

Green Valley Cyclists Newsletter

www.greenvalleycyclists.org

November 1, 2005
Volume 2, Issue 11

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!



News

This was our second annual Halloween Costume Ride on 10/29th. It was great fun to watch the faces of drivers going by! We had a costume judging at the park, at the halfway point on the ride with prizes awarded for the following costumes, Jim- gorilla, Trish -pirate and Judy -flying pig. Thanks everyone for participating in the ride. Snacks and prizes were awesome! Thanks Sheryl and Shannon for organizing everything.

On Sunday 10/30th we had the first NUBS (Nevada Ultra Bicycling Society) Hill Climbing Clinic offered by Erik and Scott. They gave us great tips and a strategy for climbing hills and not getting trashed. I for one can say it helped me immensely. It was a great day with perfect weather and light traffic and the lake was, as always beautiful. We had quite a large group take part in this ride, and at the end we enjoyed social time and much deserved food! Thanks NUBS for putting this on.

Upcoming Events

The Family Fun Ride is coming up on Nov 6
This will be a great opportunity to get the families together for some fun. We will meet at 8am, se corner of Green Valley and Pebble. Route is 15 miles, pace easy.
We will meet for bagels, coffee, juice and chat afterwards.

The Green Valley Cyclist's will have an aid station in the Las Vegas Marathon on December 4. We will be at mile 25, behind the Luxor and will be sharing the station with the USAF Thunderbirds. To volunteer contact Mike Hair Topgolf@aol.com we still need volunteers to work the aid station and for decorating our station.

Stay Tuned for details about the next **NUBS** adventure...The Baker Ride Dec 17th.
See our calendar for all the Ride information
<http://www.greenvalleycyclists.org/calendar/plans.cgi>

Welcome New Members!

David Merrill
David Revzin
David and John Ringenbach
Rob Judd
Albert Assadourian
Del Rusher (*alias - music man*)

Accomplishments

We had quite a large number of our members participate in the LV Century this year. For many of you this was your first. It was an incredibly windy day, which made even the shorter distances difficult for many. Congrats to all of you.

This Month's Featured Sponsor

Every month we will have a feature article about one of our bike shop sponsors.

The Bicycle Company

When you walk in to the Bicycle Company, you notice something different...there are no bikes! Owner Dave Stefaniak has positioned his store in the market by concentrating on bicycle parts, tools and clothing. Dave comes to Henderson via Rochester, New York, where he owned 5 shops. A resident since November of 2002, Dave opened the Bicycle Company in January of 2004.

Dave notes that Las Vegas tends more towards high end equipment than in New York and that there doesn't seem to be as much family business here. After the initial opening, Dave and his right hand man and shop manager Chris (a frequent rider in our club rides) have made the adjustments to provide the top names in equipment, accessories, tools and clothing. They feature Shimano, FSA, Continental, Mavic, Fizik, Winwood, Profile Design and other top of the line parts and accessories. For the mechanics among us, they have a full line of Park Tools, with Chris being extremely helpful in instruction in the right tool and the proper way to use it. Clothing lines include Giodana, Kraft and Louis Garneau.

The Bicycle Company is located at 1550 W. Horizon Ridge, phone 893-2453 or visit their online store at ebicyclecompany.com.

Article submitted by Mike Hair

Tips

Tight Tire Tip

Installing a tight clincher tire can kill your thumbs. You know the drill: You make sure the air is out of the tube and you push for all you're worth, but those last several inches of rubber refuse to go up and over the rim. Before you resort to tire levers and risk pinching a hole in the new tube, do this: Hold the obstinate section in place with one hand, then use the other to go around wheel. Squeeze the tire together so its beads (the bottom circumference on each side) go to the rim's recessed center. This has the effect of making the tire larger relative to the rim. Then try that stubborn final section again. Wow, goes right on!

Classified

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

FOR SALE

Jamis Bike, just 2 mos. old, in perfect condition; only 100 miles on it. Purchased at Pro Cyclery, Aug 2005 and has the customary 1 year maintenance contract. This is an outstanding starter bike, comfortable, and smooth. **\$225.00**

Bike Specs include:

- Aluminum 22 inch frame
- SR CR 880 Suspension Fork
- Shimano Acera rear derailleur
- 24 speed shifters
- Weinmann double wall rims
- Formula hubs, stainless steel spokes
- suspension seatpost and Jamis Comfort saddle

Extras include computer, mirrors, climbing bar, doberman lock, a \$52 value.

Call Harold 492-0999 or 523-9230



Upcoming Events

Note: these events are not sponsored by the Green Valley Cyclists, but many of our members do participate together in them.

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>

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.

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>

Our Clubs Rides

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.

<http://sports.groups.yahoo.com/group/greenvalleycyclists/>

Other Ride Options Include

Off Road Rides

For Information

Contact Angel

thedesertrat1@yahoo.com

Nevada Ultra Bicycling Society (NUBS)

For Information

Contact Erik

futonamo@hotmail.com

Erik Skramstad 450-0663

Scott Dakus 497-8565

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

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

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>

