

strada sempre duro

July 2007 newsletter

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From the Editor:

Hey Duros, sorry we didn't get a newsletter out in June, not that it is much of an excuse, but I was sick for the better part of 5 weeks and my primary focus on continued unsuccessful attempts to cough up a lung or two seemed to keep me away from riding, writing, arithmetic, etc.

Here it is, July 8th, and even though I promised half a dozen people that I would make the Duro ride this morning I chose to make the huge sacrifice of skipping the ride so I could stay home and work on the newsletter – after a nice breakfast and reading through the Sunday Chronicle of course.

Be sure to check out the Sunday Ride Schedule for July – Joe Aspotore has put together a great list of rides for the month, okay maybe not Vasco Road but that one is already gone.

And Kim Collier has kindly consented to planning Out of Town rides for the club. See the list on page 2 of this newsletter with details soon to be posted on the website!

Have fun out there! Ride safe!

Don Bordenave

Editor – Duro Newsletter

db2077@earthlink.net

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Welcome New Duros!

*Terri Costello, Steve DeAlba, Michael Kahn,
Chrstopher Kolm, Catherine Kvikstad, Ron Kvikstad,
Warren Lane, Eddy MacLeod, Elaine Shields,
Nancy Vallance, and Brandon Quick.*

All joined the official Duro roster in the last six months or so. Thanks for joining the club and we will see you on the rides!

What Up Old Duros?

*As a side note, there seems to be a rather long list of members who have not yet paid dues for 2007. You know who you are. C'mon dudes it's JULY!
It's just \$35 bucks, kick down, write a check and send it in.*

Out of Town Rides!

Kim Collier is working on a great list of monthly Out of Town Rides for the club. For the most part these will be Sunday rides. The plan is to continue the usual local Sunday morning rides with the Out of Town Rides as interesting alternatives. More details will be posted soon! The rides for July and August are listed here:

July 29 - Big Basin - The proposed Big Basin route is 100 miles with 10,000 feet of climbing so we will need a sag and lots of daylight.

Aug 4 - Marin Century

Aug 12 - Geysers

Aug 19 - Napa Century (Tour of Napa Valley)

Aug 26 - Pt. Reyes

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Sunday Ride Schedule:

See the club website for ride details. http://www.duro.org/duro_sunday_club_rides.htm

7/1 Vasco Rd.: 65 miles

7/4 Independence Day: Looking for a ride today. Come join the club's Wednesday ride today.

7/8 Tour Of California Ride.: 55 miles

7/15 Pinehurst Redwood Rd.: 45 miles

7/22 Mt. Diablo.: Ride to the summit up Northgate Rd. regroup at the top with a descending clinic for those that are interested hosted by Andrew Kennedy, Tim Parker and Joe Aspatore.

7/29 Reverse Livermore Loop.: 65 miles

Weekday Rides:

Sharp Bicycle No-Drop Ride

Location: Starts at Sharp Bicycle in Lafayette (969 Moraga Road)

Start time: Wednesdays, meet at 8:30am, roll at 8:45

Finish time: More or less noon

Ride Basics: Typically about a dozen riders, mostly Duro members. Usually 40-50 miles, route varies but is usually hills - over Pinehurst, Wildcat Canyon, etc. Riders try stay together as much as possible; unless someone has to get to work and keeps rolling.

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Sunrise Bakery Ride

Location: Starts at Sunrise Bakery, California Blvd, about a block south of Olympic Blvd.

Start time: Wednesdays, meet at 8:30am, roll at 8:45

Finish time: More or less 12:30-1:00pm

Ride Basics: Typically about a dozen riders, mostly non-Duro members, pace is moderate to fast. Usually 50-60 miles, route varies but is usually Livermore or Sunol. Various "rolling re-groups" along the way; 1 re-group spot on route.

Alp d' Junction (aka - Mt Diablo Junction)

Location: Starts at St. Timothy's Episcopal Church in Diablo. Address is 1550 Diablo Road, Danville. Here is a [map](#) to help. Meet at the east end of the parking lot.

Start time: Tuesdays and Thursdays, meet at 4:30pm, roll at 4:45 pm (this ride only done April to October)

Finish time: More or less 6:00-6:15pm

Ride Basics: Currently this is a small group of Duro members but more people are welcome. Pace is a set your own. Everyone typically regroupes at the junction prior to returning to the church. On occasion people do go further up the mountain.

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Centuries:

- **July 14, 2007:** Markleeville Death Ride www.alpinecounty.com or www.deathride.com
- **July 27, 2007:** Healdsburg Harvest Century http://www.healdsburg.com/chamber/bike_tour/bike_tour.asp
- **July 27, 2007:** ALS Central Coast Century http://bwebba.alsa.org/site/PageServer?pagename=EV_BA_2_homepage
Fund raiser to fight ALS – looking for riders to raise \$500 or more.
- **August 4, 2007:** Santa Cruz Mountain Challenge www.santacruzcyling.org
- **August 4, 2007:** Mount Tam Double and Marin Century. www.marincyclists.com

The Marin Century is also the Duro's tribute ride for Judy Harmon. Please see http://www.duro.org/Judy_Tribute_Ride_07.pdf for more details.
- **August 18, 2007:** Holstein Hundred Tomales High School. or www.wmss.org
- **August 19, 2007:** Tour of Napa Valley www.eaglecyclingclub.org

There is more info on each of the in the century section on the club website, http://www.duro.org/duro_century_rides.htm.

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Ride Report

Hey, if you have something to say about one of your rides – any ride – drop me a line at db2077@earthlink.net and we will try to include your report in the monthly newsletter.

From: Don Bordenave

Sierra Century – June 2, 2007

This was my second attempt at riding the Sierra Century and the second time the ride kicked my butt! I won't even go into the first attempt a couple years ago.

For 2007, after 10 years running in El Dorado and Amador counties the Sacramento Wheelmen have moved the course to Calaveras County. The start/finish is at the beautiful Ironstone Vineyards and Winery just outside of historic Murphys California.

I have to say that I think the Ironstone Vineyard was a great location for the start and finish. There is tons of parking and the grounds and facilities are great. The town of Murphys and the surrounding foothills offer truly fine scenery for a bike ride and the weather, while a bit warm in the afternoon, was perfect.

That said, the course, for this rider, was just brutal. Alright, I was sick, coughing up lungs and all that crap, but all I can say is this ride was BRUTAL. Started out nice enough with a roll from the winery into Murphys but after about a mile or so you start climbing, really climbing, like 2,000 ft in the first 10 miles. And when you're not going up there were long, fast, winding descents over what had to be the worst excuse for paved roads this side, or that side, of Morgan Territory.

At the first rest stop, about 12 miles in, the organizers were kind enough to post a large sign proclaiming "Congratulations! 2,000 ft of climbing done and only 10,000 ft to go!"

I was pretty much toast at that point and by the 15 miles mark, when the turn off for the "Half Century" course came up I gladly took it. The Half Century turned out to be 46 miles per my odometer climbed a total of 5,400 ft. Mostly rolling hills and shorter climbs through the countryside and finishing with a moderate eight mile hike up Murphys Grade Road from Angels Camp back to Murphys – must be a seriously fun ride going the other way. At the finish I locked my bike to the roof rack, crawled into the back of the old Subaru, and slept for two hours.

New Duro, Brandon Quick, who started the ride with me, continued on the 100 mile route (after cursing me for taking the Half Century short cut) had similar, actually worse, reports on the rest of the course.

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We saw old Duro, Joe Towbis (not wearing his Duro jersey for some reason) out on the course and at the finish and he didn't seem to have any complaints about the route. Nancy (new member? Nancy Vallance?) rode by and said hi. Johnna Davis was out there and rode the whole thing but did say she was glad that her friends talked her into busting out her old triple equipped bike for the ride. Did see one other guy in a Duro kit in the parking lot before the ride and I apologize for not stepping over and saying hello.

Steve Honeychurch

While on the Sierra Century "Half Century" loop, Dr. Steve Honeychurch rolled up along side me and introduced himself. He recognized my Duro jersey, said he had been an active member with the Duros back in the day and had since retired and moved up to the foothills. He said to say hi to everyone down here. Steve now rides with Erma's Diner Cycling Club. Check out their club webpage if you get a chance at: <http://www.ermasdiner.com/> . Plus, I even got a mention in the club ride report, http://ermasrides.blogspot.com/2007_06_01_archive.html, which I thought was pretty cool since the rest of the ride was not exactly fun for me.

Steve can be reached via email at: honeybb@shenandoahvalleyca.com

From: Joe Aspatore

Sunday Club Ride - July 1, 2007

In my impulsive quest to include the once rural and majestic "Vasco Rd." ride in the Sempra Duro stable of regular jaunts, I neglected to realize the sprawl and subsequent influx of cars that now travel this road nick named "Blood Alley."

For those of you who sought game and followed me into the abyss that is/was rural Contra Costa County I owe you an amends. This was clearly a bad idea. The heavy traffic and narrow bike lane now impeded by a rumble strip and a hoard of debriswas that a toilet seat!?!?? coupled with a stiff 30+ mph head wind, made this 70 mile ride, less than enjoyable to say the least.

So to all of you that are sitting on the couch and saying something to the affect of; that F___ing Joe, I am truly sorry....

Next week however should be much better so please come back again and check out the new July Duro rides. http://www.duro.org/duro_sunday_club_rides_july.htm

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Racing

It is July and that means Tour de France! July 7th through the 29th. Yay!

Sorry about the late notice for the Annual “Prologue Party” at Sharp Bicycles. Rumor has it that there maybe a follow up “End of Tour Party” the last weekend of the month. Stay tuned for further information.

Check out these links to follow the Tour and keep up to date on all the results.

C'mon! It could be a great tour this year!

Tour de France:

<http://www.letour.fr/2007/TDF/COURSE/us/index.html>

Cyclingnews.com:

<http://www.cyclingnews.com/road/2007/tour07/07index.php>

Velonews.com:

<http://www.velonews.com/tour2007/>

Tour de France TV Schedule

<http://www.versus.com/tdf/article/view/758/?ss=tv&tf=Body.tpl>

You should note that all times are listed for Eastern Daylight Time – Subtract three hours if you're watching from the Left Coast.

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Local Racing!

If you are in town the weekend of July 14th and 15th check out these events:

2nd Annual

Mount Diablo Hill Climb Time Trial

Saturday July 14th

A 10K (6.2 mile) time trial up the Northgate side of Mt. Diablo. The course begins at the entry kiosk on Northgate Road and finishes at the ranger residence just short of The Junction (intersection of Northgate Road and Mt. Diablo Scenic Blvd.) Climbing with gradients up to 15% begins after 1.5 miles of gentle rollers. Total elevation gain of 1,740 ft.

3rd Annual

Lafayette Criterium

Sunday July 15th

Downtown racing at its best! A fast 1 km (0.6 mile) counter-clockwise triangular loop of Mt. Diablo Blvd, 1st Street and Golden Gate Way. Mt. Diablo Blvd is a gentle uphill, 1st Street is a short, fast downhill, Golden Gate Way is flat until the hairpin corner onto Mt. Diablo Blvd.

Omnium Format: the Mount Diablo Hill Climb and the Lafayette Criterium is a two day, two stage omnium format event. Riders can race one day or both days and combined results will be used to declare omnium champions in selected categories.

Valid USCF or 1-day license required to enter.

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More information can be found at: <http://www.c4racing.org/www/events.htm>

Membership!

The current club application can be found on the club website,
www.duro.org/Application.pdf.

Annual dues are only \$35⁰⁰ !

Plus there are bargain packages that include the annual dues and great new cycling apparel:

- Package 1: \$65⁰⁰ for jersey or a wind vest and renewal (a \$95⁰⁰ value)
 - Package 2: \$135⁰⁰ for jersey, bib shorts or regular shorts, arm warmers and renewal (a \$172⁰⁰ value)
 - Package 3: \$165⁰⁰ for jersey, bib shorts or regular shorts, wind vest and renewal (a \$210⁰⁰ value)
-

Clothing!

There is a great new kit featuring a great new sponsor!

- Check out the 2007 Jersey and Shorts at: http://www.duro.org/2007_Jersey.pdf

If you are interested in adding any of these items to your cycling wardrobe contact Carole at clothing@duro.org.

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Sponsors

Show our sponsors you appreciate them by wearing the latest club jersey on all Duro rides, for every century you ride, and by patronizing their businesses.

The 2007 Duro sponsors are:

**Crown Chevrolet E-caps Hammer Gel Sharp Bicycle
Teleset Voler Wendy's**

See you on the road!