

# Green Valley Cyclists Newsletter

April 1, 2005  
Volume 2, Issue 4

## 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)

Or you can download the application from the Website below:

## Check out our new Website!

<http://www.greenvalleycyclists.org>  
Take a look at the Forum Section. This is a great place to share information with others in the club. You can express your opinions and ask for feedback. It's full of great information...take a look!!

You know you're addicted to cycling when driving, you yell "On Your Left!" while passing a car.

## Our Sponsors

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

Aurum Ceramic LVI  
Bike Shop  
Broadbent Assoc. Inc  
Brooklyn Bagel  
Bicycle Company  
Kehoe & Assoc  
Attorneys  
Manual & Ollie's  
McGhies Ski, Bike and  
Board  
Merrill Lynch

## News Flash!

Club elections are coming up in June. Please consider your choices of candidates. More Information about this and other things on page 6

The Best Cardio Machines to Improve Cycling Performance by Jason Lutz, BS, CSCS Read more on page 9

## Scheduled Rides

We generally meet every Saturday and Sunday at the Brooklyn Bagel parking lot, corner of Green Valley Pkwy and Pebble at 07:30am, ride leaves at 07:40am. 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/sweeper, and for safety reasons we encourage riders to carry cell phones and exchange numbers with the ride group leader.

Also, Angel Rosas leads mountain bike rides during the week, depending on weather.

Check his postings or email Angel at [thedesertrat1@yahoo.com](mailto:thedesertrat1@yahoo.com)



Ride schedules do 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 right in your inbox.

## Upcoming Events

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

### Tour de Summerlin

April 23, 2005

There will be three courses with distances of 15, 35 and 62 miles (metric century).

<http://www.tourdesummerlin.com/events.htm>

### Wildflower Century

San Luis Obispo Bike Club

April 30 2005

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

### Tour De Fire

Distances of 38, 74, 98, 134 miles are available

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

**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)

for additional information

Contact Ron Volkmar to volunteer at our booth

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

### Henderson Library Ride

Fall

<http://www.hdpl.org>

**Group Riding Tips**

<http://www.bikeleague.org/educenter/factsheets/groupriding.htm>

1. Be predictable
  - In a group, your actions affect those around you, not just yourself
  - Riders expect you to continue straight and at a constant speed
  - Signal your intention to turn or slow down before you do so
2. Use signals
  - Use hand signals to indicate turns and point out hazards to others
  - Left or right arm straight out to indicate left or right turn
  - Left arm out and down with palm to the rear to indicate stopping
3. Give warnings
  - Ride leaders should call out right turns, left turns and stops in addition to signaling
  - Announce turns before the intersections to give riders a chance to position themselves
  - Try to avoid sudden stops or turns except for emergencies
4. Change positions correctly
  - Slower moving traffic stays to the right; faster traffic to the left
  - Pass slower moving vehicles on the left; announce your intention to do so
  - Announce passes on the right clearly as this is not a usual maneuver
5. Announce hazards
  - Most cyclists do not have a full view of the road while riding in a group
  - Announce potholes and other hazards so others can avoid them
  - Call out the hazard and point down to it, either left or right
6. Watch for traffic from the rear
  - The last rider should frequently check for overtaking cars
  - Announce "car back" clearly and loudly
  - It is also helpful to announce "car up" on narrow roads or when riding two abreast
7. Watch out at intersections
  - Leader should announce slowing or stopping at intersections if necessary
  - Cyclists should not follow others through intersections without scanning
  - Each cyclist is responsible for checking cross traffic; if you must stop, signal
8. Leave room for cars
  - On narrow road or during climbs, leave space between every three or four riders
  - Motorists will utilize the shorter passing intervals to pass the group
  - Good relations with motorists is the responsibility of every cyclist
9. Stop off road
  - When stopping for mechanicals or regrouping, always move clear off the road
  - Only if conditions permit should you move back onto the road as a group
  - Always yield to traffic in the roadway
10. Ride single file
  - It is illegal in some areas to ride more than two abreast
  - Ride single file between intersections; double up when the group stops
  - When taking the lane, double up and take the whole lane

**By: Road Bike Rider**

**Inner tubes puncture for two reasons:** either a sharp object penetrated the tire, or worked its way between tube and tire, or the wheel "bottomed out" and the tube got pinched between rim and tire. The latter usually causes a pair of telltale "snakebite" punctures. Punctures caused by sharp objects such as nails, wires broken off from street-cleaning machines, and glass can almost always be prevented with a Kevlar tire liner. At this point I used to recommend "Mr. Tuffy's", but recent experiences have shown that they cause way more flats than they prevent because the hard edges rub against the tube until it blows out. No amount of sanding and melting with a lighter has fixed this. They used to have a soft version that worked well, but the current version, recognizable by the black stripe, is dangerous. Don't buy! If you must use them, cut the end straight off and only soften the corners a bit; don't cut a long soft curve because it's the sides that eat into the tube. There is a "green slime" brand that spares the tube, but it's a little on the soft side and lets some debris pass, and only lasts a year or two before it falls to pieces. Still seems to be the best bet right now (2004).

Snakebites are caused when hitting an obstacle such as a pothole hard so the inner tube gets pinched between the rim and the obstacle. Tire liners help very little here.

The best prevention is to inflate the tube to exactly the pressure printed on the side of the tire at all times, and rechecking the pressure at least every other week because butyl inner tubes leak air. Latex tubes are nearly puncture-proof but leak air at a frightening rate.

Do not use light-weight tubes. Some of them weigh 60 grams or less, but are very prone to punctures. If you use tire liners, occasionally check for pieces of glass that became lodged in the tire; they can work their way into the tire if left in long enough. Look as if you knew what you are doing when cutting away at your tire with a knife point. Do not use "Wrench Force" tubes, they have inferior valves that break easily when installing.

<http://www.roadbikerider.com/188k.htm>



**E-Z Mechanic.** Even if you're all thumbs when it comes to working on your bike, doing just two simple maintenance tasks will help it run smoothly and efficiently: keep the chain lubricated, and keep the tires inflated to at least the minimum recommended pressure.

Read more at <http://www.roadbikerider.com/188k.htm>

## Ride Reports

### Read about Kent's Solvang Double ....here's a little excerpt

The route through Foxes Canyon is without a doubt the biggest treat of this double century. The road meanders through canopies of trees, horse farms, and vineyards, something you just don't get here in the desert.

Read more at:

<http://www.greenvalleycyclists.org/forum/viewtopic.php?t=41>



## Web Links

Las Vegas Valley Bike Club

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

Silver State Bike Coalition

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

Regional Transportation

<http://www.rtcsonthernnevada.com/bicyclemap/index.htm>

**GVC Board Meeting  
March 20, 2005**

Board Members Present

Sandy VanDerPuy

Kent Costin

Jim Twomey

Peri Olson

Ron Volkmar

- Meeting called to order
- Old Business
  - Library Ride: update was given by Sandy.
    - The ride has been postponed until the fall. Sandy is in contact with Tom Fay, he is excited that we are interested in the ride. He is in the process of forming committees and will keep us posted. Kent also contacted Tom and suggested we make this an even bigger event such as a Century. We will wait until we hear more from them to discuss it again.
  - Follow up for donation to Eric Hays family
    - Jim will contact McGhies to find out where to send the check.
- New Business
  - Ron Volkmar was welcomed as a new board member to take Jean's place until elections are held.
  - Discussion on the bylaws was brought up: should bylaws be amended to simplify the election process? It was decided the bylaws would be amended. Sandy said, Mark has volunteered to edit/rewrite the bylaws to the following general schedule to allow for June elections.
  - March Nomination committee will be formed; Sandy to pick a chairperson for the nomination committee
    - a. April candidates will be presented to board and general membership using the website
    - b. May elections will be held at the club meeting by ballot
    - c. June the newly elected persons will transition into the offices
    - d. July the new governing body will take office officially.
  - Sandy brought up the need for maintaining club focus, priorities and purpose.
  - The club focus; to keep things simple and fun, provide safe rides, serve riders of all abilities. Sandy suggested these guiding principles:
    1. When someone has an idea for something, they need to take responsibility for leading the effort, getting volunteers and forming a committee in order to get the boards approval.
    2. If an idea requires club funds, it would have to be approved by the board (and the membership depending on the amount needed.)
  - Sandy also stated it is a priority to provide safe, fun weekly rides. Discussion centered on the need for route slips, and establishing a ride calendar posted a month in advance. After much discussion it was decided that we did need route slips. This would ensure safety of those who might get behind. The ride calendar would require too much work to put together, and everyone likes the variety.

- It was also decided we need to add ride sweepers to the ride leaders schedule as well, to provide the additional margin of safety.
- The next thing Sandy brought up was, how can we develop leadership within the club? Peri suggested recognize people's strengths and talk to them one on one about taking on a needed task. Jim suggested having a volunteer appreciation day. He also stated we need a volunteer coordinator to keep track of all the volunteer helpers so everyone will be recognized. We don't want to leave anyone out. It was decided to follow up on these 6 months from June elections. Kent suggested that we have a person of the month in the newsletter. Everyone agreed this would be a very nice addition to the newsletter.
- Sandy asked how can we serve the more advanced riders, or riders with special interests like mountain bikers while maintaining the clubs focus and priorities. Kent talked about forming a sub group for the endurance/elite riders within GVC. He was asked this by some friends who are interested in this concept. Kent will talk with them and we will set up a meeting with the board members and the guys and share the ideas. The main concerns were that if we set up a sub group it does not become a drain on the club, change the focus, or tax the members with volunteer requests.
- The question was asked if we need both a website and a newsletter. How many actually read it. Sandy has been asking people and it seems many do not read it. Mark had talked with Sandy and Karl (webmaster) about the idea of keeping the newsletter brief, with basic information to get a quick idea what the clubs about. Make a tri-fold one and have it at the bike shops. The website would have greater detail and permanent things. The yahoo site would be current information and last minute changes. It was discussed and decided that Mark and Karl will work on this and go with what they come up with as the best means to communicate information to the community as well as the members. It was also suggested that Karl put on a counter to see how much the website is being used.
- Sandy also told the board that Mark has been in contact with the LVVBC and suggested we would add a link on our website for their website if they would also do the same for us. For corporation, to continue to promote cycling throughout the city.
- Sandy asked how we can make it easier to convene board and club meetings. Sandy states it's been very hard to try to coordinate around everyone's schedules to get a board meeting together. It was discussed and decided to make board meetings monthly, the 3<sup>rd</sup> Sat of the month at 10:30, after rides.
- The club meetings would remain quarterly, but try to set them up for the 2<sup>nd</sup> Sat depending on events going on. We will try to set up the next club meeting for the 2<sup>nd</sup> Sat in May.
- Kent talked about having a club picnic. Dave from the Bicycle Company offered to buy the food. The problem arises in finding volunteers. Kent received two people willing to help with this. It was mentioned that spring is very busy. Also the parks are all booked up already for April and May. It was decided to wait until fall to try this.
- Kent also told us that Dave (Bicycle Co.) would like to host a parking lot sale. Members would sign up for a space in the parking lot at the store to sell their used items. They could donate some of the profit to the club in exchange for use of the space. He will check this out and get back to us on it.
- The idea of buying hats to sell was discussed. The club would have to buy 144 hats for \$576. We would sell them for \$8. The point was brought up that if we

can't sell very many, we are stuck with a lot of hats sitting in someone's garage. Also the club would be out the money if they don't sell. It was decided to abandon this idea for now.

- Ron suggested we have a tire changing clinic and contest at the May meeting to spice things up and have some fun. The rest of the meeting will be the elections. It was decided to have this at the end of the meeting so those who don't want to participate would be able to leave. Ron states he will organize this.
- Meeting Adjourned

## The Best Cardio Machines to Improve Cycling Performance

by Jason Lutz, BS, CSCS

Walking into any health club can leave you overwhelmed with so many choices of cardiovascular machines. There are treadmills, elliptical machines, stair climbers, stationary bikes and all sorts of other equipment. Conventional wisdom would suggest that the stationary bike is the best choice to improve outdoor cycling performance. However, that may not be the case. In fact, using the stationary cycle may actually hinder outdoor cycling.

Let me relay you an example from the University of Detroit – Mercy's strength and conditioning coach. This strength coach was responsible to improve conditioning for the men's basketball team. He implied a form of exercise called plyometrics. That method of training is designed to increase one's ability to jump higher and faster by doing several repeated jumps. Obviously jumping is a vital aspect of basketball and plyometrics made sense to perform according to conventional wisdom. These athletes performed plyometrics during their off season and the result was a record number of injuries during the competitive season.

The reason the team experienced so many injuries was a result of repetitive motion syndrome or over use. The basketball players' bodies needed a break from a motion that they repeated over and over again during the season. A good analogy is a patch of grass that gets walked on over and over again. Eventually, the grass is worn down and a dirt path is formed. The same thing can potentially happen in the human body. Bones, muscles, tendons and ligaments can be worn down if they experience the same stress over and over again with out adequate time to recover. Repetitive motion

syndrome is something that can affect cyclists as well.

Take into consideration a few different things. First, how often are you riding your bicycle? Those who ride several times a week should incorporate a different form of cardiovascular exercise to increase endurance. Second, how sedentary is your lifestyle? Most of society stays in a seated position all day long. We sit in our cars, sit in the office, sit at home and even sit down on a machine at the health club. All of this time spent in a seated position can lead to repetitive motion syndrome.

The body has hundreds of different muscles for a reason. It likes to experience different forms of activities. Give your body what it needs and it will be very good to you. Choose a cardio machine that allows you to stay vertical. Elliptical machines and stair climbers are probably your best choice. These two machines will not over tax your hip flexor muscles and will build your endurance to help you cycle better.

Avoiding over use injuries is easy as long as you follow a proper training program. Consult a fitness professional for help in designing a balanced exercise program. Do not fall into the trap of letting your love for cycling overwhelm your body and cause injuries.

Jason Lutz, BS, CSCS, is Fitness Coach with Ariginal Fitness. Members of the GV Cycling club can receive 20% off a Fitness Evaluation and Program design by contacting him at 702-525-1010 or [jason@ariginalfitness.com](mailto:jason@ariginalfitness.com). For additional information please visit [www.ariginalfitness.com](http://www.ariginalfitness.com).

### **OLDEST SURVIVING TOMATO CLUB MEMBER RECALLS 4-H IN 1912**

One of our members, Randy Moody, told me an interesting story about his Grandmother. She just celebrated her 104th birthday! Randy says her secret is drinking ice tea everyday. I think it's the fresh farm air and maybe a tomato or two?

She is the oldest living member of the 4-H Club. She started the club at age 10. Mrs. Gandy married at age 16. Her husband Jim died in 1970. She still lives on the farm where their seven children were born.

Unfortunately we will be saying goodbye to Randy, as he is moving to Texas in a month.

Read about this amazing woman, Mrs. Gandy at: [Tomato Club girl](http://tomatoclubgirl.com)

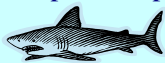
<http://agnews.tamu.edu/dailynews/stories/4HYO/gandy.htm>

#### **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).



## **Classifieds**

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

### **Member Business Cards**

Members may also post business cards at \$25 per year

#### **Extra Jerseys for Sale**

We still have a few left for sale at the Bicycle Company, located on Horizon Ridge between Arroyo Grande and Valley Verde, on the north side of the road across from the Post Office. While you are there, consider a purchase (The Bicycle Company gives a 20% discount to GVC members if you show your card).

#### **President's Corner**

I would like to give a special word of thanks to our volunteers.

Special thanks this month to:

- **The new Ride Leaders and Sweepers for taking the responsibility of rides.**
- **The board and officers in your efforts to make this a classy club**
- **Kent for his tireless pursuit to get us on the bike journal.**
- **The Nominations Committee for upcoming elections.**