

# Eagle Cycling Club

April 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](http://eaglecyclingclub.org)

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Cover Photo: Napa County Line, by Andre G.

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



**Our next meeting: Monday April 9th at 7pm, Downtown Joes**

**Stop by at 6:30 for some social time!**

## Reminders from the President

From our President:

To All Club Members

Club Members recently approved our participation in two local events:

**Bike to Work & School Day Thursday, May 10th**

**7th Annual Napa BikeFest Saturday, May 5th, 11am – 4pm**

Your Board of Directors strongly supports both events as part of our outreach program for membership development. Recruiting new and younger members was a clear priority in the annual club opinion survey. Both events provide good “branding” opportunities for our club and marketing vehicles for the TNV (flyers and stuffers). Together, sponsorship of these two events will get the Club's name, logo, and message out to well over 3,500 cyclists in Napa County

Most important is the opportunity they present for the public to meet us individually and develop personal relationships with prospective members or cycling advocates.

### Bike to Work Day

Since 1956, May has been recognized across the United States as National Bike Month, with community sponsored celebrations as a means toward making our cities and towns more bike friendly for everyone. In the Bay Area, we have been celebrating Bike to Work Day as the “main event” of Bike Month for 23 years, encouraging residents to leave their cars at home and commute to work, school, or to the local coffee shop on two wheels.

Napa County's Bike to Work & School Day is produced by the Napa County Bicycle Coalition, whose mission is to make riding a bike anywhere in Napa County safe, convenient, and accessible for riders of all ages and abilities. As a sponsor of Bike to Work Day, we will insert club promotional materials about the Tour of Napa Valley in over 400 tote bags.

Bike to Work Day was a big event for my cycling club in Seattle. We had rest stops where we publicized our club, gave away swag, publicized our events (i.e. TNV) and signed up new members. It was always very successful.

I asked Patrick if ECC could do the same here in Napa. I will continue to work with Patrick and recruit club members to staff our “energizer station.” He is working to identify a few new locations that may have some good bike commute traffic and will follow up in the next week or so with a few options for the Club to choose from. I will also coordinate with Bob/Linda for TNV collateral info and Bob Hillhouse for new member info. I will be setting up an online volunteer portal for those interested in participating.

### **7th Annual Napa BikeFest**

Napa BikeFest NCBC’s most popular event of the year – bringing together over 1,000 bike enthusiasts from across the Bay Area for a day of awesomeness.

They host the largest bike swap in the North Bay, which means that nearly 30 vendors are in attendance, slinging new and used product, bikes, frames, and equipment. As with all of their events, safety and community are at the forefront – which is why they host two Kidical Mass rides during the day, as well as demos, skills workshops, and a kid’s bike rodeo.

Adults, enjoy delicious craft beer from the best local breweries, and challenge their skills in the Bike Limbo, Bunny Hop Contest, Fix-a-Flat Challenge, and Mini-bike race.

100% of event proceeds directly benefit bike safety education, outreach, and advocacy programs, working to make riding a bicycle anywhere in Napa County safe, convenient, and accessible for all ages and abilities.

Our Club will take the lead on the valet bike parking roles. To volunteer for this, please go here <https://www.volunteersignup.org/3M3LL>

We will also have a “Club Information” kiosk to meet, greet and discuss our club with the public. I will be setting up a volunteer portal for those interested in participating.





## Why I Volunteer

By Linda McFeely

It started like any other day in August. All the elements worked to set the stage. The sky was dark, making a grand canvas for the stars that would be the backdrop. The moon struggled to help light the sky at just a sliver of showmanship. And it was bitter cold. The picnic grounds were dark and silent. And then the first volunteer walked onto the scene. He broke the silence adjusting the string of lights that illuminate the registration table and welcome volunteers. One by one, they showed up on the scene to help. Doors were unlocked, tables were prepared, and supplies unloaded. Then another volunteer showed up with the coffee and pastries. While the sky gradually lightened, the Veteran's Home of Yountville was a performance of volunteers moving in harmony to ready the day. From greeters, parking attendants and the registration area, the volunteers were staged to greet riders and kick off the Tour of Napa Valley.

Once the final rider was checked in and headed out on the course, the registration tables were moved and it was time for the next act. Behind the scene, countless volunteers went to work. The course markings and signage were checked, the four rest stops and two water stops were set up, Mechanics went to their posts, and Course Marshals hit the streets. And back at the picnic grounds, the BBQ crew went to work while the servers cleaned the tables and set up for lunch service. Most important, the beer taps were tested and the soda moved into place. Nothing was left to chance, including the recycle and garbage area which I have done for 5 years.

You know the rest of the story. Act III is the return of riders who are anxious to share their story, talking about their challenges and personal bests, and just enjoying the day. That includes the BBQ, ice cream, and the beer and wine. While music fills the air, riders hit the food lines. The BBQ crew keeps the food coming as rider after rider returns. Volunteers man the salads and keep the food refreshed, the tableware stocked and the lines moving along. And I move bags and bags of garbage with the help of my fellow crew.

The final act is like any other performance...the cleanup. As fast as the picnic grounds were set up, it must now be returned the blank canvas that started the day. Again, more volunteers step in and work tirelessly to remove all signs of the tour performance. If this production had an encore, it would be the following day when the props and equipment are returned to storage for another year. Every task is managed by a volunteer.



So why do I do it? I do it because I am an Eagle. I love cycling and everything bike. I met my husband while on a group ride in Monterey. The first time he came to my house he was shocked to see that I kept my bike in the living room. I was an empty nester but I had my bike. I joined the Eagles after moving to Napa in 2011. I love the group rides and I love the members I ride with. They keep me accountable, they encourage me, and they care. I believe in the club and what we do. As a member, I want to take advantage of all that the club offers its members. To keep those benefits funded, I stepped it up a notch this year to help in a larger role with the tour. I encourage all members to do the same. Get involved.

The Tour is a production of the Eagle Cycling Club. I am proud to be part of this production and I encourage you to help as well. We need all of our Eagles to be involved in the 42nd annual Tour of Napa Valley in whatever capacity you have time to commit. The best part is, this is a family event so you can bring your kids and drag your friends along. There is so much to do, not just on tour day, but from this day until encore day on August 20th.

Consider being part of the planning. Even fresh ideas count as helping. If you are busy on tour day, consider helping with the Harvest Party on the 18th. You want to help but are unsure of how you can put your talents to work; call me. If you like to work on the computer and surf the internet, I have a job for you. Run errands, make phone calls, format forms; call me. Do your talents lie in staging auction items? I need you. Just call me. The feeling of accomplishment from being a volunteer is one of the most rewarding things you could ever do. Join your friends and become a volunteer on the tour.

Your volunteer time does make a difference and will help make the 42nd annual Tour of Napa Valley one of the finest in our club's history. Click the link to sign up to volunteer:

<https://www.eaglecyclingclub.org/volunteer/#!form/VolunteerTNV2018>

Volunteers  
cutting up fruit  
for the Tour  
BBQ. 2016  
Photo by Alan  
A.



## 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

**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](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

**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).

### 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.

**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/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).

**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](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 Chil-es Valley loop. Rain cancels. For more information, contact Doug Cleveland at 707-252-3985, or [velo-bruin@att.net](mailto:velo-bruin@att.net).

Link to [Eagle Cycling Club Ride Calendar](#)

**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).



As always, ride safely, and happy cycling!



7th Annual BikeFest  
Napa Oxbow Commons  
Saturday, May 5th 2018  
11am to 4pm

Join us at BikeFest – a free, community celebration of all things bicycles, featuring bike rides for all ages, safety and skills workshops, bike industry demos, activities, bike swap, and much more!

BikeFest includes the largest bike swap in the North Bay, along with live music all day, food trucks, games and activities for kids and adults, and much more. Our 30+ bike industry vendors will be slinging new and used bikes, frames, components, apparel, and accessories. As with all of our events, safety and community are at the forefront – which is why we host two Kidical Mass rides during the day, as well as demos, skills workshops, and a kids bike rodeo. Adults can challenge their bike skills during our mini-bike races, Bike Limbo, Bunny Hop Contest, Fix-a-Flat contest, in between quaffs of quality brew from our Craft Beer Garden.

**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:**  
Co-Chairs Linda McFeely, Bob Frappia  
**Cherry Pie Criterium Director:**  
Felix Riesenber

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