

# Bike Shorts



A Publication of Redlands Water Bottle Transit Company December 2016

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## ***Happy Holidays***

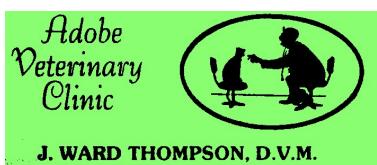


“RWBTC is a recreational bicycling club devoted to the promotion of friendly cycling in the Redlands, CA area. We cater to riders of all levels (beginners to fast) and abilities.”

# THANK YOU, SPONSORS!

DON'T FORGET TO THANK ALL OUR SPONSORS

WHEN YOU DO BUSINESS WITH THEM!



# President's Message

December 2016



I would like to thank the members for having the faith and confidence in me to be first new President in seven years. Sometimes I wake up at 3 AM thinking OH GOSH! I'm thankful for an excellent group of Board of Directors: Jerry Green-Executive Vice President; Fred Kennerson-Treasurer; Valerie Laida Secretary; Jerry Withrow-Ride Director; Don Garcia-Webmaster; Bill Green-Equipment Director and Don Quering-President Emeritus. Speaking of DQ, a big round of applause goes to him for his contribution of, seven years to make this a most excellent club. I think if you look up tenacity in the dictionary it will have DQ's face on it. The position of Program Director is still open and needs to be filled soon. Please contact me at [president@rwtbc.org](mailto:president@rwtbc.org) or see me on a ride if you are interested.

At the flick of a switch the weather has gone from summer to winter, how spoiled we really are. But don't worry we have plenty of rides for you. Andrew Leason is working the Century Training for the Tour de Palm Springs, contact him at [centurytraining@rwtbc.org](mailto:centurytraining@rwtbc.org) to join this group. We will have pre-and post-Christmas rides to help burn off those extra holiday calories along with all the usual weekly rides. And there is always the January 1 ride to Mt. Rubidoux in Riverside with breakfast to follow.

Don't forget the Annual Holiday party December 9 at the Yucaipa Country Club located at 33725 Chapman Heights Road, Yucaipa. You must sign up before the party on the website, no tickets at the door. The registration has been extended to December 4 and there are 15 spots available, this may be one of the largest parties ever with over 85 members and guest already signed up. A cash bar with all your favorites will be available. See you there.

Our first meeting will be January 9 at The Smiley Library. I have arraigned a very knowledgeable speaker from a great longtime resource in our very own backyard who will be talking about something near and dear to all of us. I don't want to give it away yet, but it's to your health and happiness!

Happy Holidays,

Bruce Dowell

President and CEO

For the RWBTC Members that are planning to ride their first Century ride in 2017, here is an article from *Gran Fondo Guide* that has some good information and tips:

## Training for a Century Ride

<http://www.granfondoguide.com/Contents/Index/936/training-for-a-century-ride>

A century ride (100 miles) is a major accomplishment for any cyclist! Below is a simple week-by-week training plan that will help you reach that goal of riding your bike a hundred miles in one day.

If you're currently "snowed in", then get on that Turbo or get down to the swimming pool and get 25 - 50 lengths done!

### Training Concepts

- ◆ The main principle of training for a century is to increase your mileage gradually over a number of weeks. By doing it that way, you help avoid injury, burnout and over-fatigue. Plus you will also be able to detect any issues with your body or your bike that you want to discover before the big day.
- ◆ To set in motion your training plan, pick a known date for your century ride and count back from there to determine your start point. Click here to find your first century ride from our century cycling calendar. This ten-week training plan below assumes you are in shape at the start to be able to ride 20 miles comfortably. That's a two-hour ride at a very easy 10-12 mph pace. If this is more than where you are, consider a metric century (100 km/62 miles) as another potential goal.
- ◆ The best way to learn training, hydration and eating tips is to ride with people who have done it before, but you can certainly do it on your own.
- ◆ As you prepare, aim for the targets as laid out in the table below to get you ready. It shows the distance of your longest ride each week (typically on a Saturday or Sunday) plus a cumulative mileage total for the week that you reach with your other riding.

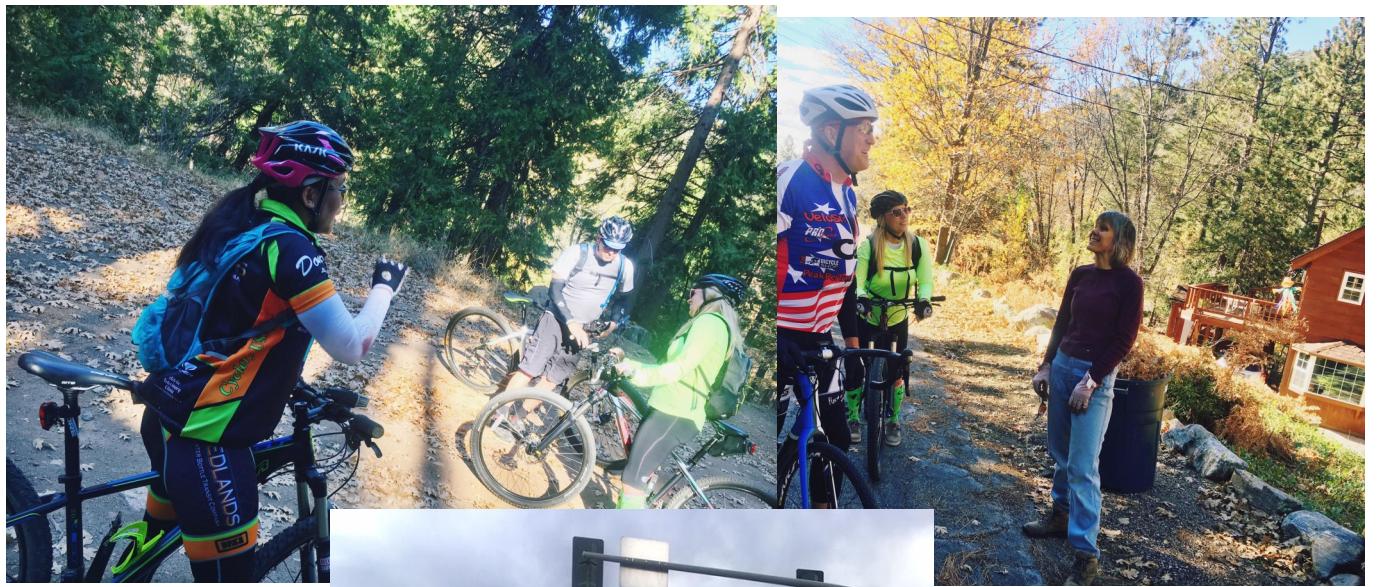
### Century Training Plan

Century Training Plan		
Week	Length of Long Ride	Total Miles/Week
1	25	55
2	30	65
3	35	73
4	40	81
5	45	90
6	50	99
7	57	110
8	65	122
9	50	75
10	Century Ride	Yeee Haaa!

### Coming next month: Tips for Riding Your First Century

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\*\* If you are interested in the RWBTC Century Training Group which is currently preparing for the Tour de Palm Springs ( [www.tourdepalmsprings.com](http://www.tourdepalmsprings.com)) on January 21, 2017, contact Andrew Leason or Bill Green at [centurytraining@rwbtc.org](mailto:centurytraining@rwbtc.org) about joining the group.



# November Photos



[See photos on Facebook](#)

# 30 Great Benefits of Cycling

Improve your brainpower, relationships, health and happiness

<http://www.bikeradar.com/us/road/gear/article/30-reasons-to-take-up-cycling-23965/>

## 1. You'll get there faster

Commute by bike in the UK's major cities and you'll get there in half the time of cars, research by Citroen shows. In fact, if you drive for an hour in Cardiff's rush hour, you'll spend over 30 minutes going absolutely nowhere and average just 7mph, compared to averaging around 12-15mph while cycling.

## 2. You'll sleep more deeply

An early morning ride might knacker you out in the short term, but it'll help you catch some quality shut-eye when you get back to your pillow. Stanford University School of Medicine researchers asked sedentary insomnia sufferers to cycle for 20-30 minutes every other day. The result? The time required for the insomniacs to fall asleep was reduced by half, and sleep time increased by almost an hour.

"Exercising outside exposes you to daylight," explains Professor Jim Horne from Loughborough University's Sleep Research Centre. "This helps get your circadian rhythm back in sync, and also rids your body of cortisol, the stress hormone that can prevent deep, regenerative sleep."

## 3. You'll look younger

Scientists at Stanford University have found that cycling regularly can protect your skin against the harmful effects of UV radiation and reduce the signs of ageing. Harley Street dermatologist Dr Christopher Rowland Payne explains: "Increased circulation through exercise delivers oxygen and nutrients to skin cells more effectively, while flushing harmful toxins out."

Exercise also creates an ideal environment within the body to optimize collagen production, helping reduce the appearance of wrinkles and speed up the healing process." Don't forget to slap on the factor 30 before you head out, though.

## 4. Boost your bowels

According to experts from Bristol University, the benefits of cycling extend deep into your core. "Physical activity helps decrease the time it takes food to move through the large intestine, limiting the amount of water absorbed back into your body and leaving you with softer stools, which are easier to pass," explains Harley Street gastroenterologist Dr Ana Raimundo.

In addition, aerobic exercise accelerates your breathing and heart rate, which helps to stimulate the contraction of intestinal muscles. "As well as preventing you from feeling bloated, this helps protect you against bowel cancer," Dr Raimundo says.

## 5. Increase your brain power

Need your grey matter to sparkle? Then get pedaling. Researchers from the University of Illinois found that a five percent improvement in cardio-respiratory fitness from cycling led to an improvement of up to 15 percent in mental tests. That's because cycling helps build new brain cells in the hippocampus – the region responsible for memory, which deteriorates from the age of 30.

"It boosts blood flow and oxygen to the brain, which fires and regenerates receptors, explaining how exercise helps ward off Alzheimer's," says the study's author, Professor Arthur Kramer.

"Exercise also creates an ideal environment within the body to optimize collagen production, helping reduce the appearance of wrinkles and speed up the healing process."

# To Be Continued

# All I want for Christmas ...

Do you have a cyclist to buy presents for? Are you a cyclist that needs ideas for your Christmas list to Santa? Here are some websites with gifts that every cyclist will love!

## Christmas Gift Guide 2016: Gadgets and presents for cyclists

Perfect presents for pedal-powered players



Bicycle Doormat - \$32



Holiday Hook Pillow - \$55

[stuff.tv](#)

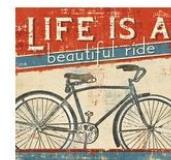
### Art.com Bicycle Posters



Bicycle Racing Promotion  
Lantern Press  
Art Print



La Parasol Jaune  
Henri Deuil  
Art Print



Beautiful Ride I  
Jess Aiken  
Art Print



Bicycle Race Promotion  
Lantern Press  
Art Print

### uncommon goods

### Bicycle Gift Hub



Bali Ride  
Wall Mural

From \$79.99    \$47.99



Summer Memories  
Daniel Pollera  
Art Print

\$22.99    \$19.79



Summer Ride Crop  
Danmu Nai  
Art Print

\$24.99    \$14.99



Promenade Urbaine  
Maïté-M-L Varennes  
Art on Acrylic

\$66.99    \$40.19

# Ride the Point – Bicycle Ride for Pancreatic Cancer

November 12, 2017

Diana and I decided to try a new metric century ride in November. Because Diana graduated from Point Loma Nazarene University, this ride has been on our radar for a couple of years. I had never ridden to Cabrillo National Monument or Point Loma so I was very interested to experience that as well.



The ride started at 7:00am from Liberty Station, just west of San Diego Airport. It was a little chilly to start, mid-50's, but promised to be a beautiful, clear day. The ride assured us that we would "Ride the **Hidden, Unridden, and Forbidden** Point Loma in San Diego, CA. on EXCLUSIVE routes open once a year!" From Liberty Station, we headed pretty much on a direct route to Point Loma.

One of the selling points, besides the great views, was the "open once a year" element of this ride - getting to ride through Point Loma Sub Base. For this part of the ride, you had to have registered in advance so your name could be on the list to get past base security guards. It was very pretty riding through the base on the east side of Point Loma, though we only saw one submarine docked there.



Upon reaching the south end of the base, there was a nice, windy climb up 300 feet in 0.9 miles (6%avg/10%max) to the top of the Point. There was a great view of the water from up there! From studying the route, I knew the next fun would be a long descent to the west side down to the tide pools, a U-turn, and then climb right back up! Nothing like another good, 300 foot (0.7mi) climb to wake up the legs.

Upon arriving back at the top of the ridge again, the route took us near the lighthouse and to the SAG stop near the Cabrillo Monument. We had to get a few obligatory photos of the monument

"Ride the  
**Hidden,**  
**Unridden,** and  
**Forbidden**  
Point Loma in  
San Diego, CA.  
on EXCLUSIVE  
routes open  
once a year!"

and San Diego skyline in the distance, before heading back down and through Point Loma.

The next part of the ride was a very scenic route around Mission Bay before the metric century ride headed inland.



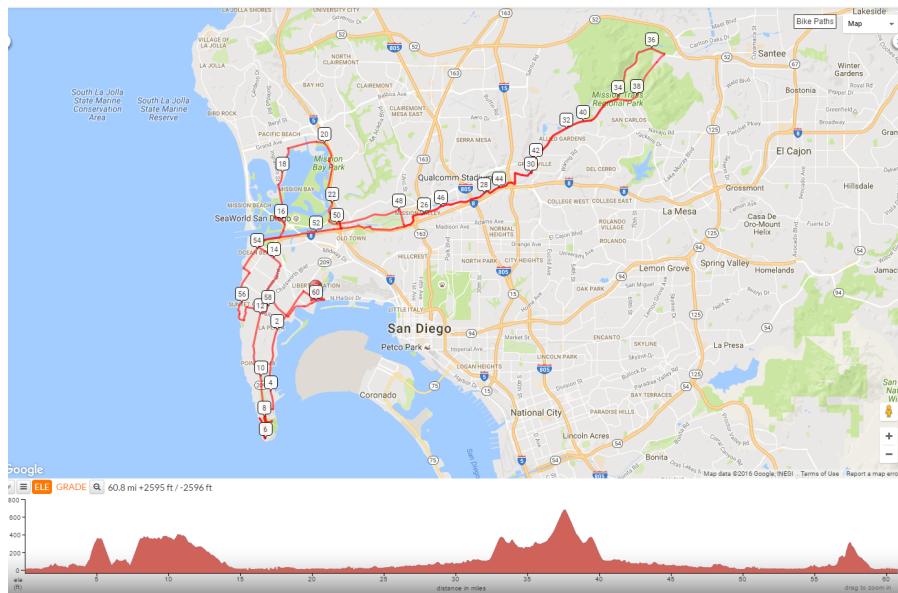
We had a stretch for a couple miles where we didn't see any other riders and started to think we had made a wrong turn! The SAG stop at mile 28 had a nice view of Qualcomm Stadium, and shortly after that I was surprised when we made a turn at a light and we passed right in front of the San Diego Mission.



The eastern end of the ride was a nice trip on the Father Junípero Serra Trail through Mission Trails Regional Park. A good mile-long climb started the trip back west towards

Mission Bay and Point Loma. The return route to Point Loma was the same route as we came out, not very exciting, but really perked up when we came out at Sunset Cliffs in Point Loma.

The mile and a half along the cliffs was beautiful! THEN the last of the climbing began. A right turn onto Hill St. brought us immediately onto a steady 16% climb for about 0.1 mi, then continued at 12% for another



quarter mile. At least that was the last of the climbing for the day. The route finally circled back down to Liberty Station ,then deposited us at the finish. A beautiful day for a beautiful ride! We definitely plan to do it again soon!

61 miles, 2600ft



# Upcoming Rides and Events



RWBTC Christmas Party

Friday, December 9

Pavilion at Chapman Ranch

Level "D" Ride:

Mission Inn Christmas Tour

Saturday, December 17

Leader: Diana M.



New Year's Day

Mt. Rubidoux Ride

Sunday, January 1

(W/ Breakfast Option)

Check out all of the upcoming Rides and Events at

[www.rwbtc.org](http://www.rwbtc.org)

Bike Shorts is a monthly publication of Redlands Water Bottle Transit Company. For more information on our club, visit us at [RWBTC.ORG](http://RWBTC.ORG), or go to our [Facebook Page](#)

You can reach your board members at:

<b>President</b>	Bruce Dowell	<a href="mailto:president@rwbtc.org">president@rwbtc.org</a>
<b>Vice President</b>	Jerry Green	<a href="mailto:membership@rwbtc.org">membership@rwbtc.org</a>
<b>Secretary</b>	Valerie Laida	<a href="mailto:secretary@rwbtc.org">secretary@rwbtc.org</a>
<b>Treasurer</b>	Fred Kennerson	<a href="mailto:accounts@rwbtc.org">accounts@rwbtc.org</a>
<b>Ride Director</b>	Jerry Withrow	<a href="mailto:rides@rwbtc.org">rides@rwbtc.org</a>
<b>Programs Director</b>	OPEN	<a href="mailto:events@rwbtc.org">events@rwbtc.org</a>
<b>Webmaster</b>	Don Garcia	<a href="mailto:webmaster@rwbtc.org">webmaster@rwbtc.org</a>
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<b>Equipment Director</b>	Bill Green	<a href="mailto:equipment@rwbtc.org">equipment@rwbtc.org</a>

A special thank you to our members that contributed to this month's newsletter: KEEP THOSE ARTICLES AND PHOTOS COMING. YOU CAN SUBMIT AT [NEWSLETTER@RWBTC.ORG](mailto:NEWSLETTER@RWBTC.ORG).

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***LAST CHANCE!! Don't forget to sign up TODAY for the Christmas Party on the [website](#). Besides making new friends, we have great rides, events and parties coming this year. Go to the website and you can pay by bank card.***

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## EXTRA! EXTRA!

### READ ALL

### ABOUT IT!

Have a picture to show? A story to tell about a ride? Any bike related info you want to share? The RWBTC Bike Shorts wants to hear from you! Please email all contributions to [newsletter@rwbtc.org](mailto:newsletter@rwbtc.org).

December Ride Calendar—All weekend rides begin at 8:00 AM from Stell's Coffee located at Brookside and Alabama, Redlands, unless otherwise noted.

ALL rides and their start times are posted on our web site, on the Calendar \*\*Check the website for most up-to-date information

Standing rides are held each weekend on Saturday and Sunday mornings. Other rides head out on Tuesday and Thursday morning, and (seasonally) Tuesday evening.

Introductory rides are offered by the club and "Ride Yourself Fit." See website for details.

### Ride Classifications

(paces listed are averages based on mostly flat riding - target speeds will be adjusted depending on the amount of climbing and the length of the ride)

Level	Description
D	For novice or recreational riders. Expect to ride at a pace of 10 – 14 mph with re-groups as needed. Expect the ride leader or another club member to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.
C	For competent riders with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most riders will ride in groups at a pace of about 14 – 16 mph. There may be re-groups on the route, but they will be limited. Riders are comfortable navigating by map if separated from the group and can handle their own mechanical repairs.
B	For strong, experienced riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Most riders will maintain a pace of 16 – 18 mph and will not feel obligated to wait for slower riders. Pace lines are common. Riders are able to handle their own mechanical repairs and are comfortable navigating by map if separated from the group.
A	For extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.