

# OFF THE FRONT

## MONTICELLO CYCLING CLUB

### NEW LEADERS FOR A NEW YEAR

There were a few tense minutes at the November meeting after Angus provided a description of the club offices which needed filled. Also Jo Ann and others suggested additional opportunities for members to volunteer. Before we adjourned, we did have two new officers elected. Gregg Lehman agreed to take over as Club Secretary. Paul Casavant offered to at least serve as Vice-President. Mike Posey agreed to be Youth Liaison or Youth Development coach.

In the days and weeks following the meeting, Lana Suffia and Keith Newsome volunteered to join the leaders

group. Lana offered to serve either as President or Vice-President, depending on what the membership wants and how her and Paul decide how they want to divide up the responsibilities. At this time Paul is assuming the office of VP and Lana as Commander and Chief. At the January meeting a vote will occur to make it official. Also, Keith Newsome volunteered to take over the Treasurer and Clothier job from Frank.

Other positions identified as needing filled include ride calendar coordinator. Newsletter distributor, Program director for meetings and more.

### Message from Lana, (borrowed from the email group)

Good Morning everyone,  
I wanted to cover a couple important issues concerning our club. I wanted to take the time and acknowledge Mike Posey for stepping up to bat and considering acting as our president, but knowing the conflict of interest would arise he respectfully declined. Although he had some super ideas of where our club should be going, and offered to share his time acting as our youth development coach. Thanks Mike. (continued on next page)

### OUR SPONSORS

- **RAY'S CYCLE**
- **BERRARDI CHIROPRACTIC CLINIC**
- **GREEN VALLEY HEALTHFOODS**
- **REALTYWORLD TRICITY REALTY**
- **NORTHBAY HEALTHCARE**
- **SOLANO RECYCLES**
- **VINTAGE CAFE**
- **VOLER**

### Inside this issue:

Membership renewal	2
Lana's message continued	2
Bike travel cases	2
Rider reimbursement	3
Clothing order	3
Club email group	3
Club Rides	4
Thank you,	5
Resolution Expo	5
Registration form	6

## Renew your membership in January

All memberships renew in January. In 2003 we decided it would be easier for the Secretary if all the membership renewals came at the same time, instead of spread out throughout the year. You will find your membership renewal form on the last page of the newsletter. Please note it includes a release of liability form. All members need to send in the signed form so we have a current release on file. Just sending a check for \$15 I am afraid will not suffice. It is OK to renew for more than one year, saving yourself and the Secretary time and effort. Sorry no discounts for registering for more than one year.

## Lana's message continued from page 1

I believe this bicycling club has more than a Wednesday night ride. I can personally remember a couple rides this summer when some out of town people showed up on a Saturday ride, as per the ride time stated on the internet and the club members showed up at a later time, then only a couple people actually greeted and were pleasant to the out-of-towners. I am just wondering what they had to say about our club. I am willing to step up to bat to prove that. Some of the vital pieces our club is missing are:

1. a ride calendar, with training specific purposes
2. ride leaders
3. I haven't seen a book of bylaws???
4. new members?????
5. functions with in the club to promote unity
6. we need to support our riders who ride centuries, triathlons, and race and we should have rides to help our members succeed with their goals! This may sound like a lot but all the other clubs can do it. We all need to work together and look into the future because all we have now are the majority of old members riding the Wednesday night rides..... I am looking for vlounteers I cannot do this alone!



### Bike Travel Cases

Travel bike cases available for loan to current club members.

Contact : Greg Lehman 451-8153

[glehman@signet-financial.com](mailto:glehman@signet-financial.com)

. Please note that membership registration may take 6-8 weeks to process as stated on the membership application.

Bike cases may not be available to new members for the 6-8 week period of time.

Please plan ahead.

## \$RIDER REIMBURSEMENT\$

The club will reimburse riders for races or century rides. Requirements are that you wear a current year club jersey (full kit for races). Attendance at club meeting to receive reimbursement. Volunteer for at least one MCC event. (2005 the Winters Road Race or the Lagoon Valley Cyclo-

Cross race). Maximum of three events per month. \$20 per event. Bring the completed form to the August meeting for reimbursement. Juniors may be reimbursed for 100% of registration fees when arranged through youth Liaison. The form is available on our website [www.monticellocycling.org](http://www.monticellocycling.org)

## CLOTHING ORDER DATE IS FEBRUARY 1st

Keith Newsome has taken over the Clothier responsibilities from Frank. Keith will be our Liaison for Voler Team Apparel. Coordinating future purchases of team uniforms, clothing, kits, whatever. The last clothing order was cancelled due to lack of interest. We can't consider placing an order until we get close to the minimum set by Voler. If you plan on racing and wish to get the club to reimburse you for registration fees, then you will need a kit. In order to make sure we have sufficient interest in orders, then it might take some arm twisting of other club members. Get as many members to commit to ordering, which we have a date reserved February 1st..



## Club email group information

The club has an email group that you can subscribe to in order to communicate with members. It is a valuable tool. There are currently more than 50 individuals subscribed to the list.

Post message : [MonticelloCyclingClub@yahoogroups.com](mailto:MonticelloCyclingClub@yahoogroups.com)

Subscribe: [MonticelloCyclingClub-subscribe@yahoogroups.com](mailto:MonticelloCyclingClub-subscribe@yahoogroups.com)

Unsubscribe: [MonticelloCyclingClub-unsubscribe@yahoogroups.com](mailto:MonticelloCyclingClub-unsubscribe@yahoogroups.com)

List owner: [MonticelloCyclingClub-owner@yahoogroups.com](mailto:MonticelloCyclingClub-owner@yahoogroups.com)

## Bad Roads— Pot holes

Report bad roads and potholes to the city of Vacaville or Solano County:

City: 469-6500

County: 421-6055

## Vacaville Grand Prix is Goal for 2006

MCC wants to host a downtown race in 2006. The Vacaville Conference and Visitors Bureau wants to support our effort and has a budget to help promote it. We need members with an interest in supporting this event. Ray Posey from Ray's cycle has been functioning as a liaison between our club and the Conference and Visitors Bureau as well as the Vacaville Downtown Business Association. If you can help out in coordinating this event please contact any of the officers or Ray.

# CLUB RIDES

## **New Saturday ride from Paul Casavant**

THIS RIDE WILL START ON JAN 7/06  
AND GO EVERY WEEK.

9:00 AM at Rays Cycle.

**This ride will be geared for beginner to intermediate riders. Route will be an out and back to Putah Creek road via Pleasant Valley Rd. Riders must be able to repair a flat and helmets are required. This will be a no drip ride designed to help riders learn how to ride safely in a pack, increase endurance and stamina, and prepare riders to move up to a longer ride. This ride will be directed by Paul Casavant, Jo Hewitt, or both. 450-0379 Rain will cancel**

## **Saturday morning decide and ride.**

9:00 AM at Clock tower in front of Pure Grain Bakery on the town square.

### **Decide and Ride.**

**Pace pretty much determined by who shows up. Sometimes a Winters loop, but sometimes a Lake Loop or Gordon Valley and Maybe up Mount George. Sometimes a flat ride through the orchards.**

## **Mountain Bike Rides by Bob and Brenda**

Bob and Brenda Fletcher have been leading mountain bike rides. The following is the description and the dates of the rides. Contact Bob or Brenda for more info.

Brenda and I would be happy to lead a few mountain bike rides the next quarter. Please put the following in the newsletter. We will meet at 8:00 in the Yardbird's parking lot so that we can caravan and go to different places to ride most every time. Each ride will last at least 2 hours and have some technical sections. Have everyone call us at 447-0416 at least the night before as rain will cancel. The following dates will be the ones we will lead:

07 January — 28 January— 04 February —  
25 February — 04 March — 25 March.

***Also, we will lead a Hennessey Loop ride on 01 January for anyone interested in starting the new year off right.***

***Thanks, Bob and Brenda***



## **Other Rides, and a note on flat repair**

Monday and Fridays.

9:00—Rays Cycle

The ride varies from day to day it may be a recovery ride or a high tempo workout.

**FLAT REPAIR**—Before showing up on any club ride you should already have had some practice on repairing a flat tire. Before setting out on any ride you should be carrying a pump, tire tools and a spare tube.—Also carrying a patch kit is recommended. If you need instruction on repairing flats, talk to Mike Posey at Rays Cycle. They generally are willing to offer a clinic once they have a big enough group of interested riders.

SOLANO COUNTY CYCLING

**PO BOX 5294  
VACAVILLE , CA 95696**

(707) 451-8153 (residence of secretary)  
www.monticellocycling.org  
www.monticellocycling.org/contactus

**RESOLUTION EXPO**

MCC will have a table at the Resolution Expo in Fairfield on Saturday Jan 7 from 10am-2pm. Location - 1000 Kentucky. The event is aimed at folks making resolutions to do something good for themselves in the coming year, whether this be a class, , do some physical activity, etc. Volunteers from the club will be there with information about the club and cycling.

**CLUB OFFICERS:**

<b>President</b>	<b>Lana Suffia</b>
<b>Vice-President</b>	<b>Paul Casavant</b>
<b>Secretary</b>	<b>Gregg Lehman</b>
<b>Treasurer</b>	<b>Keith Newsome</b>
<b>Newsletter Editor</b>	<b>Patrick Garner</b>
<b>Clothier</b>	<b>Keith Newsome</b>
<b>Youth Development coach and Liaison-</b>	<b>Mike Posey</b>
<b>Web Master</b>	<b>Angus McDonald</b>

**CLUB MEETINGS**

**THIS IS A NEW DAY FOR 2006**

Meet on the last **Tuesday** of each month except November -December. 7:30 PM  
**Pietro's #2 - 679 Merchant Street.**  
**January 31 - February 28 - March 28.**



The club would like to say thank you to all of the club officers and members who volunteered their time and effort for the Club this past year. Thanks to the officers who guided the club forward. For conducting the meetings and for arranging for the food, and anything else which I have forgotten.

I count 2005 as a year of transition. Although the membership numbers declined, the amount of

member involvement increased. It was evident in the greater numbers of members attending the meetings. We also were able to host two races, which would not be possible without an active membership. Thank you to the people who volunteered at the Winters Road Race and the Lagoon Valley Cyclo-Cross race. Big thanks to Jo Ann and Greg for organizing the Cyclo-Cross race.

Our rides are still as popular as ever, despite at times suffering from "pace violation".

Another positive sign of change is the increased numbers of rides being posted by members. Both the future rides featured in the newsletter and the website, but also the impromptu rides posted on the email group. Way to go, and keep it up.

*The Editor.*

**MONTICELLO CYCLING CLUB**  
**PO BOX 5294**  
**VACAVILLE CA. 95696**

**MEMBERSHIP INFORMATION**

Wish to join Monticello Cycling Club or renew your membership? Read carefully the release of liability stuff and complete the form on the bottom. Sign and date the form. Check individual or family membership.

\$15 individual/family. \$5 Junior. \$10 Senior or Student.

Send this *entire page*. Write a check and mail it to the club address.

Please allow 6-8 weeks for processing.

In consideration of being permitted to participate in Monticello Cycling club sponsored Bicycling Activities I for myself, my personal representatives, assigns, heirs and next of kin:

1. **I acknowledge**, agree and represent that I understand the nature of bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. **Fully understand** that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("risks"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "releases" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.
3. **Hereby** release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the Club, their respective officers, agents and employees, other participants, any sponsor, advertisers, and if applicable, owners and leasers of premises on which activity takes place, (each considered one of the "releases" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that If any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

AGE \_\_\_\_\_

**Name;**  
**Street;**  
**City/State/Zip:**  
**Phone:**  
**Email:**

Please check!

**INDIVIDUAL/**

**FAMILY~\$15**

**Junior-\$5**

**Senior/Student-\$10**

Do you want to join the club e-mail mailing list?