



Blazing Saddles

Desert Bicycle Club Newsletter

Aug. 1st 2009

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President's Message

Drinking and Hydration

There is no question, the Desert summer is here, ya gotta love it too. I don't know about you but I know for me, the heat really takes it out of me. As much as I want to "hammer on" coming out of the La Quinta Cove, I need to listen to my body and stop to water up! It is so important to stay hydrated when it's hot and humid, many of us don't even realize how our body/brain is affected when we get dehydrated. I was perusing some old articles and I found one that I think is worth reiterating!



Drinking large volumes of water is a must for cycling. Nearly every calorie of heat you produce must be dissipated by evaporating water from your skin, which adds up to tremendous volumes for replacement: one large water bottle of 750 ml or 24 oz per hour of riding. Water is especially vital in our hot dry weather. Losing as little as 12% of your body's water volume can impair cycling performance by 515%. You should start drinking in the first 15 minutes of a ride. Severe dehydration can cause heat stroke, heat exhaustion, and even death, especially in the summer. By the time you feel thirsty, you are already dehydrated! Drink water preemptively. Drink more water than you think you need, and you will simply urinate out whatever your body deems is the extra. A good measure is that if you are not generating a relatively clear stream of urine every two or three hours, then drink more! Otherwise, you are probably getting dehydrated

and impairing both your performance and health. There is no physiological reason to save water for later. Your body will sweat just the same whether you drink now or save those swallows for later, and you're not changing the weight being moved around either. The only reason to save water is for the comfort of rinsing your mouth out on occasion. Often overlooked is the chance to get in some carbohydrates and nutrition in your drinks. A mixture of 50% fruit juice and 50% water is an inexpensive and steady source of sugars and carbohydrates, to use either as a steady supplement to your blood sugar. One hour's worth of this mixture contains 133 calories, a fair chunk of the 250 calorie per hour minimum for rides longer than two hours. When it is hot and you overheat as a result, digestive enzymes and cell machinery changes shape, resulting in a less efficient configuration. Hard rides steal body resources and blood flow from your digestive system, making it harder to digest more problematic foods. These conditions make many favor liquid foods over relying solely on solids to compensate for difficult digestion on hot or especially strenuous rides. It's much cheaper than the cycling specific liquid diets that abound, but cheaper alternatives such as Ensure High Protein are commonly available in drug stores and grocery stores and are also available in powder. Energy drinks generally contain enough water to metabolize the carbohydrates they contain, but not enough to keep you hydrated, so extra water is needed. Generally, you should be drinking one large water bottle per hour (24 oz or 750 mL). The bottom line is that it's imperative to hydrate properly. It will not only enhance your performance but prevent you from becoming ill. *Which sport drink is right for you?*
PS: Vitalyte has "On-The-Go Stick Packs" on sale on their website for .35 cents a pack, regular .75 cents. Great stuff!
www.vitalytestore.com

So, drink up, stay hydrated and have fun out there! Let's clip in and roll-out!

August Club Meeting

August 11th

Put it on your schedules now, the August meeting will be on Tuesday the 11th at 6:30 pm. We will be meeting at Canterra Apartments Club House, 74-401 Hovley Ln. East Palm Desert, CA. We have a lot to cover at this meeting. One of the main issues will be about our Club Accident Insurance. All are welcome and remember, the more the better!!

Remote Ride for the 2+ Tandem Group

Aug 21-23

The 2+ remote ride is the weekend of Aug. 21-23 at the KOA

campground in Chula Vista. We will have a ride on Friday the 21st, for those who arrive early. There is great riding in the area, and it is away from the Desert heat! For more information, please contact the club at cycleclub@yahoo.com.

Bagel Bistro

The owners of the Bagel Bistro have been affording us one drink and a bagel for a \$1 each, the normal price is \$1.75. This discount is for Club Members only. This is part of their sponsorship of the Club. Please, don't fill your bike water bottles with soda, use their cups when you pay at "our" table. Using your water bottle gives the appearance that you haven't paid for your drink. The Bagel Bistro would like to have Club Members present a form of "Club ID" to obtain our discount. I have agreed with the owners to bring this up for discussion at our next Club Meeting. Unless there are other suggestions, we may likely develop some form of Club ID for this purpose as well as others. Please come to the August meeting to discuss this issue or e-mail me at cycleclub@yahoo.com or directly at wlightner@dc.rr.com with your comments and/or suggestions.

Advocacy Issues

Todd Larson is a Desert Resident and a former member of the DBC. I learned about this last month and thought it a worthy note for our newsletter. This is the link to the story about Todd Larson's bike trip: www.mydesert.com/jared . From there, you can get to Todd's Blog. Todd is riding for Duchene Muscular Dystrophy which is a disease that his nephew has. The ride, which started June 26th., is a 4,000 mile cross country ride that starts in Washington state and finishes in Virginia. Right now, Todd is somewhere around Montana/Wyoming and surging forward. *This is a tremendous endeavor so please join me in wishing Todd good luck and safe riding!!*

Our own **Gary Lueders** was off to do the 24 Hours of Booty again this year. In 2001, Gary and his son Spencer were moved by Lance Armstrong's story and his foundation. As a fund raising event, they rode the entire Blue Ridge Parkway (470 miles) in 5 days and raised \$6000. Because of time issues (work), the following year, Spencer decided to ride for 24 hours on the Booty Loop, which is 3 miles in beautiful neighborhoods around Queens College in Charlotte. Gary was there as support and talking to people telling them what was going on, including the media. They had Lance Armstrong Foundation banners out and people would stop by and make donations.

Now Gary has returned and reports that the Booty was a big success with the maximum number of participants allowed

(1200). Donations were a little off from the previous year due to the economy, but better than expected. Gary had a few personal words for the Club too; "I want to thank the Desert Bicycle Club for the generous donation to 24 Hours of Booty, the official 24 hour cycling event of the Lance Armstrong Foundation that I helped my son Spencer start 8 years ago. Considering the economic times, this year's event was a huge success with very enthusiastic cyclists and great weather in Charlotte. For more information, visit www.24hoursofbooty.org." Gary Lueders

Thanks for your dedication Gary!!

Safety

As some of you know by now, I'm on a kind-of "Safety" kick. Even though I have been riding for several years now, I also continue to be schooled by some of our more experienced veterans and generally welcome the input.....after I get over the little bust on my ego. It maybe something as simple as letting the riders ahead of you know where you are on their wheel or how you are coming up on them so as not to surprise them. Although I am often just trying to maintain a consistent speed, I have a tendency to ride with my momentum and when I feel the surge, I want to "go for it". As I was reminded this last weekend, that's great and part of the fun of our riding but in "pace-line" riding and on busy streets like Hwy 111 a lot can happen when a rider is caught by surprise. So as much as we need to stay self-aware, we also need to help the other riders around us be aware of what's coming up behind them.

Injured Reserve List

This is a "new" section to our newsletter that although it will be an ongoing report, I hope that it will dwindle out to nothing. This section will up-date us on our unfortunate members that have gone down and are now on the "Injured Reserve" list. We start with our most recent victim:

Alex Gonzales:

Alex went down on 7/22 at about 5:30 am after hitting a rock on the road. He got a clean break to his clavicle. He's opted out of the surgery but the down side is he'll be out for approximately 8 weeks. He told me that he would rather opt for the surgery and get back on the bike. *Who does he think he is, George Hincapie?*

Mike McKeever:

"Thanks go out to you and to everyone who stopped to see how I was doing. I feel that is what a true bike rider does when on the road and sees someone in trouble, and there are many people who stopped or asked if I was OK. My many

thanks go out to Joel De La Paz who came back for me with his truck to take me home and make sure I was ok. My accident was a cause of someone at the back of the group slamming on their brakes and me touching there back wheel. I believe the fault actually falls to me for riding to close to a rider I did not know. My broken collar bone is healing well and really does not cause me to much pain, but I have to wear a brace 24/7 except for showers. The only problem was not being able to use my right arm for the first two weeks. Thankfully I can now use my right arm for simple things. The accident could not have happened at a better time because we are very slow at work and the accident happening on the 4th of July allowed me to get up every morning and watch the Tour from start to finish. I hope to be back out on the bike in about two to three weeks.
Thanks, Mike McKeever"

Mel Windsor:

"I am healing up just fine. I fell on 6/6 and broke my left collar bone along with two ribs. I had a 1/2 inch gap between the collar bone break. Thanks to the "Figure of 8" brace the bone is now touching and I will not need any surgery. I start physical therapy on 7/27 and hope to be riding by the end of August. I have started back to the gym and spend a lot of time on the stair climber. Mel"

Jim Nunan:

"After I wiped out Jerry Harrington on May 23rd, I found I had a subdural hematoma and a compression fracture on my 3rd lumbar (broken back) plus minor scrapes and bruises. My head is now OK, but my helmet will not recover as it was broken in three places (and some riders don't wear them!). I feel great now, but my doctor won't let me ride until November...so I look forward to riding with the club then. I am allowed to ride a stationary bike, so hopefully my fitness won't suffer much."

"Thanks for asking and say Hi! to all the riders in the Club,
Jim"

Jerry Harrington:

At press time, Jerry is temporarily MIA. All I know is that he was involved in the accident with Jim Nunan.

Michel Despras:

At press time, Michel is temporarily MIA. A couple of months ago, Michel went down while coming down out of the La Quinta Cove breaking his clavicle. I can say that I saw Michel about two weeks ago and rode with him briefly. He said he's doing much better and although he's back on the bike, there is still some pain in the shoulder so he's taking it easy and taking his time with his "come-back".

For our viewing pleasure, pictures of some of our fallen members are posted on the club website. Please help me in wishing our fellow riders a speedy recovery! We look forward to seeing you rolling out there with us again as soon as

possible!

Member News

There were several of the Club members that did the "Tour Around the Bear" this last June. Having been one of them, I can tell you that it was AWESOME!! It was the first time I did the ride and I had been training by doing a Century ride a month and several hill climbs in the weeks prior to the ride. I was glad I did too as I believe that all that training attributed to succeeding in the challenge. The ride started in Redlands up Hwy 38 to Hwy 330. That's when the ride really started. The weather started out terrible too. We didn't see the light of day until we were above 5,000 feet, not to mention the rain, fog, cold and wind! We finally got up around Lake Big Bear at about 6,000 feet + or -. And for the final "butt" kicker, it was on up to Onyx Summit at 8,445 feet. What an experience! We made the summit shortly afternoon and it was still cold enough that the SAG was serving hot soup to warm us up! It was June for crying out loud, how crazy is that? Now it was 40 miles mostly all down hill, a RUSH at 40 to 50 mph!!! It ended up a great day and what an accomplishment. Some of our fellow members that also took on the challenge and their finish times were:

DBC	Cooper, David	06:53:10
DBC	Cordova, Phil	06:28:52
DBC	Frackers, Guifo	06:19:06
DBC	Wilmeth, Bob	08:29:19
DBC	Wilmeth, Dottie	08:29:18
DBC	Gonzalez, Alex	08:37:10
DBC	Lightner, Bill	08:37:57
DBC	Von Iderstein, Mark	06:26:34
DBC/IE	De La Paz, Joel	08:27:16
DBC/SDVC	Pearson, Neville	08:51:02

Now I'm being coaxed by others (I won't mention any names.....) to go for the "Triple Crown" which is 3, 200 mile per day rides in a calendar year! Man, the things I get myself into!!

Great job guys!! Hope to see you out there next year, Bill

It sounds like **David & Leanne Cooper** had a great vacation with the family. "We just returned from a two week vacation in Colorado.....took the quad and had a couple of great rides in and around Fort Collins (a very bicycle friendly city). Rode our bike to the New Belgium Brewery (makers of Fat Tire Beer) and took the tour. . . we had a great time with the family." Leanne Cooper.

Thanks for sharing with us Leanne!

Peter St. Louis reported a "terrific day at the Tour yesterday watching the TTT, up close and personal with the riders along

with about 1,000,000 other fans!" from the Tour de France.

*Gee, thanks Peter for asking us all a long! Maybe next time!
(LOL)*



The past Vice President of the DBC and President of the Historic Youth Tour **Craig Johnston** had a great report on the first of two bicycle trips for his students this year.

"What do you get when you mix nine local twelve-year olds, three-adults, twelve bicycles, forty buffalo, hail, rain, three mountain passes, two broken alternators, and some of the best Montana bicycle riding ever? You get an adventure like no other and memories that will last forever!

Our first day of riding was an example of some of these new experiences and challenges. Doug and I realized early on that the van's alternator was on its last legs. At Traveler's Rest, 6-miles south of Missoula Montana, we decided to "split-up" just like Lewis & Clark. While Doug and Mary (our female chaperone) took the kids on the 45-mile unsupported ride to Hamilton, I sought out an alternator. I was successful in my quest. Doug and Mary covered the 45-miles, but with a challenge and a surprise. It seemed that soon after they started riding, it began to rain. The kids were prepared for bad weather, but rain was a challenge they had not experienced before. Undaunted by the conditions and continuing south, one of the students noticed a small herd of buffalo to their immediate right. The student yelled-out, "buffalo!" spooking the twenty-five or so beasts into a mini stampede! Try to imagine: Nine students and two adults found themselves riding parallel and in close proximity to a herd of stampeding buffalo. Mary declared that she had her spiritual experience for the trip, none other required. We were obviously happy that the fence separating man from beast was fully functional!

Two days later we had an additional challenge. After we climbed Chief Joseph Pass (Continental Divide) we noticed the weather was closing in from the West. It was my day to ride, so I took the kids down the 7% decent, putting into practice all of the "down-hill" skills we'd practiced. Five or six miles later it began to rain again, with increasing intensity. I finally pulled the kids over and radioed Mary telling her that I want to pile the students in the Van. The moment I off-keyed the mike a huge thunder clap violently shook us, prompting a

reply from Mary, "That's a good idea!" Doug found us a short time later, headlights on, when it began to hail! We managed to scramble into the van and head out down the road, relatively unscathed.

As I write this we are two days from leaving for Montana on our second trip, seven students and Bill Tracy in tow. I'm sure that we will have our share of unique experiences and challenges on this trip, exploring a different part of Montana. I hope I will have brought enough journal writing paper to capture it all!

On behalf of the Historic Youth Tours Board, I want to thank the Club and individual club members (you know who you are!) for your support. Our non-profit survives on the generous contributions of adults who love history, kids, and cycling." Craig Johnston

Thanks for the up-date Craig & great job!! Good luck on your next venture!

New Members

We'd like to welcome the following new members:

None in July

If I have mistakenly left anyone out, please let me know. When you see these new folks on the rides, say "Hi" and make them feel comfortable and welcome. We appreciate their membership.

Cycling Addiction

You Know You're Addicted To Cycling When:

** You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.

** You're too tired for hanky-panky on a Friday night, but pump out a five-hour century on Saturday.

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