

# Green Valley Cyclists Newsletter

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

September 1, 2005  
Volume 2, Issue 9

## Who We Are

The Green Valley Cyclists are a group of individuals who enjoy cycling in and around the Henderson and Las Vegas area. Our goal is to promote cycling in all its forms throughout the community for fitness, and most of all fun!



## Membership

We welcome riders of all abilities. If you are interested in joining us you can download the application from our Website below:

<http://www.greenvalleycyclists.org>

## Officers and Members at Large

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

## Our Sponsors

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

Our sponsors contribute cash and discounts to support our Club.

Please consider supporting them with your business.

## Welcome To Our New Members!

Jeff Sherwood  
Sam Price  
Art Jensen  
Refael and Yvonne Valentine  
Linda and Fred Kraus  
Dean Wilmore  
Sara Pickering  
Allen Anderson  
Leonard Panzitta  
Paul Rachal  
Roger Dykema

Bill Smith  
Judy Craythorn  
Mary Consul  
Matt, Beau, Julie McDougall  
Mike Canter  
Scott Dakus  
Jack and Susan Topoleski  
Craig Statucki  
Melanie Gulmatico  
Ginny Young  
Ed Hladek

## Congratulations go out to our Members!

Read about what they have been up to lately:  
<http://www.greenvalleycyclists.org/docs/reports.php>

## News

Next Club Membership Meeting will be September 17, 2005 at Saturn on Gibson Rd. in the upstairs conference room.

We will have a guest speaker from LV Metro, refreshments will be served. The ride will start and finish at Saturn. Check the calendar for more details as they become available.

Next Safety Forum open to the public will be September 14, 2005 at 6:30pm; they will be presenting some recommendations and taking your questions.

Our website calendar is up and running. Members who want to lead and post their rides on the calendar may do so. For instructions email any of the board members for assistance.

Board Meeting Minutes July 31, 2005 and August 27, 2005

<http://www.greenvalleycyclists.org/docs/docs/GVC%20Board%20Meeting%20July%2031%202005.pdf>

## Our Clubs Rides

**GVC** welcomes riders of all abilities to participate in Club Rides or "Show-and-Go" Rides. Club Rides are structured and place considerable emphasis on prior planning and rider safety. "Show-and-Go" rides are informal and start from a variety of locations and times.

Riders are expected to come prepared with fluids, snacks, spare tubes, tire pumps, and other gear necessary for incidental repairs. Helmets are mandatory. Cell phones and extra cash are recommended. Failure to come prepared for a ride places you and your fellow riders at unnecessary risk.

Each ride group has a designated leader/sweeper, and for safety reasons we encourage riders to carry money and cell phones.

For posted rides refer to our calendar.

<http://www.greenvalleycyclists.org/calendar/plans.cgi>

To stay informed of other events or last minute changes, join the email list.

[gvcc-subscribe@yahooogroups.com](mailto:gvcc-subscribe@yahooogroups.com)

## Other Ride Options Include

### Off Road Rides

For Information

Contact Angel

[thedesertrat1@yahoo.com](mailto:thedesertrat1@yahoo.com)

## Nevada Ultra Bicycling Society (NUBS)

For Information

Contact Erik

[futonamo@hotmail.com](mailto:futonamo@hotmail.com)

Erik Skramstad 450-0663

Scott Dakus 497-8565

## Finding the Perfect Bicycle Seat

### SADDLE TILT

When your seat is positioned to the proper height and setback, the seat should be level. This can be checked by using a level placed along the entire top of the seat.

Some seats incorporate a curving top surface profile in order to relieve pressure on the perineum that will cause a gap beneath the level. These seats are still designed to be level from the highest point of the nose to the highest point of the rear.

Seats that do not utilize this top curve place increased pressure on the rider's perineum as the rider rotates the pelvis forward to become more aerodynamic. It was for this reason that many physicians began to recommend tilting the seat downward toward the front to decrease the saddle pressure.

Tilting the seat downward, however, tends to shift the rider's weight forward onto the arms. This can result in arm fatigue, hand numbness, and other problems related to placing too much weight through the upper extremities, such as degraded bicycle handling. In addition the rider may tend to mash on the pedals in order to keep from sliding forward on the seat and therefore decrease pedaling efficiency by not utilizing all of the legs' muscle groups optimally.

Therefore, seat design, positioning, and bicycle fit should be reassessed before resorting to tilting the seat downward to relieve perineal pressure.

Tilting the seat backwards is not functional from a biomechanical perspective, either. This will tend to increase the pressure through the perineal structures and decrease weight distribution through the sit bones. It will also tend to decrease the rider's ability to push against the seat to increase pedal force.

Again, seat design, positioning, and bicycle fit should be reassessed before resorting to tilting the bicycle seat.

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[http://roadbikerider.com/quick\\_tips.htm](http://roadbikerider.com/quick_tips.htm)



*Running red lights and stop signs is not only unsafe, it's arrogant. You have a right to co-exist on the road, but you have to follow the rules like everyone else.*

Road cycling safety and etiquette  
How to peacefully coexist on the road  
By [Matt Russ](#) and Frank Eastland  
Read the story at

[http://www.active.com/story.cfm?story\\_id=12185&category=Cycling&num=1](http://www.active.com/story.cfm?story_id=12185&category=Cycling&num=1)

### Web Links

Las Vegas Valley Bike Club  
<http://www.vegasbikeclub.org/>

Silver State Bike Coalition  
<http://www.sbcnv.org/>

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

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

### Classified

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

### Tips

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

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 this site helpful in considering optional ways of maintaining electrolyte balance through nutritional supplements.

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

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

[http://roadbikerider.com/quick\\_tips.htm](http://roadbikerider.com/quick_tips.htm)

### **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)

A special **Thank You** is in order to all who participated in and helped me to organize the Memorial Ride for Don and to get the ball rolling to raise safety awareness in our community.  
Sandy



### **Upcoming Events**

Note: these events are not sponsored by the Green Valley Cyclists, but many of our members do participate together in them; there are a variety of distances to choose from.

Lighthouse Century

Sept 24, 2005

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

Las Vegas Century

October 15, 2005

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

Tour de Palm Springs

February 11, 2006

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

Solvang Century and Half-Century

March 11, 2006

<http://www.bikescor.com/solvang/welcome.htm>

Cool Breeze Century

August 19, 2006

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