

# Green Valley Cyclists

Volume 1, Issue 7 February 6, 2005

## 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)

## Check out our new Website!

<http://www.greenvalleycyclists.org/>

## Our Sponsors

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

*Aurum Ceramic LVI*  
[aurumlvi@aurumgroup.com](mailto:aurumlvi@aurumgroup.com)  
*Bike Shop*  
[terrybkshop@msn.com](mailto:terrybkshop@msn.com)  
*Broadbent Assoc. Inc.*  
*Brooklyn Bagel*

*Bicycle Company*  
[Noah@bicycle.lvcoxmail.com](mailto:Noah@bicycle.lvcoxmail.com)  
*Kehoe & Assoc Attorneys*  
[TyKehoeLaw@aol.com](mailto:TyKehoeLaw@aol.com)  
*Manual & Ollie's*  
[manualandollie@earthlink.net](mailto:manualandollie@earthlink.net)  
*McGhies Ski, Bike & Board*  
[mcgghies@intermind.net](mailto:mcgghies@intermind.net)  
*Merrill Lynch*

## Scheduled Rides

We generally meet every **Saturday and Sunday** 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.

On the last Sunday of the month we meet at the Outpost 8am. Will start that up again in Feb.

Also, Angel Rosas has 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) This way, you will receive current and up-to-date information.

## Jerseys

The Jersey Club Kits are at the Bicycle Company. There are also some extras for sale at the shop. They are located on Horizon Ridge between Arroyo Grande and Valley Verde, on the north side of the road (across from the Post Office). They have also offered a 20% discount to GVC members. You must show your membership card to get the discount.

## January Club Meeting

The quarterly Club meeting was held on January 29, 2005. See minutes on Page 5 & 6.

## Welcome New Members!

Cathy Van Sice  
Kenneth Sarneiky  
Brendan Sarneiky  
Leslie Whitehead  
Tara Young

## **Did you know?**

By  
RoadBikeRider.com

### **Be a good lookout for your group.**

It's an unwritten rule that the lead rider in a paceline or pack should warn others of dangers in the road. For those who are drafting, potholes and debris are hard to see. Riders shouldn't need to worry about being led into danger.

But some people overdo the warning. They yell "Pothole!" "Rock!" or "Dead skunk!" at full volume. Others point at the object with such a violent gesture that they swerve dangerously.

Here's a better way to be the eyes of a paceline.

#### **---Alertly scan the road.**

You can't point out danger that you daydream out of existence. And if through inattention you spot something too late, your after-the-fact warning may do more harm than good. Riders could veer in a panic, touch wheels and crash. So pay attention and look far enough ahead to smoothly lead the line past each hazard.

#### **---Point, don't shout.**

There's usually no need to call out the name of the obstacle. Your yell probably isn't going to be understood by riders toward the back, anyway. Simply remove one hand from the bar and point down toward the side where the danger will be when you pass it. Do this 5-10 seconds

in advance, and then move over smoothly.

**Tip!** One time a yell is helpful is when nasty stuff like glass, gravel, sand or ice covers the lane, like in a corner, and there is no way around it. As soon as you realize the predicament, call out the hazard so riders behind can fend for themselves. Same goes when you spot a dog up the road.

### **Membership Meeting**

When: April, exact date TBD

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.

### **Board of Directors Meeting**

February or March, exact date TBD.

Open to club members.

### **Upcoming Events**

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

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>

Henderson Library Ride

April 24, 2005

Library Bike Tour. There will be 50, 25 and 1-mile tours. A bike rodeo, sponsored by Henderson Police Department will take place at Paseo Verde Library at the same time.

<http://www.hdpl.org>

Tour de Summerlin

April 2005 more to follow

(702) 252-8077

Wildflower Century

San Luis Obispo Bike Club  
April 30 2005

<http://www.slobc.org/Home.html>

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/>

Wheels on Water St.

Henderson, NV

May 21, 2005

[www.Ssbenv.org](http://www.Ssbenv.org)

additional information and website next issue

Contact Ron Volkmar to volunteer at our booth

[ronvolk@yahoo.com](mailto:ronvolk@yahoo.com)

## Palm Springs.....

Congrats to all who participated !!



**Quick Tips by:** By Edmund R. Burke, Ph.D. Seven ways to increase your lactate threshold.

Increasing one's lactate threshold the point where lactic acid begins to accumulate in your body is important for maintaining higher speeds, whether racing up the Alp d'Huez as Lance Armstrong did at his lactate threshold, or trying to maintain a place in a faster paceline during a century ride.

Lactate threshold training is hard, but cyclists who train at or near this intensity (often measured by heart rate and the point where you have a hard time talking, or feel a burning sensation in your muscles) see great improvements in their cycling performance.

Here are seven tips for boosting your power with lactate threshold (L.T.) training.

### **1. Structure your L.T. rides according to experience, not formulas.**

Formulas can offer only broad guidelines. Begin by taking a period of time to warm up, and at the end of your workout, take a nearly equal period to cool down.

In between is the heart of your L.T. workout, which should probably vary somewhere between 15 and 30 minutes.

### **2. Ride at a pace that is comfortably hard.**

Chris Carmichael, coach to Lance Armstrong and others, recommends a pace that is about three to five beats lower than your average heart rate during a 10-mile time trial.

**3. Ride solo.** Unless you have an identical twin, you may have difficulty finding another cyclist whose lactate threshold matches yours. Even when you can, you should be cautious and try to ride according to your ability, with others, it's too easy to become competitive and push the pace too hard, even in noncompetitive situations.

### **4. Don't measure your level of intensity by time.**

It's too easy to fool yourself into thinking you're improving because you did this week's ride faster than last week's. The overload

principle works with some forms of training, but not here. It's too easy to cheat by riding the warm-up and cool-down sections progressively faster, which defeats the purpose of the workout. By riding easily at both the beginning and the end of each lactate threshold workout, you eliminate any danger of comparing one workout with another.

**5. Ride an L.T. workout anywhere.** The road. The track. The woods. Even on a stationary bike in your basement. The important factor is intensity, not how (or where) that intensity is achieved.

### **6. Maintain a steady effort, not a steady speed.**

If you ride out with the wind at your back, then return into the wind. Your actual pace may drop, but not your effort. The same is true on hilly courses, where your heart rate may actually rise or drop, depending whether you are going uphill or downhill.

**7. Concentrate.** You'll find you are able to ride more effectively if you focus on what you are doing rather than allowing your mind to drift, as is common among cyclists on more purely aerobic rides. Because of the speed at which you are moving, L.T. rides offer a good opportunity to pay attention to how you can maintain good cycling form. This body awareness will help you improve your racing later.

### **Classifieds**

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

#### **For Sale:**

##### **Jamis Eclipse (57/58)**

9-speed full shimano Ultegra with Ksyrium wheels, carbon fork and Speed play pedals. Great condition.  
\$1000.00 or best offer. Call JC at 510-1972

#### **For Sale:**

**Terry Women's Liberator**  
Lite Saddle \$20 hardly used  
Men's Pave' Saddle \$25 new. Sandy 501-9771

### **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 [sypuy@yahoo.com](mailto:sypuy@yahoo.com) (the Editor cohabits with the President, and serves as club complaint department).



**Green Valley Cyclists**  
**Jan 29, 2005**  
**Membership Meeting Minutes**

Attendance:

**General Membership**  
**All Board Members**

Meeting brought to order.

Introduction of officers and board members.

**Introductions of Guest Speakers**

- **Susan Snyder from Silver State Bicycle Coalition:** Presented information to the club about Wheels on Water Street. We were offered the opportunity to have an information table at the event. No cost to the club, we would have to be present at the table from 10-2, on May 21. There is also a ride that members can participate in and a kid's rodeo. She also told us that she can set up cycling safety classes for us at no cost, and at a place of our choosing. For more information go to <http://ssbcnv.org/>
- **Brad from Bicycle Company:** Presented information on how to dress for winter biking. He had many samples to show, and explained how to layer for rides. He showed us differences in fabrics and how to use them to our benefit. The Bicycle Co. is also offering to club members a 20 % discount in their store, and will price match anything. They are also offering 30% off all 04 clothing.
- **Tim Quillen from Diabetes Association:** Presented information on Tour de Cure scheduled for May 21. The organizers are looking for some input from cyclists concerning routes, needs of cyclists ECT. They would like to have club members join the board to help with organizing this event. Sunny made the suggestion to waive the \$100 fund raising fee. Mike suggested changing the date because it conflicts with Wheels on Water Street. Sandy will put the email out on the yahoo site for member suggestions.  
For more information contact Tim Quillen at [TQuillin@Qapr.com](mailto:TQuillin@Qapr.com) or call 256-5511
- **Jason Lutz of Ariginal Fitness** Personal Trainer Fitness Coach presented us with a presentation on Core Strength as it applies to cycling. He demonstrated many exercises we can do for the core and gave a handout explaining these exercises. He offered to do a workshop for our club if we are interested. For more information contact Jason at [Jason@ariginalfitness.com](mailto:Jason@ariginalfitness.com)

**New Business Introduced and discussed with Body of Members**

- October Club Meeting minutes were passed out. A motion to approve was made by Sandy, Kent seconded the motion. Motion passed unanimously.
- **Treasurers Report**
- Jim reported we have \$2579.40 in our club account. The projected fees for the year will come to approximately \$750. The fees are for expenses such as, State certification, Registration with the League of American Bicyclists, Insurance, and IRS tax-exempt status, supplies for copies, mailing, membership cards, and refreshments for the Club Meeting. The current jersey order is paid for in full. The loan from Craig and Diane Shanklin was repaid to them in full.

- **Membership coordinator report:** Geoffrey reported that we now have 65 paid members, this includes 18 family memberships. Everyone should have their memberships cards, but if not let Geoffrey Janes know at [thejanes@cox.net](mailto:thejanes@cox.net)
- **Jersey report:** Kent stated that we can order more jerseys; we would have to order in lots of 16 such as 16 men's jerseys, or 16 women's jerseys, 16 shorts and so on. To order we would need the money up front with orders. The prices would be higher because we don't have sponsorship money to put toward it. But we do get discounts from the company for a large order. He also said the bike shops would like some to sell in the stores; we would get the profit on this for the club. He will work up some numbers and get pricing from Louie Garneau for us. Kent also brought up the possibility of having the Base prison inmates embroider our logo on hats to sell to the club. He will check into this and let us know more. Sheryl made the suggestion to put "our side of town is greener" on the back of the hat.
- **Club Website:** Sandy reported on the website for Karl via email from him. He wanted us to know there will be a forum set up and is almost ready. You can see this at [greenvalleycyclist.org/forum](http://greenvalleycyclist.org/forum). This is the place set up for club members to discuss ideas, make complaints, ask or express opinions on issues concerning the club. This is set up because we can not use the yahoo site for this. Things on the yahoo site go out to 180 people to their inboxes. Also Karl will have the new website on a search engine so the community will be able to find us. We will eventually phase out the yahoo site. Sunny suggested we keep the yahoo site. Mike suggested a link on the yahoo site to take people to our website. The website will also have a photo album page, and a place for general information, our ride schedule, our newsletter. Sandy and Kent will talk with Karl on how to send the newsletters out to members, by hyper link. The newsletter is in PDF format now on the website to read.

#### **Old Business Introduced and discussed with Body of Members**

- **Charity Poll Report:** Sandy gave results of Poll; 12 votes to keep funds and vote again next year. 5 votes for Lance Armstrong Foundation, 4 votes to Silver State Bicycle Coalition. Peri made a suggestion to make a small donation to Erik Hays family (cyclist injured last summer in a crash). Agreements from JC, Michelle and others were voiced. JC made the motion to keep the funds, with the exception of a small donation to Erik's family. Motion Seconded by Sandy. Motion passed by unanimous vote. The amount voiced by many in the group was between \$200 and \$300. Sandy asked for an exact amount. \$300 was voiced. Sandy made a motion to donate \$300 to Erik's family, seconded by JC and passed by unanimous vote.
- **Sponsoring an Event:** Sandy asked the group if they wanted to consider sponsoring an event; like the Library Ride in April, or Wheels on Water Street. Sheryl made the suggestion to do a sag stop for the Library ride. It was voiced to ask Jean to be the contact person and lead person for this. Sandy asked for those who would commit to volunteering for this sag stop to raise hands. There were many willing to commit. Sheryl and Mike made a motion to do a sag stop for the Library ride. Motion seconded by Sandy. Passed unanimously.  
Discussion turned to the Wheels on Water Street event. Sunny suggested we have a booth for that. Sandy again asked for a show of hands of those who would volunteer. Many were willing to commit. Michelle made the point that we have one person in charge of getting and organizing volunteers for any events that we decide to do. Ron volunteered to be in charge of the Wheels on Water Street booth. Sunny made the motion to do a booth at Wheels on Water Street, seconded by Ron and passed by unanimous vote.  
Kent suggested we put out an email about these events to get volunteers.

Next club meeting: to be sometime in late April.

Motion made to adjourn. Seconded and passed unanimously.

