

July
2006

Desert Bicycle Club

Blazing Saddles

Presidential Message by Gary Lueders

On behalf of the entire Board of Directors, thank you for your vote of confidence in our efforts to keep the club running smoothly. Last fall, our bylaws were changed to conduct club officer elections during the summer. This allows us plenty of time for planning and to carry momentum forward into the new season. The Board has a strong commitment to our cycling community, is proud of our club, and we all agreed to stay on for one more year.

NOTE: ONE MORE YEAR! Yes, we enjoy what we do, but we also know that organizations need new leadership with fresh ideas. Give it

some serious consideration and talk to me about how you can serve the club.

I am very excited about our new web site, soon to be launched. We have been working with Stacy Thetford of Thetford Web Development Co. Stacy has captured the feel of our club using pictures and color. The "rides" section will feature maps and routes of our club rides as well as suggested rides for individuals seeking ride information. A "sponsor" page will feature links to our sponsors and a "links" page will provide direct access to bicycle related sites, like League of

American Bicyclists and VeloNews. The new web site will continue to provide the message board, everyone's favorite. You will be notified when it goes on line.

Safety is a concern of any bicycle club. I know the sayings about "s#@% happens" and "there are those who have and those who will". Crashes might be considered part of the sport, but "part of the sport" must always be our vigilance and attention while riding. Be safe and enjoy the ride.....*Gary*

The Big Parade



Brenda Tracy fits bike helmet

The Desert Bicycle Club's YMCA Bike Give-away on June 10 was a big success, thanks to David Firestone's excellent coordination and planning. David started this event 6 years ago when he was club president. Through his efforts, the Coeta and Donald Barker Foundation underwrite the cost of the bicycles. Also through his efforts, the Walter Clark Legal Group provides the helmets and Van Tanner of Desert Empire Insurance Services provides the bike locks.

Chris Cross at Palm Springs Cyclery provided the bikes at cost and put several bikes together. Bikes were also bike buildup

at VeloBum, Try-A-Bike and by independent bike mechanic Terry Bennett. The 50 bikes chosen this year were the very easy to ride Electra Townie. Assisting with the event was Hal Bjune, Terry Bennett, Bill Blankenship, Doug Hunt, Gary Lueders, Bill and Brenda Tracy, and Wayne Harvey and Chris with his mechanic from Palm Springs Cyclery. Everyone agreed that the personal reward comes from seeing the look of the faces of the kids as they receive their bikes. This is an annual event so you will get your chance to help in the future.

For our efforts, the Desert Bicycle Club received two Certificates of

Recognition from the California State Legislature. From John Benoit: "On behalf of the California State Legislature, it is my pleasure to honor you for your contribution to the Desert Bicycle Giveaway. Thank you for your dedication to our community." From Bonnie Garcia: "Presented to The Desert Bicycle Club in honor of your commitment to the community and the support given to the YMCA, for the Desert Bicycle Giveaway." These citations are also recorded in official government records in Sacramento.

RAAM Support



RAAM Ride

The Desert Bicycle Club was invited to help with this year's 25th edition of the Race Across America (RAAM). Created in 1982, RAAM is now the longest ultra-distance bicycle endurance competition in the

world. It is not a stage race like the Tour de France. The race started in Oceanside and went to Atlantic City for 3,043 miles. Club members who helped out are Gary Lueders, Wayne Harvey, David

Cooper, Craig Johnston, Keith Bartleson, Bill Bell, Steve Matthews, and Sun City member Bert Gustafson. Our duty was to run the 3rd time station at Chiriaco Summit. David had his motor home at the

Ram Support Continued

Summit on Sunday and Craig provided his portable generator for Tuesday night. The solo riders started on Sunday, June 11 and the team racers started two days later.

The format of RAAM is basically a time trial with several divisions. The Solo Traditional category riders can ride as long as they are able without rest. The new Solo Enduro category, riders are required to stop for a minimum of 40 hours between the start and finish. That is where our club helped out. We were responsible for checking in/out the Enduro riders. During the team race,

each team set their own schedule for how long their riders would ride.

The fastest Solo Traditional rider was Daniel Wyss, age 36, from Switzerland, who finished with a time of 9 days 11:50, for an average speed of 13.36mph. The Solo Enduro winner was Jonathan Boyer, 51, at 10 days 00:52, average speed of 12.63. "Jock" won RAAM 22 years ago and is the first American to race the Tour de France. The Fastest Solo woman was Shanna Armstrong, 32, at 11 days 22:16, for 10.63mph average. She is a triathlon

coach and personal trainer from Lubbock. The fastest team was Team Beaver Creek-Vail at 5 days 16.01, for a blistering speed of 22.37mph. They are 4 guys in their 30's from Colorado.

It is amazing the logistics involved in putting on this race, both from the event organizers point of view as well as for the riders support crews. You can go on line to read all about it: www.raceacrossamerica.org.



RAAM Riders check in

Newport Beach Ride

Last year's ride in Orange County was a great success and we plan to repeat it next month. This will be an overnight with a ride both involved with the days. The plan is to arrive Wednesday, August 23rd, ride, stay overnight, and ride the next morning before heading back to the desert. Lisa and Geno have graciously agreed

to host a social gathering at their waterfront home on Newport Bay. And again, Michel will be involved with the cooking. You will receive an E-mail about costs, ride start times, and locations. Make your own transportation and lodging arrangements.

My First W.O.W. Women on Wheels Written by April Jones

I thought I would use this venue as an opportunity to highlight individual cyclists in our club. As we all know, our club is made up of riders big and small, young and old, serious cyclists and recreational riders. All of us have a different story to tell about our love of the sport.

This month's article will focus on one of our more enthusiastic members: Karin Fu. I thought Karin was a perfect choice because there is a little bit of "Karin" in us all. She has a very demanding job as a radiologist at Eisenhower Medical Center yet she manages to wake up at the crack of dawn for most of the club rides, with a smile on her face to boot.

Karin only started riding about 4 years ago when she moved to the desert. She moved here in July and attempted to

continue with her fitness regime by running. She joined a gym and met Carol Lynn Neal who had seen Karin running the streets of Palm Desert in the wee hours of the morning. Carol made a convincing argument that Karin could not refuse. Running in the desert in the heat of summer isn't one of the most pleasant forms of recreation. Why not try cycling?

Karin had an old Cannondale bike donated by a friend and gave it a try. Three months later she graduated to aluminum Orbea and four years later she is trend setting with top of the line road and mountain bikes in her trademark color –

pink! Karin dabbled in racing for a couple of years, but due to the demands of her job, had to cut back on training and subsequently stop racing. It's only a temporary arrangement though. Karin intends to race again in the near future. She competed in stage races, road races, time trials and even criterions.

When asked what she loves most about cycling, I expected the typical answer such as the camaraderie or seeing the countryside or even the weekly Saturday post-ride lunch at the Yardhouse, but she was able to quickly answer in one word - "suffering". A girl after my own heart. Have fun out there. Be safe.



On Looking Back by Gary Lueders

I am sure you remember “**The Look**”: Lance looking back at Ullrich as they begin the 21 switchbacks up L’Alpe d’Huez during the 10th stage of the 2001 Tour de France. He must have held that look for 5+ seconds, studying his opponents face and checking who else was still with him.

All of us have looked back during a ride and probably did not think much about it. But wait; there times when it is not appropriate to look back, plus there are different types of look-backs, based on the situation. While riding in a tight pack, it should be obvious that looking back could be dangerous. Here are a few look-back techniques that will improve your cycling skills.

The first situation is when setting pace at the front. Your main focus should be on the road ahead, avoiding, then pointing out hazards, and maintaining a steady

pace. The technique for looking back from the front should be a quick peak between your legs to check the wheel behind you to make sure you have not dropped the field. You should not be concerned about who the rider is or how many are behind you. Remember, your main focus should be on the road ahead.

The second situation calls for the “under-arm” look-back. This would be appropriate just before pulling off from the lead or if you are in a pace line and want to pull out to move up or drop back. This is a quick check to make sure another rider is not overlapping your wheel. And yes, you are looking at the world upside down, but only for a moment.

This third situation is when riding alone or with a few others in a loose group at an easy pace and you want to have an

extended look-back. The tendency for the average club rider is to sway to the left as they look over their left shoulder; an obvious hazard if there is fast traffic on your left. There are several ways to do this safely. The first technique takes a little practice, but is effective. As you look over your left shoulder, relax all pressure of your right hand on the handlebar. This places more pressure on the left side of the handlebar and helps in holding your line as you look to your left. Another method is to sit upright, holding the handlebar with your right hand only, and rotate your body to the left with your left arm down and behind. If there is a rider to your left, avoid the possibility of swerving into him/her by placing your left hand on his shoulder while you rotate to look back.



Lance giving rider “The Look”

Desert Bicycle Club

PO Box 13382
 Palm Desert
 California 92255

PHONE:
 (760) 861-7472

E-MAIL:
cycleclub@yahoo.com



We're on the Web!

See us at:

WWW.

cycleclub.com

DESERT BICYCLE CLUB

PO Box 13382
 Palm Desert
 California 92255



Nancy Harris with Desert Bike Club Members

Support Our Sponsors

- | | | |
|--|--|--------------------------------|
| 1. Bagel Bistro | 9. Franklin Loan Center | 16. Palm Springs Cyclery |
| 2. Banner Mattress | 10. Francis & Wayne Custom Cabinetry | 17. Southwest Community Church |
| 3. BikeMan Bike Shop | 11. Jensen's Find Food | 18. Sun Eez Window Tinting |
| 4. Christian School of the Desert | 12. Jessup Auto Plaza | 19. Tri-A-Bike |
| 5. Current Solutions | 13. Law Offices of Criste Pippin & Golds | 20. Velo Bum Cyclery |
| 6. Desert Cardiology Center | 14. Le St. Germain | 21. World Gym |
| 7. Drs. Shawn Allen & Sam Lin | 15. Maple Leaf Plumbing | |
| 8. Eisenhower Luci Curci Cancer Center | 15. Palm Desert Chamber of Commerce | |