



September Newsletter

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Sept. 1, 2011

President's Message

News From the President

Hello Desert Bike Club Members and Guests,

September is upon us and it is time for a later start for the Sat. ride. We will be meeting at **7:00am and 7:15** beginning **Sat. Sept.3rd**.

I also want to invite all members and guests to our next bike club meeting on **Sept. 9th at 6:00pm** at **Indian Wells Country Club**. The bike club will be providing some awesome appetizers and having a speaker, **Dr. Ortiz** from the Live Well Clinic, to speak for 30 minutes on post ride nutrition and prolotherapy-a treatment for chronic joint pain. We will then be discussing group rides and getting ready for the season.



I also have planned a few remote rides. The first road trip is on the **10th**..yes, the next morning. I want to meet at the park at **6:30am** and carpool out to Clarmont to ride the Mt. Baldy stage of Tour of California route which is about 73 miles. There will be shorter options.

Then, on **Sunday, 9/11** we will be carpooling again to Camp Pendelton and ride in Red, White and Blue through the base-be sure to bring your ID -and on to some hills.

Finally, we will be discussing the 2 upcoming centuries-**Oct. 22nd** and **Nov. 12th**. The century on Oct. 22nd will also have a cyclocross event Friday night as well as a vendor party and bike swap where you can bring all of your unused bike stuff and try to sell it. We will also be discussing sponsorship opportunities for our website since the bike club and all the local bike shops are the only sponsors on our kits this year.

I also want to offer a few road trips to ride other centuries so if you have ridden a good century and want to suggest it, please, bring the information.

We need some ride leaders for all groups to keep us safe as more guest riders begin to join us. Our facebook page and club message board is in need of some good information; so if you have some good bike related news, let us know.

Please also consider who you would like to nominate for our Secretary position as Jeff Rasmussen must resign for the final year due to a demanding work schedule.

Looking to the future, we will be having a 2 person best ball golf tournament on **December 18th** at **Shadow Mountain Golf Club**. Tee times begin at **12:00** so you can still get in a morning ride. The green fee and cart fee will be determined later, however, the rate is sure to be a good one. Get out and start practicing or find a good partner or both.

Finally, our club has been asked to help. We will be taking names of people who would like to help with trips for kids **Volunteers Wanted!!**

The Desert Recreation District is proud to announce that we are a new chapter of Trips for Kids.

Trips for Kids Coachella Valley (TFKCV), a non-profit program, is designed to generate awareness and skills via mountain biking expeditions for youth between the ages of 10-17. Trips for Kids Coachella Valley provides mountain bike outings and environmental education for kids who would not otherwise be exposed to such activities. At the outings, the youth participants are taught lessons in personal responsibility, achievement and environmental awareness through the simple act of having fun.

Trips for Kids Coachella Valley programs will offer adventures that allow students to make use of their mental and physical abilities through the group ride and its challenges. The youth participants will also grow and learn from activities that promote concepts that demonstrate ones personal strengths and connections to nature. The program begins with the three classes that teach bike safety, core values and respecting nature. The ride itself will open the doors to allow the rider to feel confident and proud of his accomplishments.

Too many young people grow up in the Coachella Valley without experiencing the abundance of natural beauty and healthy fun that the local hills have to offer. Trips for Kids Coachella Valley goal is to seek out these kids, get them, outdoors, and share with them an appreciation for nature, exercise, and bicycles. Tapping into kids' natural love for bikes, the program strives to get them out of their usual routines and to broaden their horizons with the seeds of a healthy lifelong habit.

Trips for Kids Coachella Valley will rely on volunteers to deliver fun, high-impact cycling based programs. There are many ways to volunteer your time and energy. Please join us! Chances are you'll find it very rewarding! On rides we always need experienced cyclists to assist in the following:
Ride Leader - This experienced rider leads the ride on a designated day. The leader must be First Aid/CPR Certified.

Ride Guides - These guides assist the leader by working with the kids on their riding skills and assist them if they need help. This helps to ensure

that the kids have a fun and safe ride. Ride
Mechanic - This volunteer is responsible for any
bike maintenance needed during the ride. Ride
Sweep - This volunteer follows the last rider on the
trail. The sweep is responsible for keeping the ride
together by communicating with the lead via walkie
-talkies.

If you are interested in volunteering or want to
know about our organization, please contact **Nancy
Levine** at nlevine@drd.us.com or **Felicia Horton**
at fhorton@drd.us.com.

Share your love and passion for cycling and the
outdoors with children age 10 and up, who would
otherwise not have the opportunity to experience
the natural beauty of the Coachella valley from the
seat of a bike. Volunteers provide assistance with
equipment and riding skills and give words of
encouragement along the way to our group of
novice mountain bikers.

Help us build healthy, confident kids two wheels at
a time!

Until we meet on the road, keep pedaling.

Sharon Fletcher

This Month's Featured Sponsors

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World Gym

44419 Town Center Way
Palm Desert, CA 92260
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