

**May-June
2005**

Desert Bicycle Club Blazing Saddles

Special Interest Articles:

- Hydrating
- Tales of a
Racing Groupie
- Cultural Cycling
Observations
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Cycling Tour

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Presidential Message by Gary Lueders

The Bike Give-Away at the YMCA was a big success. The look of delight in the children's eyes as they received their bikes brought back memories of a first bike many years ago. We had a very good turnout of members for the event and I truly appreciate it. Also thanks to those who were involved in the bike-build night and transporting them to/from storage. "Thank you" to Chris Cross and his crew at Palm Springs Cyclery for obtaining and ultimately putting most of the bikes together. I especially want to recognize David Firestone, the founder of this event four years ago. David spent many hours coordinating between the YMCA, club members, Palm Springs Cyclery, the Barker Foundation, Walter Clark Legal Group, and HRH Insurance to make it

happen. Thank you David, for bringing the joy of a new bicycle to so many kids.

The club picnic was a big success and a great way to start the summer season. Thanks to David & Christine Sercu for the use of your wonderful patio and backyard. Also thanks to everyone who brought side dishes and to Tom Wellman for his skills at the grill.

Even though there are no club meetings during the summer, the board is still active making plans for the cooler season of desert cycling. The bylaws revision is just about complete and ready for you to evaluate this fall.

In the mean time, try to enjoy the hot weather riding. Remember to replenish fluids and use plenty of sunscreen.



Tom Wellman cools burgers for hungry cyclist



Club thanks David and Christine for hosting the party

Drinking and Hydrating



Losing water volume can impair cycling performance by 5-15%.



Which sport drink is right for you?

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 1-2% of your body's water volume can impair cycling performance by 5-15%. 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.

Choosing a Drink

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.

Tales of a Pro Racing Groupie by Greg Gritters

Anyone who follows professional cycling is familiar with the US Pro Tour Series. This series of three races culminates with the US Pro Championship race in Philadelphia. What makes these series of races special, besides determining the US Champion, is the participation of the European pro teams like Prodir, CSC, Davitamon Lotto and US Division I team – Discovery Channel. Last year racing legend (and part time desert dweller), Jamie Paolinetti, produced “Pro – the Movie” an entertaining documentary covering this racing series. Jamie also produced “The Hard Road”, which for many years has been the most popular movie on the contemporary US racing scene.

This year my wife Cathy and I decided to go back east to watch the Pro Tour and become groupies for the professional cycling team – “Seasilver”. Why? Our son, Kyle Gritters, rides for Seasilver and like most

parents we are used to following our kids around to sporting events. Kyle has ridden with our club a couple of times. We have gotten to know Kyle’s teammates and they are all a bunch of fine young men (young is anyone under age 40 when you are 50). Some of his teammates are nationally known such as Jason Bausch (featured in The Hard Road and Pro), Burke Swindlehurst previously of the Navigators team, and Neil Shirley who switched from mountain bikes to road. We have a great time with them and enjoy supporting them in any way we can.

Our trip plan was to watch the races and get in some sight seeing. We had such a great time; I thought it might be worthwhile to share some of our experiences. We started our trip in Arlington, VA, where we saw the CSC Invitational criterium on May 29. American Bobby Julich, team leader for CSC, was the crowd favorite, but it was Ivan Dominguez of

Health Net/Maxxis winning the field sprint with Bobby finishing fourth. The best finish for team Seasilver was 17th by Kyle. Erik Saunders, who also rides with our Club finished a respectable 12th. On Monday, Memorial Day, we visited Washington DC and observed a special ceremony at the Vietnam War Veteran’s memorial. DC was definitely a great place to be on Memorial Day.

From DC we traveled 2-1/2 hours to the Amish countryside of south central Pennsylvania and stayed in Lancaster (the locals pronounce it “Lank-ester” with the emphasis on the first syllable unlike the Southern California city pronunciation). On the way we passed through York, home of the Harley Davidson factory – but Cathy didn’t think we had time for the factory tour!? In Lancaster we stayed at the King’s Cottage Bed & Breakfast Inn, which is listed in the Select Registry of Distinguished Inns. We highly recommend this Inn that had the kind of furnishings our wives like and the kind of breakfasts



Kyle Gritters, Team Seasilver, on the Manayunk Wall at the Philadelphia US Pro Championship

Pro Groupie Cont.

Cathy Gritters in the countryside outside of Lancaster, Pennsylvania

us guys like. To see the Amish country we rented mountain bikes from Bike Line of Lancaster (they are in the phone book) and took back roads to Strahsburg. We saw covered bridges and Amish farmers plowing their fields with a team of 6 horses. We also took some time to sight see by car and visited the cities of Bird in Hand, Intercourse and Blue Ball – no joke. Not sure how the Amish named their towns. For a great place to eat in Lancaster, visit the Lancaster Brewing Co. Most everyone knows where it is.

The Lancaster stage of the Pro Tour is 91 miles consisting of 13 laps through city streets and a local park that has a seriously steep climb. The race came down to a field sprint with a strong Health Net/Maxxis team leading out their sprinter, New Zealander, Greg Henderson. Henderson beat last year's national champion, Freddie Rodriguez by just inches. Seasilver's best finish came from Kyle who placed 30th. From Lancaster the Pro



Terry Bennett shows his stuff at club time trails

Tour moves to Trenton, New Jersey. Trenton is about a 1-1/2 hour drive from Lancaster via toll roads which seem to be popular in Pennsylvania. The Trenton Pro Tour stage is two days after Lancaster, is also 91 miles and is 14 laps. For this race I got to ride in the Seasilver Team chase car with Director Sportif Steve Haig. Steve is an Olympic gold medallist, won the Philadelphia US Championship back in the 90's and knows what it takes to win international cycling races. Seasilver got a couple of riders in the break and I had the thrill of racing through the streets of Trenton chasing down the break so we could feed our riders. The break was eventually caught and once again it came down to a field sprint which was won this time by super sprinter Gordon Fraser – again of Health Net/Maxxis. Kyle was about 7th wheel going into the last few turns, but a little miscommunication and bad luck cost Seasilver a top 10 finish.

We didn't spend the night in Trenton, but

followed the team back to Philly (not too much to see in Trenton). In Philadelphia we stayed at the Holiday Inn just a tenth of a mile from Independence Hall. Philadelphia is a great town with a mix of US history and contemporary big city restaurants and shopping. We most enjoyed eating at the Terminal Market at 11th and Arch. This market is very popular with the locals and you can get everything from fresh produce, to Amish breakfast to those delicious Philly cheese steak sandwiches and all at very reasonable prices. The other great deal in Pennsylvania is you can buy gas for under \$2/gallon. We rented bikes from the Bike Line bike shop on Arch street in Philadelphia. We rode the Schuylkill River bike trail from the Art Museum in Philadelphia to Valley Forge. The 50 mile ride is very scenic, partly gravel and fairly flat. For more information on bike rides in and around Philadelphia visit www.phillybikeclub.com and look under the Ride Library.

Cultural Cycling Observations by Judy Tiano

Jack and I have traveled in many countries with our recumbent bikes. We have biked in Italy, France, Germany, Spain, Austria, Greece, Indonesia and much of the United States. Recumbents aren't exactly normal bikes and they evoke various reactions. The one country that has the most accepting and curious reaction is Italy.

While cycling in Italy, we often hear this phrase "*C'e' una bellissima bicicletta!*" "It is a beautiful bike!" This is heard from small children to the elderly. The adjective that the Italians use to describe the bikes is very revealing, and speaks of their deep love for bicycles and cycling.

Sometimes we receive negative comments from Americans, like "idiot, a**hole, that is a lawn chair with wheels, do you have back problems, and what type of handicap do you have?" The differences in reaction between the American and Italians have made me analyze our culture. Why such a great difference? Of all of the

places in the world that we have traveled with our bikes, the Italians are always more positive and accepting. This is why Jack and I took the time to learn Italian. They have always asked so many questions and we felt compelled to learn the language to answer the questions of these gracious people.

Every country's cyclists' have different reactions to are bikes. I remember cycling through a quintessential charming French village on a sunny day. Walking towards me was an elderly French gentleman dressed in a vest, a beret, with a baguette under his arm. I smiled and said, "Bonjour", and he gave me a snarled look and said, "**Your bike is plastic!**" This is an extreme, but vivid example the cultural differences.

I don't want to bash the French because we have had many great experiences with them in our 6 cycling tours in France. We have found the French to be helpful and kind, but they're just a bit more reserved than other

cultures.

Another observation about Italians is that the hard core Italian cyclists', who always seem to be to be men, are very friendly and intrigued by our bikes. On our last trip a group of 6 came up as we were climbing an 8 - 10% grade that continued for 3 miles, and said, "*Complementi!*"

"Compliments to you", "*Che e' la moda da vivere*", "That is the way to live", "*Una bella cosa*", "A beautiful thing". The Italian cyclists' that have this reaction to the bikes are serious bikers who daily ride many challenging hills. The ease and speed in which they climb those hills, is truly poetry in motion.

You may think it is only the delicious food, fine wines, and amazing biking that draws us back to Italy at least 2 times per year? As I write this article I have discovered an additional reason to return to Italy. It's the beauty of acceptance and openness of Italian cyclists' regarding our recumbents. Now that, "*E' una bella cosa!*" "Is a beautiful thing."



70 year old Italian women asks to ride Judy's bike



Italian children asking questions

Hwy 74 Time Trail Results

The turn out for the time trails was sparse. Most of the power riders who hammer on the Saturday Club ride were absent.

A new course record was set by Scott McKelvey an employee of Palm Springs Cyclerly. Scott bettered Glen Stanton's record by one minute and 31 seconds.

Here are the results.

1. *Scott McKelvey 12:52
2. Bob Peterson 16:06

3. Tim Wassil 17:31
4. *Jacque Mayer 17:48
5. *David Vannice 19:17
6. Terry Bennett 21:02

Congratulations to all the riders who participated.

The clubs next time trail will be held on Sunday, July 17th.

Start line is the corner of El Paseo and Hwy 74

with the first rider rolling out at 6:30am. (Note: to beat-the-heat, this summer TT starts at 6:30.) Starts will be in order of sign-in, no charge, and no re-start if traffic interrupts your ride. Finish is at the Art Smith Trailhead.

This is rider against the clock, often referred to as the "ride of truth", and is a good way for cyclist to gage their fitness level.



Scott McKelvey breaks club record

Remote Start Summer Rides

The first remote ride of the summer season was a cool success. We started at Green River Road off the 91 and took the Santa Anna River Bikeway down to the beach, had lunch and returned. A mild headwind down made for a very good tailwind after lunch. Club riders Gary, Michel, Jeff, Ricardo, Lori, Elaina, and Larry were joined by Eddie and a couple of his friends who live in Yorba Linda. We met Geno and David who had ridden up from the beach to guide us to a

great spot for lunch on the water. Total distance was about 65 miles with temps in the 60's, a very nice change for sure.

REMOTE RIDE 2 is planned for July 9-10 in Redondo Beach. We plan to stay at the Best Western Sunrise near the marina and ride along the ocean as well as the hills of Palos Verdes.

REMOTE 3 will be in Newport Beach on August 10-11. Plenty of cool summer weather riding. Hotel

accommodations have not been finalized at this time.

REMOTE RIDE 4 is scheduled for September 10-11. Location has not been established, but we are looking at San Diego or Big Bear. If you have a suggestion or recommendation, please let us know. Ride-specific messages will be sent out. To handle the accommodations, we will need your commitment a few weeks before the ride to finalize details.



Remote ride down the Santa Anna River Bikeway from left to right: Geno, Elaina, Lori, Gary, David, Michel

A Gourmet Cycling Tour of Italy by Liz Siaba

You would have never guessed this was the inaugural ride of the Wine and Truffles of Northern Italy. The Tianos put together a well organized bicycle tour which gave us the full flavor (no pun intended) of the Piedmont Area.

We started and ended the adventure in Torino, which will host the 2006 Winter Olympics, with a hotel situated right across the street from the train station. Talk about the ultimate in convenience. We had a taste of what was to come the very first evening dining in a restaurant that specializes in the local cuisine and wines. After the sumptuous six course dinner, we looked forward to the next 12 days of riding and dining.

Jack and Judy exercised really good judgment on the routes leaving and returning to Torino. We took the train with our bikes. We disembarked in Chivasso and began our cycling adventure to Terruggia. This ride of 69 kilometers brought us through many small Italian towns with rolling hill, some flats and the ever present vineyards. We spent two nights in a family owned and operated hotel with all the amenities and

something very dear to all cyclists, great food of the region.

The tour allowed us to stay two nights at family owned and operated hotels with beautiful loop rides. During the day, we would cycle along the traffic free roads of the region that took us up and down the vine covered hills. Every days ride was more spectacular as we pedaled through green forests filled with hazelnut trees and fields lined with brightly colored red poppies.

Jack and Judy spent a great deal of time developing bicycling routes of great beauty and varied terrain.

The choice of accommodations at small luxury inns and the excellent food and wine made this truly an unforgettable bicycle tour. Many of the inns we stayed at were owned by the chef. The owner chefs had the highest commitment to using local products to prepare special meals. We enjoyed a variety of appetizers della casa, fresh homemade pastes and gnocchi, main courses of fish, meat or poultry, and dolce della casa. What would a meal in Piedmont be without course appropriate wines? We could not insult the local culture. So we indulged in many of Italy's world famous wines. Each night the chefs served us some of the best Barolos, Barbarescos, Dolcettos, Moscatos and Proseccos of the local area.



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Cycling Italy Cont.

We averaged forty miles a day of wonderful riding and always followed by memorable meals. Could it get any better than this?

Judy and Jack found a way. One of the highlights was when we stayed at the hotel owned and operated by the very famous chef Carlo Zarri for two evenings. He recently was the chef for the wedding reception for the son of Sophia Loren. There we participated in a cooking

class where we made dinner under his able instruction and guidance. The menu you ask? Composta di Sedano con Tuma e nocciole, Gnocchi di Patate al Pomodoro Fresco, Filetto di Pollo con Nocciole, and Torta alle Nocciole.

Want a translation? Go on the next Wine and Truffles Tour and experience the real deal.



Cycling through the vineyards

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Editors Comments

I would like to thank the club members who have contributed to the newsletter.

A newsletter is only as good as the contributions it receives. In the last two months, there were many club activities that members could have

written short articles. .

The club membership is filled with many intelligent well educated cyclist that have the ability to write a brief 250 to 500 word report on club activities. Let's get involved. It's your club.