

## SBC Annual Meeting is November 15

The Stockton Bicycle Club will hold its Annual Meeting on **Wednesday, November 15**. The meeting will be at the Round Table Pizza at 2715 W. Kettleman Lane in Lodi. The meeting will start with a social hour (free pizza, salad and soft drinks) from 6-7:00 pm, and the business meeting will start at 7.

We will elect officers, and anyone interested in running for a position may do so. We will also discuss club finances and the 2017 Delta Century results and plans for the 2018 event. We will determine how much money we can donate to charities from the Delta Century net proceeds.

Plan to come and enjoy some pizza and conversation and participate in the discussions. It is usually a very entertaining evening with lots of good food and conversation.

## Pyrenees Adventure

By Lyle Liden

Ever hear the saying that when attempting to eat an elephant it is best to take it one bite at a time? Well, this is the strategy I employed in undertaking **44-5's** inaugural **Highroads tour of the Pyrenees** this past August. Made especially fun was the fact that my wife and I were joined by fellow SBC members Rich Freggiaro, along with Russ and Sandy Haswell. Let me just say that Lauren and I have completed many bike tours over our cycling careers but this one ranks up there as possibly the most difficult. 45,000 ft. of climbing over 6 days covering 350 miles was a significant challenge for both of us but as I mentioned above, breaking it down and taking it one day at a time somehow made it not as hard as first imagined.

Of course it always helps to be in shape and that comes from putting time in the saddle (preferably while going uphill). Fortunately, my Tuesday SBC Club rides helped to provide a solid foundation to build on. Beyond that, it was getting in as many ~~hill~~ rides as we could possibly do our weeks before departure. One of these included a ~~Death~~ by Installments+training weekend (Markleville Death Ride territory with some ~~extras~~ including Pacific Grade, spread out over 3 days). Thank you Russ and Sandy for organizing this. In addition, we did multiple trips up and down Mt. Diablo. During our final week before departure we even attempted to ~~triple~~+summit Diablo the day after we did an Ebbets Pass ride. Unfortunately, the triple digit temperatures on that day got the best of us and we fell slightly short of our goal. However, that experience did condition us mentally for the many hours of pain and



**Ready to Roll: The Start in Luchon**

## 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 [brumbyroad@peoplepc.com](mailto:brumbyroad@peoplepc.com) or call Rich Freggiaro at (209) 931-9143.

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



### Switchbacks Galore: Lyle Climbs Another Col

suffering associated with a relentless amount of climbing. We also accompanied the Hoffmans on a 7 day Ride Idaho tour a few weeks prior. While not overly challenging in terms of altitude gain, the miles of chip seal encountered along with the multiple days in the saddle helped toughen our fannies for what was to come. (Thank you Don for the use of your bag balm).

As for the riding in the Pyrenees, it was just spectacular. The weather could not have been more perfect with the rain holding off on most days till the evening hours. Each day we would encounter breathtaking scenery convinced that we had died and gone to cycling heaven. Summiting three cols each day (mountain passes) was usually the norm and we would finish up each afternoon in a state of what I call pleasant exhaustion (some of us more exhausted than others, myself included). Of course among the elite riders within our group I usually found myself bringing up the rear but I didn't mind because it allowed me to savor the experience of riding many of the same routes done on past Tours de France. Besides, my strategy was to take it one bite at a time+ pacing myself up each col determined to finish the tour without sagging.

*(Editor's note: Which he did! No sags necessary for Lyle!)*



### Hautacam Summit: 5 SBC Riders Take a Break after the 10 Mile, 8% Climb

Speaking of SAG support, the tour group 44/5 did an outstanding job of keeping us well supplied both on and off the bike. I cannot say enough good things about this tour company and the extent to which John and Gerry (company owners) accommodated our every need and made this tour: one for the record books. *(Editor's note: Ditto!)*

As for myself, a funny thing happened about midweek through the tour and I found myself getting stronger! I won't say I ever got to where I could lead the pack but I was able to hang with the big dogs on occasion and even enjoyed sharing a group pace line every now and then. All in all, it was an epic adventure and one that I would highly recommend to anyone up for a challenge.

# RIDE SCHEDULE – November 2017

Helmets required.

Rain or 'serious' threat of rain cancels. Follow Stockton Bicycle Club Facebook page for updates on ride status.

Rides may be amended and additional rides may be scheduled via the Stockton Bicycle Club Yahoo! Group. (details below).

**A** ride: 20+ mph, paceline riding, few if any regroup. **B** ride: 16-20 mph, experienced rider, regroup at major intersections, turns.

**C** ride: 12-15mph, regroup, no drop ride. MPH is based on a flat ride

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

**New Riders Note:** 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. **Terrain:** F=flat, R=rolling, H=Hilly, VH=very hilly

Date	Time	Miles/ Terrain	Start Location	Description	Leade
Tue	9:00	35-45 R/H	Wallace S. Camanche & Wallace Lakes Dr.	Fixed Route: So Comanche Rd/ Burson Rd Olive Orchard to <b>COMMON GROUNDS</b>	
Thu	9:00	35-45 R/H	Wallace Tri-Lakes Church 8021 Wards Ave.	Show and go	
Sat 4	8:30-B 9:00-A	42 H	Ione Howard Park.	Michigan Bar, Carbondale, Forest Home, Old Sac, break Plymouth, return Irish Hill (2055')	
Sun 5	8:30	75K	Giro de Vino Woodbridge Winery Acampo	Wine Tour of Greater Lodi – Delta Velo <a href="https://www.active.com/acampo-ca/cycling/20th-annual-giro-d-vino-2017?int=">https://www.active.com/acampo-ca/cycling/20th-annual-giro-d-vino-2017?int=</a>	
Sun 5	9:00-B	24/32 R	Eugene Milton/Sonora Rds.	24: Sonora Rd., Knight's Ferry- Break - return 35: Morris, Orange Blossom, Rodden, 28 Mile Rd.	
Fri 10	9:00	39 H	Buena Vista Store	39: Jackson Valley, Brubeck, 5 mile, 124, Sutter Ione- Andrae's Amador City – Turner, SC, Ione <a href="https://ridewithgps.com/routes/24702160">https://ridewithgps.com/routes/24702160</a>	
Sat 11	8:30-B 9:00- A	21/45/48 H/VH	Ione Howard Park	21: SC (1200') 45: Volcano (3400') 48: Ram's Horn, Shake Ridge (4300')	
Sun 12	9:00-B	34/42 F/R	Linden Orlando's Market	34:Flood Rd.,Escalon Bellota,Shelton, Wimer,Hwy26,Shelton and back(726') 42: Milton Rd to Jenny Lind for pancake breakfast at Odd Fellows Hall	..
Sat 18	8:30- B 9:00 - A	42 miles R/H	Valley Springs Starbuck's Mar-Val Shopping Ctr	42:Pardee Dam, Stoney, BV, Jackson Valley to <b>Ione-Break</b> at Clark's-Brubeck Rd., Coal Mine, Camanche, Campo Seco, VS(2200')	
Sun 19	9:00 - B	38-42 F	Clements Fire Station	Mackville, 88, Atkins, Brandt, Tully, East on Eight Mile, Baker – Break at the Fruit Bowl. End of season <a href="https://ridewithgps.com/routes/25535559">https://ridewithgps.com/routes/25535559</a>	
Thurs 23	9:30	25-35 F	Stockton Bear Creek HS	A show and go. <b>Thankful to ride on Turkey Day!</b>	
Fri 24	9:00	30/40 R/H	Clements Hwy 88/Liberty Rd.	30: BV (1200') 40: Ione (1900')	
Sat 25	8:30-B 9:00- A	38/51 H	Starbucks (ValleySprings) Mar-Val ShoppingCtr	38: Pardee-Stoney- Jackson Break - out and back (3900') 51: Loop up Butte Mtn and down Clinton Rd.	
Sun 26	9:00	34/45 F/R	Linden Orlando's Market	34: Flood Rd., EscalonBellota, Shelton, Wimer, Rt on Hwy 26, Shelton, Escalon Bellota 45: Ospital, Southworth, Evergreen, Warren <a href="https://ridewithgps.com/routes/5293790">https://ridewithgps.com/routes/5293790</a>	

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](http://groups.yahoo.com/group/Stockton_Bicycle_Club) or send an e mail to [Stockton Bicycle Club-subscribe@yahoo.com](mailto:Stockton_Bicycle_Club_subscribe@yahoo.com). Also, see our Stockton Bicycle Club Facebook page for ride changes, and comments.