



Eagle Cycling Club

October 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

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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 at NCOE on October 10th at 7pm

Getting to Know You

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

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

Kathleen (Kelly) Elise Sweeney Pepper. San Luis Obispo, California.
August 6, 1948 I spent my entire childhood in San Luis (SLO I am). I attended



San Jose City College, then graduated from San Jose State College in 1971. I was a competitive swimmer in school, head cheerleader, overall average student, earned all my liver spots surfing and laying around at Avila beach. I'm an eighth generation Californian, dating back to the late 1700's and a village in Jalisco, Mexico. (Therein possibly, lies my love affair with Mexico and the Spanish language. In my first marriage, we lived in Georgia/Oklahoma/Washington/ back to Cali-

fornia. We both shared a passion for skiing/running/general aviation antique airplane piloting around the west, and our one beautiful daughter who came along in '82. And now I am reveling in the joy of my one incredibly cool 7yr/old granddaughter. I'm retired from the wine industry, and now volunteer tutoring English and Spanish to immigrants and farmworkers, in addition to citizenship assistance. Also, I ride a bike.

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

A: I started rollerblading and cycling at the same time in the mid '90's, because some wierdo doctor told me I should cross train, instead of just pounding my body into the ground as though I could just go out and buy new hips and back! My mantra...cross train.

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

A: Taking the ferry to SF, doing a loop through many eclectic neighborhoods, eating great hole-in-the-wall food in the Mission, rolling down Market St. to catch a ferry back to Vallejo. I like doing this in any weather conditions, except rain or high winds, getting sand blasted on the Great Highway is NFAA (no fun at all). But the best part about this favorite ride is the combination a great characters who choose to do it. It's kind of like a box of chocolates....we never know exactly who will show that day, but we DO know they will be good sports. It can be an all day obstacle course. We essentially do the same loop, yet every visit offers new twists and turns....and maybe a Wiggle.

Q: What is your favorite Napa ride?

A: Wednesday morning ride with the hoodlums, of course! And I love the odds. I'm always outnumbered. Truth, I used to be a pretty nice girl until I started hanging out with those thugs. Now they just all treat me like one of boys! Trust me, I hear it all! Should I be flattered? P.S. Veeder by myself is pretty darn special!

Q: What is your favorite Eagles memory?

A: My first favorite Eagles memories would be participating in the Tour of Napa Valley, before I joined. I did it a few times in the late '90's. I thought it was just the coolest event. I wanted to be a part of that great organization. My following favorite Eagles memories are every time I cycle with a convocation, and every time I identify myself to friends, family, or visitors, "I cycle with the Eagles in Napa, I belong to the club". Being a cyclists and Eagle, is a big part of my identity. The day I can't, well, I'll deal with that later.

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

A: My Orbea, the scenery, I love the wind in my face. I love to sweat and feel my heart rate increase. I love the rhythm and coordination. I love to feel thirsty and hungry from a good ride. I love the tranquility that overcomes my body after a good ride. I feel smug that I can! Definitely, riding is my favorite recreational drug of choice. And my cycling friends are a bonus.



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

A: I would like to see the membership grow. I encounter cyclists all over Napa who have never heard of us, or just ride alone. Maybe we could do an advertisement blitz?! Also, would like to see our younger population grow. Cycling popularity seems to be growing. How do we accommodate more diversity and riding participation? I want to brainstorm this.

Q: What was your motivation in joining the Eagles?

A: I was hoping it would bring me out of my shy, introverted shell.

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: Civil rights activist/Labor leader, Cesar Chavez co-founder of the United Farm Workers Union UFW. During my college days and boycotting the sale of table grapes and lettuce, I regret I did not march with/or meet him personally.

My mother....the most famous person in my world. Whom would be hissing and stewing over this presidential election! She comes from a long line of labor organizers. Her father was a Wobbler. She was a 'yellow dog'. It runs in my blood, I'm proud to say. I miss her every day.



From the Editor's Desk

New Member Challenge: I challenge each of you to bring a new member on one of our rides in the next month. Report back to me on how it went! We are a great group of people, and we really need to share ourselves with the rest of the community. I am sure we all have at least one friend or acquaintance that rides, but you have never thought to invite on a ride. Check out the ride calendar to see what is coming up. A good ride to consider might be the American River Ride at the end of the month?

Ride Reports

T.J. Perry—The task at hand, is to inform you the inquisitor reader, the wonderful times I have riding my mountain bike. On the weekend of September 11th the Eagle Cycling Club had their annual Lake Tahoe camping/ride/trip. If you didn't attend, what's up with that? The most of the attendees/riders are road bound for one of the (if not the) most beautiful rides in the world. Been there done that! So let's look down on "the most beautiful ride in the world". After a solo ride on Friday. I and a motley crew of three others, Ken, Jonathan, and



David were my partners and grime and dust who were going to look down on the "roadies".

We made the start point as far north as possible at Mt Rose approximately 8600 ft elevation and climbed to almost 9000 then down to 7700 to connect to the Flume trail. The Tahoe Rim Trail climb and descent was uneventful aside from sucking wind at elevations of quadruple of what we are used to at home. At approximately mile nine we hit the flume trail. This trail hovers over the edge of the eastern mountains of Lake Tahoe. Up until now the vistas have been few and far between, although the landscape is absolutely amazing. Now we are entering a trail of nonstop views, heads up riding, and such a slight incline, that you can do both. At the end of the Flume is Marlette Lake and a great place to stop for fuel, a cool, and a fool, because I was the only one to go swimming. (I guess I should say fools, I was the only one to figure out how to cool. A short climb and a speedy fire road descent and we



are at our pick up spot, at Spooner lake campground, by the lovely Ronda (Dave's wife) to bring us to cars left all around the lake. This ride, was awesome, beautiful, and most of all spent with friends. I can't wait till next year to do it again, and hopefully you will be on the ride with me!

Rebecca Maguire—I had the good fortune of attending the Lake Tahoe Weekend Ride with ECC in September. It was a beautiful weekend with great people and a great workout. Tahoe is one of the places where you can set up camp and walk across the street and have delicious food and drinks. Relaxed and full, we slept under the stars on the West Shore Friday night. Next, with more good food in us, hit the road on Saturday. Another great thing about Tahoe is an abundance of supplies gives you peace of mind in case something goes wrong. Sporting goods and grocery stores are never far. Spotting an Ace Hardware was helpful to me when my water bottle cage started falling off and I realized I didn't have an Allen wrench. Along the way to Sand Harbor Beach, I stopped for some selfies along the beautiful vistas and even caught a strong enough signal to facetime with my family for a bit. Lunch was all about tasty sandwiches, jumping into the lake, and swatting away the “abnormal amount of yellow jackets” they had this year. After that I made a new friend and we climbed and climbed and climbed and climbed Spooner Summit. All of that hard work paid off with a



fun, fast, beautiful descent down highway 50. Saturday ended with more good food at Zephyr Cove and some very sore legs. Our great volunteers SAG-ed our supplies for us. We set up camp, filled our bellies, took hot showers, and rested up for Sunday. Sunday started with another good meal and we were off to Emerald Bay, which is, in my opinion, one of the most scenic

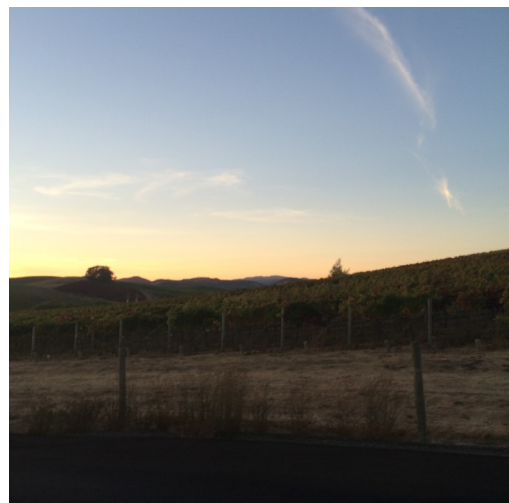
spots along the lake. It's an easier climb there and then you find a couple of short, tough, but conquerable turns. It's a must to stop here and take pictures with all the other tourists. The view can't be beat. All good things must come to an end. A few smaller hills, some flat areas and I was back at the West Shore slamming an apple juice. A big thank you to our SAG driver Aline for taking our stuff all over. Also a huge thank you to Michael F. for organizing all of the millions of details and looking out for us all along the route. Thanks ECC for getting us out to a beautiful place and great memories!



Michael Fitzgerald—20 Eagle Cycling Club members, having traveled to Lake Tahoe, spend Friday night at the camping ground on the West shore. Up early and we go to breakfast at the fine restaurant of Fire Sign Cafe. After Breakfast we are away and heading around the lake to Zypher Cove Resort for dinner and another night of camping. A great day of cycling at the lake. 15 Cyclist various routes; while 4 challenge themselves with the mountain bike venue of the Flume Trail. Sunday morning we are off to the Zypher Cove Resort Restaurant for breakfast and the continuing cycle to Emerald Bay and the difficult climb. Back to the autos and our trip is magnificently ended. The 72 total miles around the lake are some of the most beautiful roads to cycle. Back to the vehicles and on down the road for Napa.



Andre Garcia—I have been working hard on getting my teaching credential from Sonoma State. So bike rides have had to be placed on the back burner for now. I did sneak out and enjoy a Carneros Loop on Sept 17th. It was a beautiful evening, just the right temperature to leave the arm warmers at home. The sunset was amazing, I couldn't help but snap a few photos. With the amount of work I am trying to get done in a short time, it is important to take breaks, and enjoy some fresh air! Keep pedaling!



American River Ride—Sunday Oct 23rd

This year's Eagle Cycling Club ride along the American River Bike Trail is set for Sunday, October 23rd. The American River Bike Trail (also known as the Jedediah Smith Memorial Trail) is a paved, mostly Class I trail that begins in Sacramento at Discovery Park and follows the American River for 32-miles to Folsom Lake. A map of the trail can be found at:

http://arpf.org/pdf_files/ARPmap.pdf

We will meet at Discovery Park in Sacramento anytime from 9:30 AM on October 23rd. Parking is \$5.00 (cash) per day and there's a good bit available. Our meeting point will be in the parking area west of where Interstate 5 crosses over the park. **Wheels roll at 10:00 AM sharp!** Our pace will be relaxed and we will break for regroupings as needed.

About 20-miles in we'll pull off the trail for lunch at Jack's Urban Eats in Gold River. Do check out their menu online to see their seriously yummy choices Jack's has outdoor dining that's very bike friendly. <http://jacksurbaneats.com/>

After lunch those wanting a shorter experience can head back to Sacramento while the intrepid among us will continue the last 12 miles to Folsom Lake. Once the intrepid riders make the final climb up to Folsom Lake, we'll turn around and head toward home. The good news is that the 450-feet or so of climbing that we will have made on our easterly run will be 450-feet of downhill on the way back.

There's a recent spur addition to the trail that provides a great connection to the historic town of Folsom, should anyone desire a little refreshment before the return run. We'll make that decision once we reach Folsom Lake.

For those who might not want to make the return ride from Folsom there is light rail service back to Sacramento. It's a little over an hour trip on the Sacramento Regional Transit



District's light rail system and their website indicates they are bike friendly. According to weather.com the historic range of temperatures for October 23rd is a high of 76 degrees. If the weather's not conducive to the ride (rain would be the likely culprit) the Club will send an email the day before and announce a re-scheduled date. Hope to see all of you on October 23rd...and remember to wear your Eagle Cycling jerseys.



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

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 Pruet 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

American River Ride: Sunday Oct 23rd, see article in this newsletter for more info.

Carneros Family Ride: Sunday Oct 16th, Tickets and Info: <http://napabike.org/carneros/>

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.



As always, ride safely, and happy cycling!

Facebook Photos

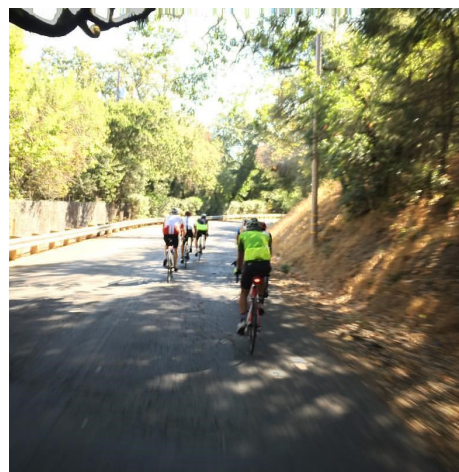


Join our Facebook page for more great photos, and articles!

Kelly P. and Crew ride around San Francisco



Josh T. and Son ride 16.7 miles to Yountville and back!



The Herd Ride by Tim Th.

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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