

BENICIA BIKE CLUB

www.benicibikeclub.org

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The Pace Line: Message from the President

This message is from the President of the United States. In August after the Tour de France, Mr President invited Lance Armstrong for a seventeen mile ride in Crawford, Texas. The leader of the free world and the World's Biking Master rode for two hours through the President's vacation ranch. Midway they stopped to refuel on a Powerbar and Cytomax at a water fall. The peloton included secret service agents and a film crew from the Discov-

ery Channel. Our President has taken up cycling with a fervor since a bad knee injury forced him to give up a running routine. This was Armstrong's first bike tour at the ranch. At the end of the ride President Bush gave Armstrong and the rest of the guys a T-Shirt which said, "Tour de Crawford" rope script including "Peloton One" on the back of the shirt. Oh yea, the President's message... Recognizing what the world has



Club President: Bill Schmidt

known for seven years, the President said "He's a good rider."

Enjoy Fall training in the cool weather. Hope to see you at the up coming centuries.

Welcome New Members !!!

Neil Leary, Bruce Crisp, Meredith Brown, Rob Jorgenson, Dan Jenkins

- **Benicia Bike Club Time Trial** is **September 7 and October 5**. Time your fitness ride. BBC Time Trial Course Record on File. (see page 10)
- **Everest Challenge Stage Race** (see page 10)
- **The Lance Stats** (page 10)
- **Cross Training** Jump in the pool and try Aqua Striding (see page 12).

The Fork in the Road: News and Notes

Why Thank You Ed B.

Ed Brennan generously offers his bike shop "Farnsworth Cycles" every first Tuesday of the month for our BBC meetings. Ed also is the BBC clothier. Ed just loves "order"! He makes the BBC clothing "order" to Voler, and he accepts and delivers clothing "orders" from and to members. He also creates the clothing "order" form. You Go "IN Order" Ed!

Ed is also known to be a poet. Catch Ed on his bike passing a Cow, and you may hear his artistic side!

- **Jerseys** are still available (L, XL). Order your long sleeve jersey now Contact Ed Brennan.
- **Recovery Day** Full Moon Kayaking, Full Moon Hiking, Wine tasting or enjoy a performance at Zellerbach Hall, Berkeley (see page 12)
- **Discovery Team Race Schedule** (page 14)

- **BBC Tour de Tahoe Weekend** will be September 24/25 (see page 5).
- **Local Hill Climb Races:** Mt Tam and Mt Diablo (see page 7)
- **Get to Know Manuel Olague** this months featured BBC member (see page 9).
- **Blow your noze!** Strategies on riding and blowing your schnozz (page 14).
- **Grand Prix Photos** (page 15)

In The Draft: Nutrition News

Eat Healthy/Stay Fit

Melons

Sweet, juicy, thirst-quenching, refreshing—all the things you look for in a food on a hot summer day. Taste-wise, melons have it all. Plus, they're fat-free, full of vitamins and fun to eat, especially for kids. Cantaloupes, honeydews and watermelons are all ideal for summertime enjoyment, whether it's for breakfast, a picnic in the park or after supper on the porch.

Melons are a universal pleasure. People have been eating them for thousands of years. The ancient Egyptians prized the honeydew, while early explorers used watermelons as canteens. The cantaloupe is named for a castle in Italy. In China and Japan watermelon is a popular gift to bring a host and here in the United States it's always on the menu for summer cookouts.

A word to the wise—always be careful to wash your melons before you cut into them. Disease-causing bacteria could very likely be clinging to the outer rind, and can be transferred to the flesh of the fruit when it's cut into.

Fresh melon is wonderful eaten on its own and is best at room temperature. Some people squeeze lemon juice, sprinkle liqueur, or use a dash of salt on the fruit to draw out the flavor.

Melons don't have to be eaten solo. They partner well with sweet or salty foods. Blueberries and cantaloupe are a sweet match made in heaven. Italian cuisine pairs melon with prosciutto, a salt-cured ham. In Egypt and Israel, watermelon is often teamed with savory feta cheese. Melons are a great addition to fruit salads, salsas, smoothies and sorbets.

Light Cantelope Smoothie

1/2 cup orange juice

1/2 cup peeled, seeded and cubed cantaloupe

honey to taste

1/2 cup plain yogurt

1/2 cup ice

(Calories/84; Protein/4 g; sodium/8mg; carbs/20g; fiber/1g)

Place the juice, fruit and honey in a blender. Blend on high speed for 30 seconds. Add ice and blend until smooth.

Serving Size: about 1 1/4 cups

Number of Servings: 1

<http://www.foodfit.com>

The Break Away: Training

Core Stability Training

Elizabeth Quinn, M.S. (National Silver Medalist—Road and Track Cycling)

How to build a strong foundation.....Do It!!!

Core stability training is essential to sports performance and injury prevention. The body's core muscles are the foundation for all other movement. The muscles of the torso stabilize the spine and provide a solid foundation for movement in the extremities.

These core muscles lie deep within the torso. They generally attach to the spine, pelvis and muscles that support the scapula. When these muscles contract, we stabilize the the spine, pelvis and shoulders and create a solid base of support. We are then able to generate powerful movements of the extremities.

Training the muscles of the core also corrects postural imbalances that can lead to injuries. The biggest benefit of core training is to develop functional fitness - that is, fitness that is essential to both daily living and regular activities.

The main concepts of core strengthening programs involve using many muscles in a coordinated movement. Rather than isolating a specific joint as in most weight lifting, stability exercises focus on working the deep muscles of the entire torso at once.

Abdominal bracing is the main technique used during core exercise training. It refers to the contraction of the of the abdominal muscles. To correctly brace, you should attempt to pull your navel back in toward your spine. This action primarily recruits transverse abdominus. Be careful not to hold your breath – you should be able to breathe evenly while bracing.

Other exercises that develop core strength include exercises on a stability ball, work with medicine balls, wobble boards and Pilate's exercise programs. Yoga is also an excellent way for athletes to build core strength. For a simple core strength program you can begin with push-ups and crunches, but work with a trainer to find the exercises that work best for you.

The Double Metric: The Aging Cyclist

(Bicycling Magazine/December-January 1997)

The old idea that human performance peaks at age 26-28 and then slowly declines is being challenged. A growing body of evidence suggests that a sedentary lifestyle, not aging, is the cause of decreased performance. Want proof? This year, Team Bicycling's quartet of 50-year olds achieved personal bests in time trials ranging from five miles to 100, all after being active in cycling for more than 20 years. In addition, Olympian Kent Bostwick, at 42, rode the fastest 4,000-meter pursuit of his equally long career.

Here's a look at what researchers say happens to the performance potential of the average aging person. The best way to slow the clock? Stay active.

<u>Endurance</u>	Peaks in the late 20s and is sustainable into the mid 30s, then declines about 1% per year.
<u>Power</u>	Peak performance in maximum efforts, such as sprinting, occurs in the early 20s and declines at a faster rate than endurance.
<u>Strength</u>	Peaks in the 40's, then declines at a slower rate than endurance. Muscular strength can be maintained quite well through about age 60.
<u>Coordination</u>	Coordination, including reflexes, can remain at nearly 100% until age 50.
<u>Recovery Time</u>	Lengthens as aging slows metabolism, which delay muscle refueling and repair.
<u>General Fitness</u>	Loss of conditioning because of injury creates bigger setbacks as on ages, making it harder to regain the previous high level. Arthritis changes wear at joints.
<u>Longevity</u>	Women typically outlive men by several years because of factors including genetics, hormones, social roles, and behavior patterns.
<u>Height</u>	For men, height increases until about age 20 and then decreases slowly. For women, peak height is reached between 16-29, then women become shorter. The main reason is that so many women develop osteoporosis, the degenerative bone disease.
<u>Weight</u>	Men usually increase body weight until age 40, then begin a slow decline. Women gain until 45-50 then stabilize until beginning into their 70's.
<u>Cardio-vascular</u>	-The maximum amount of oxygen (VO ₂ max) that can be consumed during work decreases 1% each year for sedentary adults, but perhaps less than half as much for active cyclists.
<u>Breathing</u>	-The energy it takes simply to breathe during a given exercise increases as much as 3-5% per year in higher age ranges.
<u>VO₂</u>	-Forced vital capacity (the total volume of air that can be moved during a maximum breath) decreases about 4-5% each decade.
<u>Heart Rate</u>	-The maximum rate at which the heart can beat during intense efforts decreases about 8-10 beats per decade, and no amount of training seems able to halt this decline.

For more information see the following link. http://www.thedoctorwillseeyounow.com/articles/senior_living/oldrath_9/

The Century: Benicia Bike Club Featured Author**Tom Smith****The Journey to My First Century**

The alarm went off at 4:00 Sunday morning. A quick glance outside revealed a foggy morning. Or maybe what the day held in store was fogging my vision. I was already nervous. Knowing I would be nervous, I packed my riding stuff (including my shoes) into the car the night before. I showered, dressed, and ate some breakfast before heading for Mick's house.

This was the beginning of my first century ride, but the trip actually started about eight months ago for me. Last December, my company moved from Palo Alto to Menlo Park. The Palo Alto location was conveniently located near public transportation. The new location, however, is located two miles from the nearest bus or train stop. Living at the upper extremity of the East Bay, I was unwilling to drive the 60 miles to and from work. The alternatives were walking the two miles from the bus stop or riding a bike. Bike? Really? Well, if I am going to bike, do I really want to pay an extra \$6 per day to have a bus carry my bike across a bridge? I decided to be committed to the ride. If I were going to ride to work, I was going to ride from the train station. I went online, researched the route, planned my public transportation schedule, and searched for a bike. I was committed to ride, but my level of conviction was uncertain. I found an inexpensive bike (\$160) on Craig's List. Did I mention I don't know anything about bikes? My first ride was very stressful. I didn't have any gear. I rode in shorts, sneakers, long sleeve T-shirt, and a water-resistant jacket. An hour and ten minutes after leaving the train station, I arrived at work soaked from head to toe from the light rain that was falling. Fifteen miles on flat terrain in seventy minutes kicked my butt. Adrenaline kept me on a high for most of the day. When it was time to go home, the rain remained but darkness joined the party. I changed into my "riding" clothes and hit the road. An hour and a half and a flat tire later, the end was nowhere in sight. I was so tired I stopped at McDonalds for a soda and some fries. I finally pulled into the train station two hours after I started out. My commitment was in serious jeopardy. I needed proper wet-weather equipment, a helmet, and lights. It took me a week to get back on the bike and try the trip again. From that point, I rode to work roughly 4 days a week until June. I joined the club at the meeting in July.

After the first couple of weeks, the pains in my anatomy slowly receded and I started to enjoy the ride. I enjoyed the ride enough to venture out on the roads around my house on the weekend for a little training. Early one Sunday morning, I happened upon a large group of cyclists wearing yellow jerseys going the other way on Cummings Skyway. I finished the downhill part of my ride, turned around and caught up with a small group of the riders. We chatted a bit, and I followed them all the way to the coffee shop in Martinez. I learned that they rode the route every Sunday, rain or shine. I started meeting the group every Sunday morning and riding the route. Along the way, I had the opportunity to meet some interesting people and talk about cycling. Getting stronger, I felt brave enough to follow Artic Bill one day on a trip through the Three Bears. It really was unpleasant, but Bill was exceptionally positive in helping me get through the course. As the weeks went by, I rode with Bob VW, Laurie, and Pete. All of whom were very accepting of my astonishingly low speeds. Finally, one week prior to the Tour de Napa, a good sized group of us took a tour of the Three Bears and back through Pig Farm Hill. When I reached home, my odometer read 63.5 miles. This was a milestone for me, extending my greatest distance covered by over thirteen miles. I was ready.

Back on task, Mike Dunn, Manuel, and I commuted to Napa for the start of registration. After registration, I changed into riding attire and realized the air was a bit chilly. In fact, once we started riding, the air turned outright cold. The Tour started out flat for a long, cold, bitterly cold stretch. When we finally turned into the hills, relief came in two ways as the climbing started: the extra power output helped warm me up and the sun broke through the fog as we gained altitude. But, what goes up must come down. The descent back to the valley floor brought with it the cold, wet air.

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High Performance: BBC Tour de Tahoe Weekend

BBC Tour de Tahoe Sunday September 25th

Our BBC Tahoe loop course circumnavigates the highways clockwise around Lake Tahoe in both Nevada and California. It includes a challenging 800-foot climb to our first rest stop overlooking Emerald Bay and a 1,000-foot climb to Spooner Junction (regroup). There are also many short rolling ascents and descents totaling over 2,600 vertical feet of elevation gain! The altitude ranges between 6,300 feet and 7,100 feet above sea level. We will regroup at Tahoe City and eat lunch at the park across from Safeway at Kings Beach (lunch stop).

BBC Tour de Tahoe –will Start and Finish at the Lake Tahoe Horizon Casino Resort parking lot on Highway 50, State-line, South Shore Lake Tahoe, Nevada. The parking lot is in the back of the Resort.

We will depart promptly at 6:30 AM.

AM.

Mountain Biking Trails

- Angora Lakes** easy/climbing
 - Hawley Grade** easy/climbing
 - Christmas Valley Loop** moderate/climbing
 - Corral Loop/Tin Shack** challenging/climbing
 - Toads** challenging/climbing
 - Flume Trail** challenging/climbing
 - Kirkwood Mountain Bike Park**
 - Genoa Road TRT** challenging/climbing
 - Kingsbury Grade to Bench Overlook**
 - Spooner to Bench Overlook**
 - Star Lake from Heavenly Valley**
 - Alpine Meadows/Granlibakken Loop**
 - Brockway Summit to Martis Peak (Fire lookout)** easy/climbing
 - Mckinney/Rubicon** challenging/climbing
- <http://www.tahoevacationguide.com/>
<http://www.trails.com>
<http://www.tahoestbest.com>
<http://www.tahoerimtrail>

Tahoe Sierra Century September 24, 2005

100 Mile Route: 6,800' vertical gain. After leaving Squaw Valley, ride along the Truckee River to Tahoe City, then enjoy 13 beautiful miles along the shoreline of Lake Tahoe before climbing up to Brockway Summit. Next, it's a long descent into Martis Valley, then a strenuous 8-mile climb into Tahoe Donner. Stop and take in the vistas from the top before descending back into Truckee for a 5-mile cruise along Donner Lake. Climb Old Highway 40 over Donner Summit, then descend to our lunch stop at Cisco Grove. Head back up to the Summit and enjoy an exhilarating and beautiful descent back to Donner Lake. The last 15 are flat miles alongside the Truckee River back to Squaw Valley.

Kayaking

Kayak Big Blue or Smaller Alpine Lakes

Angora Lakes, Echo Lake, Fallen Leaf Lake, Silver Lake, Caples Lake

Kayak Tahoe www.kayaktahoe.com

Beaches-Sand Harbor, Hidden Beaches, D. L. Bliss, Pope Beach, Kiva Beach, Baldwin Beach, Kings Beach, Zephyr Cove, Nevada Beach, Round Hill Pines Beach, El Dorado Beach, Timber Cove Beach, Meeks Bay, Regan Beach

Ten Great Hikes Around the Lake

- | | |
|---------------------|---------------------|
| Tahoe Rim Trail | Round Lake |
| Meeks Bay Fire Road | Mount Tallac |
| Eagle Lake | Winnemucca Lake |
| Echo Lake | Vikingsholom Estate |
| Rubicon Point | Cascade Falls |

<http://www.tahoerimtrail>

Ice Skating

- South Lake Tahoe ice Arena 530-542-6056
- Olympic Ice Pavillion Squaw Valley 530-581-7246
- Heavenly Village 530-541-2720

Grover Hot Springs

530-694-2248/530694-2249

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

September

Tour Southern Utah
High Sierra Fall
Siskiyou Century
Tour De Tahoe
Auburn Century
Knoxville Double
Unknown Coast Weekend
Oat Bran
Thompson Peak
Lighthouse Century
Everest Challenge
Tahoe Sierra Century

October

Burn of the Century
Mt Whitney Classic
Konocti Challenge
Grizzly Century
Foxy's Falls
Moab Century Tour
Furnace Creek 508
Bass Lake Powerhouse Double
Las Vegas Century
Solvang Prelude
<http://www.bbcnet.com>

Upcoming Races

September Races

T Mobile International Sept 4
Giro San Francisco Sept 5
Cougar Mountain Race Weekend Sept 9/10
Mt Tam Hill Climb Sept 17
Santa Cruz Classic Crit Sept 18
Mt Diablo Challenge Oct 2

<http://www.ncnca.org/>

The Pedal: Members Riding Centuries and Racing

Congratulations to our club members and their family and friends who braved the Hot climates and Summer winds 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!

Marin Century Bob VW, Lauri VW, Laurie F, Ellie H, Marci K, Kent O, Bill B, Joe M, Bob K, Al L, Ed B, Mick W, Joe P, Pete VS

Holstein Hundred—Mike S.

Winters Road Race—Russ H.

San Ardo Road Race—Pete VS

Giro di San Francisco—Pete VS

Napa Tour—Another great turnout and showing by the BBC. 29 members showed up and rode strong. And a couple of first timers too.

Ray E, Neil G, Jim, Glen M, Sheri R, Bruce M, Joe P, Steve O, Tom S., Mick W, Ed B, Bill S, Greg D, George V, Kent O, Manuel O, Mike D, Bob K, Nancy L, Riva F, Barbara W, Pete VS, Angela T, Russ H, Elie H, Laurie F, Bill B, Lauri VW, Bob VW

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.

Campagnolo: Ride Premier California

High Sierra Fall Century September 10th

The 11th Annual High Sierra Fall Century is on September 10, 2005! The 100 mile course takes you along the spectacular east side of the High Sierra and into the quiet beauty of the Mono Basin with awesome views of Mono Lake and the White Mountains. Our route offers 100 miles of beautiful riding with no stoplights and just one stop sign! If 100 miles is more than you want to take on, short course options of 30 and 45 miles will also be offered. Riding in 8,000 ft in altitude!

Siskiyou Century September 10th

The Century Ride (100 miles) - From Yreka (2,595 ft.), we begin the climb up Forest Mountain (4,097 ft.), then travel along Highway 3 to Fort Jones (2,744 ft.). From there the ride loops to Greenview, Quartz Valley, and back to Fort Jones. After that, riders head south along East Side road. Next is on to Callahan (3,123 ft.) then a climb up Gazelle Mountain (4,921 ft.) with magnificent views. Then a long downhill run to Gazelle (2,765 ft.) and onward to Yreka. Total vertical gain is approximately 4,600 feet.

Auburn Century September 17th

JOIN US for an inspiring ride through the challenging Sierra Nevada foothill communities and remote mountain locations. You'll have the opportunity to ride through historic mining towns, travel through beautiful wilderness areas and spin up climbs that are steeper than any found on the Tour de France. Our three courses begin and end in historic Auburn, California. Depending on your route choice, you'll have the chance to descend into deep, breathtaking river canyons and pass through historic gold-rush towns. **The century includes 10,500 ft of climbing and an option is the Iowa Hill time trial at 1,250 ft of climbing at 13% grade and 1.74 miles (who is going to test their fitness?).** Through out the ride, you'll find terrain that challenges your fitness, scenery that could make post-cards, quiet solitude that serenades your soul and rest stops that quenches your thirst and appetite. When you have completed your ride, you will savor your achievement and the memories that you have just created.

Burn of the Century

October 1, 2005

Come spend a Saturday riding with us in the wonderful foothills around Grass Valley. We have moved this event to October to give you a chance to ride in the foothills and see the fall colors. The Burn of the Century ride, put on by the Sierra Express Bicycle Club, will start and finish at Pioneer Park in Nevada City. The routes will encompass the same great century bicycle ride we have had in the past, with just a different starting location. Every route covers the beautiful terrain typical of our area. Enjoy the rolling hills, climbs and drops in and out of the river canyons, as well as the landscape and climate of the area. No matter what ride you do The Burn of the Century is a cycling experience you should enjoy.

The Century: This route takes you from historic Nevada City north along Hwy 49 to the San Juan Ridge. At the town of North San Juan enjoy a break before riding down to Bridgeport on the South Yuba River for lunch. At approximately 55 miles ride south toward Lake of the Pines and then your route loops around & up Magnolia. Dog Bar & Rattlesnake Roads toward Nevada City to complete one of the most challenging 100 mile bike rides in Northern California! 11400' total elevation gain.

Lake Tahoe Angora Lakes Mountain Bike Moderate with Climbing

This challenging steep hill climb has a pot of gold at the top with crystal clear alpine lakes, (skinny dipping!) surrounded by scenic cliffs. From 89 (park car) to Fallen Leaf Road to Tahoe Mountain Road then right on Angora ridge Road, go to fire Lookout Station then take trail head to Angora Lakes. A 10 mile round trip.

Mt Diablo Hill Climb Challenge

October 2, 2005

A 10.8 mile mass-start hill climb with 3249 feet of elevation gain. The start is at Athenian School and the finish is at the summit. **Race the Devil!**

Mt Tam Hill Climb

September 17, 2005

The classic 12.5 mile course beginning at Stinson Beach State Park and continuing north for 4.4 flat miles on Highway 1. Turn right at Fairfax-Bolinas Road and climb 2200 vertical feet to finish at Rock Spring parking lot on Ridgecrest Boulevard.

The Carbon Crankset: Neat Gadgets from Sheldon Brown

www.sheldonbrown.com

The Carrababy



The Inventor of the **TORK-GRIP** Universal Torque Wrench, Carrababy Real MAN Saddles, Symmetris-pokes, the Geomagnetic Booster, and POWERwheels, Sheldon "Genius, But Modest" Brown

Don't let your baby's most formative months go by being a "crib potato". He/she may never develop the fierce competitive drive that will be needed to become a champion cyclist in the twenty-first century. He/she will be racing against children of other parents who CARE about the sporting development of their little ones, and if he/she is going to be competitive, the time to start is NOW! That is where the Carrababy comes in!!



Compatible With All Of Your Existing Fastener Tools!

For recessed fasteners, such as recessed crank bolts, Allen bolts of all sorts, Phillips and slotted-head screws, the **TORK-GRIP** Universal Torque Wrench can grab onto any 1/4", 3/8", 1/2" or even 3/4" drive socket, any Allen wrench, or any screwdriver-type handle!

- STRIPPED
- %@!\$! TIGHT
- REAL DAMN TIGHT
- REAL TIGHT
- PRETTY TIGHT
- KINDA TIGHT
- THUMB TIGHT
- FINGER TIGHT
- LOOSEY GOOSEY
- FINGER TIGHT
- THUMB TIGHT
- PRETTY TIGHT
- PRETTY TIGHT
- REAL TIGHT
- REAL DAMN TIGHT
- %@!\$! TIGHT
- STRIPPED

Who's in the Peloton: Member Profile Manuel Olague

BBC FACTFILE

Date of Birth: **October 28, 1956**

Place of Birth: **Mexico**

Height: **5 ft 4 inches**

Weight: **168 lbs**

Resting Heart Rate: **49**

Max Plus: **150**

Marital Status: **Married**

Children: **Two and Grand Children**

Occupation: **Production Labor**

First Century: **1997**

Last Century: **Napa 2005**

Favorite Ride: **Wooden Valley and Mt. George**

Rides a: **Fuji**

Joined BBC: **1996**

We hope you get an opportunity to meet and ride with Manuel. A few of us recently finished the Napa ride with Manuel. After 88 miles under our belt he was still riding strong in the final pace line, leading the way. He kept a strong, steady pace. He is safe, strong and he is fun with great stories to share.



Leaky Valve: Club Minutes

The meeting was held at Phatbar Bob's home...The President, Bill S, called the meeting to order at 6:46 p.m...Present: Chuck and Michelle J (new members!), Pete VS, Bob K, Mick W, Bill S, Barbara W, Riva F, Joe M, Bob V...Treasurer's report: \$3660.00...President's Report:There will be a winter clothing order from Voler...We need 25 pieces of the same items (i.e. 25 long-sleeved shirts or 25 short-sleeved shirts) to complete an order...See the website or call Mick W. or Bill S. for more information...The Napa Century was very well attended by the club...There was discussion about new officers of the Executive, i.e. new President... Membership now stands at 110!!!Discussion about increasing rider ship on more moderate/slower-paced rides, leaders welcomed...Other leaders of rides are sought...Upcoming events: Lake Tahoe Sept 24/25 week-end. The Century takes pace on the Saturday, while a Club Ride around the Lake is scheduled for Sunday September 25...Time trial will be held on Wednesday, Sept. 7 at 6 p.m... -Auburn Century on September 17 See www.auburncentury.com...The President formally thanked Bob K for hosting this evening's meeting...Meeting adjourned at 7:15 p.m... Next meeting Oct 4th at Bob Klosterman's...Respectfully Riva F

Support Cytomax

Cytomax is the world's most scientifically advanced complex carbohydrate, electrolyte performance energy drink. Ensures proper hydration, steady energy and reduced fatigue during exercise. Try it on your next ride

Wheel Alignment:Local Bike Shops to Support

The Peddler (www.theped.com)

Rockville Bike Shop (www.rockvillebike.com) Authorized Bike (www.authorizedbicycle.com) Ray's Cycles (707-448-1911)

Heart Rate:Velo News

Benicia Bike Club Time Trials

The next TT is **September 7**. Time your fitness ride. Distance is 10.2 miles. Start/finish is Lopes Road; turn around is at the Fairfield City sign. Time trial dates coming up; October 5th. Contact Joe Pritchard at jpritchard@comcast.net

Course Record

Women

(30-34) Laurie Gottfried 33:03
 (35-39) Angela Tooch 33:33
 (45-49) Laurie Fenech 29:32
 (50-54) Riva Flexor 38:36
 (60-69) Barbara Wood 41:10

Men

(30-34) Bob Gades 27:10
 (35-39) Bob Van Wert 26:33
(40-44) Todd Doherty 25:30
 (45-49) Peter Van Slyke 28:49
 (50-54) Russ Hands 28:28
 (55-59) Glen Millward 31:40
 (60-64) Joe Pritchard 29:15
 (65-69) Bill Schmidt 38:36

Seven club members raced at the August TT: Riva F., Angela T., Lauri G, Joe P, Bob V, Mike S, Neal Leary. Laurie F. timed.

Riva improved her 50-54 record to 38:12. Laurie G set the 30-34 record at 33:03. Angela set the 35-39 record at 33:33.

Next race is Sept 7.

SEPTEMBER 24-25, 2005

EVEREST CHALLENGE STAGE RACE

California/Nevada STATE CLIMBING CHAMPIONSHIPS

With the spirit of the "Death Rides" and the dramatic scenery of the Eastern Sierra, this bicycle ride AND race will test your perseverance going uphill. We have three climbs each day with gains of 2,600' to 6,200'.

Come ride some of the Eastern Sierra's fabulous alpine climbs.

This event (held under USA Cycling permit) is a combination of a USCF race **AND** a non-timed ride (for tourists/Randonneurs like the Markleeville Death Ride).

Saturday 120 miles, 15,465' of climbing. Sunday 86 miles, 13,570' of climbing. Actual racing distance (excluding neutralized start and neutralized last descent after timing finish is 92 miles Saturday and 61 miles Sunday.

<http://www.everestchallenge.com>

Life After Lance

A George Hincapie Interview
By Richard Pestes 8/14/05

The Question:

What will the Tour be like without Lance?

George: ...Ummm... well you know it's gonna be very different at the Tour de France, that's for sure. And the month before the Tour where I spend a lot of time with Lance and we've become ... great friends over the last... I don't know how many years... 15 years and we've shared this Tour de France experience, which is a story that you would never think possible... The bond that Lance and I have is pretty great, and it would be impossible to ever... experience something like that again... at least for me. I'll never have a teammate, or a friend like that ... ever. It's gonna be tough for me to be without him in those races.

There's never gonna be another Lance. You know, everybody says who's gonna be the next Lance – is it this guy or that guy, well... the bad news is... there IS no next Lance!

But we have a lot of talented riders, and next year at the Tour we'll be there fighting for stages and a high place in the overall. It's still exciting stuff, and I hope people will continue to follow American cycling...

The Lance Stats

Resting Heart Rate/32-34

Max Heart Rate/201

Lactate Threshold Heart Rate/178

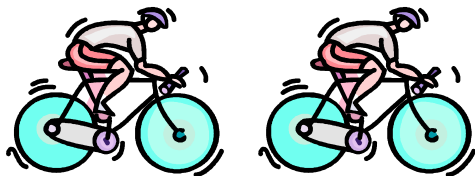
Time Trial Heart Rate/188-192

Pedal RPM's During Time Trial/95-100

Climbing RPM's/80-85 (faster when attacking)

Average Endurance Heart Rate (4-6 Hours)/124-128

Training Miles/Hours Endurance 5-6 Hours 100-130 Miles



The Triple: Bicycle Politics

Nonmotorized Pilot in Transportation Bill

Marin County to receive \$25 million to build a bicycle and pedestrian network

Through hard work, collaboration, and holding-on to a long-term vision, Marin County advocates have played a substantial role in advancing bicycle and pedestrian provisions in the transportation bill. Sometimes dreams do come true!

MARIN COUNTY: Marin County is one of four communities throughout the United States that has been designated as a Nonmotorized Transportation Pilot Program in the federal surface transportation bill which was signed into law over the weekend.

Each of the four pilots will receive a total of \$25 million over the next four years to build a bicycle and pedestrian network that will connect directly with transit stations, schools, residences, businesses, recreation areas, and other community activity centers. The other communities chosen for the pilot projects are Columbia, MO, Minneapolis-St. Paul, MN, and Sheboygan County, WI.

Deb Hubsmith 8/05

Congress Approves Millions to Create Ferry System at Tahoe

Lake Tahoe is as notorious for gridlock as it is renowned for spectacular vistas, but traffic problems may improve in coming years thanks to new funding for ferries that will shuttle passengers from the north to south shores.

Responding to long-standing demands for solutions to Tahoe's worsening traffic woes, Congress included \$8 million for the ferry service in the recently passed \$300 billion transportation bill.

The money will be used to build two high-tech, high-speed boats that could combine solar and natural gas technologies, said Nick Haven, the principal transportation manager for the Tahoe Regional Planning Agency, a bistate group that oversees development and environmental issues around the 21-mile-long lake.

"This will fund links from the north to south shores," said Haven. "The east and west shores are sparsely populated, and there wouldn't be much cost efficiency in servicing those areas with large boats. But eventually, we may be able to establish water taxi service for the truly rural areas of the lake."

Haven said ferry service could start within three to five years, and might be run by a private company.

Glen Martin, S. F. Chronicle August 9, 2005

For Sale

Brand New **Sierra Century -30th Anniversary Jersey.**

This size large jersey is a great gift to a cycling peer who loves to share Slug Gulch stories. Still in the plastic, Mike D. will sell to you for a deal of \$50.00.

Contact Mike D at MDJRDRD3@aol.com

BABC

Bay Area Bicycle Coalition

Support the Bay Area Bicycle Coalition (BABC) to facilitate bicycle planning in the nine-county San Francisco Bay Area. The BABC is working with the State Department of Transportation (Caltrans), the Metropolitan Transportation Commission (MTC), the Association of Bay Area Governments (ABAG), the Bay Conservation and Development Commission (BCDC), and the cities and the nine counties in the Bay Area to improve access and conditions for bicyclists and bicycling.

Solano County

J.B. Davis

Chair, Solano County Bicycle Advisory Committee

jb_davis@pacbell.net

<http://www.solanolinks.com/aboutSTA.html>

BBC Weekend at Tahoe

September 24/25

**Road Bike Riding/Mountain Bike Riding
Trail Running/Hiking/Kayaking/Swimming**

Mark your Calendar

Newsletter Contributors

Thanks to Bill S, Mick W, Bob K, Joe P, Mike S, Tom S, Manuel O, Ben L, Sherie L, Riva F. Thank you for sharing information for our newsletter. We appreciate you taking the time to contribute. **Our September newsletter is a team effort.**

Quick Release Skewers: Rest, Laugh and Stay Fit

Recovery: Rest Day

Rest Day

Full Moon Kayaking-The Kayak Connection in Santa Cruz invites kayakers of all skill levels to watch the sun set and the moon rise on the Monterey Bay, then paddle under the full moon on September 17/18 (Harvest Moon), October 16/17, November 15, December 14. The trip ends with cookies and a hot beverage.

www.kayakconnection.com or 1800-8333494

By the Light of the Moon-On Saturday, September 17 (Harvest Moon) from 5:00PM to 9:00PM you are invited to walk along the Laguna Trail to Limantour Beach for a campfire at Point Reyes National Seashore. During this special nighttime adventure you will look for crepuscular and nocturnal wildlife and the signs and tracks of their presence.

www.ptreyes.org (415) 663-1200

Flying Horse Wine Tours-Discover the only wineries in the Bay Area linked by horse-drawn carriage. Enjoy a relaxing and romantic ride through the vineyards of Sonoma County's beautiful Alexander Valley. Visit these four distinctive wineries in style; White Oak Vineyard/Winery, Alexander Valley Vineyards, Sausal Winery and Hanna Vineyard/Winery.

Flying Horse Carriage Company

www.flyinghorse.org (707) 849-8989

Cal Performances

Dance Music Theater

www.calperfs.berkeley.edu (510) 642-9988

Cross Training

Aqua Striding

Deep-water running revs your heart rate-similar to cycling-and strengthens your pedaling and supporting muscles from all angles. Swim laps for about five minutes to warm up. Then, in the deep end of the pool, run for one minute using short, quick strides. Keep your abs tight and your cadence at a brisk 80 cycles per minute, so your right knee comes up, about hip height, 20 times every 15 seconds. Tread water easily for 30 seconds to recover. Repeat five times. Rest for about one to two minutes, then do another set of five, increasing the interval time to two minutes. No need to wear a floatation vest-it'll make the workout too easy.

Bike Pump: Humor

A young aspiring racer had just been signed by a pro team and was slated to ride in the Tour de France. On a training ride he was tragically struck by a vehicle and killed. He was devout and hence found himself in front of the Pearly Gates where he saw St. Peter smiling warmly at him.

"Welcome," said St. Peter. "Before you enter, do you have any questions?"

"Are there bicycles in heaven?" asks the cyclist.

"Sure, let me show you," and leads the young cyclist into the finest Velodrome you could imagine.

"Wow, this is great! I started my career on the track" says the cyclist with awe and astonishment.

"You'll be fitted to a custom bike, the mechanics will glue on fresh silks each night, and your personal masseuse is always available," says St. Peter.

Walking over to the locker room, St. Peter points out the young cyclist's locker. The cyclist notices that it is filled with pristine white jerseys, shorts, shoes and helmets.

"This is great, but can't I wear my team outfit?" asks the cyclist.

"Oh, my son. We don't ride for ego, or pride, or for teams. We ride only for the glory of God," explains St. Peter.

This is accepted by the young man, and he quickly dons his white outfit, and a mechanic hands him the finest track bike that can be made. He wheels the bike out into the Velodrome where he sees a lot of other cyclists dressed in white circling the track. All of a sudden a rider whizzes by, dressed in a blue Discovery jersey and riding a Trek with a trail of cyclists struggling to hang on.

"I thought we couldn't wear team colors. What is that guy doing?" the confused cyclist wondered.

"Oh, don't mind him," said St. Peter. "That's God. When he rides he likes to pretend he's Lance Armstrong."

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

Continue from page 4

Ed B, Laurie, and I joined a couple of other riders as we zipped down the valley. Just as we were about to reach the first rest stop, I flatted. A week before, I had flatted and repaired the tube. I had been riding it all that week and didn't want to risk changing anything so close to the ride. The repair failed. I managed to pull into the rest stop just as everyone was getting ready to head out. A quick top-off of the tire pressure, a cookie, a sip of water, and we were off. The next twenty miles went by very quickly. The flat stretch between the two rest stops allowed the pace to increase into the upper twenties for much of the way.

After a comparatively long stay at the second rest stop, the group was off again. The third leg started quickly, with a fairly large group breaking away. I was uncertain what to do at this point. I didn't want to chase and run out of gas for the rest of the ride. I didn't want to finish the ride and feel like I didn't really push myself. I decided to stick with my original game plan: hang on Mick's wheel. After a few miles, we started picking up stragglers. My excitement got the better of me after a trio including Manuel passed us. I decided to chase them. I timed my pursuit poorly, catching them at the base of a short climb. They dropped me immediately. I was searching for a reason to keep pushing. At the top of the climb, I found it in the form of a yellow group about a half mile ahead. I kept pushing and slowly made progress. I finally caught Manuel and we joined another group of Benicia riders just outside the third rest stop sixty five miles into my first century. After sampling some very tasty heirloom tomatoes, cheese, fruit, and Goldfish, it occurred to me that 65 miles was my new personal best for distance. And I was starting to feel the last twenty miles. It was time to focus and stick to the plan: find Mick.

When we pulled out of the third rest stop, most of us knew what waited ahead. Ink Grade. How bad can it be? It doesn't even have a nasty sounding name. We started up and I was well focused on the plan. I was one of the few without a clue what was ahead or when it would end. Some pulled away, but I stuck to the plan. Mick described an unofficial rest stop in the past that roughly marks the half way point of the climb. After a lifetime of climbing, Mick nearly broke my will by pointing out the half-way marker. Only half way? At this point, a divine spirit must have been looking out for me with a sense of humor. We pulled up to a rider with a full stereo system on his bike. He was playing music for those who passed and were passed. When we passed him, Tainted Love was playing. He threatened that all who were in ear-shot would be tortured by the song for the rest of the climb. At least it helped me finish the climb. When we got there, a good size group of Benicia riders were there regrouping. Mick pushed on and I stuck to the plan. If there is anything I like about climbing, it is descending the other side. This was a long, fast descent.

When we reached the bottom, Silverado Trail promised a rest stop and an end in short order. Mick and I were joined by Laurie on the way to the rest stop. We were treated to various salutations from the ever-friendly SUV drivers. Their enthusiasm for buying \$3 per gallon gas may only be exceeded by their enthusiasm for encouraging cyclists. Many of them shouted really intelligent thoughts as they roared by. Unfortunately, none would stop to explain their insightful comments to us. I suspect they believe that burning up the fossil fuels as soon as possible will ultimately end global warming and begin the healing process. They may have been a little upset with us for not helping to end global warming. I cannot be sure.

Sensing the end of the ride, I really didn't want to stop at the last rest stop. But, I was out of water and was actually feeling for some citrus flavored beverage. After snacking, drinking, and enjoying the water mister, we gathered a small group and were off again. The end was near, only thirteen miles by my odometer. We pulled out and cruised along at a nice clip. The last stretch went very quickly. The next thing I knew, lights were flashing all around me and a sign said smile. We turn a corner, went through the town, and up the hill. Over the last mile, I was constantly distracted by my odometer. It threatened to fall short of 100 miles by a few tenths. Fortunately, the trip up to the registration area resulted in an odometer reading of 100.14 miles. Mick's read about a tenth mile more than mine.

Tom Smith/Napa Century 2005

Clear Passages

How to unstop your schnozz on the roll.

Blowing your nose while riding is an underrated, yet essential, skill. Within 30 minutes of a good spin, almost all cyclists experience a gooey trickle because exercise increases blood flow to the nose. Nasal tissues swell and the cells lining the nose produce extra mucus (which is about 96% water with the rest made of sugars, protein and bacteria-fighting enzymes). On chilly rides, everyone drips. "It's the nose's way of protecting itself from cold, dry air," says James Geraghty, M.D., an otolaryngologist in Peoria, IL.

There are four simple rules to keep you from splattering gunk all over yourself or your riding buddies.

1. Learn to stay steady. You don't want to take down the pack just because you're trying to empty your snout. If you can't ride a straight line with one hand off the bar, try this: Practice taking one hand off for three pedal strokes as you ride along the white line on the side of a road. Keep your body centered and your cadence steady. When you can go 10 strokes without grabbing the bar, you're ready to blow snot rockets.

2. Ready, aim... Take one hand off the bar and use your finger or thumb to pinch one nostril shut. Close your mouth and exhale forcefully, snapping your head slightly down and back to shoot the goo in an arc around the opposite shoulder (the one connected to the hand that's still on the bar).

3. Be polite. Before you make like Bartoli in a pack, wait until it's your turn at the back or fade to one side until no one's behind you.

4. Wipe. Use the soft terrycloth on the back of your glove to mop up residual sludge. And check your shoulder. If it's shiny and wet, wipe it clean with your glove, too, schmendrick.

Discovery Channel Pro Cycling Team Schedule 2005

September

4th-T Mobile International, (S.F.)

12-18 Tour de Pologne (Poland)

22/25 World Championship Time Trial (Spain)

October

2 Zuri Metzgete (Switzerland)

9 Paris Tours (France)

12 Milan-Torino (Italy)

13 Piemonte (Italy)

15 Giro di Lombardia (Italy)

ELEMENTS OF SOFT CYCLING FOR EROSION CONTROL

- If trail is wet, choose another trail or day to ride.
- Ride only on open trails; don't make new trails.
- Carry your bike across soft streambeds if an engineered crossing is not available.
- Travel in small groups to minimize impact on other trail users and wildlife.
- Don't ride around trail obstructions; help keep the trail narrow.
- Ride through muddy sections, not around them, to prevent trail widening.
- Don't ride over trailside vegetation. Respect private property.
- Don't skid or brake slide; apply brakes evenly, both front and back.
- Ride over water bars, not around them.
- Help keep the trail narrow.
- Slow down when encountering other trail users.
- Don't cut switchbacks.

Children Staying Fit

Children are Less Active

78% of children fall short of the recommended minimum dose of activity: 30-60 minutes a day plus 20 minutes of vigorous exercise. 70% of children watch at least one hour of TV each day; 35% watch five hours or more. One in five children and one in three teens is overweight or at risk of becoming overweight. These rates reflect a 50-100% increase in just the past 10 years.

Reasons to Improve Child Activities

Moderate to vigorous physical activity such as walking and biking positively affects academic performance and skill development. It stimulates and maintains muscular strength and good joint function. Children are better able to tackle the academic day. They have improved concentration, enhanced memory and learning, enhanced creativity and better problem solving ability. Studies have shown that their mood is improved for up to two hours following exercise.

Wheel Alignment: Grand Prix Photos



North Beach



Team Discovery



The Climb



Taylor Street

Photo Contributors
 Thanks to Tall Joe Pritchard and Ben and Sherie Lukas for sharing the photos.

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.

Help keep our Roads Safe



FROM:
Benicia Bicycle Club
P. O. Box 141

TO:

President/Bill Schmidt
Treasurer
Bob Klosterman
Editors
Laurie Fenech, Peter Van Slyke
Publisher
Mick Weninger
Web Master
George Villarreal

ANYBODY WANNA RIDE?

The Road

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:
_____	_____	_____