

# Green Valley Cyclists Newsletter

June 1, 2005  
Volume 2, Issue 6

## 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 Website!

<http://www.greenvalleycyclists.org>

## Welcome New Members

Tracey Fisher  
Greg Mincheff  
Christian, Jeri, and Delphine Brisepierre  
Shannon Weldon  
Will Henson  
John Paddon

## 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!

Elections were held at our Club Meeting May 28<sup>th</sup>. Read the minutes and the results of the tire changing contest at:

<http://sports.groups.yahoo.com/group/GVCC/files/>

In brief, the following Officers and Members at Large were elected:

Sandy VanDerPuy President  
Ron Volkmar Vice President  
Lois Hlohowskyj Treasurer  
Sheryl Giordano Secretary  
Kent Costin  
Peri Olson  
Tony Ratola  
Mike Young  
Eric Skramstad

We appreciate the following board members who served us well last year: JC Buffington, Linda Cussick, Jean Excell, and Jim Twomey.

## 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. Or log on to: <http://sports.groups.yahoo.com/group/GVCC/>

## Upcoming Events

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

### Bicycle Tour of Utah

**Spring ~ May 15-21 & June 5-11**

**Color Country to Canyonlands**

[http://www.cyclingscapes.com/Tour\\_of\\_Utah.html](http://www.cyclingscapes.com/Tour_of_Utah.html)

### RAAM

June 19-July 1 2005

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

### Cool Breeze Ventura

Aug 20, 2005

38, 62, 102, 124 mile

<http://www.cibike.org/page5.html>

### Lighthouse Century

Sept 24, 2005

100 mile and 62 mile

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

### Henderson Library Ride

Fall

<http://www.hdpl.org>

### Las Vegas Century

October 15, 2005

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

## How to Fit a Bicycle

by Peter Jon White

Bicycle fitting is a subject most people find quite mysterious. Fitting systems with charts and graphs, computer software, measuring devices and "rules of thumb" make for a lot of confusion. But I believe it's really quite simple. Bicycle fit involves compromises. Compromises between comfort and performance, quick acceleration and handling stability, top speed and "taking in the scenery".

Your body's position on the bike affects how you ride. It affects how much power you can efficiently deliver to the pedals. It affects how comfortable you are on the bike. A position that is more comfortable may not allow you to put as much energy into moving the bike forward as a less comfortable position might. How do you decide where to position your body on the bike?

Ask yourself, "What do I want to do with my bike?", "Why am I riding?". A track sprinter is not the least bit concerned with how comfortable he is sitting on the bike. During the race, (which may last for less than a minute), he may only be seated for 5 or 10 seconds. A long distance tourist traveling coast to coast across the USA might spend 5 to 12 hours a day in the saddle, day after day. He is probably far more concerned with being comfortable and enjoying the scenery than with going as fast as he can.

This article relates only to traditional road and mountain bicycles. I know next to nothing about recumbent bicycles and have absolutely no advice to offer regarding recumbent fitting.

To Read the entire article go to:

<http://www.peterwhitecycles.com/fitting.htm>

## Other Bike Fit Links

<http://cptips.com/bkefit.htm>

[Colorado Cyclist Fit Site](http://www.coloradocyclist.com/bikefit/)

[www.coloradocyclist.com/bikefit/](http://www.coloradocyclist.com/bikefit/)

[Links to bike fit calculators](http://www.cyclemetrics.com/Pages/FitLinks/bike_fit_links.htm)

[www.cyclemetrics.com/Pages/FitLinks/bike\\_fit\\_links.htm](http://www.cyclemetrics.com/Pages/FitLinks/bike_fit_links.htm)

## **CYCLING PERFORMANCE TIPS**

### **Foot Syndromes**

#### **NUMB TOES/BURNING FEET**

Numbness or burning of the feet is most commonly caused by compression of the nerves between the metatarsals (small bones under the ball of the foot). The most common causes are:

- tight shoes
- road vibration
- too much climbing (which puts continuous pressure on the bottom of the foot)

Riders with high arches or who overpronate are at risk as they experience more pressure on the ball of the foot.

#### **WHAT CAN YOU DO?**

Quick fixes include:

- moving your cleats 2 - 3 mm towards the rear of your shoe
- loosen your foot straps
- try a different insole (either thinner if your shoe is too tight or more cushioned if you have room in the shoe)
- try a different sock (same comments as for the insole)
- examine your shoe for irregular seams or straps/buckles that might be pressing against the outer edge of the forefoot
- consider a wider (in the forefoot) pair of shoes or have a cobbler stretch yours

#### **ADJUSTING CLEATS**

The position of your cleats on your cycling shoes determines the comfort of your feet, ankles, knees, hips and back. Once you clip into your pedals, the path that your leg "tracks" during the pedal stroke is locked in, and misaligned cleats send stress up from your foot up your leg to your low back with every pedal stroke.

"When mounting cleats, you want your feet to feel straight when clipped into the pedals," says Sean Drake, an exercise physiologist who works with the U.S. National Triathlon and Cycling Teams. "When setting fore-aft cleat position, the ball of your foot should be directly over the pedal axle." Cleats positioned too far forward on the shoe will generate excessive ankle movement, and can cause in Achilles strain.

Side-to-side adjustment is based on personal preference - usually, the narrower stance, the better, but start somewhere in the middle and see what feels right. Make sure there is

minimal yet adequate clearance between crank arm and your shoe. Too far away is awkward, and if the shoe touches the crank it will eventually wear a groove there.

Everyone has a natural angle that each of their feet prefers to be at. Some are duck-footed, some are pigeon-toed. When you walk or ride without cleats, your foot assumes this angle. It is important that the cleat is adjusted so as to permit your foot to be at its

natural angle. This is less of an issue if you ride pedals with "float" (limited rotational freedom) in the cleat attachment. Most newer clipless pedals offer at least some float.

It may take some time to find the ideal cleat position. Initially go for easy rides to check the position and ensure it's right for your knees. If you feel any stress or strain, change the angle slightly to eliminate discomfort. The rule-of-thumb is to continue adjusting your cleats until you feel no torsional, or "twisting," stress in your leg as you pedal. Listen to your body.

For optimum cleats positioning, you can visit a bicycle shop that utilizes The RAD, or Rotational Adjustment Device. This tool is widely regarded as one of the most reliable methods for setting the cleat position on the cycling shoe allowing for the rider's natural gait.

For additional information:

<http://cptips.com/footsyn.htm#clt>

### **HOT WEATHER ELECTROLYTES**

Now that the hot season is here, be sure to maintain a good electrolyte balance. While the GVC does not endorse any product, members may find the site helpful in considering optional ways of maintaining electrolyte balance through nutritional supplements.

<http://www.the508.com/insight/born3.html>



A great inexpensive source of water on group rides are the Glacier water stations found outside of several grocery and convenience stores. You get a gallon of filtered water for a quarter which is a lot better than the bottled water inside.

Important tip: These machines dispense one continuous gallon at one time so have your water bottles lined up and ready to fill.

Submitted by: Ron Volkmar



**Tip!** When you need to brake hard on a descent, do it with both brakes simultaneously. Using only the rear brake as your weight shifts forward is likely to make the rear tire skid. On a curve that'll send you toward the outside -- the side with guardrails, trees, ditches and other things you do not want to mess with.

## Ride Reports

**Congrats.... finishers of the  
Tour de Fire!**

Read the ride reports at:

<http://www.greenvalleycyclists.org/docs/reports/Tour%20de%20Fire0505.pdf>

## 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>

Bike Journal  
<http://www.bikejournal.com/signup.asp>

## Classifieds

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

### FOR SALE

**Bike Rack to fit tow hook  
with Allen Wrench solid design \$30**

If interested please email me. Or give me a call 702-858-9285. I'll bring the rack with me to the club ride next Saturday.

**Sunny**

[sunny@flash.co.nz](mailto:sunny@flash.co.nz)

### FOR SALE

**Fuji Roubaix, 52 cm frame**

**Yavapi mountain bike, brand new 17-17.5 inch frame**

If interested, please email me, or see me at any of the rides.

**Aaron**

[aay8573@juno.com](mailto:aay8573@juno.com)

### FOR SALE

**Trek 1200 SL,  
Tiagra levers and 105 set. Bontrager  
Select wheels, Cateye Toma XC  
computer. 52 cm frame.  
Does not include the pink bag. \$400**

**Huffy Mens Surfside, Road cruiser.  
Brand New. Best offer**

**Free Spirit, Explorer , woman's  
mountain bike - Best offer**

See me on the rides or call my cell  
292-6800, anytime after 7pm and  
before 10pm. I work some pretty  
weird hours at times.

**Tony**

[catquilter57@yahoo.com](mailto:catquilter57@yahoo.com)

### Member Business Cards

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