

Bike Shorts

June 2017 Newsletter



Memorial Day Ride with Ride Yourself Fit to see West Coast Thunder



Upcoming Events

(See the Website for Complete Details)

Solvang Trip- Santa Ynez Getaway- June 2-4

Club Meeting Monday June 5, 6:30 p.m.
A.K. Smiley Library John Ankenman from Cyclery
USA and Greg Armstrong from Plain Wrap Ride
Presenting

Plain Wrap Ride- Sat. June 17- Now a REDLANDS
ride. See page 4 for info and registration link.

Century of the Month- June 24th

Club Party/Picnic Sat. **July 22**, Location TBD. Mark Your Calendars.

July Century of the Month- Windmill Century Santa Maria- see page 3 for link



Message from the President

Wow-June is already here and that means summer too! We will have more Beach rides to escape the searing temperatures of the IE, well maybe we will get some June gloom to take the edge off. It also means that the first half of the year is almost gone-what happened? You can look forward to the Club Sponsored parties coming July 22-we are working on the site, Labor Day pizza party at Uncle Howie's and the Christmas Party at the Yucaipa Country Club. I hope to see you all there.

Last month's meeting featured Jill Rooks of The Energy Lab. She promotes healthy eating, positive thinking and exercise just to name a few. I had not seen her in a year and I thought she looked ten years younger. She is proof positive of what she preaches and acts. She gave several stretching techniques useful for cyclists like "The Charlies Angel Stretch. " She always has a ton of information and is always engaging.

June 5th is our next meeting featuring John Ankenman of Cyclery USA. He promises to bring some of the latest and greatest from the cycling world to benefit us and if it comes in time, "something really special."

The Board of Directors has accepted Marciano Avilla as Programs Director and Carol Dyer as Newsletter Editor. Both are well qualified for these positions and I thank them for stepping up to volunteer.

Mother Nature gave us a wet winter and spring for nice green landscape...and also an environment to grow big goat heads-ouch. Last Saturday's ride had eight to ten riders, or about fifty percent of the riders, changing flats. Some even had to change both front and rear. So, check those tires and make sure that you are carrying plenty of tubes and air/CO2. Just as important, stay away from gardeners with weed eaters and leaf blowers.

Safe Rides,

Bruce Dowell

"RWBTBC 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."

**Windmill Century- Century of the Month for July in Santa Maria.
See this link for this affordably priced event ride.**

<http://www.tailwindsofsantamariabc.org/century.html>



Redlands adding 26 miles of bike lanes

The city of Redlands has a bicycle master plan to construct non-motorized pathways in the city, specifically bike lanes.

Cyclists will soon be able to ride 26 miles of new bikeways in the city.

Work began this week to install new bikeways, including green bike lanes, on portions of Fern and Cypress avenues, San Mateo, Judson and Highland/Fifth streets, according to a city news release.

City contractors will begin striping dedicated 5-foot bike lanes, which will include clear designations indicating the lanes are for cyclists, according to the release.

The work will be done from 7 a.m. to 4 p.m. Monday through Friday.

Minor closures will be in place while paint is applied and sets but contractors will make every effort to provide access to residents or businesses in a timely manner, according to the release.

The improvements are expected to be complete by August.

The lanes are part of the city's effort to provide more active transportation in the city, as laid out by its Bicycle Master Plan.

In March, the City Council awarded contracts for the projects to Riverside-based Cat Tracking Inc. in for \$176,160 and \$185,370.

For more information call Olivia Crowley, a city of Redlands community relations coordinator, at 909-798-7524, ext. 2.



Project updates will be posted on social media at @muedredlands on [Facebook](#) or [Instagram](#).

Source: The City of Redlands

FROM THE DAILY FACTS

PLAIN WRAP RIDE

JUNE 17, 2017

A CHARITY RIDE THAT SUPPORTS AND
PROMOTES INLAND EMPIRE CYCLING

START/FINISH:

245 TERRACINA BLVD. , REDLANDS, CA. 92373



REGISTRATION & CHECK IN

\$25 single and \$35 Tandem through June 15

Same Day Registration: \$35 single and \$45 Tandem

Register online: <http://www.imathlete.com/events/PlainWrapRide>

Fill up the form and mail registration to:

Ride Yourself Fit

1201 Brookside Ave, Suite 100, Redlands , CA 92373

Pre-ride check in and same day registration: 6:30 A.M.

62 Mile ride start @ 7:30 AM, 39 mile ride start @ 8:30 AM, 15 mile begins @ 9:30 A.M.

What your registration fee provides

- 62, 39 and 15 mile routes
- Rest stops for 62 & 39 mile routes
- All Rides: Vehicle support, turn map and arrow routes

Where your registration fee goes

Your registration supports local activities and groups supporting cycling in the I.E., such as: The Kevin Unck Foundation (relief for injured cyclists), Cycling Connection's Christmas Bike Give-Away, One More Move – Bikes for Kids, Ride Yourself Fit's Annual Children's Health & Safety Expo, The Inland Empire Biking Alliance, and Santiago Cycling's Operation Hope.

Extras: (Bring your money for extras)

- Papas Artisanal Food Truck (Craft sandwiches & burgers)
- Plain Wrap Ride jerseys (you may not ride faster, but you'll look faster with these kits)
- Vendor Village

Questions?

Contact: Greg Armstrong (909) 946-6921



Join us for updates: [facebook.com/groups/plainwrapride/](https://www.facebook.com/groups/plainwrapride/)



SCAN TO GO TO ONLINE
REGISTRATION or go to:

imathlete.com/events/PlainWrapRide



A Financial Services Company



<http://www.imathlete.com/events/EventOverview.aspx?>

MEMORIAL DAY



30 Great Benefits of Cycling – Continued Improve your brainpower, relationships, health and happiness [http:// www.bikeradar.com/us/road/gear/article/30-reasons-to-take-up-cycling-23965/](http://www.bikeradar.com/us/road/gear/article/30-reasons-to-take-up-cycling-23965/)

25. You're developing a positive addiction

Replace a harmful dependency – such as cigarettes, alcohol or eating too much chocolate – with a positive one, says William Glasser, author of Positive Addiction. The result? You're a happier, healthier person getting the kind of fix that boosts the good things in life.

26. Get (a legal) high

Once a thing of myth, the infamous 'runner's high' has been proven beyond doubt by German scientists. Yet despite the name, this high is applicable to all endurance athletes. University of Bonn neurologists visualised endorphins in the brains of 10 volunteers before and after a two-hour cardio session using a technique called positive emission tomography (PET). Comparing the pre- and post-run scans, they found evidence of more opiate binding of the happy hormone in the frontal and limbic regions of the brain – areas known to be involved in emotional processing and dealing with stress.

"There's a direct link between feelings of wellbeing and exercise, and for the first time this study proves the physiological mechanism behind that," explains study co-ordinator Professor Henning Boecker.

27. Make friends and stay healthy

The social side of riding could be doing you as much good as the actual exercise and health benefits. University of California researchers found socialising releases the hormone oxytocin, which buffers the 'fight or flight' response.

Another nine-year study from Harvard Medical School found those with the most friends cut the risk of an early death by more than 60 percent, reducing blood pressure and strengthening their immune system. The results were so significant that the researchers concluded not having close friends or confidants is as detrimental to your health as smoking or carrying extra weight. Add in the fitness element of cycling too and you're onto a winner.

28. It'll make you happy

Even if you're miserable when you saddle up, cranking through the miles will lift your spirits. "Any mild-to-moderate exercise releases natural feel-good endorphins that help counter stress and make you happy," explains Andrew McCulloch, chief executive of the Mental Health Foundation.

That's probably why four times more GPs prescribe exercise therapy as their most common treatment for depression compared to three years ago. "Just three 30-minute sessions a week can be enough to give people the lift they need," says McCulloch

29. Feeling tired? Go for a ride

Sounds counter-intuitive but if you feel too tired for a ride, the best thing you can do is go for ride. Physical activity for even a few minutes is a surprisingly effective wake-up call. A review of 12 studies on the link between exercise and fatigue carried out between 1945 and 2005 found that exercise directly lowers fatigue levels.

30. Spend quality time with your partner

It doesn't matter if your paces aren't perfectly matched – just slow down and enjoy each other's company. Many couples make one or two riding 'dates' every week. And it makes sense: exercise helps release feel-good hormones, so after a ride you'll have a warm feeling towards each other even if he leaves the toilet seat up and her hair is blocking the plughole again.

Bike Shorts is a monthly publication of Redlands Water Bottle Transit Company. For more information on our club, visit us at RWBTC.ORG, or go to our Facebook Page

You can reach your board members at:



President	Bruce Dowell	president@rwbtc.org
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Secretary	Valerie Laida	secretary@rwbtc.org
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Webmaster	Don Garcia	webmaster@rwbtc.org
Newsletter Editor	Carol Dyer	newsletter@rwbtc.org
Equipment Director	Bill Green	equipment@rwbtc.org



Group fixing flats from goatsheads on Martin Luther King Blvd., on ride to Tom's Farm !

Please send news and photos to me at NEWSLETTER@RWBTC.ORG.
SOLVANG TRIP info and photos would be GREAT!

THANK YOU, SPONSORS!

**DON'T FORGET TO THANK ALL OUR SPONSORS
WHEN YOU DO BUSINESS WITH THEM!**



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.