



Eagle Cycling Club

January 2018 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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Cover Photo: Compilation of photos from 2017.

Pictures and articles for the newsletter are welcome! Please submit them to anothergarcia@gmail.com before the end of the month.



Our next meeting: Tuesday Jan 9th at 7pm, Downtown Joes

Eagle Cycling Club Board Transition

ECC Club Members:

Your incoming and outgoing boards of directors recently held a joint meeting to plan for a smooth transition. Many interesting topics discussed and new ideas for 2018. Stayed tuned for announcements of new and exciting ways for you to enjoy your membership and get involved where you have interest and passion.



Incoming 2018 Board - Richard Pastcan, Secretary, Genny Fox, Treasurer, Kelly Pepper, Co-Treasurer, Doug Pettie, Ride Director, Alex Innocent, V.P, Chris Lougee, President

Please feel free to contact any of us for questions, suggestions or comments.



Outgoing 2017 Board - Genny Fox, Co-Treasurer, Jim Fitch, V.P., Doug Pettie, Ride Director, David Williams, TNV Chair, Rich Wenrick, Treasurer, Greg Stueland, President, Chris Lougee, Secretary

Letter from the President

Your incoming 2018 Board of Directors wishes you a Happy New Year... on your bike!

Our first steps will be working with you to set our goals and objectives for 2018. I have always liked the metaphor of a “three legged stool” for goal setting. Each leg represents an important factor, but the stool only “works” if all three legs are in balance.

For example, our cycling club could have these three “legs to the stool.”

Ride Program – The reason we join in the first place; cycling and social events.

Advocacy – Education and testimony on issues important to cycling and the use of shared resources.

Service – Volunteer opportunities for fund raising or special events to serve our club and/or community.

Not all Eagle club members will want to be involved in all three but most will have a passion for one or two. As your BOD, I feel we have an obligation to provide leadership for all three and collaborate with members to set goals, objectives and action plans.

Your first opportunity to participate in this process will be our first member meeting of 2018. Our new secretary Richard Pastcan will be sending out the agenda soon, but here is a sneak preview for you:

All Member Meeting,

Tuesday, January 9th, 2018, Downtown Joes, 902 Main St, Napa, CA 94559, 707-258-2337

6:30 – 7:00 pm

“Meet & Greet”–Club provides snacks, no host bar for beverages or meals.

We noticed how much you liked “catching up” with each other at the annual meeting.

We decided to offer this social opportunity each month, if you like it.

7:00 – 8:00 pm

Member Meeting

This is from our November Board Meeting Minutes:

“January meeting program will be a brainstorming session to set goals and objectives for 2018... All ideas and suggestions will be recorded, but not debated in public. They will be vetted later by the Board and Members. The purpose is to get as many suggestions from members.”

We want to capture as many ideas as possible in an open setting where one person’s ideas may inspire others. In the true spirit of “brainstorming,” all debate, judgement, criticism or opinions about other member’s suggestions will be discouraged. We want all possible ideas from you in a “safe setting.” There will be plenty of time for vetting and analysis later on.

This is your opportunity to help shape our future as a club. I encourage you to attend and join in the fun.



Photos from 2017

In 2017 we saw rain, mudslides, a mid summer, wildfires, and plenty of miles between! Here are some of my favorite photos from 2017:

January: In 2017 we saw the opening of the Vine Trail between Napa and Yountville.

February: The ECC held the 42nd Cherry Pie Criterium on a wet Presidents Day.



March: David Pruett hosted many Friday Night Lights ATB bike rides throughout the year.

April: Bob Hillhouse leading the “pack” on his Wednesday Morning Ride



May: Napa Bike hosted another successful Bike Fest, including a Kidical Mass Ride!

June: Mountain Lion warning on Cavedale, a friendly reminder that we are not always alone on our rides!



July: Forest Trail Alliance (FTA) finishes work out at Lake Berryessa, opening new trails!

August: ECC holds another successful Tour of Napa Valley, the highlight of the year.



September: ECC members venture North to ride the rim of Crater Lake.

October: The Napa Valley is scorched by a firestorm, scarring our beautiful valley.



November: Napa Bike leads a bike build day, donated to families that lost their bikes in the fires.

December: Bicycle Works hosts their annual Christmas ride, Rich Collins is always impressive.



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 Rd. For more info contact Doug Pettie at [415-747-6965](tel:415-747-6965) or 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

10:00 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, 3/A-E/40-50

Meet in the parking lot by the Ranch Market at the corner of Wine Country Ave and Solano Ave at 9:00 a.m. The ride will be 40-50 miles at an average speed of 18-21 mph. For more information contact Ron Lemos at [707-294-2796](tel: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.



As always, ride safely, and happy cycling!

Thursdays

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

Meet in the parking lot by the Ranch Market at the corner of Wine Country Ave and Solano Ave at 9:00 a.m. The ride will be 40-50 miles at an average speed of 18-21 mph. For more information contact Ron Lemos at [707-294-2796](tel:707-294-2796).

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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 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.

President: Chris Lougee
Vice President: Alex Innocent
Treasurer: Genny Fox
Secretary: Richard Pastcan
Co-Treasurer: Kelly Pepper
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: Rich Collins
Cherry Pie Criterium Director: Felix Riesenber

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<http://eaglecyclingclub.org>