

**Green Valley Cyclists
General Membership Meeting
September 17, 2005**

Meeting called to order by President – Sandy Vanderpuy at 10:00am
Board Members present: Mike, Peri, Ron, Sandy and Sheryl
Board Members absent: Erik, Tony, Lois, and Trish

Reviewed and acceptance of the 8/28/05 Board Meeting Minutes.

Treasurer's Report – Sandy: Current balance in the GVC account is \$4197.21. We still owe money on the jerseys, approximately \$1500.00 and hats approximately \$1000.00. Peri to discuss the hat fundraiser later. Right now we have 110 paid individual members, which doesn't include family members. The rides have been very active and members are very involved in the group.

Report of Officers and/or committees – Scott Dakus for NUBs – Discussed the purpose of NUBs and what NUBs is all about. Sent out an open invitation to all members to get involved with NUBs. NUBs= Nevada Ultra Bicycling Society.

Mission statement:

“To invite all who dare, to seek out and reach their full potential and in doing so cast aside all the factors that may otherwise limit that success. We ride our bicycles over any road, any day, and in any weather safely and enjoyably. We are good ambassadors of our sport; happy to teach, eager to learn, and always willing to share.”

Per Scott, NUBs wants to encourage and get more GVC cyclists involved if they so desire. Vegas/Henderson are good places to train and ride a bicycle. NUBs try to mix up the starting points for their rides. Rides may start in a different place and then a family member will pick-up at the end point (e.g., in Baker, CA). Discussed the fund raising aspects and their vision of “The Lucky Ones.” NUBs long-term goal over the next few years is to help blind cyclists get out on the road and get involved in cycling on tandems. Rides for NUBs are in line with the GVC philosophy of never leaving anyone behind; we always hook up at the end. Scott answered questions from the members.

Guest Speaker – Ron Swift, retired LV Metro police officer, here to speak about potential aid station on the Las Vegas Marathon course; and safety for cyclists from a police officer's point of view:

Ron introduced Terry, race director for Devine Racing, who is coordinating the Las Vegas Marathon this year. Terry from Devine Racing gave a presentation regarding the Las Vegas Marathon to be held in Las Vegas on December 4, 2005. Terry discussed the adopt a mile program. Terry indicated that training runs were being done at the Village Runner and were expected to be only 50, instead 300 people showed up. The turn out for the marathon has been overwhelmingly positive and is going to be a showcase marathon

for the city. The aid stations (25) are being offered to groups/organizations and so far 19 are already committed. CBS is the television station that is going to do coverage of the event and will also be sponsoring a mile. There will be a fixed wing airplane to cover the marathon. According to Terry, there are 22 countries and all states in the union are involved with runners in the marathon. Devine Racing will provide everything needed (e.g., water, Gatorade, etc.), GVC just needs volunteers to promote the event. We have the option also of providing marketing/goodie bag stuffers for volunteers but would need to provide 15-20,000 items. According to Terry, if we cannot provide up to the 150 volunteers then Devine Racing will provide the remainder of the people to man the aid station that GVC might volunteer to do. Terry and Ron both indicated that we are looking at adding a cycling event for the next year. We wanted to focus on a good single event this year and ensure it was successful. The bike tour would be for next year probably on the same day but in a different area than the marathon.

Questions from the members: Regarding what exactly was an aid station? According to Terry, an aid station consisted of three to four tables 3' by 6-8' tables with cups of water stacked or Gatorade that were passed out to runners as they passed by during the marathon. Volunteers would also be responsible for picking up the cups that were thrown down on the street in their area of adopt a mile near the water handout. Volunteers would be encouraged to make signs to cheer on runners, and decorate their mile/aid station however they want. No further questions were discussed. Terry handed out information about the marathon and gave each member a commemorative magnet for the Las Vegas Marathon.

Ron Swift, retired Metro PD, discussed his perceptions of cyclists and the NRS law issue piece. According to Ron, most cycling laws were written in 1957. One law indicates that cyclists need to stay to the far right as practicable. Sometimes this is deviated from because of gravel and debris in the road. According to Ron, most officers understand that cyclists frequently have to come out into the road because of this problem. Ron indicated that it was important for cyclists to obey the laws of the road so as not to be a menace to traffic and be sure to stop at a red light. Ron indicated that in his career he only arrested one cyclist for a DUI. Ron indicated that another officer he knew had arrested a cyclist for an altercation with a bad attitude.

Questions from the members: Were there any laws requiring cars to be a certain distance from a cyclist? According to Ron, no, there were not. Ron indicated that police officers are very busy patrolling streets and with other duties so unless a cyclist is really doing something bad they usually don't get too hung up with the cyclists.

Once Ron and Terry completed their presentations and left, a discussion began regarding whether or not GVC should become involved with the aid station for the Las Vegas Marathon. There was concern raised about getting enough help to meet the 150 people volunteer minimum. However, it was also discussed that if this were not possible then Devine Racing would assist with volunteers that they may have. A second point of discussion was that GVC did not have to put out any money donations rather just the people to show up and man the station. Mike Hair indicated that he had experience with coordinating the Honolulu Marathon and would volunteer to be the lead and contact person. Marilyn & Sunny indicated it would be good publicity for GVC if we had our

jerseys on while doing the event, especially with television coverage. Sheryl indicated that perhaps those who are teachers in the group may be able to get some of their students involved (e.g., Honor Society) as volunteers or family members who would want to help out. A vote was taken by those present and voted unanimously in favor to do the aid station. Sandy to forward Ron and Terry's information to Mike Hair, as he will be our lead contact person.

Old Business

Jerseys - Sheryl: Gave an update on jerseys, due for a delivery in mid-October. We have not yet received a specific date from Louis Garneau. Would be nice if they arrived before the LV Century but there are no guarantees. Some members requested a pre-order or spoke with Sheryl on rides that have not yet paid. We need the money before the jerseys are shipped. If you pre-ordered or requested a jersey and have not paid please do so ASAP because otherwise the jersey will be released for sale to other members who might be interested in that size. Please contact Sheryl @ smljgiordano@yahoo.com Jerseys, shorts, vests and a pair of socks are still available for purchase.

Calendar – Sandy: Discussed going to the calendar and its' use. Sandy made available to all members instructions for how to use the calendar and how to load GVC sponsored rides to the calendar. Sandy indicated that only GVC members could post on the calendar, members needed to get waivers signed by anyone new to the group for liability purposes and the route needed to be as safe as possible.

New Business

Hats – Peri: Gave information to the general members about baseball caps that GVC was having made in the colors of Khaki with green sewing. According to Peri, the hats should be available next week. The hats will be sold for \$10.00 each as a fundraising event for GVC.

Halloween Ride – Shannon: Discussed the 2nd annual Halloween ride and sent around flyers (attached below). Will also be posted on the calendar for 10/29/05 at 8:00am. Judging of bikes and costumes will be at the rest stop (e.g., Hawley Hendrick's Park in Henderson). Shannon reminded everyone who decides to dress up to do so carefully as not to impede one's ability to ride a bicycle. Also eluded to prizes for the best costume, best decorated bicycle and a booby prize. Shannon indicated that there will be a new route for the ride and the ride will start at 8:00am. We still are looking for a ride leader for that day (Sheryl will be the sweeper, provide route slips & get waivers signed; Shannon to judge at the ½ way point with a crew of miniature judges, results to be announced at the end of the ride.)

Holiday Party – Sheryl: Discussed the August Board Meeting topic regarding a holiday party. One member suggested keeping the cost at \$20.00 per person. One suggestion was made regarding a clubhouse and catering; another was the Henderson Convention Center as a possibility. After discussing it further, it was decided to still do a poll on the Yahoo website but get some dates in December when spots are available (Shannon to check HD

convention Center, will ask Trish to check on club house dates) so members know the exact date. This will be an issue that will be further discussed via email.

New Yahoo site – Sandy: discussed the new Yahoo website. Sandy indicated that the www.GreenValleyCyclists.org site has remained unchanged. Sandy reminded all members who are not interested in receiving emails from the club to check the email box at the bottom of the screen so they do not have to get unwanted emails. Sandy indicated that the main website is the GVC.org site but the Yahoo site is being used for last minute information to the club members (e.g., ride changes, show & go rides, etc.) and public information that needs to get out immediately to the members.

Next Club Meeting, site, date – Sandy: discussed the next meeting site and that Will & Paul were working on this. Sandy indicated that Paul had spoke with Rubios but we would need to be out of there by 11:00am, which might not work. Sandy indicated that Saturn of Henderson’s Community Room was free we just need to put in the request for the date. Sandy had already spent the time filling out the paperwork and we were now registered in their system. Only problem indicated by the members was the parking issue, but most were ok with the spot and agreeable to meeting there for future meetings.

Time change – Peri: Discussed whether or not to keep ride start times at 7:00am or move to 7:30am or 8:00am. Peri discussed that typically as the weather starts to change and with the time change, we move the ride starts back an hour. Discussion among members and a vote was taken to keep the ride start time at 7:00am until the Halloween ride (10/29/05) when the start time will change to 8:00am.

Open the floor to the membership –

- Questioned about the tire changing classes. Per Sandy – see the calendar, usually listed monthly.

- Scott Dakus indicated this coming Friday night (9/23/05) there would be a night ride hosted by NUBs starting at Mulligan’s Pub in Henderson on Boulder Highway. The distance was approximately 40 miles. Scott can be reached at 497-8565. Scott indicated that a quality rear light and head light is enough to light the road. Mike Young added that really good lights are available for \$120.00. Scott added that at night, cyclists are very visible to the traffic because of the blinking lights. Also, he added that the night rides are typically slower paced, so those who don’t ride as fast should come out and give it a try. Scott indicated that he would add it to the calendar.

- Question raised regarding the difference of opinion on the Yahoo sites. Sandy indicated that GVC is still a friendly and cohesive group. Also indicated there were new Yahoo websites available to all members.

Safety Poll – Sandy: Passed out the results of the safety poll. The poll was conducted by Jill Taylor who is collaborating with a handful of GVC members in a letter-writing campaign of cyclist safety out at SR159. The results indicated that the top three items of interest are: 1. The speed limit is too high, 2. Paved shoulders are too narrow for cyclists to ride two abreast or pass safely on SR 159 and elsewhere, and 3. Rocks and debris in bike lanes & breakdown lanes on SR 159 and citywide. Sandy indicated that a file would

be uploaded to the www.GreenValleyCyclists.org site discussing this further as well as the results of the safety charette from 9/14/05.

Safety Tips – Ron: Passed out medical info systems available for all members. If you want to purchase more for more helmets, they are \$1.00. www.Cyclegenius.com has them available for free if you request it from their site. Ron discussed the issue of cycling two people abreast. Ron indicated that when we ride as a group, stacked two abreast right on top of each other that this is not necessarily legal and could be a problem with law enforcement. A question was raised if cyclists can ride three to four abreast in a wide shoulder? This according to Ron, this was illegal and we need to continue to ride two abreast. Ron also discussed the issue of “Bonking.” Bonking is running out of energy, after approx. 2 hours. Need to eat, to replenish the glycogen stores. Avoid by going very slowly, but we don’t ride slowly. Scott D. added that you need to eat a solid breakfast of complex carbs, not simple sugars. Stick a bagel in your pocket and if you start feeling fuzzy, you know you need to eat. After an hour into a ride, and you’ve just topped a hill, that’s the time for a power bar. Ron indicated that when one refers to “Brain Dead” after a ride, this is an unsafe situation. Ron further discussed going straight thru in a right turn only lanes – don’t do it because it’s illegal and you can cause an accident. Be aware of cars turning right in front of you because they can push debris over into the bike lane and cause a flat (e.g., not necessarily the rocks but the staples and nails in the roadway).

Debra indicated that the City of Henderson is planning to have a rock crusher plant off of Volunteer Rd. (e.g. On routes out of Anthem/Seven Hills to Southern Highlands). She will provide members with information on who to write to about the planned rock crusher on Volunteer Rd. in order to try to see if we can’t get them to move it elsewhere. Debra indicated that it would significantly increase industrial traffic and trucks in that area.

Raffle Drawing – Jim Twomey pulled the winning tickets out of the box. Winner of Lance Armstrong picture donated by Craig and Diane Shanklin was # 917571-Scott Dakus; Winner of Pink Tony’s (a.k.a. Tony Ratola, Board Member) Beach Cruiser was #917559-Sheryl Giordano. For the record, Scott and Sheryl came to an amicable agreement and a trade was made of the above listed prizes.

Meeting adjourned at 11:45am.