



Cycling Connection is a multi-level recreational bicycling club. It is not a racing club. We would like to invite you to come and join us on one of our weekend rides throughout the Inland Empire area.

Website:  
[www.cyclingconnection.org](http://www.cyclingconnection.org)

Join us on Yahoo:  
<http://sports.groups.yahoo.com/group/cyclingconnectionIE/>

Join us on Facebook:  
<http://www.facebook.com/#!/groups/58739501457/>

From the President's Pen

I'd like to wish everyone a very Safe and Happy Holidays. I hope everyone can make the time to enjoy some of the activity's that Cycling Connection has planned.

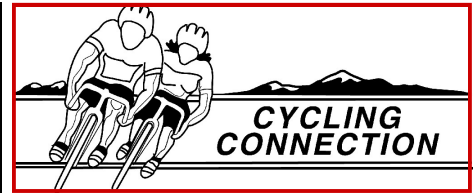
- Dec. 3<sup>rd</sup> Coats - Kevin Unck Toy Drive and Ride
- Dec. 10<sup>th</sup> Christmas Light Ride and Pot Luck Party at the Zwerner's House
- Dec. 15<sup>th</sup> Bike Giveaway 6:30 PM 16768 Ceres Ave. Fontana (Fontana Senior Center)
- Jan. 2<sup>nd</sup> Rose Parade Ride
- Jan. 28<sup>th</sup> Cycling Connection Winter Party

Please keep a look out for more information about these activity's. They will be a lot of fun.

As a lot of you know I lost another close cycling friend Sherri Norton. She will be missed by everyone that had the pleasure to have been able to call her their friend. Below is a article taken from The Orange County Register. It was written due to her accident but mainly about the Share The Road program. There is a lot of information to think about in it. I am back out riding again since my last surgery so I hope to ride with you soon.



Happy Holidays Tom



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***TT Coaching And Bike Fitting***  
***(909) 238-9356***



Ramble On

## ON VACATION

See you next month, Vinnie

# Cycling Connection Annual Christmas Light Ride

December 10th, 2011  
5:30PM

Potluck at the Zwerner's after

See website for details



## What's Happening?

Christmas Light Ride  
December 10th  
<http://www.cyclingconnection.org>

Christmas Bike Giveaway  
December 15th  
<http://www.cyclingconnection.org>

Borrego Springs Century  
December 18th  
<http://www.julianactive.com/>

A Ride For Life  
December 31st  
<http://arideforlife.com/>

Rose Parade Ride  
January 2nd  
<http://www.cyclingconnection.org>



Cyclists' deaths remind us to 'share the road'

Courtesy David Whiting, OC Register

After writing more than a dozen columns on road cycling safety, I promised myself to drop the theme this year.

Well, I almost made it. But I've been haunted the last several weeks and decided it was worth it to come clean. And since my wife doesn't read my outdoor columns, I thought it would be OK – and perhaps helpful – to share why my head is clouded.

The southbound lanes of Santiago Canyon Road were blocked to through traffic past Jamboree Road in Orange following an injury collision between a car and a bicyclist earlier this month.

On Nov. 3, Sherri Norton – described by fellow cyclists as "a beam of light" – was hit by a car and died a few days later.

Her death is no more tragic than the deaths of other cyclists. But for me, the *location* where Norton was struck was especially chilling.

Police said Norton was making a 90-degree turn on Santiago Canyon Road, just east of Jamboree, when a car struck her. Some disagree with the police account. Regardless, examining the post-accident photos was deeply troubling.

I know a cyclist who has made dozens of illegal U-turns at that exact spot. That cyclist would be me.

## HONORING DEATHS

In the sometimes rancorous debate about cyclists and drivers sharing the road, it's important to keep things in perspective by listening to families. Norton's husband, Mark, wrote, "Sherri was my best friend and the Love of My Life.

"I already miss her tremendously, but I know she is no longer suffering and that she is in the Lord's presence."

Consider also that Norton's blood wasn't the first

shed by a cyclist in the area, a too-common occurrence along popular cycling routes.

On Christmas Eve 1995, George Charles Robbins, an amateur cyclist, was on a pack ride. Witnesses told police that the pack was westbound (the direction I ride when I turn around) on Santiago, blew a red light in the left turn lane at Jamboree and a Honda Civic collided with Robbins.

Robbins, a Mission Viejo resident, died Christmas Day.

His wife, Rena, a real estate agent, said, "My husband was a very special human being who always made an impression on people."

Kenny Fuller, former Olympic cyclist, said of his friend, Robbins, "I hate that something like this had to happen for us to learn some safety."

Yes, Fuller made that statement 16 years ago. At least for me, it's time to honor the deaths of Robbins and Norton by implementing some early New Year resolutions.

## SHARE THE ROAD

I decided to drop the "share the road" theme this year not because the number of road cycling deaths is decreasing. It isn't.

We still average one cycling death a month in Orange County. By the end of October, one expert had counted eight deaths.

I backed off because it was just too darn depressing. It seemed that the columns were annoying both cyclists and drivers, and I wondered how useful the columns really were.

I had suggested that cyclists obey traffic signals and ride single file, meaning they would give up riding in something called pelotons, or packs.

Some cyclists told me they should be able to ride however they want, and that the fun would be taken away if they couldn't ride in clusters.

Deaths Continued →



I also asked drivers to pay closer attention and cut cyclists some slack. I stood at the bend on Santiago Canyon Road near the intersection of Silverado Road and took pictures of cars driving in the bike lane.

I asked drivers to slow down for two seconds rather than speed ahead of cyclists only to cut them off making a right turn.

Some drivers told me cyclists shouldn't be on the road in the first place. I'll mention the law says otherwise.

So, let's forget the naysayers.

If my friend, Pete Van Nuys, executive director of the Orange County Bicycle Coalition, can keep dedicating himself to saving lives, we all can listen.

### EXPERT ADVICE

Here is what Van Nuys has to say about sharing the road:

"During the mid '90s, in response to the burgeoning bicyclist population signs saying 'Share the Road' began appearing all around America. It's a simple message based on common courtesy. But drivers and bicyclists misconstrue its meaning.

"At first, cyclists celebrated, believing motorists would grant them use of the roadway to which they're entitled. Motorists, however, increasingly saw these signs as admonishing the growing number of cyclists to stay out of their way.

"Neither interpretation deals with on-street conditions nor recognizes fundamental rights of highway users. The fact is, roads are made for taxpayers. The mode of transportation taxpayers choose doesn't affect their right to use roads.

"True, the most popular mode is the motor vehicle. But drivers must respect the rights of road users who've chosen non-motorized alternatives. Equally, non-motorized users must respect the rights of motorists. By law, we're all road users sharing the same space.

"Where streets are too narrow for bike lanes, bicycles are permitted in the travel lanes. Yes, California Vehicle Code 21202 requires bicyclists to ride 'as far right as practicable,' which means as far as the rider's safety will allow. But that's where there's some confusion.

"The right-hand edge of the roadway features parked cars, glass, rocks and other hazards that can cause a fall. Smart cyclists ride at least four feet from the curb and pass parked cars at least four feet from the driver's door. This sometimes puts bicyclists at or near the center of the lane where motorists take offense.

"Now, if the bicycle were a cement truck a motorist would be just as inconvenienced. But it's futile to honk, shout or try to intimidate a cement truck. The reasonable

action is to chill out, wait till it's clear and pass safely. And that's the way to pass a bike.

"California code also allows cyclists to move left to avoid road edge hazards, pass other cyclists, and turn left from the center of the roadway.

"Smart cyclists will ride courteously and will move right, but only when there's room."  
Sue, if you're reading this, I promise: No more illegal turns.

Next: Alternatives to stupid cycling habits.

*David Whiting's column appears News One Wednesdays, Fridays, Sundays; [dwhiting@ocregister.com](mailto:dwhiting@ocregister.com).*



### Attention Club Members

If you don't already have one, be sure to get yourself a RoadID.

And, so the Club gets credit, select the link from the Club's website.

Each RoadID is made to order with your important information. Don't ride without it!





### Bike Safety

You hear it all the time on our club rides. In past issues of the newsletter there were some articles on different cycling vs. car situations. Some of us take all of this for granted, thinking perhaps that it won't happen to me, or I'm safe since I'm riding with the club.

Unfortunately, IT can happen to anyone, anywhere. Accidents can and do happen, even to the best of us. So, do we all "tuck tail" and hide? No, that's no fun. What we can do is be aware of our surroundings and recognize some of these potential situations before they occur.

In an effort to provide information of Bike Safety, I came across a website devoted solely to this topic. The link below will take you there. Please take a few minutes and look it over. Some of this may be repeat info, but there may still be something of benefit here. Be sure to share this site with any of your other cycling friends or family (especially kids and new riders).

<http://BicycleSafe.com/>

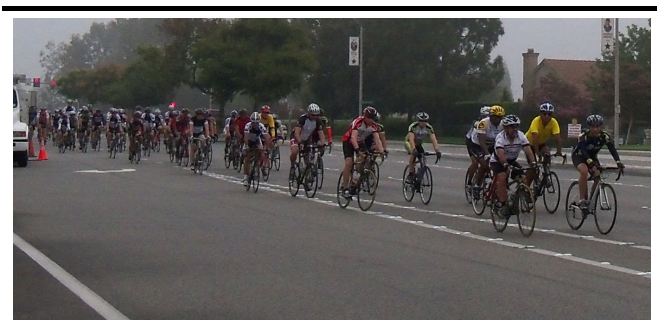
### Are You Ready to Ride?

Newbie, Commuter, or weekend Club Rider – everyone needs to be ready to ride. But, what exactly does that mean?

Here are some guidelines:

- Show up on time
- Always wear your helmet
- Don't forget your flat fixers:
  - o Spare tube
  - o Pump or CO2
  - o Tire Levers
- ID Card (Road ID is a good idea)
  - http://www.roadid.com
- Bike in good working condition

If you get a flat on one of our rides, but don't know how to change it, don't worry. This is one of the benefits of riding with a bike club. There is always someone (usually several someones) that is happy to help!



### Cycling Etiquette

For safety sake (yours and those riding around you), here are a few suggestions for an enjoyable (and safe) ride:

- Stay in the bike lane (when there is one)
- Don't make unexpected moves while riding with the group. Let others know your intentions.
- Don't run lights or stop signs!
- When passing slower riders, call out "On Your Left" or "On Your Right"
- Always expect the unexpected from cars, and you'll never be disappointed (or caught off guard).

It's been said before the start of our Saturday rides that we are all "riding with friends". That means while it's fun to ride strong, go fast on the flats, climb well, and scream downhill, we need to be mindful of other riders around us. We want everyone to enjoy themselves, and come back for another ride.



### Bike Journal - Club's Top 10 (as of December 5th, 2011)

1. Socalspeedsk8r - 9,246
2. Heck - 8,450
3. Fastguy72 - 8,325
4. Superfly - 8,081
5. Mmiller56 - 5,414
6. sambill - 5,189
7. Irvine\_Ranch - 5,101
8. DougM - 5,080
9. pthammer - 4,917
10. Greggj5 - 4,7834

Recently dropped out Top 10 wannaberacer66  
Recently moved in to Top 10 Doug M

Knocking on the door; wannaberacer66, Moe  
566, alexsuchey, fordtraitor19, RCLESMAN

If you haven't heard, logging your miles on  
Bike Journal is free! Here's the link:  
[www.bikejournal.com](http://www.bikejournal.com)

***bikejournal.com***  
***Ride. Log. Repeat.***

### Board Members

- President:** Tom Tisler [tomt@cyclingsconnection.org](mailto:tomt@cyclingsconnection.org)  
**Vice President:** Greg Armstrong [grega@cyclingsconnection.org](mailto:grega@cyclingsconnection.org)  
**Vice President2:** Pete Figueredo [petet@cyclingsconnection.org](mailto:petet@cyclingsconnection.org)  
**Treasurer:** Jeanne Goodwine [jeanneg@cyclingsconnection.org](mailto:jeanneg@cyclingsconnection.org)  
**Newsletter Editor:** Vinnie Beltran [vinnieb@cyclingsconnection.org](mailto:vinnieb@cyclingsconnection.org)  
**Ride Coordinator:** Mike Basica [mikeb@cyclingsconnection.org](mailto:mikeb@cyclingsconnection.org)  
**Ride Coordinator2:** Skid Saurenman [skids@cyclingsconnection.org](mailto:skids@cyclingsconnection.org)  
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**Website:** Billy Corn [billyc@cyclingsconnection.org](mailto:billyc@cyclingsconnection.org)  
**Secretary:** Russ Johnson [russj@cyclingsconnection.org](mailto:russj@cyclingsconnection.org)  
**Equipment:** Bill Day [billd@cyclingsconnection.org](mailto:billd@cyclingsconnection.org)  
**Social Director:** La Vonne Koester [lavonnek@cyclingsconnection.org](mailto:lavonnek@cyclingsconnection.org)  
**Communications:** Fred Roth [fredr@cyclingsconnection.org](mailto:fredr@cyclingsconnection.org)  
**Public Affairs Liaison:** Rolf Pherigo [rolf@cyclingsconnection.org](mailto:rolf@cyclingsconnection.org)



### Club Membership Happenings

#### New Members

Fernando Contreras  
Howard Brown  
Christopher Haynes  
Brian, Cassie, Eleanor, Jeremy, Eli Zupke

#### Renewals

Doug Marquis  
Warren, Jeanne, Greg, Allison Goodwine  
Dan Workman  
Erik Christman  
Arabella Mueller  
Karen Anderson  
Q Nguyen  
Brian Davis

#### December Birthdays

Darien Phuong Dec 1  
Jay Caceres Dec 3  
Alex Yanez Dec 4  
Russell Johnson Dec 5  
Taylor Vaccari Dec 6  
Ken Orton Dec 7  
Liesel Lemay Dec 10  
Denny Galvan Dec 11  
Tawny Stange Dec 11  
Todd Bourguignon Dec 13  
Nicole Correra Dec 15  
Cyndi Nametz Dec 20  
Vinnie Beltran Dec 20  
Vanessa Browne Dec 21  
Joseph Manalastas Dec 24  
Laura Armstrong Dec 28  
Karen Anderson Dec 29  
Joe Bertone Dec 29  
Mary Lou Logsdon Dec 30



Classified Section



FOR SALE: MOTOBECANE NEMESIS \$



56cm Aero Motobecane Tri-Bike, includes everything except the wheels—comes with stock wheels.  
Contact: Dan Caldera 951 206-8323, dan.caldera@yrcw.com

FOR SALE: MOTOBECANE IMMORTAL PRO \$700



2010 Motobecane Immortal Pro all Carbon, 50/434 cranks, Ultegra/105 Mix, weighs about 19lbs.  
Contact: Dana Pierce 951 642-7872, dpierce801@yahoo.com



# December

All rides start at **8:00am** at "IT'S A GRIND" Coffee House on Day Creek Blvd and Baseline Road in Rancho, unless noted otherwise.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Questions? Suggestions? Contact Mike Basica at: <a href="mailto:mikebasica@yahoo.com">mikebasica@yahoo.com</a></p> <p>Find other organized rides at: <a href="http://www.bbnet.com">www.bbnet.com</a></p>				<p>1 Club Meeting, 7:00pm at Carrows Restaurant on Foothill</p>	<p>2</p>	<p>3 <b>THE GRIND</b> 23, 30 and 33 miles  <b>Coates Cyclery &amp; Back Abbey Fun Ride and Toy Drive. 2:00pm – 7:30pm.</b> <i>More details in email distribution.</i></p>
<p>4 <b>Long:</b> Lake Matthews, 50 mi <b>Short:</b> Southridge, 30 mi  <b>Women's ride, 2:30pm</b> at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10 <b>THE GRIND</b> 23, 30 and 33 miles  <b>Christmas Lights Ride &amp; Potluck</b> <i>Meet at Chik-Fil-A in the Upland Colonies @ 5:30pm. Potluck at the Zwerner's at about 7:00pm. More details in email distribution.</i></p>
<p>11 <b>Long:</b> Sunset Loop, 65 miles, Leader: Les <b>Short:</b> San Dimas Canyon, 38 mi  <b>Women's ride, 2:30pm</b> at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 <b>Christmas Bike Giveaway 6:30 PM</b> Fontana Senior Center, 16768 Ceres Ave, Fontana 92335.</p>	<p>16</p>	<p>17 <b>THE GRIND</b> 23, 30 and 33 miles</p>
<p>18 <b>Long:</b> Two Dam Ride, 45 mi. Leader: Les <b>Short:</b> Rosena Ranch, 25 mi  <b>Women's ride, 2:30pm</b> at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24 <b>THE GRIND</b> 23, 30 and 33 miles</p>
<p>25 <b>Merry Christmas!</b> </p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30 <b>Club Social 7:00pm</b> Pizza and Beer at Shakeys, Victoria Gardens.</p>	<p>31 <b>THE GRIND</b> 23, 30 and 33 miles  <b>Have a happy and safe New Year's Eve!</b>  <i>Be sure to save some energy for the Rose Parade Ride on New Years Day!</i></p>

# 2011