

# Green Valley Cyclists

Volume 1, Issue 6 January 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)

## 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)  
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[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 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. Will start that up again in Feb.

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) This way, you will receive current and up-to-date information.

## Jerseys

The Jersey Club Kits are here! You can pick up your order at the Bicycle Company They will hold orders for a reasonable period, so if you are on holiday travels you need not worry. They are located on Horizon Ridge between Arroyo Grande and Valley Verde, on the north side of the road (across from the Post Office).

## December Board Meeting

The quarterly Board of Directors meeting was held on December 11, 2004. Members will be asked if, and which charities and events we should actively support. See minutes on Page 5.

## Welcome New Members!

Oliver Phillips  
Dave Stefaniak  
If we missed you this month, we'll get your name in the next issue.



### Safety Tips

Article by Ron Volkmar on page 6 Great info !!

### A New Year Wish

Ever reluctant to leave the Holiday Season behind, we offer this reminder of how we can impact the world around us:

*Let there be peace on earth  
And let it begin with me  
Let there be peace on earth  
The peace that was meant to be*

*With God as our Father  
Brothers all are we  
Let me walk with my brother  
In perfect harmony*

*Let peace begin with me  
Let this be the moment now  
With every step I take  
Let this be my solemn vow*

*To take each moment and live  
each moment in peace  
eternally  
Let there be peace on earth  
and let it begin with me*

### Did you Know? By

RoadBikeRider.com

A good thing to carry year round-and especially in winter- is a **tire "boot."** This is simply a small 1x2 inch patch cut from denim, canvas or some other heavy material. Tuck the boot in your seat bag and you'll have a way to temporarily cover large tire cuts that would allow the tube to pooch through and blow out. Simply place the boot inside the tire casing so it covers the hole. The inflated tube will hold it in place.

Most of the year carrying one spare tube is fine. But in winter, punctures are more likely because of extra debris on the roads and potholes. So **carry two tubes** and you'll avoid having to patch a puncture in the rain or with freezing fingers.

### 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.

### Upcoming Events

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

Tour De Palm Springs  
February 5, 2005

<http://www.tourdepalmsprings.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>

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/>

### Ride Report



Bill Reiss completed a one-week tour of southern Utah last September. Here is his ride report:

In September I was fortunate to take a bicycle tour of Southern Utah, put on by Adventure Cyclists. It was a 7-day ride that started and ended in St. George. There were 98 people riding. Most of us camped and few stayed in motels.

The first day we rode from St George to Zion campground, just outside Zion N.P. (61 miles). That afternoon we rode into the park to see the sights. The wind blew pretty hard that evening but settled down by morning. The next day we were on our bikes by 7:30. The ride started on a bike path through the entrance to Zion. Then we started up a steep switchback hill. At the first tunnel we had to get off our bikes and wait to be shuttled through by truck. Bikes are not allowed in this tunnel. We continued climbing then rode through another tunnel, and then into Hatch for our second

night of camping. (62 miles)  
The third day we woke up to freezing temperatures. There was frost on the tents. It warmed up pretty fast when the sun came up. Then it was a short ride (23 miles) to Ruby Inn campground at the entrance to Bryce Canyon N.P. We had our lunch and then took a shuttle bus into the park. That night we hiked down into the canyon. It is just amazing how many stars are out when you're away from the lights and smog. "Awesome" The next day we rode to Panquitch (23miles). We stopped before we got to camp and had a smoothie at an old house they said was the first house built in Panquitch in 1946. They called it the Rock house with walls 2-1/2 ft thick. Day five we climbed and climbed for 36 miles elevations from 6500 ft. to 10,500 ft. to Cedar Breaks. Then we started down a great down hill, but it rained and sleeted most of the way down. Even with the bad weather it only took 1-1/2 hours to get down to Cedar City (62 total miles). The last day was an easy ride back to St George, (72miles)  
All in all it was a wonderful experience in beautiful country. I would do it again without hesitation. We covered 311 miles in 6 days of riding.

### **Quick Tips by:**

RoadBikeRider.com

### **Seven health nuggets for cold-weather riding:**

**Reduce carbon monoxide exposure** by avoiding busy roads, especially those lined with trees or buildings that trap the nasty gas. Engines produce higher CO concentrations in cold weather.

**If your nose runs in the cold**, like you have one, the condition may be *vasomotor rhinitis*. You can live with it or try the prescription drug ipatropium.

**Don't drink from anyone's water bottle**, especially during cold season and particularly this winter if you're one of the many without flu shot.

**Wear your shades** even on dim days (with yellow or clear lenses). They'll help stop the blinding tears on fast descents.

**Hydration is important in cold weather**, so prevent your fluids from freezing by keeping your bottles or hydration pack inside your jacket along with your body heat.

**Never go on a winter ride without food.** Bonking on a cold day is about as unfun as cycling gets. It's smart to have some rations in case of a breakdown, too.

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



**Green Valley Cyclists  
December 11, 2004  
Board Meeting Minutes**

Attendance:

Sandy Vanderpuy  
Kent Costin  
Jim Twomey  
JC Buffington  
Linda Cussick  
Jean Excell  
Michael Young  
Sheryl Giordano

Members Absent:

Peri Olson

Meeting brought to order.

September Board Meeting Minutes Read and approved previously by email attachment

Treasurers Report

- Jim stated he was out of town, so did not have the bank statement today with him. He reports we have approx \$6000 in funds. The remaining jersey order is \$3200. We also need to pay back the loan to Craig and Di Shanklin for the initial jersey outlay. Jim states that GVC has at this time plenty to cover the loan that Craig and Di made to the club originally for the costs of the jerseys.
- Jim and Sandy made a co-motion to pay back the jersey loan to Craig and Di. J.C. seconded the motion and it passed unanimously among the members.
- Sandy will put the remainder of \$3,200 on her credit card for the jerseys then the club will cut her a check. Jim reports the funds are available to do this.

Other Officers Reports

- Linda reports that all sponsors are paid up and our GVC cards have been dropped off. Linda and Trish (publicity dept) has contacted all sponsors and kept them informed of the clubs activities. They were also given the opportunity to write up something for the newsletter for advertisement.

Old Business:

- Jerseys: Kent gave a report on the status of the jerseys. He has spoke with the Garneau representative and somewhere around the 22<sup>nd</sup> of December the jerseys will be shipped from Canada. They will take anywhere from 6-7 days to ship to Sandy's residence. Once received, Sandy, Kent, Jean and Jim have offered to bag up the orders. Sandy will bring the items up to the Bicycle Company on Horizon Drive for pick-up by the member who had purchased the items. The items will not be ready until after Christmas and most likely after new years. Members will be notified via the GVC website when the exact pick-up date is.
- Sandy brought up discussion on the Henderson Library Ride. Jean has contact with the organizer of this event. Jean feels that we can easily sponsor 1-2 rest stops, Michael and Sheryl in agreement. Kent feels that if we do a few of the rest stops this year that this would

be a good warm up for sponsoring events in the next years. Sandy made a motion to participate in the Henderson Library Ride with sag/rest stops in 2005. Michael seconds the motion. The vote is unanimous among the members.

- The next topic of discussion was the charity issue that was tabled from the general membership meeting. The suggestion was made to put out a general question on the GVC website to the members to get feedback on charities with a short blurb of why they feel the charity would be worthwhile.
- Ron, our safety officer also suggested that perhaps we would just want to purchase helmets or bicycles for less fortunate children or youth and make a donation that way. This is something to consider also. Jim T. also suggested that as a group GVC might want to consider a day doing Habitat for Humanity.
- Sandy made the motion to put out a general question on the GVC website and then narrow it down through a Yahoo poll. We will try to have the top 5 for the membership meeting in January. Sandy will compose the GVC email. The motion was seconded and passed unanimously.

#### New Business:

- Sandy introduced Ron as the new safety officer. He is scheduled to give a presentation at the next membership meeting about safety issues on the road. Plan is to keep it around 15 minutes. The motion was made to have this in February.
- Sandy also discussed Jason Lutz, a fitness trainer who is interested in being a guest speaker at January membership meeting. In return he would be able to offer his services as a personal trainer and offer a discount to members for this. He provided a variety of topics for the group to consider for the presentation. A motion was made to choose core training and a maximum time limit of 15 minutes.

The concern is that the presentation not be a commercial-like/personal agenda. Steve, a friend of Jason's reassured the group that Jason was very professional, knowledgeable and very good at what he did. There was some discussion that two speakers at the January meeting might be too much for the members to sit through all at once. Sheryl suggested/motioned that Ron's safety talk is put off until February since we just had the write-up in the December newsletter. Ron was agreeable to that idea. Sandy seconded the motion and the group voted unanimously to have Jason present to the group in January on Core training.

- Kent – Youth team idea. Kent discussed an idea that he, Jeffrey and Chris have been discussing amongst themselves. Jeffrey is a youth minister and Chris is a Chemistry teacher, both have some kids that are interested in cycling and there aren't a lot of places the kids can go to get good cycling direction/mentoring. We as a group would need to discuss this and lay down some ground rules for the kids as well as to be sure we have parental permission signed for GVC waivers. We would be grooming the kids to enjoy cycling. Steve is going to check with some CA cycling groups to see how they involve youth/teenagers in cycling. Kent motioned to get involved with the youth, and to bring it to the membership at the next meeting. Sandy seconded. The group voted unanimously in favor.

Jim motioned to close the meeting at 12:00pm, Sandy seconded. The remaining members voted unanimously to close the meeting. Meeting adjourned.



## Safety Tips from Ron Volkmar

### Ride On The Right

“...near to the right side of the roadway as practicable..”

Yes, we know Nevada law requires us to ride on the right. But did you know the three exceptions to this requirement?

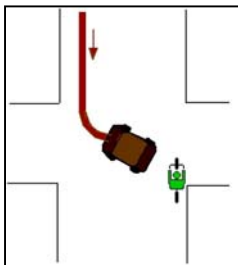
1). “When traveling at a lawful rate of speed commensurate with the speed of any nearby traffic.”

Yes, if you can keep up with traffic, you can and should take the lane. Drivers can see you better when you are in the same location as other traffic they are looking for. Hint: When stopped at an intersection you are at the same speed as the traffic around you. Take the lane and move to the right on the other side of the intersection. You don't want drivers passing you in the intersection and screening you from the view of the other drivers.

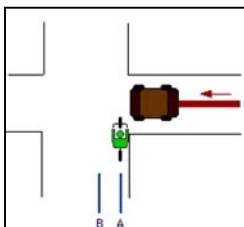
2). “When preparing to turn left.” Yes, kind of a big “Duh!” However, a common cause of accidents among beginning cyclists is turning left from the right lane. Additionally, on the Las Vegas speedways where motorists go 60 in 45 mph zones, if you don't feel safe in crossing two or three lanes of high speed traffic, remember you always have the pedestrian option of walking your bike in the crosswalks.

3). “When doing so would not be safe.” This allows you to stay out of the gutter and away from all the trash, nails, rocks, etc. On the very wide right lanes and shoulders in Las Vegas and Henderson, it also allows you to ride 3-4 feet right of traffic even though that may be 5+ feet from the curb. Avoid the visual clutter on the right side of the road and try to ride within the normal scan of drivers, e.g., in front of them.

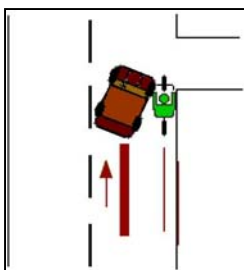
### Common Motorist/Cyclist Collisions



**The Left Cross:** Avoid by being visible. That is more than bright clothing and lights. It is also riding in the middle of the lane where the motorist is normally looking for traffic. (Note: there is no or little traffic in this situation or they would not be turning left.) Also, be prepared mentally to change your destination. That is, rather than going straight or making quick stop, plan ahead and think about a quick right (or maybe left) turn



**The Right Cross:** Avoid by moving more to the middle of the lane. This helps the driver see you and gives you more room to maneuver when necessary. Plan ahead for quick stop or a quick right or left turn---know where the traffic is around you! Make eye contact with the driver



**The Right Hook:** Very common in my experience! Do not assume drivers will be using their turn signal! Avoid by being aware of the traffic around you. In addition to intersections, watch for this at driveways and parking lots. If passing slow or stalled traffic on the right, be prepared for a frustrated driver to make a quick right. Also move left when approaching these situations to “encourage” right-turning traffic to go behind you. A quick right turn is the best escape.