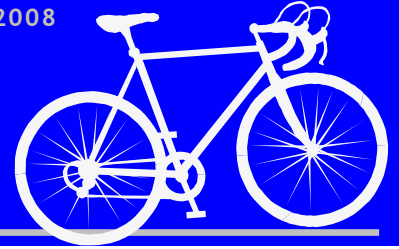


# REDDING VELO NEWS

A Monthly Publication of the Redding Velo Cycling Club



## Group Ride Guidelines

*Updated from the January 2007 Newsletter*

People who ride in a group usually appreciate knowing what they are expected to do, and what to expect from others who are taking part in a hazardous sport in close proximity to them. Our club rides have traditionally been friendly get-togethers. We haven't had much need of rules, probably to the point that it may seem there are no rules. However, there are a few guidelines that are important for enjoyment and safety, and it may be a good idea to repeat them from time to time.

**Redding Velo** wants to get everyone thinking about riding safely and smoothly. One element of a smooth group ride is that everyone knows what the "guidelines" are. We hope that putting these in writing will help.

**BE PREPARED** – I think everyone knows the obvious ones: water, patch kit, tube, pump, food, sun block and helmet. Be considerate of your fellow riders by showing up at the meeting place ready to ride at the scheduled time. That means with your bike operating correctly and with your tires pumped up. If you aren't familiar with how to tune-up your bike, take it to one of

## Race Reimbursement Program

The Redding Velo Race Reimbursement Program has changed for 2008. The goals of Redding Velo's Race Reimbursement Program are:

Promote, direct, and support the sport of bicycle racing by encouraging competitive amateur members to enter races and/or to volunteer in the promotion of bicycle-racing events such as races, clinics, and training.

Promote the image, logos and products of Redding Velo, its sponsors, and the sport of bicycle racing by wearing the club jersey in races, and on training rides, and at bicycle-related events.

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the many fine shops in the area and let them make sure it is ready to roll. If you are not sure what type of riding you are capable of, be sure to **email the ride coordinator and ask some questions**. Be aware of the planned route either through the monthly newsletter, the weekly ride route email or [reddingvelo.com](http://reddingvelo.com).

**BE PREDICTABLE** – Predictability is the foundation of safe riding. Be sure that others know what you intend to do. In order for people to stay out of your way, they need to know where you are going. There are often very good local riders who have trained all season for racing. Accidents happen, but don't be known as the guy who took out another rider because of an easily avoidable mistake.

Please see *Ride* on page 5

Maintain Redding Velo as an attractive club for its membership.

All members interested in reimbursement must make themselves aware of the complete guidelines and record keeping required. You can find this information in our new Redding Velo Google Group files. You can also pick up Reimbursement forms at our monthly meetings.

## NCNCA Race Schedule

### March

Mar. 1 Merco Credit Union – Downtown Grand Prix  
 Mar. 2 Merco Credit Union – Foothills RR  
 Mar. 8 Menlo Park Grand Prix  
 Mar. 9 Central Valley Classic Criterium  
 Mar. 9 Berkeley Bicycle Club Team TT  
 Mar. 15 Land Park Criterium  
 Mar. 15 Sequoia Cycling Classic – Exeter ITT  
 Mar. 16 Sequoia Cycling Classic – Visalia Criterium  
 Mar. 16 Bariani RR  
 Mar. 22 Copperopolis RR  
 Mar. 29 Orosi RR  
 Mar. 29 Ronde Van Brisbeem–Brisbane Marina Criterium  
 Mar. 30 Ronde Van Brisbeem–Brisbane Highlands CR  
 Mar. 30 Hanford Criterium

For the most up to date schedule, and registration information go to [www.ncnca.org](http://www.ncnca.org)

## February Race Results

### Road Racing

#### Cherry Pie Criterium

James Heth Cat 4 8<sup>th</sup> Place

#### Norlund Construction Criterium

Brandon Dillard JR-13 2<sup>nd</sup> Place

Tom Dillard Cat 5 10<sup>th</sup> Place

#### Arizona Senior Olympics

Gary German 5K TT 1<sup>st</sup> Place (Nationals Qualifier)

John Oakes 5K TT 5<sup>th</sup> Place

Gary German 10K TT 1<sup>st</sup> Place

John Oakes 10K TT 4<sup>th</sup> Place

Gary German 20K RR 2<sup>nd</sup> Place

John Oakes 20K RR 2<sup>nd</sup> Place (Nationals Qualifier)

Gary German 40K RR 5<sup>th</sup> Place

John Oakes 40K RR 3<sup>rd</sup> Place

#### Competition even in Cross Training!

Mike Read 20K XC Ski Race Mt. Shasta 2<sup>nd</sup> Place

## March Cycling Events

### March 4<sup>th</sup> Meeting with Shasta County DA

7:00 PM at Yaks Coffee Shop located at 3274 Bechelli Lane in Redding

The purpose of this meeting is to gain understanding of the law regarding bicycling and to try to make our community a better place for cyclists by sharing our mutual concerns founded on mutual respect.

### March 8<sup>th</sup> Time Trialing Workshop

As we get closer to some of the local time trials, it is time to start learning TT skills. And what better way to learn than to practice! We will group up at the Millville TT course during the regular Saturday ride, discuss some strategy, and then run the first practice TT of the season!

### March 8<sup>th</sup> “The Way Bobby Sees It”

7: 00 P.M. at the Cascade Theatre (See article on page 4)

### March 10<sup>th</sup> Redding Velo Monthly Meeting

6:00 P.M. at Round Table Pizza on Lake Blvd. in Redding

\*New!\* Raffle to be held for all attendees and Jan/Feb. Ride Leaders. The 2008 clothing order is in and will be ready for pick up at the meeting. Please be ready to pay if you haven't already.

### March 30<sup>th</sup> Tour of the Unknown Valley-North

A 72 mile ride starting in Orland. See [www.chicovelo.org](http://www.chicovelo.org) for details.

Please send your 2008 race results, race reports and photos to [g.lowe@hughes.net](mailto:g.lowe@hughes.net) for submission in the monthly newsletter!

## March Ride Schedule

All **Saturday** rides start at Sue's Java Café at 1712 Churn Creek Rd. in Redding.

All **Wednesday** rides start at Holiday Market/Starbucks at Placer Rd. and Buenaventura in Redding.

(Please park in slots by Buenaventura to not impact close-up business parking.)

**Please arrive early so the ride can start on-time!**

| <b>Day<br/>Date<br/>Start Time</b>         | <b>Ride leader</b>  | <b>Route<br/>Miles/style/total climb<br/>description</b>  |
|--|---|---|
| Saturday<br>March 1<br>9 am                | James Heth  | Sue's/Dry Creek/Bear Mountain/Shasta Dam/dam loop/Lake/Pine Grove/Old Oregon/Sues<br>48 miles, 3000 feet climb.   |
| Wednesday<br>March 5                       | Keith Ritter  | Sneak preview of the regular Wednesday ride.<br>Holiday/Westside/Branstetter/Texas Springs/Placer/Swasey/299/Rock Creek/Keswick/Quartz Hill/Holiday<br>28 miles 1500 feet climb. Shorter options. Bring lights. |
| Saturday<br>March 8<br>9 am                | TBA (please volunteer!)   | TBA. Will include a trip to Millville for a time trial training clinic.   |
| Every<br>Wednesday<br>Starting<br>March 12 | Keith Ritter (Leading the "B" group. Speed racers – you're on your own) | Holiday/Westside/Branstetter/Texas Springs/Honeybee/Clear Creek/Placer/Swasey/299/Rock Creek/Keswick/Quartz Hill/Holiday<br>37 miles/2500 feet climb. Shorter options. Bring lights.                            |
| Saturday<br>March 15<br>9 am               | Keith Ritter  | Get your oxygen masks and climbing gear. Sues/Oak Run/Whitmore/Sues<br>70 miles, 6000 feet climb  |
| Saturday<br>March 22<br>9 am               | Dale Wright   | Recover from climbing. Relatively flat ride out to the Coleman fish hatchery.<br>55 miles, 2000 feet climb  |
| Saturday<br>March 29                       | TBA (please volunteer!)   | TBA   |

Have a question?

Want to schedule an additional ride?

Contact **Keith Ritter**, Ride Coordinator at 244-7819 or [rdgveloschedule@gmail.com](mailto:rdgveloschedule@gmail.com)

**Now looking for April rides and leaders!**

## New Google Group

Want to keep in touch with other members, ask questions, arrange car pooling to races, look up past ride routes, view group pictures and much more? Then join the Redding Velo Message Group on Google. Here's how:

- Go to [www.google.com](http://www.google.com)
- Sign in or sign up for an account – It's easy!
- Go to "Groups" and search for "Redding Velo" and join!
- Here is the link:

<http://groups.google.com/group/redding-velo>

This will be a members only message board. After March 15<sup>th</sup> an email will be sent to Keith Ritter for approval before joining.

Check it out!



*Ok, so if you go to a Pro Race like the Amgen Tour of California you really should take pictures with something better than your cell phone. For some really fantastic pictures of the tour visit Carson Blume's photography site at: [www.carsonblume.com](http://www.carsonblume.com)*

## "The Way Bobby Sees It"

Featured March 8 at 7:00pm at the Cascade Theatre, in Redding, is the screening of *The Way Bobby Sees It*. Special guests, Bobby McMullen and Independent Filmmakers Jason Watkins and Wendy Todd, will be on hand to introduce the film and take questions following the screening. Open seating tickets are \$10.00 through the Cascade Theatre Box Office or online at [www.cascadetheatre.org](http://www.cascadetheatre.org). Tickets are also available at Carnegies, Chain Gang Bike Shop, The Bike Shop, Bikes Etc., Village Cycle, Sports LTD, and Holiday Market on Placer.

*The Way Bobby Sees It* is a gripping story about Bobby McMullen, a mountain bike racer who rides downhill, fast and blind. Bobby, a Redding native, lost his vision as a result of diabetes in 1993. The film documents his mission to race the most difficult downhill course in the country. Tucked away in Downieville, California, this 17-mile course is treacherous for any rider, especially one who needs a guide to "see." "I use verbal commands and the shape in front of me," McMullen explains. "I can hear them (the guide) shift and hear their bike rattle. I don't see any detail, but I can find where they're at. Hearing their voice gives me depth perception and direction better than anyone else."

Bobby's mountain bike skills, fearlessness, and love for the sport help him ride gracefully, and sometimes not so gracefully, across cliff edges and down steep drop-offs. This is extreme sport at its gnarliest. *The Way Bobby Sees It* is one man's determination to live an active life even when the path is completely out of focus.

You can view the intro of this film here

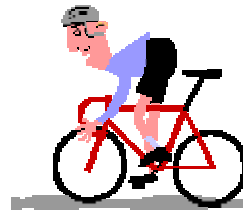
<http://www.youtube.com/watch?v=xqyMRh4FAaU>

Ride from Page 1

**HEADS UP** – Pay attention to the road, traffic and other riders. Anticipate what is going to happen. Be prepared for the unexpected. Point out or call out road hazards for the riders behind you. Everybody knows traffic rules. Don't blast through stop signs at busy intersections; don't cross the centerline to pass other riders, and form a single file when cars are overtaking, etc.

**HELMETS** – This is easy. Wear a helmet. This will minimize injuries when things don't work out as planned. No matter how experienced and careful you are, the unexpected can happen. People who have had an accident often say that something happened and it was all over before they could react. It CAN happen to you. Helmets reduce head injuries by 80% or more. With the wide variety of lightweight helmets available, there is no excuse to ride without one. Expensive, you say? Pay whatever you think your brains are worth.

**GROUP RIDES ON SATURDAY** – Frequently there will be riders who are new to the area, visiting, have never been on a group ride, and may not have prepared for all contingencies. It is the responsibility of the Ride Leader to be aware of who is in the group, who is missing, and communicate the planned route. If you are a Ride Leader, be sure to read the Ride Leader Checklist before hand. We don't want to lure people in only to leave them stranded. If you know there is a sprint or a pace-line forming, let the new riders know. If they can't hang on, let them know we will be waiting at "x" spot. There is a no-drop policy on this ride, as advertised in the Record Searchlight. By being aware of each other we are all likely to have enjoyable Saturday rides.



## Join Redding Velo

Annual membership is \$25 for January 1 through December 31.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

Emergency Contact:

Name \_\_\_\_\_ Phone \_\_\_\_\_

UCSF Lic# \_\_\_\_\_ Category \_\_\_\_\_

NORBA Lic# \_\_\_\_\_ Category \_\_\_\_\_

**WAIVER**

In consideration of the acceptance of my application for membership in Redding Velo, Inc., I hereby waive, and release and discharge any and all claims for damages, for death, personal injury or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in bike rides, bike races, and other events sponsored by or connected with Redding Velo, Inc. This release is intended to discharge in advance the directors, officers, employees, promoters, sponsors, and the United States Cycling Federation from and against any and all liability arising out of or connected in any way with my participation in the events sponsored by or connected with Redding Velo, Inc., even though that liability may arise out of the negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents do occur occasionally during bicycle rides, bicycling events, and bicycle racing; and that participants in such events occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, and bicycle racing nevertheless, I hereby agree to assume those risks and to release and hold harmless all persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

Signature of Applicant \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent or Guardian of Minor \_\_\_\_\_

Mail your application today!

PO Box 990763  
Redding, CA 96099-0763

Next Meeting:  
March 10th at  
6:00 P.M.

Round Table Pizza  
Lake Blvd, Redding



**Redding Velo, Inc.**  
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**Time Trial Coordinators**  
John Oakes & Keith Ritter  
[john@sblco.com](mailto:john@sblco.com)

**Members as of February 29<sup>th</sup>**  
**35**

**We're on the Web!**  
Visit us at:  
[www.reddingvelo.com](http://www.reddingvelo.com)

Thank you for Sponsoring

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