

Green Valley Cyclists Newsletter

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www.greenvalleycyclists.org
groups.yahoo.com/group/gvcc

This Month's Club News

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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 or
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!!

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 & Board

Merrill Lynch



Safety Question: You are riding east on Robindale approaching Spencer as shown above. The new bike lane is wide, well-marked and free of debris. Where should you ride if traffic is very light? (See Page 4 for the answer)

Extra Jerseys for Sale

There are extra club jerseys 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).

Goodbye and Good Luck!

- Jean Excel moving to Colorado Springs
- Randy Moody moving to Texas
- Tami McKnight moving to Oregon

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. We will start that up again in March.

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

Check his postings or email Angel at thedesertrat1@yahoo.com



Ride schedules do change, so the best way to stay informed is to join our e-mail list, GVCC-subscribe@yahogroups.com This way, you will receive current and up-to-date information right in your inbox.

Next 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

March 5, 2005.

Open to club members.

News Flash !

Armstrong to race 2005 Tour de France

Agence France-Presse

WASHINGTON, Feb 16 (AFP) -

Lance Armstrong has ended speculation over whether he will race in the 2005 Tour de France by saying he will go for a seventh straight victory in this year's race.

Bicycling Sites

Arizona Cycling

www.oneandzero.com/abccazb/arizona.html

Bicycling Life

www.bicyclinglife.com

California Association of Bicycling Organizations

www.cabobike.org/

Frank's Secret Energy Bar Recipe

- 3 cups of uncooked oatmeal (Quaker Oats)
- 1 cup of dried mixed fruit, chocolate chips, fruit bits, or favorite ingredient
- 3/4 cup of brown sugar or molasses
- 1 cup honey
- 8 ounces of non fat vanilla yogurt
- 1 cup of apple sauce
- 2 egg whites, lightly beaten
- 2 tablespoons of skim milk
- 2 teaspoons of vanilla
- 1 teaspoon of baking soda
- 1 teaspoon of ground cinnamon

Combine the ingredients in a large bowl and mix thoroughly. Spread out in a lightly greased baking pan and bake @ 350 degrees Fahrenheit for 30 minutes.

Bike Tool Tips by Kent Costin

Although each bike has different tool needs, most bikes today are standard to the extent that the following list will handle the majority of on-road repairs and adjustments:

- *Tire irons
- *Spare tube
- *Hand pump (better than CO2 because it never runs out of air)
- *Patch kit (to fix the occasional second flat on one ride)
- *Adjustable wrench, 6" (for most hex bolts)
- *Screwdrivers (straight & Phillips head as needed)
- *Box wrenches or open/box combination (as appropriate for your bike where the 6" adjustable wrench may not fit; also available are 8-9-10 mm "Y" wrenches and metric "ignition wrench" sets)
- *Hex (Allen) wrenches of 4, 5, and 6 mm (or a "Y" wrench of these sizes)

Check out The Bicycle Company or one of our other cycling sponsors for a great selection of multi-tools.

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/dv/spring/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>

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.Sbncnv.org

for additional information

Contact Ron Volkmar to

volunteer at our booth

ronvolk@yahoo.com

Safety Tip: Use Your Lane Position To Increase Your Visibility.

Wearing bright colors is only one aspect of being visible on the road. Another is lane position. Motorists are typically scanning the road for other cars and only occasionally notice things along the sidewalk and shoulders. (That is, except for guys driving along the beach or women looking for a sale!) One problem with riding "as far right as practical" is you are frequently out of the motorist's normal scan and lost in the clutter of road signs, etc. along the side of the road.

In the Robindale Lane picture notice the entrance street, Bowers, to the tract homes short of the stop sign at Spencer. If you are in the bike lane, especially on the right side of it, you will not be as visible as you could be to a motorist leaving that area. (Notice that in the picture you can't even see the stop sign where a motorist is supposed to stop, therefore they can not see you.)

Increase your visibility, when traffic allows, by riding where motorists are scanning for other cars. In this example, move to the middle of the right lane. This increases your safety three ways:

1. A driver pulling out of Bowers on the right will see you sooner.
2. You are moving out of the clutter of the sidewalk and into the normal scan of a driver heading the opposite direction that might be making a left turn into that side street.
3. If #1 and #2 fail and a car pulls out or turns in front of you, you will have more turning room to make a quick right turn into Bowers to avoid the collision.

(In heavier traffic, this move to the lane would not be necessary as turning cars will be yielding to the other traffic even if they do not see you.)

You are still following the "as far right as practical" law as one of the exceptions to that law is for safety. Being seen in traffic is important to your safety.

In summary, side streets, drive ways and business entrances are especially hazardous to cyclists when traffic is light. Drivers pull out quickly after seeing no traffic following a quick scan. Be alert and be visible by riding where motorists will see you when looking for other cars.

Clothing Issues and Tips by: R. Kent "Mozam" Costin

Early Spring and Fall Rides

Riding in the "bench" seasons (to steal a term from the cruise lines) and dealing with the temperatures and precipitation issues provides it's own set of demands in the clothing arena. Many times having the correct clothing will save the day by keeping you comfortable, safe (by avoiding hypothermia) and allow you to finish your planned route. Ideally these will be items that you can stuff in a jersey pocket when not needed. The theory is that if you keep your core (head/chest) warm, your extremities (toes/fingers) will stay warm as well. So if you have to choose, take that fleece vest and skull cap before you pack the leg warmers. Be ready for

unexpected downpours. It may be sunny when you leave the house, but storms brew quickly. When you get doused while wearing shorts and a short-sleeve jersey on a cool day, it can get mighty cold. But who wants to lug full rain gear when it might not rain at all? Here's a minimal, easy-to-carry kit for days when the weather can't make up its mind.

*Lightweight rain shell It won't have all the bells and whistles of a serious rain jacket, but it will roll up compactly. It'll block rain and hold in body heat, which is the key to preventing not just the chills but dangerous hypothermia.

These jackets are affordable at about \$20-\$30. It's smart to choose a bright color for better visibility. Reflective material makes you even safer.

*Helmet liner If you can keep your head warm, the rest of your body will follow. A light, synthetic skull cap covers your ears and holds precious heat next to your noggin. For those of us a little thin on hair, this is an especially big help.

*Arm and knee warmers Easy to carry and stuff into that jersey pocket are arm warmers which can convert a short-sleeve jersey to long sleeves (and they can be worn under a rain shell to act as a jacket liner). If a bit too warm (or you just don't want to stop at the moment, they can be slipped down around the wrists to reduce overheating and then pulled back up on wind chilled descents. Knee warmers or full-length leg warmers prevent even more heat loss and can be added for those early morning rides late/early in the season.

*Vest- A lightweight poly vest with windstop fleece technology, or with a nylon front adds warmth to your core and can protect during a light drizzle. Add a rain shell and arm warmers and you have a lined jacket.

*Over-gloves- You're already wearing short-finger cycling gloves so you don't need more padding, just help to hold in hand heat. Simple, inexpensive polypro gloves will work in dry conditions, or a nylon/GoreTex pair for that rain emergency. Just pull them on over your cycling gloves so hands stay warm enough to brake, shift, and ride safely.

*Toe covers Full-on shoe covers would be warmer, but they're bulky to carry. If the conditions are not extreme, consider toe covers that pack small. Tuck the skull cap, gloves and toe covers in your seat bag. Roll the jacket tightly and stuff it in your jersey's middle rear pocket, then bring on the weather!

Ride Reports

Read about the Palm Springs Ride at:

<http://www.greenvalleycyclists.org/forum/viewtopic.php?t=26>

Zen Wisdom

A Zen teacher once asked his students why they rode bicycles. One said he rode to carry potatoes. Another cycled to observe the world. A third said it cleared the mind, and a fourth said cycling put him in harmony with all sentient beings. The Zen master was pleased, but when the fifth replied, "I ride my bicycle to ride my bicycle," the teacher sat at the student's feet and said, "I am your student."

President's Corner

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

Special thanks this month to:

- Karl for the many hours he spent developing our website at no cost.
- Geoffrey for finding us a no-cost location for our club meetings (Green Valley Baptist Church).
- Our new volunteers to lead the rides (which takes much pre-planning) on a rotating basis.
- Kent for his relentless pursuit of a well dressed club!

Classifieds

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

FOR SALE

Bike Rack

Two bikes Thule rack, one year old. BEST offer!

Call JC at 510-1972

FOR SALE

Jamis Eclipse (57/58)

9-speed full shimano Ultegra with Ksyrium wheels, carbon fork and Speed play pedals. Great condition.

Great condition.

\$1000.00 or best offer.

Call JC at 510-1972

Member Business Cards

Members may also post business cards at \$25 per year (we are still working on formatting these for the newsletter).

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 (the Editor cohabits with the President, and serves as club complaint department).

