

REDLANDS WATER BOTTLE TRANSIT COMPANY

Bike Shorts

July 2017 Newsletter



Carol Montag on the Club Solvang trip

Upcoming Events

(See the Website for Complete Details)

Club Party/ Picnic Sat. **July 22. 2-6 p.m.**
See page 2/3 for details.



Club General Meeting Monday August 7th 6:30 Smiley Library Assembly Room

Labor Day Pizza Party 9/4 at Uncle Howies Pizza. 6:00 p.m.

CHECK THE CLUB WEBSITE FOR RIDE TIME CHANGES

Message from the President

It's time to say good bye to one of the hotter June's of recent memory. I'm having fond memories of June gloom, it sure is more bike ride friendly than



triple digit temperatures. Be sure to check out the NEW ride times. Rides are now leaving between 7:00 AM to 7:30 AM, be sure to check the Ride and Event Calendar on the Club's website for exact times. Also note that the Breakfast Challenge Ride will be July 16 and leave from Yorba Linda Regional Park at 8:00 AM. The ride will go down SART to Huntington Beach with breakfast there.

Please make note that the Ride and Event Calendar is always the most up to date information as opposed to the Upcoming Events on the Home Page which only updated early in the mornings. I've had some members comment that they have missed out on some rides that were posted late that day.

Mark July 22 for the annual July picnic at Vic and Tee Jennings beautiful home at 2PM. They are located at 402 South La Salle Street, Redlands-the corner of 5th Ave and La Salle Street. Please bring a dish to share. If your last name begins A-F a dessert; G-N side dish/salad/fruit O-Z an appetizer. Children are welcome, wear your bathing suit the pool is very inviting and bring an outside chair and don't forget your towels. Taco Shack, one of our sponsors will be preparing delicious tacos from scratch with your choice of carne asada (beef), carnitas (pork), grilled chicken or a vegetarian option and includes rice, beans, chips, salsa and more. The club will supply water and soft drinks. BYOB. Our very own Don Garcia will DJ and there will be lots of fun and games. BE SURE TO REGISTER YOU AND YOUR COMPANION NOW ON THE CLUB WEBSITE UNDER THE RIDE AND EVENT CALENDAR JULY 22 so Taco Shack knows how much to bring. I thank Vic and Tee for being gracious hosts.

We desperately need ride leaders. That's why it says TBD under numerous rides, no one is stepping up to lead a ride. I know many of you just want to follow someone and pedal like crazy, but we need you. Don't worry about getting lost or feeling that you are inadequate for the job. And best of all, you pick the ride. Club rides on the calendar cover the ride leader for liability under the club's insurance. Contact Jerry Withrow at jerrywithrow@gmail.com to sign up.

Safe Riding,

Bruce Dowell

President and CEO



The Club July Picnic will be at our club member Vic Jennings home at 402 South La Salle St. , corner of 5th and La Salle in Redlands. Time from 2-6p.m. Food will be catered from Taco Shack .

Please bring a dish to share. If your last name begins A-F a dessert; G-N side dish/ salad/ fruit ; O-Z an appetizer.

PLEASE RSVP ON THE WEBSITE UNDER THE RIDE EVENT CALENDAR FOR JULY 22, SO WE HAVE ENOUGH FOOD!

**Ride Leaders Needed– Please
Contact Jerry Withrow @
rides@rwbtc.org**

“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.”









Double click to edit text

Al Casey , our club's inspiring 85 year old Retired 3 Star General and club friends after his 'namesake' ride, sendoff to his summer stay in Pennsylvania.



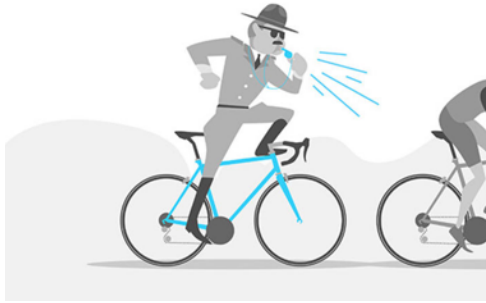
Leader Vic Jennings' Birthday celebration with cold watermelon after a 'C' Level Ride, thanks to Clay.



11 Most Annoying Types of Cyclists

We love how passionate cyclists are. But sometimes, we can become just a little bit too enthusiastic. Here are 11 behaviors that can be overwhelming.

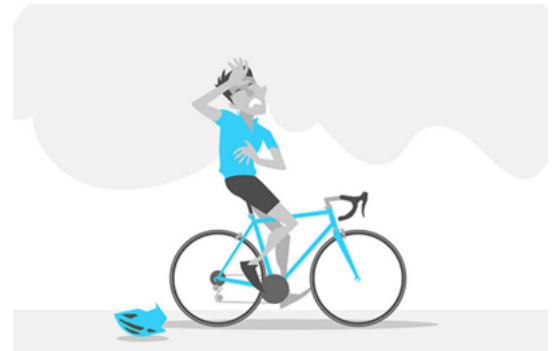
We respect everyone who rides bikes, of course, but sometimes our passion for riding turns our quirks into irritating eccentricities. It can happen to anyone and we'll be the first to admit we can be irritating on a group ride. From borrowing your last tube—to regaling you with our 17-part dissertation on the potential outcomes of **disc brakes on road bikes**—riding with us can be a mixed bag of fun, camaraderie, and yes, occasional frustration that we just won't shut up about bike parts.



Luckily, we're not alone—lots of our fellow cyclists are out there ready to settle in comfortably on your last nerve. Join us as we take a brief spin through the 11 most annoying cyclists to ride with, many of which were nominated by *Bicycling* staff members who closely identify. **Which one are you?** And what would you add?

The Excuse Machine

Always went too hard the day before. Or doesn't feel good. Or has a hangover. Then announces plans to keep things easy and drills it.



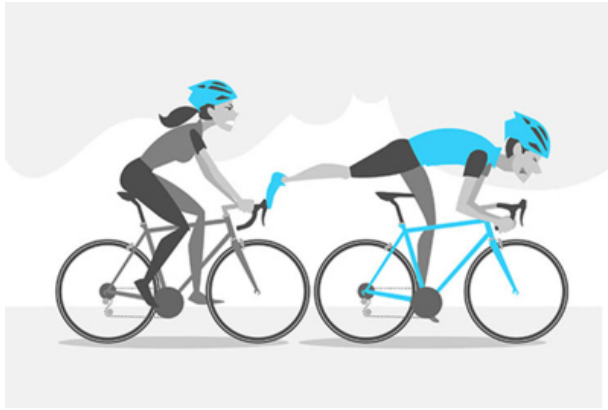
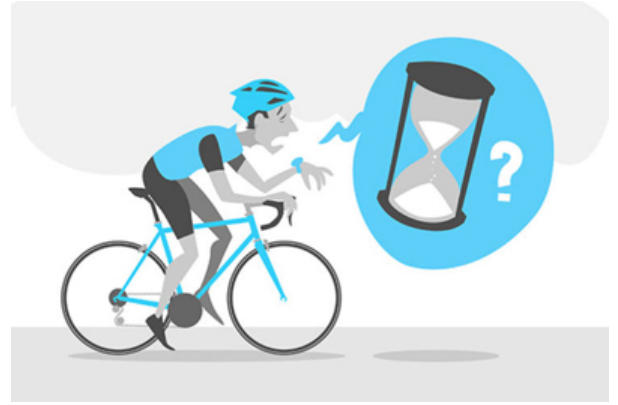
The Gear Snob and His Nemesis, the Anti-Gear Snob

These riders can evoke serious anxiety about your gear, or your own performance. One gets a new bike every season and the way he flies uphill (thanks to his **Zipp 404s** with the special blackout graphics, of course) make you question your own setup. The other is on an ancient Motobecane and hasn't bought new tires since the last time LeMond won the Tour, and yet he still beats you up every climb.



The 'How Many More Minutes' Rider

This cyclist claims to be drawn to the freedom and **adventure of riding**, but needs to know exactly how long the ride will be so she can plan when to eat, how much to eat, and when to start feeling like it's time to be done.

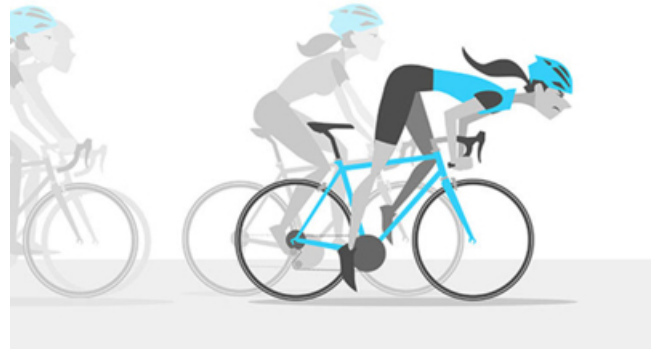


The Desperately Unchicked

Mortally afraid of being passed by a woman. Will do anything to stay in front of them on a group ride, even if it means pulling off the road and faking a mechanical. See the Cat 6 Rider.

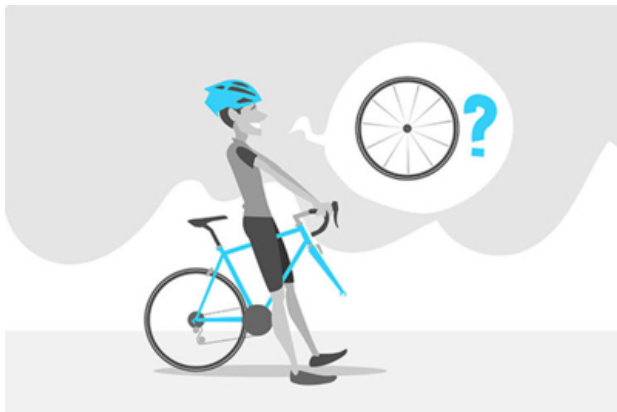
The Half-Wheeler

Always stays a few inches ahead of the riders next to her, pushing the pace on a group ride. (If people stop talking and start panting when you hit the front of the group, this might be you.)

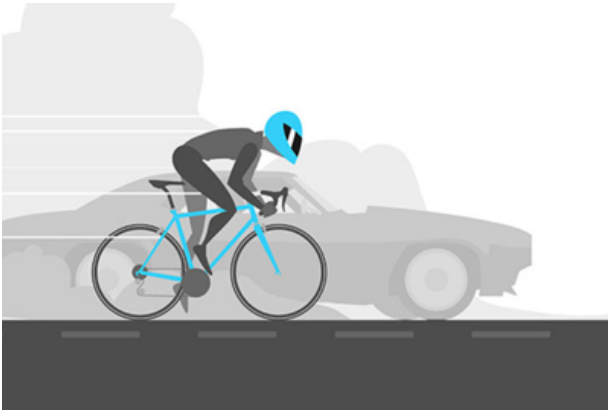


The Chronically Unprepared

Has endless enthusiasm for riding, but shows up with a **flat tire**. Needs a gel, or a fiver, or a spare tube, or multi-tool every week. Are so busy riding, they can't seem to get that they can attain these things in



advance themselves.



The Cat 6 Racer

Going fast is great, unless you're attacking at a yellow light, or turning every ride into a race (and blowing up five minutes in), or are determined to set the KOM for every **protected bike lane**, or claim your coach wants you to do **intervals** during group rides.

The 'Gram Addict

So enamored by the ride that she has to record every moment of it and stamp it with 40 different #hashtags #about #bikes. Otherwise, did the ride even happen?



The Constant Yapper

This rider has a lot to say and a frustratingly endless lung capacity with which to say it. Even when she's more focused on the yammering than the hammering, she's still somehow hard to drop.

The Over-Helper

Yes, you can have too much of a good thing, particularly if you're a beginner and someone is offering an avalanche of otherwise helpful tips. "You should eat more. Want me to **check your tire pressure** for you? Sure you don't want a push up that hill? Here comes one anyway!" The Over-Helper is hard to shake.





The Over-Helper's Sidekick, the Unsolicited Coach

“Elbows out, lower gear, more power, eyes up, butt back, go, go, go!” The Coach is an endless font of advice who forgets you're out to enjoy the ride, not compete for a spot on the US Olympic team.

SOURCE: Bicycling.com

For Redlands Roads scheduled
for repaving see this link

<http://cityofredlands.org/cms/One.aspx?>

Click on the three bars at the top left of the map for the legend. The **orange lines** are roads being repaved this year



A Commuter Rides a Century: 7 Tips for Riding in the Heat

from Active.com by Brian Kendall

Quick Tip

Get out early to avoid the hottest part of the day.

Pain in cycling is inevitable and constant. Once you overcome one affected area—cramping legs, numb feet, sore back, etc.—another pops up to take its place. It's not that this newly discovered pain wasn't always present; just that while I finally mastered [the art of nutrition](#) to keep my muscles from abandoning me with 30 miles remaining of a 70-mile ride, another brutal element of cycling recently introduced itself: the heat.

Anyone who lives below the 40th parallel and is dumb, crazy or senseless enough to go on long rides in the middle of July knows the feeling.

Sweat flows from every square inch of your body and pools on the back of your neck and the insides of your elbows. Your chamois becomes a makeshift sponge, and your face feels like it has the hot coils of an oven radiating a mere two inches from it.

While staying in motion and creating an artificial sense of wind provides some relief, using your pedal stroke as a way to generate the sensation of fanning oneself is hardly sustainable for the long haul.

Here are seven tips I've picked up during long summer rides in hell, I mean Texas.

1. Acclimate Yourself

Unfortunately, the only way to get used to riding in the heat is to, well, ride in the heat. You couldn't possibly imagine it on your first 100-degree ride, but you do acclimate fairly quickly ([14 days after riding every day](#)). After time, you'll notice your heart rate and body temperature decreasing during these scorching efforts. We would even venture to say the devil himself is rather cozy in his confines.

2. Early Bird Gets the Cool Ride

The coolest time of day is just before sunrise. In Texas in July, that's between 6 and 7 a.m. In fact, there's a 15-degree difference between 6:30 a.m. and 3:30 p.m. So, if you want to get in at least a couple hours of not-completely-miserable riding, get an early start.

While I'm the furthest thing from a morning person, the thought of avoiding 100-degree weather makes me spring from my bed.

3. One Bottle of Water to One Bottle of Skratch

While ice-cold water might sound refreshing, and you can certainly stay fully hydrated by sipping water at your desk, you need more than H₂O on a long, hot ride. I recommend keeping one bottle full of water and the other with a product like Skratch Labs Exercise Hydration Mix, which contains important electrolytes. In layman's terms, these electrolytes allow your body to retain water and evade cramps.

Another quick tip: Stop being cheap and get yourself some damn good insulated water bottles that keep ice for longer than five minutes.

4. Forfeit Drinking a Little Water and Squirt it on the Back of Your Neck

You can almost hear the sizzle after dousing your sun-scorched neck with cool water.

This is far from being a waste of your precious H₂O and will provide more instant relief than any other remedy. In fact, it's been [scientifically proven](#) that your heart rate immediately decreases after coming in such contact with water.



5. Drink Every 15 Minutes

Hydrate, hydrate, hydrate. These are rules No. 1, 2 and 3 to having a safe ride during the dog days of summer.

Get in the habit of drinking consistently throughout your ride, even when you're not thirsty, as the dehydration process begins long before you start craving liquids. As a general rule of thumb, you should consume 4 to 8 ounces of fluid every 15 minutes.

As gross as it may be, take notice of the color of your pee. If it's dark yellowish, you need to drink more. If you've been riding for three hours and haven't had the urge to pee, you need to drink more. A light yellow color generally means you're properly hydrated.

6. Do Not Put Sunscreen on Your Forehead

One of the biggest mistakes I made on a recent training ride was applying my SPF 50 sunscreen to my forehead. This is both pointless and, as I found 20 miles into my ride, incredibly painful.

Your helmet combined with a cycling cap (more on this next) should provide enough shade to keep your forehead from getting burnt, so any sunscreen spread above your eyes is an utter waste. You'll also find, after sweat begins dripping from your wavy locks, that sunscreen really, really burns your eyes.

7. Wear a Sweat Guard

If, like me, you are a prolific sweater, then the sodium dripping into your eyes should clue you in to investing in a sweat guard. While you might think you can tough it out, I've ridden far too many miles with a lack of depth perception due to one eye being shut.



Sweat guards take many forms, from cycling caps to bandanas to headbands. Like all things in this wonderful sport, it's about finding the one that suits your needs and your personality.

Of course, given the fact that my boss insisted my first century be the infamous Hotter Than Hell ride (link to their page), I am taking the above rules as pure gospel. It's literally a matter of life or death.

Water Fountain Drinking locations Map for Redlands using arcGIS from ESRI. This is a map made several years ago but updated in 2016. The map is most useful for runners but may help cyclists in a pinch.

<https://www.arcgis.com/home/item.html?id=2ee3425c0eb045ffa0d87bfd1e16a0aa>

Water Fountain on north side of Highland Ave. east of Pacific



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:

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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.