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SPBC Newsletter -- 2022-05

SPBC

ST. PETERSBURG BICYCLE CLUB
FLORIDA'S #1 BICYCLE CLUB EST. 1968

May 2022

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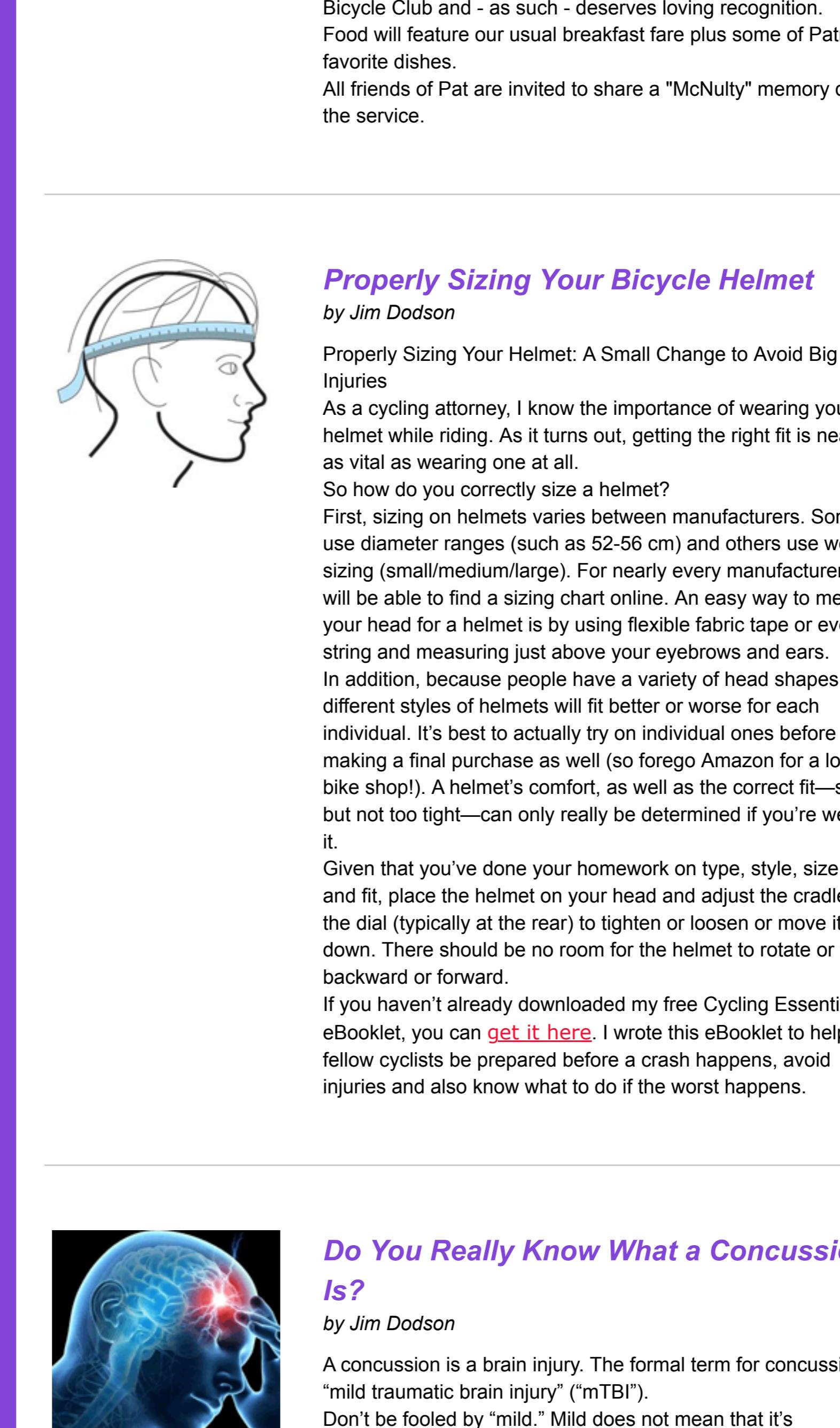
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NEW MEMBERS

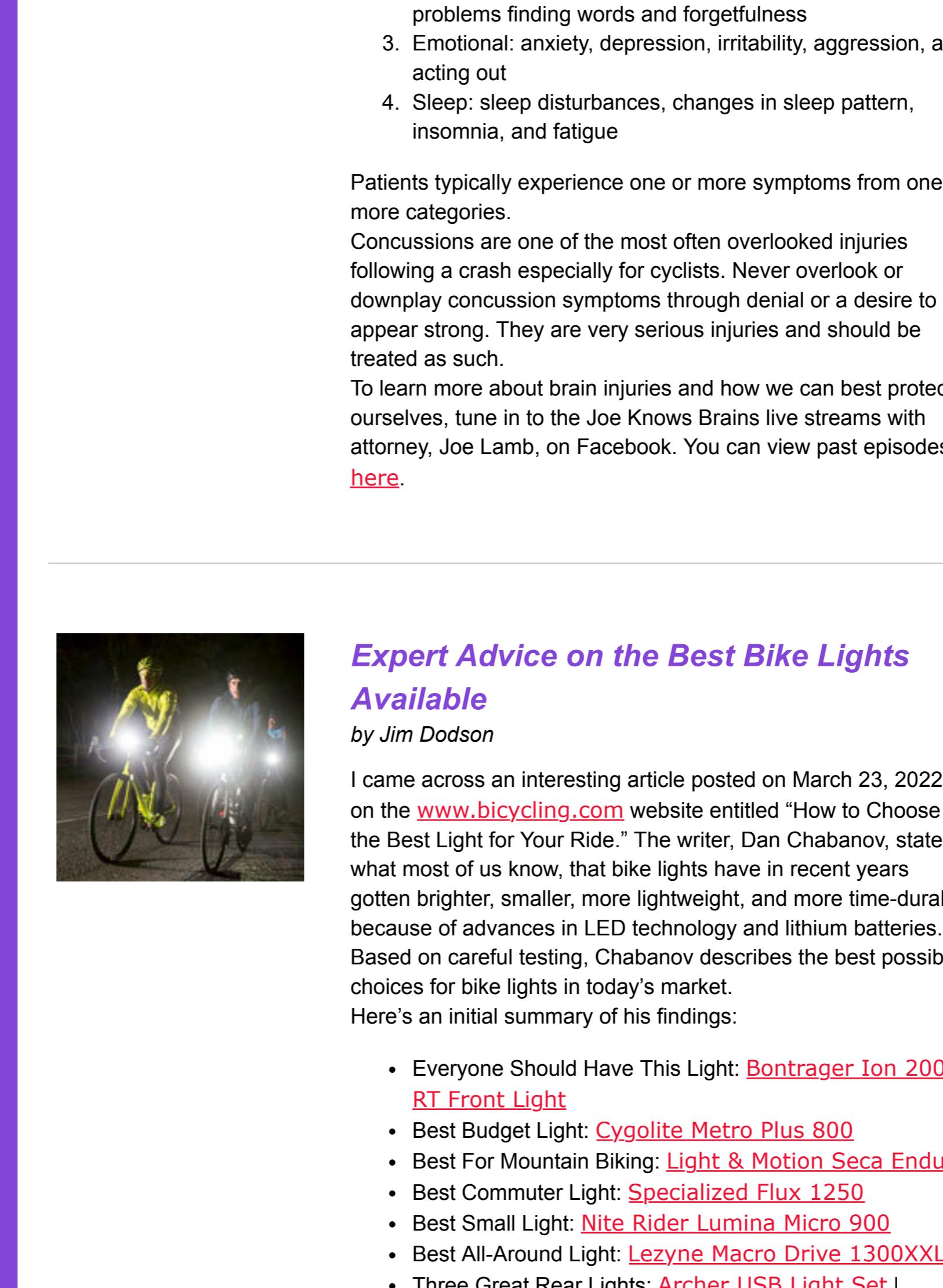
RENEWING MEMBERS



| Welcome our new SPBC members! | | |
|-------------------------------|------------------|--------------|
| Armstrong, Tracey | DeLand | FL 4/18/2022 |
| Buiyidas, Kristina | Dunedin | FL 3/27/2022 |
| Byrd, John | Saint Petersburg | FL 3/24/2022 |
| Elmore, Laurie | Seminole | FL 3/27/2022 |
| Hammer, John | Tampa | FL 3/7/2022 |
| Kesty, Kenneth | Saint Petersburg | FL 4/6/2022 |
| Lee, Brian | Anna Maria | FL 3/27/2022 |
| Lepore, Don | Saint Petersburg | FL 4/10/2022 |
| Maher, damian | Saint Petersburg | FL 3/9/2022 |
| Maoch, Kevin | Verona | WI 3/16/2022 |
| Martin, Chris | Saint Petersburg | FL 4/21/2022 |
| Matisse, Loralei | Saint Petersburg | FL 3/8/2022 |
| Natarajan, Ojas | Saint Petersburg | FL 4/20/2022 |
| Pusateri, Lauren | Saint Petersburg | FL 3/14/2022 |
| Quinones, Elvin | Saint Petersburg | FL 4/5/2022 |
| Robertson, Steve M | East Jordan | MI 3/25/2022 |
| Rose, Steven | Tampa | FL 4/28/2022 |
| Rose, Tina | Saint Petersburg | FL 3/30/2022 |
| Townes, Eric | Saint Petersburg | FL 4/2/2022 |
| Urquidi, Oscar | Saint Petersburg | FL 4/29/2022 |
| West, Natalie | Saint Petersburg | FL 4/21/2022 |
| Williams, Rich | Nashville | TN 3/8/2022 |

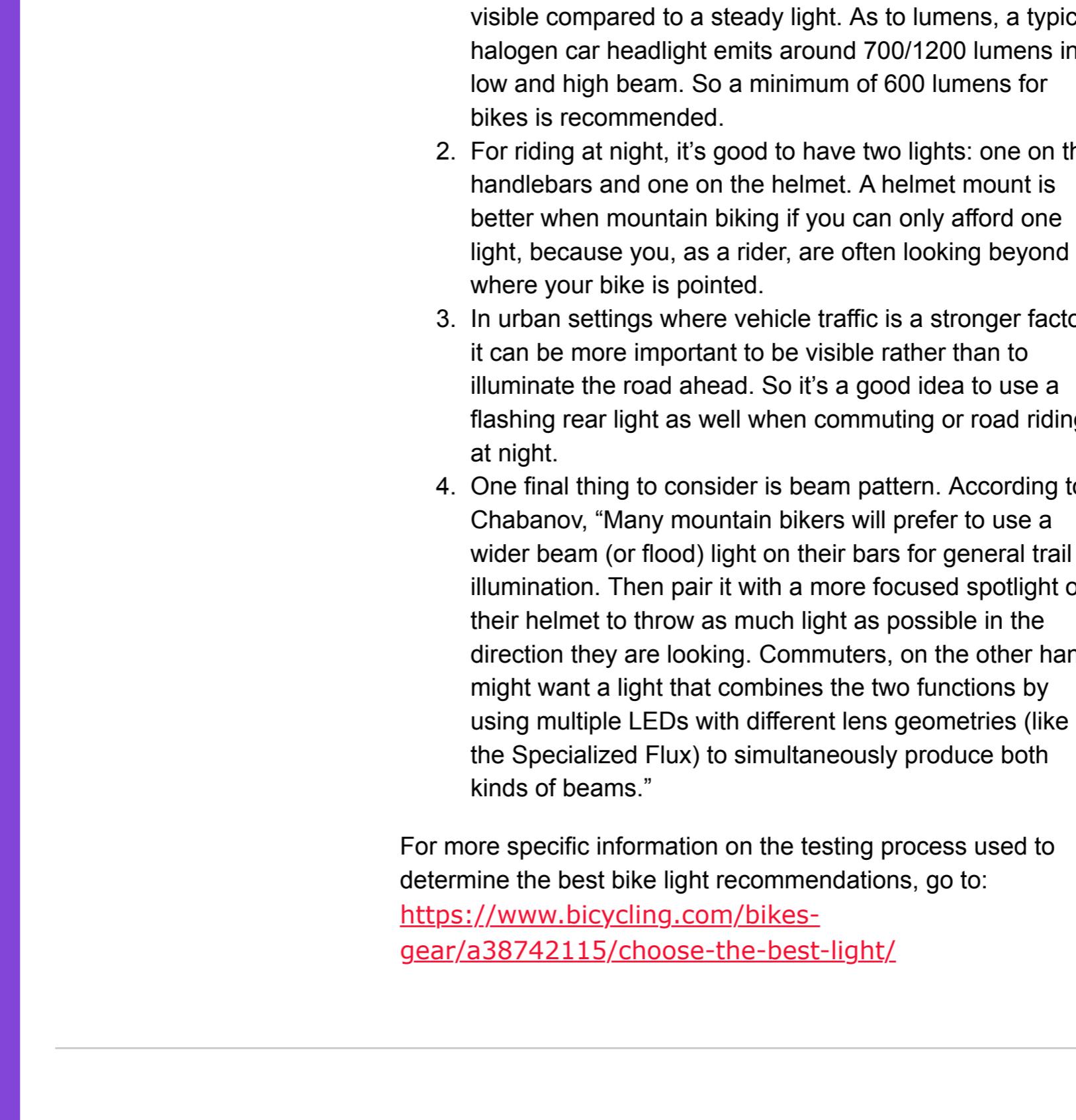


Hmmm, strange birds out on bicycles these days ... (Sunday, May 1, on Pass A Grille Beach)



Thanks to Our Team of Volunteers at the St. Anthony's Triathlon!

What a terrific turnout of volunteers to support our Club's Water Stop on the Olympic Distance cycling course of the St. Anthony Triathlon on May 1. So very proud of our members!



Join the SP Bike Club for the 2022 "Ride of Silence."

Wednesday, May 18, 2022

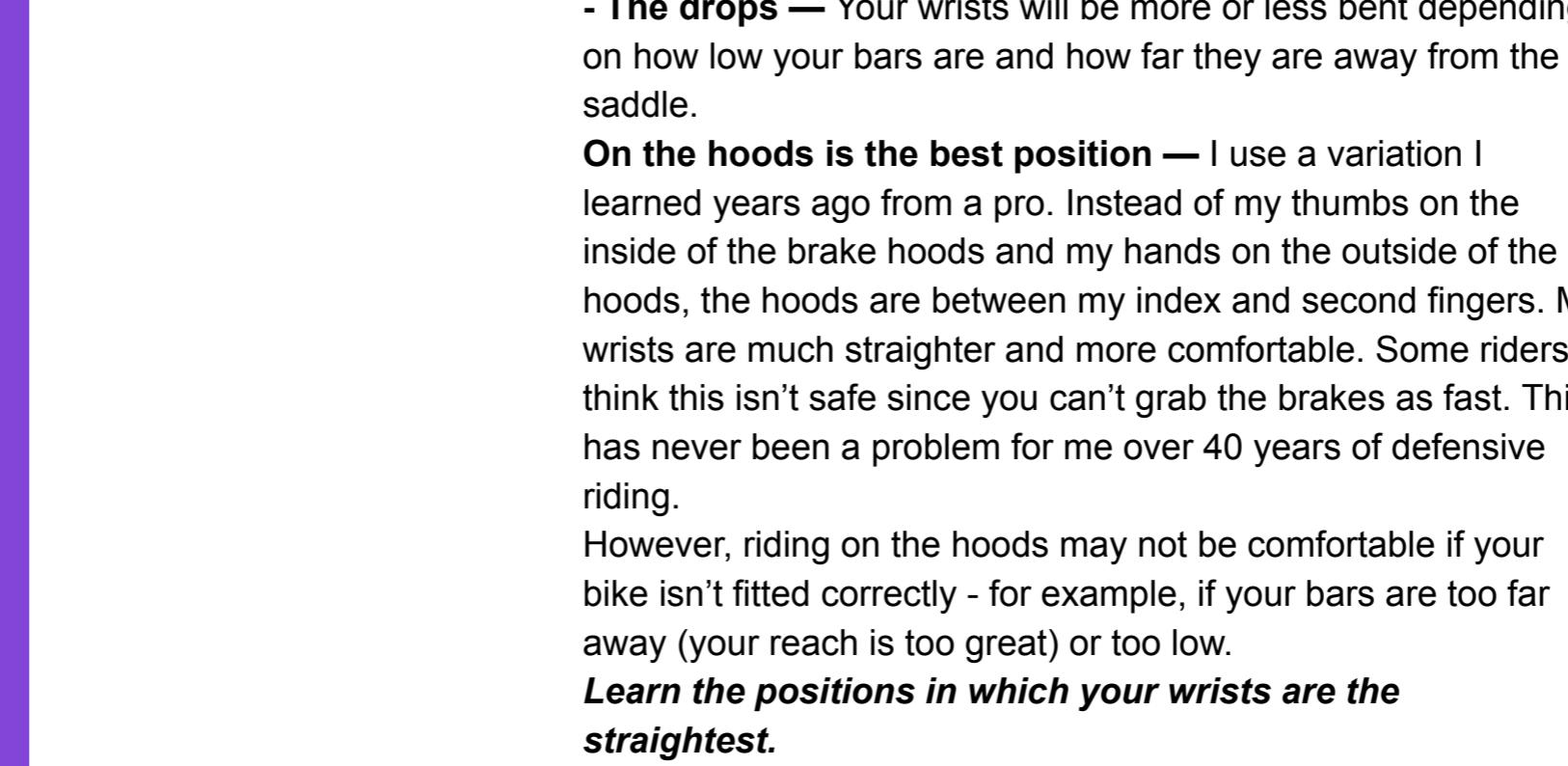
The St. Petersburg Bicycle Club is participating in the worldwide Ride of Silence for 2022. Mark your calendars for Wednesday, May 18.

This will be a short (7-mile) slow and silent funeral-style procession that we hope will attract cyclists from all corners of our community.

Why should you participate in the Ride of Silence? For those who cannot. Every one of us knows someone who has been injured while cycling - sometimes minor injuries, sometimes critical, life-changing injuries. We've all heard of people who have been killed while cycling, through no fault of their own. This event is in their honor and in their memory. The Ride of Silence was created to raise awareness that cyclists, too, have a legal right to the road. It's also a potent visual reminder to local motorists and other cyclists that the road with motorists and cyclists is ready to invite them on the ride.

Please take time to join us on this important ride, May 18th.

We'll meet 6:30 p.m. at North Shore Pool, 991 North Shore Dr. NE, St. Petersburg, FL 33701. Please wear a helmet.



Join Us at Our Club's May Social!

Friday, May 20, 2022

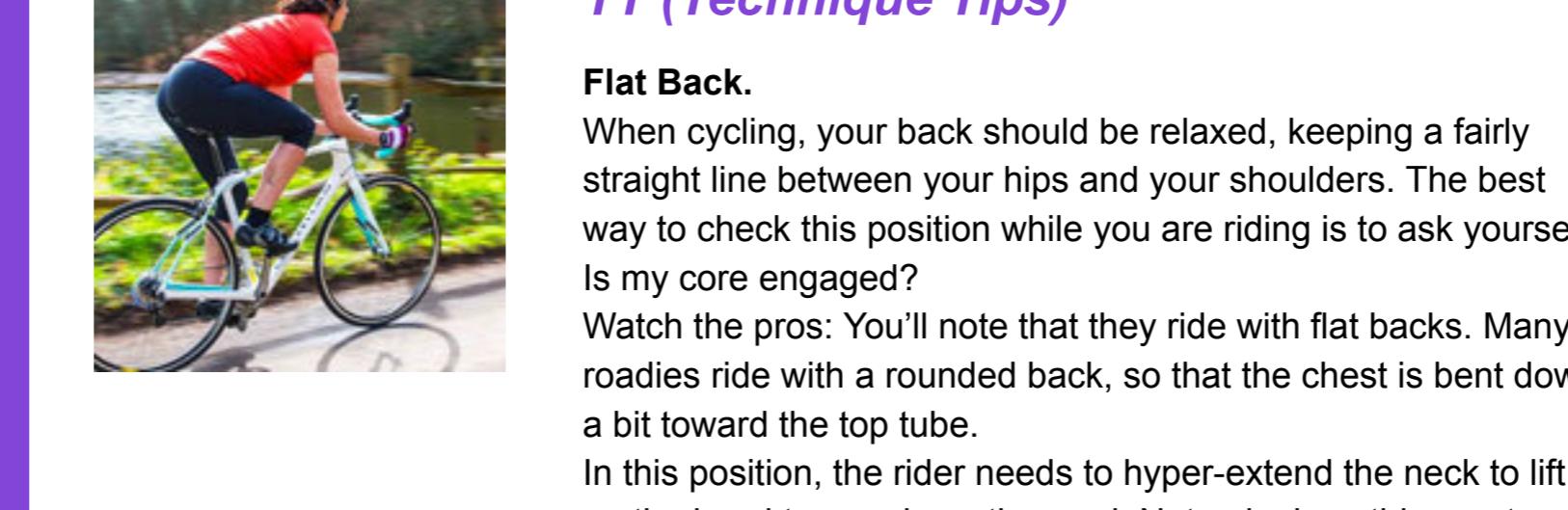
The St. Petersburg Bicycle Club will host a Social after the Saturday morning ride. It will take place at the ballpark next to North Shore Pool.

During the Social, we'll hold elections for the 2022-2023 Board of Directors.

Also, an informal Memorial Service - honoring longtime Club member Pat McNulty - will be held during the Social. As most of you know, he was one of the grandfathers of our St. Petersburg Bicycle Club and - as such - deserves loving recognition.

Food will feature our usual breakfast fare plus some of Patrick's favorite dishes.

All friends of Pat are invited to share a "McNulty" memory during the service.



Properly Sizing Your Bicycle Helmet

by Jim Dodson

Properly Sizing Your Helmet: A Small Change to Avoid Big Injuries

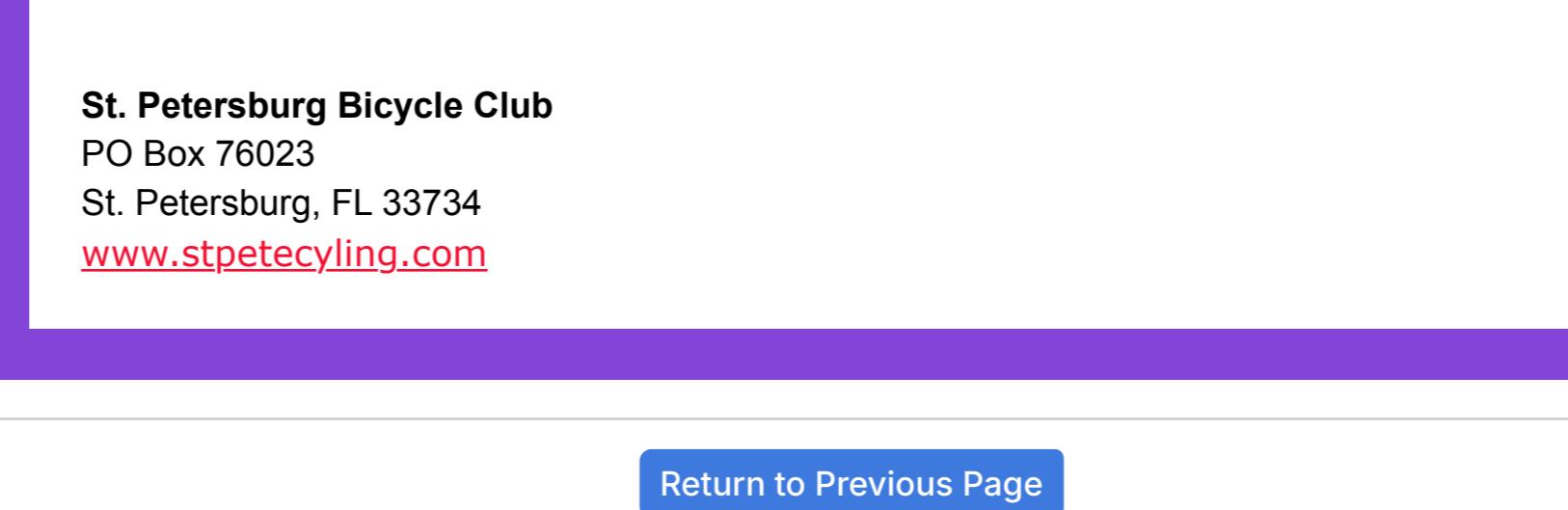
As a cycling attorney, I know the importance of wearing your helmet while riding. As it turns out, getting the right fit is nearly as vital as wearing one at all.

First, sizing on helmets varies between manufacturers. Some use diameter ranges (such as 52-56 cm) and others use word sizing (small/medium/large). For nearly every manufacturer, you will be able to find a sizing chart online. An easy way to measure your head for a helmet is by using flexible fabric tape or even string and measuring just above your eyebrows and ears.

In addition, because people have a variety of head shapes, different styles of helmets will fit better or worse for each individual. It's best to actually try an individual ones before making a purchase as well (so foreign Amazon for a local bike shop). A helmet's comfort, as well as the correct fit—snug but not too tight—can only be determined if you're wearing it.

Given that you've done your homework on type, style, size, cost, and fit, place your helmet on your head and adjust the cradle with the dial (typically at the rear) to tighten or loosen or move it up or down. There should be no room for the helmet to rotate or tilt backward or forward.

If you haven't already downloaded my free Cycling Essentials eBooklet, you can [get it here](#). I wrote this eBooklet to help fellow cyclists be prepared for a crash happens, avoid injuries and also know what to do if the worst happens.



Do You Really Know What a Concussion Is?

by Jim Dodson

A concussion is a brain injury. The formal term for concussion is "mild traumatic brain injury" ("mTBI").

Don't be fooled by "mild." Mild does not mean that it's unimportant or a minor injury, only that it involves a loss of consciousness less than 30 minutes. There is no such thing as a minor brain injury and all brain injuries should be treated by medical professionals.

The symptoms of concussions vary widely but largely fall into four categories:

- Physical: headaches, migraines, dizziness, blurry vision, and sensitivity to sound and light
- Cognitive: memory problems, lack of concentration, problems finding words and forgetfulness
- Emotional: anxiety, depression, irritability, aggression, and acting out
- Sleep: sleep disturbances, changes in sleep pattern, insomnia and fatigue

Patients typically experience one or more symptoms from one or more categories.

Concussions are one of the most often overlooked injuries following a crash especially for cyclists. Never overlook or appear strong. They are very serious injuries and should be treated as such.

To learn more about brain injuries and how we can best protect ourselves, tune in to the Joe Lumb on the JoeKnows. You can view past episodes with attorney, Joe Lumb, on the JoeKnows.

Or, tune in to the JoeKnows. You can view past episodes with attorney, Joe Lumb, on the JoeKnows.

Even if you change on your hands against your bars, you're still going to be at risk for a concussion. The more you ride, the more the cumulative effect may cause problems. Here are some tips to prevent hand numbness:

- The more you ride, the more you will experience one or more categories of symptoms from one or more categories.
- Don't ride on the position of the bars relative to your saddle, the more you ride, the more you will experience one or more categories of symptoms from one or more categories.
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- Don't ride on the position of the bars relative to your saddle, the more you ride, the more you will experience one or more categories of symptoms from one or more categories.

For more information on the testing process used to determine the best helmet for you, please see the following:

<https://www.bicycling.com/bikes-equipment/a38742/choose-the-best-light/>

<a href="https://www.bicycling.com/bikes-equipment/a38742