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NEW MEMBERS

RENEWING MEMBERS

St. Petersburg Bicycle Club Supports Charlie's Champs

Newsletter

June 2022

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Welcome our new SPBC members!

Becker, Cory	St. Petersburg	FL
Eric, Alex	St Petersburg	FL
Hunsberger, Karina	St. Petersburg	FL
Huxtabaugh, William	Saint Petersburg	FL
Hussar, Paul	Tampa	FL
Lee, Jeffrey	St. Petersburg	FL
Lindberg, Bobby	St. Petersburg	FL
Lowry, Kathleen	Richmond	VA
Mann, Jason	St. Petersburg	FL
Moore, Damon	St. Petersburg	FL
Mulligan, Jay	Sun City Center	FL
Rodriguez, Jacqueline	Tampa	FL
Schulman, Louis	Tampa	FL
Sinkbeil, Lenore	St. Petersburg	FL
Will, Jen	St. Petersburg	FL

Left to right: The 2022-2023 St. Pete Bike Club Board members – Front: Jacqueline Schlieben, Kris Woodcock, Back: Peter Wray, Dan Bode, Mark Fruechtl, Rafa Rivera

THE NEW 2022-2023 ST. PETE BIKE CLUB OFFICERS

Happy to announce that we have an awesome 2022-2023 TEAM!

Congratulations to all of the officers listed above and to the board! Now, further to the club. **Note that we welcome your ideas and suggestions regarding proposed events and what you would like the club to do.**

Per the by-laws we have protocol, the newly elected officers met Thursday night, May 26, 2022 to decide who would fill the positions on the new board.

The results results are:

- John Dunbaugh - President
- Peter Wray - Vice President
- Daniel Bode - Treasurer
- Kris Woodcock - Secretary
- Jacqueline Schlieben - Communications/Newsletter
- Rafa Rivera - Membership
- Peter Edward Wray - Advocacy/Safety/Local State Government/VOCF
- Mark Fruechtl - Immediate Past President/Past President
- Wendy Nevius - Board Member at Large

We also appreciate and welcome all volunteers who'd like to assist with any and all club activities, events, rides, and more!

It is our honor to serve as your board and help our club thrive and survive long into the future.

John Byrd

I moved to Florida a couple of years ago, and in doing so I was in search of a good cycling community to become a part of. I found the St. Pete Bike Club, and I've been a member ever since. I decided to join the club by becoming a member as I was also looking for support to those who may find themselves in a similar predicament.

I am a father to a lovely 10 year old girl who also loves to cycle. Some of my hobbies are watching live music, exploring new trails, traveling, sports and outdoor activities - especially cycling!

I am a retired U.S. Air Force service member. I served five tours in Iraq and now work in the IT manufacturing industry.

Speeding on the Pinellas Trail: Perception vs. Reality

By Jim Dalton

I recently read an article on the Forward Pinellas website about a growing concern of speeding cyclists on the Pinellas Trail. Forward Pinellas is the agency that oversees the Pinellas Trail. Wanting to gather data and determine if people are actually speeding on the trail, I decided to collect the data, they utilized previously installed "trail counters" which are located at eight locations along the trail. The counters are able to collect data on the number of riders, as well as speed and are even able to differentiate between walkers and cyclists. They then analyzed three months of data from February to April of 2021.

The data showed that only 0.5% of riders were following the posted 20 mph speed limit.* While they did find that some areas had higher rates of speeding, the overall reporting rate across the trail was about 1.58%.

The purpose of collecting the data is to assess the growing concern that people are speeding on the trail? After they reviewed the data, they believed it was there was a lack of awareness of the difference between the different types of users. Someone walking at 2-3 mph being passed by a cyclist traveling at 15-20 mph can be startling. They also believe that the speed limit is not the issue, but rather a matter of trail etiquette. Forward Pinellas believes that by increasing awareness of the 20 mph speed limit, and how many believe it to be grossly ignored, it can help to change the culture and cause riders to slow down.

Do you believe that you are a speeder on the trail? Do you believe that you are a victim of speeders? Do you have any suggestions that could possibly assist in making the trail safer for all users?

*Forward Pinellas, Pinellas Trail Counter Report, February 2021 – April 2021

St. Petersburg Bicycle Club Supports Charlie's Champs

Based in St. Petersburg, FL, **Charlie's Champs** is a non-profit organization that strives to empower children living with cancer and participate in traditional sporting activities like little leagues, soccer or martial arts.

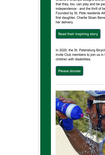
Charlie's Champs designs and provides adaptive equipment specific to each child's disability, so they can play sports with their peers and experience the joy of teamwork, camaraderie, and independence - and the thrill of being a part of a team, while.

Founded by St. Pete residents Allie and John Benson - Charlie's Champs was named for their son, Charlie. Charlie Shaw Benson, who died of developmental complications two days prior to her birthday.

Read their inspiring story

Please donate

In 2020, the St. Petersburg Bicycle Club chose Charlie's Champs as our primary charity. We invite Club members to join us in helping this organization that's dedicated to empowering children with disabilities.



Beat the Heat – Hydration 101

Hydration is the key to staying safe on an out of water and dive while mountain biking in intense heat in western Colorado.

The Mesa County Sheriff's Office said three other cyclists called 911 after feeling the effects of heat exhaustion on the Kokopelli Trail, a 142-mile route between Fruita, Colo., and Moab, Utah, on Saturday evening. That group of cyclists had also run out of water and were treated for dehydration.

Search and Rescue reached a record 102 degrees Fahrenheit in Grand Junction on Saturday June 11.

When you're out on your bicycle, please pay attention to these tips from the ERC to ensure you stay hydrated and prevent heat-related illness during what promises to be a brutal summer here in Florida:

- When working or exercising outside in the heat, drink 1 cup (8 oz.) of water every 15 to 20 minutes.
- If you're outside and sweating for several hours, drink sports drinks with balanced electrolytes.
- Avoid drinks with high water content.
- Avoid sugary beverages, alcohol and drinks with high caffeine or sugar.
- Wear loose clothing and exercise during the coolest times of the day, such as morning or late evening.

If you start feeling any of the following, you may be dehydrated. If you notice any of these, start drinking water as your first line of defense.

- Fatigue
- Lightheadedness or dizziness
- Dry mouth
- Lack of Sweat
- Dark and/or infrequent urination

Elevated heart rate, blood pressure and/or breathing

Print out these helpful guidelines

Rosie Rapf, 2022 Humana Game Changer

The 2022 Humana Game Changers Awards honors one of our own – SPBC member Rosie Rapf

On May 25, 2022, Humana, presenting sponsor of the National Senior Games, recognized 12 athletes who are changing the aging and possible misconception, motivation and inspiration for others to stay active and healthy. **Rosie Rapf was one of them. We are proud to congratulate one of our St. Petersburg Bicycle Club members, Rosie Rapf, as a recipient of the 2022 Humana Game Changers Award.**

These award-winning athletes participated in events ranging from basketball, golf, pickleball, swimming, track and field, racquetball, softball, volleyball and track & field. Humana Game Changers demonstrate how age and ability can be separated, and how anyone can be a game changer, regardless of a healthy lifestyle – no matter their age or athletic ability.

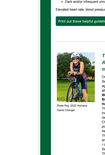
Rosie is a longtime member of the St. Petersburg Bicycle Club and St. Pete Bad Dog member.

Listened! tell you how happy I was on this day at the National Senior Games.

The reason I was so honored to be chosen for the work I have done – and am doing - with my recently-deceased dear friend, Wendy Nevius, and the St. Petersburg Bicycle Club. Wendy was a dear friend, Another family I turn a bigger shout-out to her and our defibrillators in the police cars so that they, as first responders can help those when/where they are living on the street (and don't save lives.

As a result of the publicity Humana is sponsoring, I am hopeful that I can continue to work with the Club and other organizations to raise awareness and funds to purchase more defibrillators for Central Florida. Arnold will save more lives. Best regards and love to all, Rosie

Read more



Ride of Silence

On Wednesday, May 18, the St. Petersburg Bicycle Club participated in the annual Ride of Silence. Each year, the St. Pete Bad Dog Racing Club members and the greater St. Petersburg cycling community joined in the ride - a short 17-mile ride in honor of those killed by motorists.

The annual Ride of Silence is an international movement that honors cyclists killed or injured while riding on public roadways and raises awareness about safety issues for cyclists.

The St. Petersburg Bicycle Club hosts two Fore-y at Northeast Cycles, 7:15 AM, St. N. to St. Petersburg, for [illegible]

View the St. Pete Bike Club Ride of Silence event

Aches & Pains: A Pain in the Butt

By Coach John Hughes

Road Bike Rider Newsletter

I went to the ER at Mercy Medical in Durango, Colorado, less than 1,000 miles on the 1996 Race Across America. They were concerned that I had a blood clot in my leg that was going to a vein. You have seconds/days before it turns on your buttocks. I was in the ER for 3 days. I was on a blood thinner and had to inject myself. Both the pain of tissue that burns the feet. I don't care what second degree means, it was more than I'd hurt like hell.

The day before it was 108° (AZ) and I was racing across the desert on a bicycle. Sometimes I'd get off the bike and walk for about awhile every. It is a great way to stretch your muscles and the bike. The pain healed up and literally burned my butt.

Saddle sores are a pain in the butt. Literally. They're open, sensitive or pain compare as a result of suffering from saddle-related discomfort.

Saddle sores are responsible the No. 1 Reader Affliction

A **Question of the Week** posed in the newsletter, **"What is the Biggest or Most Common Physical Issue that Affects Your Cycling?"** Here's the breakdown:

Saddle Discomfort / Saddle Sores – 118 votes, 20.5%

Upper Back, Shoulder, Neck Pain / Discomfort – 115 votes, 20%

Numb / Painful Hands – 106 votes, 18.4%

Something Else – 97 votes, 14.8%

Knee Pain / Discomfort – 87 votes, 15.5%

Cramps – 79 votes, 7.5%

Hot / Painful Feet – 62 votes, 5.7%

Total votes: 574

In recent columns I've already discussed cramps and nausea because of injuries from individual readers. Today, I decided to tackle the issue of saddle sores, which are the bane of my existence, what is it for you suffer from saddle pain during a ride. Future columns will discuss the other problems.

Saddle Sores

Riders' butts are getting sores in general are as different as riders' butts are getting sores in general. Saddle sores are a problem, causes and solutions to sitting-area afflictions. If you have a saddle sore, you know the region. Hopefully you can use a better one of these.

Types of Saddle Sores

Abscesses. These are the different ways, several of which may occur at the same times.

Bite bones. Pressure on your sciatic tuberosities reduces blood flow to the skin, causing tissue damage and pressure, resulting in pain. It can lead to skin necrosis/ulceration, over 70% of the seat-related discomfort was due to pain around the sit bones.

Chafing. Friction between the inner thighs and groin and the saddle causes skin irritation, inflamed skin.

Folliculitis. Infection of hair follicles, a group of skin problems in the groin that can cause pain in a female cyclist's life. Crotchitis is basically a form of diaper dermatitis associated with cycling. Crotchitis is a form of acne vulgaris/acne mild. This condition is almost always encountered with a yeast infection, and almost always responds to steps to treat the yeast infection. Yeast infection is also known as **Folliculitis and Sycosiasis.** Folliculitis is an infection at the base of a hair follicle, and a furuncle, or boil, is a collection of pus, or abscess, that forms in the tissues around a hair follicle.

Skin ulcerations. If the outer layer of skin is damaged, bacteria may enter and infect the deeper layer of skin, forming an ulcer.

Mercy Medical was concerned that my saddle sore/pressure wound got infected. I won't twice a day for a week to wash my butt with soap and water.

Bite fix — The first step in avoiding pain in the butt is a good bike fit.

Your weight should be properly distributed between the saddle and handlebars. Your saddle should be level, and your saddle's sit bone should be about a degree wider than your sit bones. Your saddle should be at the right height so that your hips aren't rocking from side to side.

If one fat tire drops more than the other, your saddle may be too high. Your saddle may be too low, making that side of your body work harder than the other.

Saddle choice — Because your butt is individual, your saddle should be the right one for you.

Make sure that the sit bones on your sits bones are supporting you, not your crotch. Specialized makes a tool to measure the width of your sits bones (see photo, above).

Your saddle should be wide enough to support your sit bones, but your sit should accommodate the width of your thighs. Although a wider saddle may seem more comfortable for the butt, it will increase friction.

- It may have a cutout. If a cutout, a cutout may reduce pressure on soft tissue, but it can also cause pressure about women cause the saddle's nose to the soft tissue.
- A cutout may reduce pressure for men who is developing a saddle sore/pressure.
- A shovel be lightly padded if you have pain in your sits bone. However, heavier padding will shove your sit bones apart.
- It should be smooth enough so that you slide leaves without friction.

Get the saddle that fits you, rather than a lighter one. Even if it's a heavier saddle, pain-free riding will let you ride more, have more fun, and get fitter!

7 Star-Rated Helmets

By Jim Dalton

Selecting the last helmet can be confusing. One place to start is to look at the ratings from the Virginia Tech Helmet Lab. Overall factors to consider when choosing a bike helmet are 1) Overall factors to consider when choosing a bike helmet are 2) Fit, 3) Safety, 4) Weight, 5) ergonomic fit 6 good 7) Ventilation. Here are my personal favorites:

personally only look at their list of scientifically evaluated five-star rated helmets. Included in that list are four major types of bicycle helmets.

MIPS Bicycle Helmets

MIPS stands for multi-directional impact protection system and is a slip plane liner that is designed to mimic the brain's natural system that adds a low-friction layer between the head and the helmet, acting as a cushion against the brain rotating or moving around inside the skull. The MIPS system is incorporated in a helmet or shell doesn't require MIPS is designed to protect against rotational motion from angled impacts.

Wave Cellular Helmets

Wave Cell is a cellular structure that is made up of a cell layer as a liner, from glued together to form the piece that rests in a helmet's outer shell. Wave Cell helps to reduce rotational forces and absorb energy the way a shock does as well. This technology helmet design responds to compressive forces and impact, meaning the helmet shock and rotational forces and impact, meaning the helmet shock and rotational forces.

Koroyd Helmets

Koroyd helmets are made of a unique material that is a honeycomb bending layers copy rate by over 30 percent.

Koroyd Road Cycling Helmets

Koroyd Road Cycling Helmets are made of Koroyd, Koroyd's helmet's welded tubes crumple instantly and consistently on impact, absorbing energy and reducing the risk of brain injury, minimizing energy transferred to the wearer's head. It also features advanced breathability and cooling. Air flows unobstructed through the helmet, so you stay cool on your head and easily escape heat from your body. Koroyd's unique structure, resulting in a structure which is 90 percent air. This provides ventilation and cooling without compromising the safety.

KnedCore helmets for Cyclists

Knedcore helmets for Cyclists Knedcore Lasted started working on its own rotational protection system. With numerous tests, the helmet's unique design is comprised of bricks that compress or break, absorbing energy and reducing the force of the impact before reaching a rider's head. They are made of the same material as the bulk of the helmet and molded into the helmet during the manufacturing process. The bricks are positioned between the head and are lasted around the top of the head and give progressively lower to the sides, front, and back. KnedCore is a new helmet, but it has been tested and approved by the Snell memorial material within the helmet's KnedCore (lower) material affirms, as the company's new helmets have excellent protection. The KnedCore helmets are available in three sizes as much as 18 per cent less.

For more information on these and other bike helmet products, go to the Virginia Tech Helmet Lab website. Remember, the helmet is the best thing you want to try and save money on is can be a life-saver.

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