

Green Valley Cyclists Newsletter

www.greenvalleycyclists.org

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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!

McKell Parkinson
Frank Zoccole
Tom Browning
Ricardo Perez
Danny Hwang
Eric Yiskis

Gilbert Buco
Stu Hitchen
Dawn Reis
Danielle Reis
Michelle Swaner
Mary Filomena
Harold Price

Accomplishments of our Members!

Congratulations go to those who completed Centuries this month.

Jeri and Christian first time to do a Century.

Melanie, Shannon, and Marilyn who did a Triathlon, and placed in their age division, and all our members who participated in the Senior Olympics!!!

News

Meeting Minutes are posted at,

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

All our rides are now posted on the calendar; 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. Or just ask any one of us to post a ride for you.

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

We have a new Yahoo groups for last minute changes, updates and other cycling information.

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

The GVC logo hats are now in. They are for sale at \$10 each. See Peri, Sheryl, or Sandy. Our GVC Jerseys will arrive the first week of October. A message will be sent out with instructions on pick up place and time.

The 10th person to email me that they read this newsletter will win a Prize from the GVC!

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.

<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

TIPS

Please You're Knees

Cyclists are fond of kidding runners, "You'll be one of us some day!" That's because weight-bearing sports like running are tough on knees while bike riding is much kinder. A common knee injury among runners is *chondromalacia*, the degeneration of cartilage under the kneecap. If you're a sufferer, cycling can actually help stabilize and strengthen your knees as long as you obey two rules. First, adjust the saddle so there is minimal knee bend at the bottom of the pedal stroke (and, therefore, less bend at the top). Second, avoid lengthy, seated climbs and grinding in big gears. Spin smaller gears so resistance stays light-to-moderate. Stand more on hills, particularly on those that are long and steady.

Two Times to Ride

(1) The day before an event. (2) The day after an event. Instead of taking those days off to rest up, you'll find that easy spins, perhaps with two or three brief jams to get your heart going, are more effective for preparation and recovery. Take your rest days two days before the event and the second day after. A short ride the day before will restore your rhythm without sapping energy. It also lets you check your equipment one final time. Riding the day after, even though you may feel stiff and sore, will loosen your muscles and joints. Lying on the couch won't.

Master clipless pedals.

Don't smirk, all you veterans. Using clipless pedals may now seem as easy as turning a door knob, but lots of us can probably admit to an Artie Johnson "Laugh In" topple (or two) when we first went clipless and forgot how to get a foot out. *Timber!*

If you're still nervous about riding with clipless pedals or even apprehensive about switching to them, you're not abnormal. But take it from us -- you'll really like clipless once you learn the "twist out" style of release and it becomes a reflex. Then you'll be able to get out quickly and cleanly, even in emergencies.

These six tips will help flatten your learning curve.

---Lighten the release tension. Your feet should be able to twist out easily but not suffer unintentional releases.

---Think twist, not lift. The release motion is in a flat plane. Keep your heel level and pivot it smartly away from your bike.

---Practice on an indoor trainer. Clip in, pedal for a few seconds, and clip out. Practice clipping out while the pedal is any place in its 360-degree rotation. Do this for a few minutes on several days to ingrain the movement. Become adept with each foot.

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>



---Move to the real world. Go to a quiet street or parking lot. Repeat the pattern of clipping in and out. A couple of short practice rides should do it.

---Stay away from heavy traffic. Take your first rides on lightly traveled roads without busy intersections, but make sure there are a few stop signs or lights that make you clip out and in.

---Don't wait till the last second. Anticipate stop signs, traffic lights or pulling up to the coffee shop. Twist one foot out but keep it on the pedal about 10 seconds before coasting to a stop. In this position, you can put your foot on the ground to stop or, in the case of a light changing to green, snap back in and pedal away.

Upcoming Events

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

Las Vegas Century
October 15, 2005
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>

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