over the past couple of weeks. Look for the new road kit on Mt. Veeder Rd at the sub-fire station near 3107 Mt. Veeder Rd. We also updated the Karma Kit at Inspiration Point in Las Posadas Park in Angwin. There is also a new Karma Kit at Redwood Flats in Las Posadas Park, it is tethered to the picnic table. More locations to come, thank you to the Eagle Cycling Club for your support! Go check out the website at www.karmakits.org!



Going clockwise from the top left picture:
View of the sub-fire station on Mt. Veeder Rd.

Close up of the Karma Kit on the left side of the
Sub-fire station on Mt. Veeder Rd.



The new Karma Kit at Redwood Flats in
Las Posadas Park, Angwin.



President: David Pruett
Vice President: Jen Chapman
Treasurer: Richard Wenrick
Secretary: Rebecca Maguire
Co-Treasurer: Rich Collins
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:
Greg Stueland
Cherry Pie Criterium Director:
Felix Riesenberg & Andre Garcia
**Skyline Park Mountain Bike Race
Director:** David Pruett

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