

# Green Valley Cyclists

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## Who We Are

The Green Valley Cyclists are a group of individuals who enjoy touring, commuting, racing, and recreational cycling in and around the Las Vegas area. Our goal is to promote cycling in all its forms throughout the Las Vegas community for fitness, friendly competition, and most of all fun!



## Membership

We welcome riders of all abilities. If you are interested in joining email us at: [mozam1955@yahoo.com](mailto:mozam1955@yahoo.com) or [svpuy@yahoo.com](mailto:svpuy@yahoo.com)

## Our Sponsors

Our sponsors contribute cash and discounts to support our Club. Please consider supporting them with your business.

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*Merrill Lynch*

## Safety Tips



We now have a Certified Cycling Instructor (League of American Cyclists) who has agreed to be our Safety Officer. Please express your appreciation to Ron Volkmar when you see him next (Ron is the guy on the recumbent zipping past you on the downhill's). Ron offers his first series of safety tips this month on Page 2.

## Scheduled Rides

We generally meet every Saturday at the Brooklyn Bagel parking lot, corner of Green Valley Pkwy and Pebble at 0800am, ride leaves at 0810am. For the Saturday rides, we typically offer three choices based on the same general route: (1) long and fast, (2) long and not so fast, and (3) shorter and slower. When following the posted routes, individuals deciding to drop from a longer or faster route can be picked up by the next group. Each ride group has a designated leader, and for safety reasons we encourage riders to carry cell phones and exchange numbers with the ride group leader.

We also meet on Sundays at the Arroyo Grande Sports

Park at 0800am, ride leaves at 0810am.

On the last Sunday of the month we meet at the Outpost 8am.

Also, Angel Rosas is starting to post mountain bike rides on Mondays or Wednesdays, depending on weather. Check his postings or email Angel at [thedesertrat1@yahoo.com](mailto:thedesertrat1@yahoo.com)



Ride schedules change, so the best way to stay informed is to join our e-mail list, [GVCC-subscribe@yahoogroups.com](mailto:GVCC-subscribe@yahoogroups.com) In this way, you will receive current and up-to-date information.

## Jerseys

The final contract with Louis Garneau was approved and signed. The expected date of arrival is around Christmas time, but this is not guaranteed. Stay tuned for more information as we get it.

## Welcome New Members!

Julie Vaccari  
Steve Raucher  
Ron Volkmar  
Robin Stark  
Cindy Pierce  
Rick Gilmore  
Bryan Lea

## GVC Holiday Party!



The Kehoes have graciously opened their home to the GVC and are hosting our first *Club Holiday Party*.

Who: All GVC members and their spouses and/or significant others ~

(we love kids.... but they're not invited to this one! :-)

Date: Friday, December 10, at 6:30 pm

Location: 2576 Cornerbrook Circle (Horizon Ridge/Sandy Ridge area)

What to bring: a plate of something yummy (appetizer, dessert, chips, veggies), and 1 small gift (per person) for a fun gift-exchange game.

That's it!! Just come and have fun. An official light dinner will be served, but don't let the word "light" fool you ~ there'll be TONS of food. We'll have a fun round of gift choosing (and stealing!), plus a couple other surprises! Holiday calendars fill up FAST, so mark this one in red today!!

RSVP: (by E-mail) to GvBikerChick@aol.com no later than December 3rd

### **Safety Tips from Ron Volkmar**

1. When riding in a group we often do things to help out our fellow cyclists such as pointing out rocks, RR tracks, glass, gravel, etc. However, one thing that

appears helpful is discouraged by the League of American Bicyclists. They teach that the traffic decision to go through an intersection with a group is an individual, not a group, decision. Therefore, they teach that group members should not call "clear." This can be confusing, as it appears that person is making the decision for the group when they really should not. A novice rider may follow the advice of this "pro" and not look. Additionally, is the "clear" good for the entire group, the riders immediately around the "caller" or who? Someone who is sincerely trying to be helpful would feel terrible if a car appeared suddenly after calling "clear" and someone got hurt based on their call.

Some may confuse this with pointing out hazards such as glass or rocks or a car approaching the intersection. However, in these cases, if you are wrong (I think I have pointed out many a leaf disguised as rock!), there is no harm done.

2. Right-turn only lanes should not be treated as "straight-ahead bike lanes."

There are several reasons to avoid this. Going straight from a the right lane is illegal and makes the cyclist liable for any accidents that occur; it blocks anyone turning right, bicycles have every right to the correct lane, so use it or lose it...you can and should get back to the right on the other side of the intersection; it confuses drivers who think the group

might be turning right when traffic permits as that is the lane they are in; and there is always an area of gravel, nails, staples, etc. between the left side of the right turn lane and the right side of the straight through lane.

Remember, when you are stopped at an intersection, you are co-speed with car traffic (both at 0 mph) and, when you are co-speed, you do not have to be "as far right as practical."

3. The five principles of cycling safety are as follows:

- Be Visible: Clothing, eye contact, lights, correction lane position all help.
- Be Predictable: Follow the law, right in a straight line.
- Be Assertive: Take your right-of-way.
- Be Alert: Always be scanning to the rear or using your mirror to assess your situation.
- Avoidance: Know how to perform and practice max braking, plan escape routes before you need them, learn how to do an "instant" turn (sometimes called "Counter Steering.")

## **Did you Know?**

*Bar End Caps are Not Just for Decoration*

End caps are a very important safety feature on your bicycle. What they do is close off the end of the handlebars. In the unlikely event of an accident, this little cap can keep those bars from becoming human cookie-cutters.

## **Membership Meeting**

When: Saturday, January 29, from 10-12 (after the ride).

Where: Green Valley Baptist Church in the conference room. Directions will be e-mailed.

All members are invited to come and talk about what's going on with the club. Light refreshments will be served.

## **Ride Report**

Ride Report will be along soon about the Tucson Century.

## **Upcoming Events**

Note: these events are not sponsored by the Green Valley Cyclists.

Tour De Palm Springs  
February 5, 2005

<http://www.tourdepalm Springs.com/>

Spring Death Valley  
Century and Double  
Century

March 5, 2005

<http://www.planetultra.com/dvspring/index.html>

Solvang Century/Half  
Century

March 12 2005

<http://www.bikescor.com/solvang/rideinfo.htm>

For the year 2005, the League of American Bicyclists will be promoting **Bike-to-Work Week** from May 16th - 20th and **Bike-to-Work Day** on Friday, May 20th.

Read about it at:

<http://www.bikemonth.com/>

## **Congratulations**

To Jim Twomey and Jean Excell who completed the Century Ride in Tucson. And to Aaron Otte who completed his first Century in Davis, Calif.

## **Chain Maintenance**

(Web article written by Kevin Weiss, PhD)

The chain on your bike is probably one of the most neglected parts. We wear the chain down and don't pay any attention to it until it breaks. And let me tell you it often breaks in the most inconvenient of places and times. You can prevent most chain problems with some simple chain maintenance.

Ideally you would check your chain twice a month, or after about 10 hours of riding time. It's also important to check your chain after riding in the rain or other nasty weather. You should replace your chain if it's worn, tight, rusted, or every 500 miles in general.

## **Lube her up!**

Keeping your chain lubricated is the best way to prolong its life. Take your lubricant and put a drip of it into every pin in the chain for best result. While other methods may be faster or less messy, they also aren't as good at lubricating the whole chain. After letting the chain soak up the lube for about 15-20 minutes,

wipe it dry with a clean rag. This will help keep your chain from attracting dirt as you ride.

## **Keep it clean!**

To clean your chain you can use good old-fashioned dish soap or degreaser. Both will do the same thing: remove the grease, grime and lubricant. So always lube the chain after cleaning it. Place your cleanser on the center of a sponge or rag. Take the rag and place it around the chain. Turn your pedals backwards until the entire chain has been cleaned. Rinse your rag and do this again and again until the chain doesn't emit any dirt. Remember to leave the chain on while cleaning to prevent it from being weakened.

## **Kinks**

While cleaning your chain inspect it for tight links. To do this back pedal and watch the chain in the rear derailleurs. If it jumps or jerks you've got a tight link.

When you identify the tight link, flex it from 5 links up and back and it should loosen up. If it doesn't, get a new chain.

## **Wear and Tear**

The pins and bushings of your chain will wear with time. While keeping your chain clean and lubed will help prolong its life, it will eventually wear. When this happens a new chain is needed. You can tell its time for a new chain when you hear the chain on the ride is noisy and cleaning doesn't help. You can also notice poor shifting. Sometimes the tell tale sign is feeling a clunky pedal rather than the

smooth pedaling you previously did. If you see that these things are happening or that the cogs aren't fitting right to the chain, it's time to change.

### **Classifieds**

Members are invited to post bike-related items for sale at no cost for one month.

### **For Sale:**

Terry Women's Liberator  
Lite Saddle \$20 and  
Men's Pave' Saddle \$25  
Both are hardly used.  
Contact Sandy @  
[svpuy@yahoo.com](mailto:svpuy@yahoo.com)

### **Member Business Cards**

Members may also post business cards at \$25 per year.  
File type to be specified at later time.

### **Privacy Tip**

Posting name, address, phone, email, or other personal information places you at additional risk.  
Please consider any posting carefully.

### **Articles Invited**

Members are invited to submit articles for inclusion in the GVC Newsletter by sending an article to the Editor at [svpuy@yahoo.com](mailto:svpuy@yahoo.com) (the Editor cohabits with the President, and serves as club complaint department).

