



THE RIDE ZONE

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2012 Pedaling Paths to Independence

By Joni Bauer

Community Center for the Blind and Visually Impaired invites you to experience part of Stage Three of the 2011 Tour of California on the fourth Pedaling Paths to Independence, Saturday, February 25, 2012. A great ride on ANY bike: road, tandem, mountain, single speed, recumbent, fixed gear, cruiser, high wheel, hybrid, unicycle, Bike Friday. The metric (65 miles with 1,300 feet of elevation gain) and quarter (26 miles with 300 feet of elevation gain) century routes begin and end at DeVinci's Delicatessen and Catering, Linden and traverse the quiet rural roads of San Joaquin, Stanislaus, and Calaveras counties, through verdant pastures, orchards, and vineyards. Fees (\$40.00 for the metric century, \$35.00 for the quarter century) include pastoral scenery, maps and route sheets, pre-ride technical support provided by The Bicycle Cafe Lodi, California, SAG vehicles, radio communications provided by the Stockton-Delta Amateur Radio Club, fully stocked rest stops, and a scrumptious post ride meal catered by DeVinci's Delicatessen and Catering, Linden. Miles John Natural Light Photography will capture images of the event, which will be available for purchase.

Visit

<http://www.communitycenterfortheblind.org/PedalingPaths.php> for more information. Register online (no additional fee) at <http://www.PreRace.com/races/event/28742/Pedaling-Paths-to-Independence-Linden-CA> through February 22, 2012. Or download a registration form from http://www.communitycenterfortheblind.org/pedaling_paths_reg_form2012.pdf and mail your entry by February 18, 2012. Riders must be at least 16 years of age; each rider must sign a waiver at the event. Questions? Call (209) 466-3836 or send an e-mail to pedalingpaths@comcast.net.

Thanks to riders, volunteers and sponsors, the 2011 Pedaling Paths to Independence raised \$7,500.00 to sustain vital

services to people whose vision impairments impede their ability to perform tasks of daily living. We the clients, staff and board of directors are grateful. We also extend our utmost appreciation to those who have stepped up to the plate for 2012: De Vincis Corporation; Allen and Sandi Becker; Doug Beisner; The Bicycle Cafe-Lodi, California; Traffic Management Team, District 10 California Department of Transportation; Joe and Rose Carroll; Clark's Corner; Angela Coleman; Eric Coupe; Tylor Coupe; Doug Dent; Karen Diekmeyer; Farmington Circle K; Farmington Fire District; Angelo Flores; Keystone Lodge No. 161, Free and Accepted Masons of the State of California; Richard Freggiaro; General Mills, Inc., Lodi Plant; Roger Gray; Health Plan of San Joaquin; David Hellyer; Stephanie Hessler; In-Shape Health Clubs, Inc.; Miles John Natural Light Photography; Doug Keehr; Linden Lions Club; Roger and Sandy Messier; Chuck Millier; Rosa Olagaray; Dan and Roberta Paoletti; Performance Bicycle Shop #55; Polar Bottle/Product Architects, Inc.; Stockton Bicycle Club; Stockton-Delta Amateur Radio Club; Stockton East Water District; Stockton San Joaquin Lions Club; Mark VanDunk; Rodney VanDunk; Judy Walker; Clyde Zirbel.

We hope to see you on February 25, 2012. We've requested fabulous weather!!!

Ride for Emma Greene

February 19, 10:00, Lodi Bicycle Café

According to an article in the Lodi News Sentinel, Emma Greene is a young transplant patient who recently returned to her home in Lodi. A fundraiser to help defray the costs of surgery and recovery is set for noon in downtown Lodi at Hard Luck Tattoo. At 10:00, a bicycle ride will depart from the Bicycle Café on Kettleman Lane. Before and after the

ride, cyclists will enjoy treats made by Steve Schwabaur and the Ologaray kids.

For more information about the bike ride contact the Bicycle Café at 209-224-8708. For more information about the downtown fundraiser contact Tony Nunez at 209-570-0853.

Is Your Seat Height Right?

By Michelle Vester, Orange County Wheelmen News

It's not uncommon for seat posts to slip down over time.

Too low a seat is a problem because it can cause knee pain, or even injury, fairly quickly, especially if you climb hills or push the pace. It also reduces your pedaling efficiency, since you aren't able to use the full power of your legs.

The Ride Zone

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The Ride Zone is **emailed** to all members of the Stockton Bicycle Club. Printed copies are available at local bike shops in and near Stockton. A membership application is on the back page of the printed version.

All submissions to *The Ride Zone* must reach the editor by the 15th of the month prior to publication. Email to trekkiedad@comcast.net or call Gary Colburn at (209) 946-0675.

Members: Please be sure our membership chair has your valid email address or is notified that you wish to receive the printed version.

Also, as the seat drops, the distance to the handlebars changes, possibly causing back or neck discomfort or pain as well.

With the rainy season here you may be planning to ride indoors on a trainer. It's even more important to have the right seat height on a trainer because you're more likely to sit in one position for extended periods, which can lead to injury faster if your seat's not right.

Know your seat height

The easiest way to be prepared to check your seat height is to mark it and/or memorize it by measuring. That way, you can routinely check your seat with a tape measure or look at your mark. Some riders put a wrap of electrical tape around the seat post to mark it. Black electrical tape blends in well with many seat posts and can hardly be seen. It's also there if you ever need it for any on-the-road repair. But if tape clashes with your seat post, or you simply don't want a piece of tape junking up the look of your bike, a line or dot from a Sharpie marker will last a long time, too.

Measure your seat height by taking it from the top of the seat to the center of the bottom bracket. These two reference points are relatively easy to measure from.

It's tempting to want to scratch or notch your seat post to mark it. But don't do it because it will likely damage your seat post and may even cause it to break.

Resetting your seat height

If your seat post is marked or you know the measurement, it's simple to raise it if you're home with your tools. If you notice it on a ride, as long as you have the right wrench and have it marked, you can raise it right there. If you only know the measurement and don't carry a small tape measure, you can ballpark it with the steps that follow, or look for an old mark since a post that has been in one spot for a while usually had some line or blemish on it.

To prevent a seat post from freezing, make sure it's lubricated. If it's steel or aluminum, use grease. For carbon seat posts and frames use what's called "carbon assembly paste," which is made just for carbon and has grit in it because plain grease would allow the post to slip.

Finding the right seat height can be difficult and different for each cyclist, so it's usually advised to go to your trusted LBS or coach and then once you've been properly measured keep these measurements in a safe place and check your seat post height often.

RIDE SCHEDULE – February 2012

- Helmets required.
- Rain or ‘serious’ threat of rain cancels.
- Rides may be amended and additional rides may be scheduled via the Stockton Bicycle Club Yahoo! Group. (details below).
- Josie Malik (951-4224) often leads additional rides on Sundays. It’s best to call by Thurs.

For questions or to list a ride of your choice, please call or email Roberta Hoffman at 763-2807 or nikehoffman@comcast.net

New Riders Note: The riders stop and regroup at major intersections and atop climbs. There is a rest/refuel break about the middle of the ride. Unless otherwise stated, all rides are recreational in nature and intended for the enjoyment of all participants.

Terrain: F=flat, R=rolling, H=Hilly, VH=very hilly, M=mountain, MTB=mountain bike

Date	Time	Miles/ Terrain	Start Location	Description	Leader
Tue	9:00	35-50 F	Lodi Emerson Park Hutchins & Elm	A show and go. Average speed 18-20 mph.	
Thu	9:00	35-45 R/H	Wallace Rossetti’s	Show and go	
Sat 4	9:30	20/30/ 40/64 M	Danville Diablo Vista Park	21: Mt. Diablo ranger station (1800’) 29: summit (3300’) 48: Walnut Creek, north (5900’) 56: summit twice (7400’) 64: Diablo, Morgan Territory (6600’)	
Sat 4	9:00	57 H	Ione Howard Park	57: Irish Hill, Plymouth, Shenandoah, Steiner, Fiddletown, Plymouth, Carbondale (3500’)	
Sun 5	9:00	46 R	Milton Masonic Hall	46: Milton Rd., E. Sonora Rd., Knight’s Ferry- break at General Store	
Sat 11	9:00	38/51 H	Starbucks (ValleySprings) Mar-Val Shopping Ctr	38: Pardee-Stoney- Jackson Break - out and back (3900’) 51: Loop up Butte Mtn and down Clinton Rd.	
Sun 12	9:00	40-45 F	Lodi Emerson Park Hutchins & Elm	Loop to Clement’s Ridge	
Sat 18	9:00	38/51 H	Starbucks (ValleySprings) Mar-Val Shopping Ctr	38: Pardee-Stoney- Jackson Break - out and back (3900’) 51: Loop up Butte Mtn and down Clinton Rd.	
Sun 19	10:00	24/40 F	Lodi Bicycle Café 605 W. Kettleman Ln.	Ride for Emma Greene 24: Loop to Thornton 40: Walnut Grove-break	More info in Newsletter
Mon 20	9:00	26/42 R/H	Wallace Rosetti’s	26: Camanche, Campo, VS 40: Hogan, Silver Rapids, Olive Orchard	
Mon 20	9:00	20-25 F/R/H	SF Ferry Building	SF Shoreline, Golden Gate Bridge, Marin, optional climb at headlands BART fare: \$11.10	Gary Colburn
	7:30		Dublin BART station		
Sat 25	8:30 – 10:00	26/65 F	Linden DaVinci’s Cafe 18847 E. Front St.	Pedaling Paths to Independence Community Center for Blind charity event 26(300’) 65(1300’)	
Sun. 26	9:00	25/39	Ione Howard Park	25: Sc-Ione, Old 49, break at Andrae’s, Sutter Ione 39: Willow Creek, Irish Hill	

For changes/additions to the ride schedule, participate in online discussions, or for other club news, join our Yahoo! Group at groups.yahoo.com/group/Stockton_Bicycle_Club or send an email to Stockton_Bicycle_Club-subscribe@yahoogroups.com.