

BENICIA BIKE CLUB

www.benicibikeclub.org

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The Road Marshal: Message from the President

I enjoy seeing women on bike rides. But then, I enjoy the presence of women all the time ~ prefer them sometimes to guys. They add a civilized aspect and their presence temper the usual male chatter. And on rides, for me, they sometimes offer a chance to ride at a more leisurely pace ~ but then, some of them can drop me too. **Speaking** of women, back in the late 90's, one of our BBC members, Jeanie Barnett (very slight

build) entered the Furnace Creek 508 in 1999. She had to quit due to "low altitude" sickness; but, in 2000 she finished first, 12th overall with a time of 39:08 and qualified for RAAM

Ed, Mick and I saw her at the start to the 2004 Grizzly Century down in North Fork. When we were heading out on the ride, she was entering the dining hall to check in. She was still in her street



Club President; Bill Schmidt

clothes. Why do I mention that? I think it was within 15 minutes on the climb, she passed us going away never to be seen again! She used to give Walt fits on the century rides! He was never able to pass her. **Bill Schmidt**

Welcome New Member
Howard Hoffman

Benicia Bike Club Time Trial ended October 5. Many club members set a new record at the final BBC time trial. Check out the new and final 2005 Benicia Bike Club Time Trial course record (page 5).

November Issue
Exclusive BBC Female Member
Road Bike
Fitness
Mother
Athlete
MTB

The Paceline: News and Notes

- **Jerseys** are still available (L, XL). Order your long sleeve/short sleeve jersey now Contact Ed Brennan.
- **Female Club** Members share their story (page 3, 5, 6, 9, 11).
- **Bolinas Ridge Trail** (page 7)
- Tips on **Descending Hills** (page 8).

Thank You Bob K
In October Bob organized our Moxie Century and Mini Moxie. 19 members attended the ride. He also organized rides in the past including beginner rides and climbing rides to train for the Death Ride. Bob recently retired and plans to do a lot of organizing. He is already talking about a Spring Moxie! Happy Retirement Bob and thank you for your **Leadership.**

- Information about **Cross Training** (page 10)
- BBC Christmas Party**
December 10, 2005
Villarreal's Home
Potluck
Merriment!
- **Two pro racers** in Ironman World Championship at Hawaii (page 11).

In The Draft: Nutrition News

Eat Healthy/Stay Fit

Oyster Stuffing for a 15 lb Bird

Erika Michael

5 stalks celery, diced
 1 1/2 cups chopped onion
 6 cups crumbled cornbread
 1/2 cup chopped, cooked turkey giblets
 10 ounces shucked oysters
 1/4 cup chopped fresh parsley
 1 teaspoon dried basil
 1 teaspoon salt
 1 teaspoon paprika
 1 teaspoon dried sage
 1/2 teaspoon ground nutmeg
 2 eggs
 2 cups chicken stock

Directions

In a skillet, saute the celery with the onions until the onions are translucent.

In a large bowl combine the crumbled cornbread, cooked celery, cooked onions, giblets, oysters, parsley, basil, salt, paprika, dried sage and nutmeg. Toss well. Beat the 2 eggs. Add the eggs and chicken stock to the stuffing mixture. Stuff stuffing in bird's cavity. Remove stuffing promptly once bird is cooked. You can also bake the stuffing separately from the bird in a large casserole dish. Bake it in a preheated 350 degrees F (175 degrees C) oven approximately 1 hour and 20 minutes.

Enjoy this special treat at your Thanksgiving Feast!

Road Hazards While cycling in our area and if you encounter road hazards such as pot holes, debris or tree limbs contact these agencies and report status. Vallejo-Department of public Works, Traffic Engineering and Maintenance Dept at 648-4300. In Benicia-Public Works maintenance Division, streets at 746-4296. In Solano County-Steve Hilas 421-6055.

The Break Away: Training

Travis Woodruff

Physiology of Pedaling Cadence

Using a slightly lower gear with a faster cadence can be more efficient than riding a higher gear with a slower cadence. The difference in efficiency is due to the unique physiological demands of each style. A high cadence pedaling style involves frequent, low muscular force productions while a low cadence pedaling style is comprised of less frequent, but more forceful muscular contractions. Since the slower cadence requires more muscular force per each pedal stroke, a greater percentage of fast twitch muscle fibers are recruited. Fast twitch muscles are not as efficient in their use of glycogen, so your body's energy resources are drained more quickly when they are used. This can lead to increased fatigue late into your rides. During a stage race or when training frequency is high this becomes very important since stresses are compounded from one day to the next. On the other hand, the relatively low muscular force used with a high cadence relies more heavily on the slow twitch fibers, which are more aerobically efficient in using the body's energy stores to produce work.

Typically, a cyclist will be most efficient with a cadence of 80 to 90 revolutions per minute (RPM). Cadences lower than 80 RPM require greater muscular forces, while cadences over 100 RPM place a higher demand on the aerobic system. Incorporating low and high cadence workouts into your routine will have you best prepared for your goals, though a majority of your riding should be done with an average cadence of 80 to 90 RPM.

<http://www.roadcycling.com/>

by Travis Woodruff 9-25-05

The Double Metric: The BBC Diva

Marci's New Bike

Yes I'm the happy owner of a new bike. The bike is a Vamoots, titanium with nice bells and whistles. I feel lucky to have such a beautiful bike and live in an amazing area with so many riding opportunities. I'm an infrequent BBC rider, I try to make the Tuesday AM ride. Two years ago I never thought I'd ride a bike 100 miles and this summer I did it four times. My biking inspiration comes from the classy and strong Ellie Hands. My favorite century was the Sequoia. I enjoyed the company of Laurie VW and Ellie who encouraged me along. I have a dream to ride the Death Ride... maybe.

Marci King 10/05

BBC Christmas Party

December 10, 2005

Villarreal's Home

Potluck

Merriment!

Juliet Marks Workout Regime:

I take a Pilates Class on Monday and Wednesday followed with a Saturday and Sunday morning Spin Class. In between the work week, I play tennis twice a week and will run a couple of miles at the State Park anytime I can squeeze in or ride with my husband, Joe. I drink lots of water (NEVER SODA). I am a strong believer in water. It hydrates your body and your skin and NEVER EVER go to bed with your make-up on. Lol **Juliet M. 10/05**

Nancy Lund Crews at 508 Furnace Creek

508 Furnace Creek Race- October 8-9 2005

Linda Longinotti, and I crewed this race for 2 riders- Robert from Pleasanton and Larry from Pennsylvania. It was my first time doing this kind of support for the cycling community. We started the race in Santa Clarita Saturday morning at 9:00AM. 41 hours 40 minutes later, we finished the race (2:41 AM Monday October 10th.) in 29 Palms. We passed through some beautiful country during the day (if you like the desert) and in the night saw owls and lots of bats. The time went quickly as we always seemed to have something to do; feed a rider, get ready for a switch of riders, get gear from the back of the truck, figure out what the splits were and keep records of food ingested (an important component of ultra-marathon cycling). All in all a rewarding experience. However, if I were to participate again, I'd like to do it as a 4 women team. (A race report will follow in the next issue) **Nancy Lund 10/05**

Riva Flexer: Cycling and Mothering

I've been riding since I was 15 years old. After a Youth Hostel trip from Banff to Jasper through the Canadian Rockies on a three-speed 'girl's bike, I was hooked. I begged my father for a Mercier 'Tour de France' but I ended up with a very solid ten-speed Raleigh. I sold that to a New Zealander in 1985 in the UK and bought a Denton (Reynolds tubing) which I keep in Vermont. I bought my first Devinci in 2000. I thought it would be my last bike for a while...and we all know what happened to that one! Never say never!

How do I juggle my busy life? Well, over the last nineteen years I have gone through phases. First you concentrate on the child. Eventually you realize that YOU need time for yourself. Initially it involved taking a child on a ride, using a seat ordered from Norway (I was living in the UK). Once both children were in school, I made a point of scheduling time for myself. It would be between a half hour to an hour and half, enough time to ride up to 20 km. It was MY time. It is time you can use for anything FUN. NOT food shopping or household errands. It's for going to the library for your self, going to the gym...you get the picture.

As the children matured, I was able to take a week at a time for a cycling trip 8 Days of riding, fully supported, through Quebec. I did it three times. Dad was much more cooperative once they were older.

With only one teenager at home, and still no work visa in sight, I try to ride at least three times a week. The way I see it is that as a caregiver, I need to take care of myself. I can't do my job if I'm not fit. Cycling helps me stay fit, both mentally and physically.

I have a DeVinci Podium <http://devinci.com/english/pod.html> It has an aluminum frame with carbon forks and seat post, and I have upgraded the gears with an 11:34 cassette and a Shimano Deore XT derailleur. It's my second bike from this small Canadian company. I call it my 'wings'.

Riva F. 10/05

The Century: Benicia Bike Club Featured Author

Barbara Wood

Cycling North Carolina

This was the 9th Cycle NC, from the Blue Ridge Mountains to the Atlantic Coast. Many participants had done all nine, many less, but most of the 1100 of us seemed to have done more than one. The seven day camping (with indoor options) trip started in the beautiful city of Asheville, high in the Blue Ridge Mountains. The weather was a little foggy as we started out but cleared by noon. This day was mostly down-hill with a little climb to the Continental Divide of the East at something like 3500 feet. I was warned about “all the climbing” of the next day as I ate dinner with the “meal option” group.

Day two started like day one. Foggy. It was an eerie sight to see “bicycles in the mist” up ahead of me. Many had red tail lights blinking away. The anticipated “climbs” were no harder than those on our Lake Herman loop. I’m not sure if I was disappointed or relieved.

Days three and four, again, some overcast, clearing by noon. Rolling hills, pretty lakes, pine trees, cotton fields....lovely North Carolina! As I was setting up my tent, still wet from the previous night’s moisture, I observed the “indoor option” sign. Rain was a possibility so I exercised my option. No more soggy tent! From now on it was “find a space on the gym floor” after the faster riders or riders with friends took the choice spots.

Day five, rolling hills, pretty lakes, RAIN, soggy cotton fields.....We were given route sheets for each day but, like centuries, the roads were marked with distinguishable arrows. Today, as we entered the host town, the sky let loose with a horrendous downpour. We couldn’t see the street surface through the accumulating water. Had we missed an arrow? No bikes ahead. No bikes behind. The route sheets were soggy and no longer legible. The water in the intersection was over the bottom bracket. Were we on the right course? Then a heavily loaded SAG went by and we followed its path to the campground. Inside option? You bet! Many of the riders had bailed out by this point. 80 miles of rain, (even warm rain) did not appeal to them, especially with two more days of rain to follow us to Wilmington. Tropical storm Tina had arrived, indeed.

The rain did continue to haunt us through Days six and seven. The terrain had flattened and the wind had picked up but it was WET! As we made the final climb over the Cape Fear River Bridge we could see the USS North Carolina docked where our ride was to end. More “over the bottom bracket” intersections but the three days of riding in the rain was over. But so was the well organized and wonderful trip....

Logistics: I shipped my bike to REI in Cary, NC. They took it to the start and picked it up at the finish to ship it back. They also provided the “wrench” for the ride. I flew in and out of Raleigh, took the Cycle NC bus to the start and the bus back to Raleigh at the end of the ride.

Total miles 489, elevation unknown

By, Barbara Wood 10/2005

Annadel State Park

Wheel Alignment:Local Bike Shops to Support

Mountain Bike/Hike

The Peddler (www.theped.com)

Single Track/ Fire Road Trails

Rockville Bike Shop (www.rockvillebike.com)

<http://www.parks.ca.gov/pages/480/files/ANNADELSP2.pdf>

Authorized Bike (www.authorizedbicycle.com)

Ray’s Cycles (707-448-1911)

High Performance: BBC Members on the GO!

Benicia Bike Club Time Trials

Time your fitness ride. Distance is 10.2 miles. Start/finish is Lopes Road; turn around is at the Fairfield City sign.

Contact Joe Pritchard at

jlpritchard@comcast.net

The last time trial of the year was held on October 5. **Bob Klosterman** set a new 55-59 record of 29:35, replacing Glen Millward. **Joe Pritchard** improved his 60-64 record to 29:12. **Laurie Fenech** improved her 45-49 record to 28:55. **Neil Leary** broke Bob Vanwert's 35-39 record with a time of 26:01. **Bill DeWolf** broke Russ Hand's 50-54 record with a time of 28:09. Thanks to all the racers, timer, photographers and helpers for a successful season. We'll start again in April, 2006.

Final Course Record 2005

Women

(30-34) Laurie Gottfried 32:41

(35-39) Angela Tooch 33:33

(45-49) Laurie Fenech 28:55

(50-54) Riva Flexor 38:36

(60-69) Barbara Wood 41:10

Men

(30-34) Bob Gades 27:10

(35-39) Neal Leary 26:01

(40-44) Todd Doherty 25:30

(45-49) Peter Van Slyke 28:49

(50-54) Bill DeWolf 28:09

(55-59) Bob Klosterman 29:35

(60-64) Joe Pritchard 29:12

(65-69) Bill Schmidt 38:36

The century rides with club members this year were awesome; good company, skilled cyclists, beautiful vistas. My favorite part about riding the centuries with the club is the final 15 miles; our BBC members ride strong. The final pace line is invigorating, focused and so much fun! Laurie F.

Ride and Climb with Steve and Jenya to the Coast and Back

10-9-05 Steve & Jenya Ride from Menlo Park to Half Moon Bay and back. Attendees were Steve, Jenya, a couple from Canada and Joe Marks.

We climbed Old La Honda Road in the shade of all the trees (old redwoods) then we descended towards the ocean and took a break at a store in the corner of Hwy 84 and Stage. (There was a band playing in the store). Then we traveled to Half Moon Bay and had lunch at a local cafe and returned back towards Menlo Park by way of Tunitas Creek which is another nice climb in the shade. Shortly afterwards we descended down Kings Mountain and back to Steve and Jenya's house. Total Miles = 60.

Joe Marks 10/05

Debi Habegger; A Working Mother Loves to Cycle

When am I going to get my ride in today? That's the question of almost every morning, I know that's true of many of you. I often rode with the Tues./Thurs. group and always appreciated the support of the guys. I've picked up more hours at work so that is no longer possible. My job at the gym consists of teaching pilates, on the reformer, and teaching spin and I am a private trainer. I'm starting a new class in heart zone training and working on a women's tri group (there's just a few of us). I also work at the BUSD for 16 years with children at risk. My work schedule starts at 4:30 am until early evening. I keep my bike "stuff" in my car so if a client has to cancel, I'll hop on my bike and ride. Then when I get home I get to stay busy with the twins traveling soccer, indoor soccer, band, winter-guard (drum line), city basketball, school basketball, baseball, softball, traveling softball, hockey, racing mountain bike and downhill, piano, flute, sax and drum lessons, jazz dance, acrobats, youth commission, NHS and church youth group. I usually ride late in the evening or really early in the morning, I've been looking for Mike Dunn in the early morning, hear he's riding then too. I ride with my children; which is a great workout and I love the fact that they've embraced the sport. I'll also ride with my married son and his wife who also teach spin at Club Sport so that's a great workout also.

My most memorable rides are last year's Napa ride because the scars on my leg remind me daily of that ride and this year's, Wine Country Century; which includes 130 mile over to the ocean. It's memorable because of the fantastic views, which was why Mick told me I had to go, and the people I was with, you were all great and very fast!

I am not a writer like Joe Shami, so thanks for hanging in there on this one. And now a window of time between soccer games, I'll have to go ride...

Debi Habegger 10/05

The Stage Race: Club Rides

Tuesdays and Thursdays @ 9:30 AM

Meet at Raggs Coffee shop, corner of 2nd St. and Military East. Tuesday rides go to Martinez via the Zampa Bridge, and Thursday rides go to the Valley Café in Fairfield. Both have optional distance rides. These are no drop rides.

Saturday @ 8:00 AM

Meet at Benicia St. Park, at the end of Military East. The ride goes through Benicia to Lake Herman Rd and then to Fairfield ending at the Valley Café. There are alternate longer routes and routes for the recreational rider as well. This is a no drop ride.

Sunday @ 8:00 AM

Meet at Benicia St. Park, at the end of Military East. This is a 40 mile ride to Martinez with 2,000 ft. of climbing, stopping at Starbucks to refuel before returning. This is a no drop ride.

Upcoming Centuries

November

Solvang Prelude
Giro d Vino
Solvang's Finest

<http://www.bbcnet.com>

Tire Pressure

Maintaining proper tire pressure is one of the best ways to increase your riding efficiency, prevent flat tires, and protect your wheels from being damaged.

Upcoming Races

Cyclocross

Nov 12 NCNCA District Championships
Nov 13 Negro Bar Sacramento
Nov 19 Velo Bela Watsonville
Nov 20 Pilarcitos Finals S.F.
www.ncnca.org

Triathlon/Duathlon

Salmon Duathlon Nov 5
Treasure Island Olympic Triathlon Nov 5
Treasure Island Sprint Triathlon Nov 6

Mt Diablo Ride: Wednesday

Meet at Heather Farms Park (Ygnacio & San Carlos Dr.) @ 2:30 ride at 3:00. We park in the first parking lot on your left past the swimming pool alongside the lake. Back 6:30-7:00PM. Bring something warm to wear for the descent. Up Southgate and down Northgate and back is 38+ miles, ~4,000 ft of climbing.

The Pedal: Members Riding Centuries and Racing

Congratulations to our club members and their family and friends who braved the High Altitude and Fall winds, cold mornings to ride races and centuries this season. Sharing your experience will provide opportunities that will benefit "new" and "veteran" riders. Ride Smart, Ride Safe and Have Fun!

Centuries

Riverbank-Bob K, Bill S *Foxy's Fall*-Joe M, Joe P, Harriet B, Bill B, Roland T, Mick W, Ed B, Manuel O, Mike D, Dan, Steve W, Jenya W *Bonfante Harvest Century*-Peter VS *BBC Moxie*- Bob K, Joe M, Juliet M, Rob L, Cora L, Ed B, Mick W, Joe P, Bill S, Bob G, Craig S, Bill DW, Joe S, Steve O, Manuel O, Nancy L, Bill B, Allan L, Laurie F.

The Club Century :Moxie

A beautiful day in Solano and Napa Counties while club members enjoyed cycling through cities, orchards, vineyards, valleys, canyons and mountains. Mostly a rural ride, half our group rode the Moxie Metric and the other half rode the Moxie Century. Abundant wildlife visible, and the feel of fall approaching, the group climbed, Cantelow in Vacaville, then onto the Monticello Dam to Cardiac and to Gordon Valley. We lunched at Markowitz. Fitness Fun for all! Thank You Bob K and Bill B for organizing the event.

Heart Rate Monitor

My advice to middle aged female athletes is use a heart rate monitor to gauge your fitness. The heart rate monitor is the most efficient tool to monitor your heart zones while exercising. I am employed full time, a mother of two sons, and I am the primary care taker for my elderly father with Alzheimer's, so my time is precious and limited to 'working out' and to 'stay fit'. Using my heart rate monitor guides my work out pace depending on the 'target' heart zone. I use my heart rate monitor when I cycle, spin and run.

I love the fat burning zone!

Laurie Fenech 10/05

More on Heart Rate Monitors in January Issue

Campagnolo: Ride Premier California

Salmon Duathlon Knights Ferry November 5

When: 1st Saturday in November, 9:00 am start

Where: Knights Ferry, CA

Distances: Duathlon is 5k run, 30k bike and 2.5k run.

Course: The old Knights Ferry Duathlon course — the run is a paved loop, the bike is a paved out-and-back, all with rolling hills. <http://www.onyourmarkevents.com/>

Treasure Island International Triathlon (1.5k swim, 40k bike and 10k run)

Saturday November 5th. The Olympic Distance Triathlon is a great end to the 2005 season competing on the picturesque Treasure Island banks.. **The Swim Course** will be in the bay in the harbor area. **The Bike Course** will begin at the transition area on the north side of the harbor and be a technical course on the streets of Treasure Island. The bike course will be six loops. **The Run Course** will begin at the transition area and proceed in a counter clockwise direction along the banks of Treasure Island on an out and back course (two laps). The **Olympic Distance Race** for amateurs will begin at **7:15 a.m. and end at approximately 12:30 p.m.** **Sprint distance will be November 6th.**

<http://www.tricalifornia.com/treasureisland/2005/>

Solvang's Finest Century November 12, 2005

Century ride: Starting with a wave start from the Royal Copenhagen, you'll do a short warm-up in the eastern Santa Ynez Valley, then head up world famous Foxen Canyon. You'll then pass through Santa Maria and head towards Guadalupe. From there, you'll ride southbound on a desolate and beautiful stretch of Hwy 1, and then continue onto Hwy 135 to the neat little western antique haven of Los Alamos, site of the final checkpoint. From Los Alamos, riders encounter what is essentially the only real climb of the day, up and over Drum Canyon, a quiet, twisty, 800 foot, 3.4 mile ascent. Drum Canyon has a steep, technical downhill, so please pay close attention to your speed. Once you reach the bottom, you'll hop onto Hwy 246 back to Solvang, with a big shoulder all the way to town! Climb 3,500.

<http://www.planetultra.com/SolFinest/index.htm>

Bolinas Ridge Trail

The Bolinas Ridge Trail, at the northern end of Golden Gate National Recreation Area, offers a great outdoor experience for hikers, **bikers**, dog-walkers, and equestrians. This wide multi-use trail winds through a mix of environments, from second-growth redwood forest and maritime chaparral to grassland pastures.

Bolinas Ridge begins as a flank of Mt. Tamalpais and ends near the head of Tomales Bay. Rainfall to the east of the ridge flows down to the reservoirs of the Marin Municipal Water District. Rain to the west flows to creeks that empty into the Pacific Ocean. From the ridge top on a clear day, hikers have sweeping views of the ocean and the Farallon Islands, Bolinas Lagoon, Olema Valley, Inverness Ridge, and Tomales Bay.

Marin Headlands/MTB and Raptor Watch

The Marin Headlands is the best place in the Bay Area, actually the entire country, to see **raptors** on their winter migration south.. Relying on sight, not having the homing capabilities of some other birds, they instinctively follow the coast. That means they are all funneled narrowly through the Marin Headlands.

Hawk Lookout is a good place to see them in November. Many trails, decent loops, good climbs get out the MTB and ride!

Newsletter Contributors

Thanks Bill S, Joe P, Scott O, Cora L, Marci K, Riva F, Barbara W, Debi H, Joe M, Juliet M, Bob K, Sheri R, Nancy L. Thank you for sharing information for our newsletter. We appreciate you taking the time to contribute.

Our November Newsletter is a team effort.

Spinning Wheels: Hill Climbing, Diva's Training Schedule 2006

Bay Area Climbing

Montebello Road

distance: 5.3 miles paved
climbing: 2020 feet paved

Old La Honda Road (E), Woodside

distance: 3.3 miles
climbing: 1260 feet

Page Mill Road, Palo Alto

distance: approx 7.5 miles
climbing: approx 2050 ft
(1800 ft in first 5.0 miles)

Tunitas Creek Road

distance: 7 miles
climbing: 2000 feet

Coastal Climbing

Mount Tamalpais,

distance: 12.5 from Stinson Beach
climbing: 2,200 feet

Marin Co

Bolinas-Fairfax, Ridgecrest
Lucas Valley, Marshall-Petaluma
Pierce Point, Sir Francis Drake, Mt Vision
Limantour Beach, Platform Bridge,
Samual P Taylor Bike Path

Alemeda Co

Grizzly Peak Rd, Coral Hollow, Tesla,
Mines Rd, Skyline Rd, Patterson Pass

Amador Co

Slug Gulch, Shake Ridge

Placer Co

Mosquito Ridge, Iowa Hill

Sierra Range

Mt Rose, Brockway Summit, Ebbets,
Monitor Pass, Carson, Spooner, Donner,
Martis Peak, Glacier Point, Tioga
Pass,

Lake Co

Knoxville-Berryessa,
Morgan Valley
Big Canyon, Siegler Canyon

Napa Co

Dry Creek, Mt Veeder,
Pope Valley, Oat Hill
Road, Howell Mtn, Chiles-
Pope Valley, Butts Canyon,
Ink Grade, Mt St Helena

Sonoma Co

Stewart's Point, Skaggs
Spring, King's Ridge

Solano Co

Mix Canyon, Cantelow,
Cardiac

Inland Climbing

Mount Hamilton Road

distance: 19 miles
climbing: 4300 feet

Mt Diablo

distance: 10.8 South Gate
climbing: 3,249 feet

Contra Costa Co

Morgan Territory
Carquinez Scenic Drive,
Franklin Canyon
SF Bay Trail, McEwen Rd
Western Drive
Bear Creek, Alhambra
Valley, Pig Farm, Old San
Pablo Dam Rd, Briones Rd

Descending Hills

What goes up must come down (at least if you ride an out and back route). Here are a few tips.

Pedaling on descents [instead of coasting] helps blood continue to circulate rapidly through your legs as muscle contraction helps clear pooled blood from the muscles and returns it back to the heart. After hard efforts, such as a climb, blood will tend to pool in your lower muscles. That blood contains a lot of lactate, so you want to circulate it back to the heart and lungs as quickly as possible.

Many times there are several hills or mountains in a row, and pedaling down the first descent can make the next climb seem a little easier. Your legs feel fresher because light to moderate pedaling downhill has helped clear out the lactic acid that accumulated during the climb. You don't get the heavy, sluggish sensation that occurs when you work hard up a climb, and coast the down side, and then try to ride hard again.

Glacier Point, Yosemite

An overlook with a commanding view of Yosemite Valley, Half Dome and the High Sierra is located 32 miles from Yosemite Valley. From Yosemite Valley, take Highway 41 for fourteen miles to the Chinquapin junction, then turn left onto Glacier Point Road. The road ends at Glacier Point it is a glorious 64.8 miles out and back. Do it during the week day in Spring or Fall.

32 .4 miles to summit/3,250 ft climbing

The Climbing BBC Diva Fuels Up

You may have the best bike in the world but you still have to ensure the Engine is Fuelled Properly

With the right sort of fuel (nutrition) you can prevent premature fatigue and ride almost indefinitely. It is vital that you begin every ride with good stocks of each if you want to perform to the best of your ability. Lack of carbohydrate (glycogen) or fluids are your main concerns. Making it a priority to drink plenty of fluids and eating ample quantities of carbohydrate-rich foods will give you a good foundation for any type of cycling.

Lisa Pearce is a Research Dietitian in Sport and Exercise Nutrition at Loughborough University. She works with athletes from a wide variety of sports and at all levels and she a consultant to a number of UK Governing Bodies for sport. <http://cycling.timeoutdoors.com>

<http://www.cptips.com/descend.htm>

Who's in the Peloton: Member Profile

Sherie Reineman

BBC FACTFILE

Rider Name: **Sherie Reineman**

Date of Birth: **Aug. 15, 1952**

Place of Birth: **Muskegon, Michigan**

Height: **5'1/2"** (although I stretched up to 5'2" so I could get a job as a flight attendant in 1979)

Weight: **134, and counting downwards!!**

Resting pulse: **90/60**

Max Pulse: **I don't really bother with this.**

Marital Status: **Married (Newlywed! May 16, 2004) to Ben Lukas**

Children: **None**

Occupation: **Admin. Asst. in the Office of Laboratory Counsel, Lawrence Berkeley National Laboratory**

First Race: **I don't race, but I can get somewhat competitive on rides when I'm in the mood.**

Last Race: **As I said, I don't race, but ask Bill Schmidt about Ink Grade, 2002.**

First Century: **If you count the metric Centuries, it would be the Cinderella Classic, 1996, which started it all for me; then I thought, "Gee, that wasn't so bad" and did the full Marin Century a few months later.**

Last Century: **Last full century: Tour of Napa Valley, 2002. Since blowing my ACL in 2003, I'm still working my way back up with Metric century rides: 2005: Cinderella Classic, Marin Metric Century, Tour of Napa Valley.**

Rides with BBC: **Last ride I connected up with BBC riders was the 2005 Tour of Napa Valley.**

Favorite Ride: **Can't beat the views on the loop up Tunnel Road to Grizzly Peak, but I also love the scenery on Pinole Valley Road eastbound, up the Bears and then back up Wildcat to Inspiration Point.**

The easy car-less access to great rides where I now live in Albany "West of the Hills" has really spoiled me for riding. Sorta puts the kabosh on doing a lot of BBC rides, tho!

Rides a: **2000 Serotta Atlanta, reserved for recreational road rides**

daily commute bike is an old steel beater of unknown make & model (1960s-70s??) which I rescued from the garbage as a 10-speed in 1996 and rebuilt/upgraded to a 16-speed wonderbeast. Shifters are on the stem.

1994 Giant ATX 760 for off-road fun. Shimano Rapid-Shifters

1985 Bianchi Sport SX with a Shimano Ultegra triple group, first of the index-shifters, shifters on the downtube. This was my first "real" bike: did my first commuting, charity rides and distance riding on her, and I still take her out from time to time

Specialized Crossroads on permanent "loan" to a friend, partly because it's too big and partly because you can only put so many bikes in a one-car garage, but mainly because even after outfitting this aluminum bike with suspension stem and suspension seat post, I've never gotten used to the stiff feel of the aluminum.

Joined BBC: **1998 or 1999? Maybe 2000**

BBC Job: **Gee, I guess I just show up from time to time, look somewhat decorative and play catch up! Other than that, my goal is to get my husband on some actual BBC rides.**

My Perspective

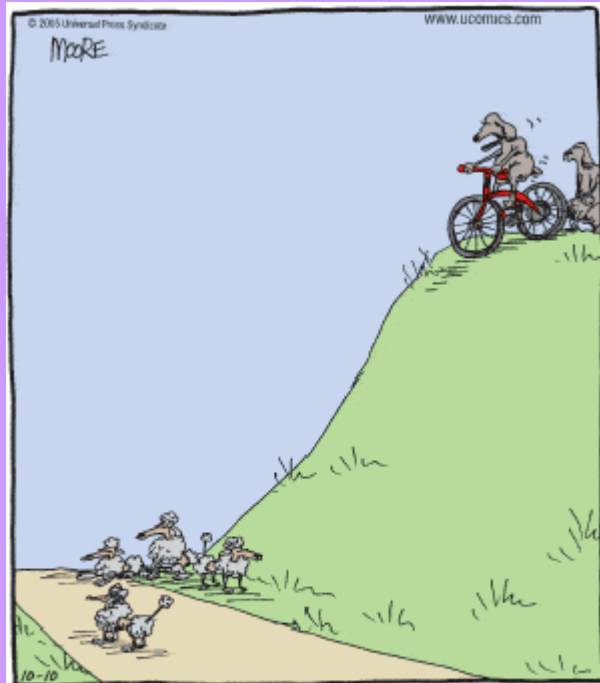
One of my favorite things about cycling (aside from the adrenaline rush on a good downhill with glass-smooth surface and sweeping views like the one from White Cottage Lane to Deer Park back to Silverado Trail; and feeling of accomplishment of grinding and sweating up some hill, and gee, didn't that road feel a lot longer and harder last time I tried it?) is that it gets you out into the world and creates a small community of otherwise unrelated individuals.

Sherie riding the Bears



Quick Release Skewers: Rest, Laugh and Stay Fit

Bike Pump: Humor



"OK, George. I'm Lance Armstrong, you're an indispensable member of my racing team, and I've got a bike pointed right at the French media. Give me a good, hard shove."

Leaky Valve: Club Minutes

Meeting held at Farnsworth Cycles, November 1, 2005...Bill S. called meeting to order 7:05...Two new members attended, Howard H and Michael E, fourteen members attended...Treasurer report \$3,705.48...Ed B went over the Voler clothing order...Order forms found on BBC web site...Order now...George V considers club tee shirt for after the century, many members in favor...George V is investigating a BBC Pay Pal Account...Christmas party held at George V home, December 10 at 7PM...It is a potluck and members will be notified about food a few weeks ahead...Bill S. asks to wrap the gift for the white elephant gift exchange... Barbara adds New Years Day Ride and Breakfast at Pappas is scheduled...Barbara shares her North Carolina tour...Ed shares his Dolomite tour...Bob K mentions good turn out for the Moxie ride, 19 members attended...He will organize a Spring Moxie... Bob K is looking into riding with Diablo cyclist Club...Bob K retires today, best wishes Bob...More talk about organizing a century...January meeting held at Farnsworth cycles...Meeting adjourned 8:20...Respectfully Laurie F

Recovery: Rest Day

Point Reyes Field Seminar

Autumn Adaptations November 6, 2005

As Summer winds down and winter approaches, each plant and animal prepares for the season's many changes with unique adaptations and behaviors. From seed dispersal, egg laying, and falling leaves to torpor, overwintering, thickening coats and migration, we will hike and explore a variety of habitats in search of the dynamics of the season.

www.ptreyes.org

Cross Training

Cross training involves training in more than one sport or activity to enhance performance in a particular sport. Its benefits include:

- Reduced risk of injury
- Adds variety to training
- Improved all-round fitness.

Good activities to complement cycling include weight training, running (especially if you are a mountain biker), swimming, rollerblading or speed skating, rowing, weight training, circuit training and aerobics. If you have the opportunity, cross county skiing is excellent too. Even alternative cycling disciplines can be beneficial.

Clip On: Web Sites

team discovery channel -<http://team.discovery.com/>
 tour de france-<http://www.letour.fr/>
www.velopromo.com
www.cyclecalifornia.com
<http://www.usacycling.org/>
www.ncnca.org

Heart Rate: Velo News

Tour de Georgia

The International Cycling Union has given a significant boost to the profile of the Tour de Georgia by raising its event rating from 2.1 to 2.HC, the highest category for races that are not part of the Pro Tour. Next year's event, which takes place between, April 18-23, will be the only high-category race in North America in 2006.

The 2006 Discovery Channel Team Roster

Jose Azevedo (Portugal), Michael Barry (Canada), Manuel Beltran (Spain), Fumiyuki Beppu (Japan), Volodymyr Bileka (Ukraine), Janez Brajkovic (Slovenia), Tom Danielson (USA), Stijn Devolder (Belgium), Viatcheslav Ekimov (Russia), Vladimir Gusev (Russia), Roger Hammond (Great Britain), George Hincapie (USA), Benoît Joachim (Luxembourg), Leif Hoste (Belgium), Trent Lowe (Australia), Egoi Martinez (Spain), Jason McCartney (USA), Gennady Mikhaylov (Russia), Benjamin Noval (Spain), Pavel Padrnos (Czech Republic), Yaroslav Popovych (Ukraine), Hayden Roulston (New Zealand), Jose Luis Rubiera (Spain), Paolo Savoldelli (Ita), Jurgen Van Den Broeck (Belgium), Jurgen Van Goolen (Belgium), and Max Van Heeswijk (Netherlands).

Welcome Cora Lo

Hi, my name is Cora, I recently joined BBC with my husband Robert this past summer. I started riding seriously last winter. My first bike is a mountain bike. I would ride around the neighborhood or I would be on the bike trainer inside the house. I got my first road bike this summer and what a difference! It's so much lighter. I still do take out my mountain bike once in a while! I really enjoy cycling to keep fit, be healthy and being outdoors. It gives me more energy and a positive attitude on life. That's what cycling does for me. I work during the week. We have two boys ages 17 & 12 and they keep us busy with school and activities (Scouting, basketball, etc). We make time to go bike riding after work or on weekends to fit our busy schedule even if it's only for an hour. Being a member of the BBC Club has been so much fun and exhilarating. It's been quite a "ride"! We made new friends. The riders have been very helpful when I first started. They are an inspiration. I enjoy riding with the club on Sundays on the Martinez loop. It's a really nice fun ride. Nice people, Starbucks, beautiful scenery....you can't beat that! Thanks BBC! Cora Lo 10/05

Two Pro Racers in Ironman Triathlon 2005

The Ironman World Championship triathlon (Kailua-Kona, Hawaii) consists of a 2.4-mile Pacific Ocean swim, a 112-mile bike ride and a 26.3 marathon.

Chann McRae, who won the USPRO champion title in 2002, is a former teammate of Lance Armstrong. McRae finished the 112-mile bike ride in 4:48.02, averaging 23.3 miles per hour. McRae finished the triathlon in 9:04:11, securing him 58th place.

Steve Larsen was a four-time NORBA champion and finished 235th overall in a time of 9:43:32. Larsen's bike ride was 4:41:59. He averaged 23.8 miles per hour.



FROM:
Benicia Bicycle Club
P. O. Box 141
Benicia, CA 94510

TO:

President/Bill Schmidt
Treasurer
Bob Klosterman
Editor
Laurie Fenech
Web Master
George Villarreal

The Road

ANYBODY WANNA RIDE?

JOIN THE BENICIA BICYCLE CLUB!

BENICIA BICYCLE CLUB
MEMBERSHIP APPLICATION

Membership Dues - \$15.00 for individuals,
 \$18.00 for families. Membership runs for 12 months.
 Please Complete and Mail to:

Benicia Bicycle Club
P. O. Box 141, Benicia, Ca. 94510

Please accept my application for membership in the
BENICIA BICYCLE CLUB

Enclosed is: \$15.00 for individual membership, or
 \$18.00 for family membership.

Make your check payable to: **BENICIA BICYCLE CLUB.**

In consideration of the acceptance of my application I, for myself, my heirs, executors, administrators, successors and assigns, wave, release and discharge all claims for damages resulting from death, personal injury or property damage which I may have, or which may hereafter accrue to me as a result of my participation with this organization. I understand this release is intended to discharge and release in advance, the BENICIA BICYCLE CLUB, its members and their respective agents, officers, officials, servants and representatives, and any involved municipalities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation with this organization even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.

I further understand that serious accidents occasionally occur during bicycle rides and that participants in such events occasionally sustain serious personal injury, death and/or property damage as a consequence of that participation. Nevertheless, knowing the risks of bicycling, I, for myself, my heirs executors, administrators, successors and assigns hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who, through their negligence or carelessness, might otherwise be liable for damages.

If this application is for family membership, please indicate names and ages of all minors

NAME:	SIGNATURE:	AGE:
_____	_____	_____