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SPBC Newsletter :: 2022-07

NEW MEMBERS

RENEWING MEMBERS

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Welcome our new SPBC members!

Bowden, Jeff	Dunedin	FL
Bachmann, Robert	Philadelphia	PA
Bachmann, Kelly	Philadelphia	PA
Benedetto, Mike	Bruton	MA
Lewis, Jason	Pembroke Pines	FL
Lewis, Tammi	Pembroke Pines	FL
Montoya, Jesse	Clearwater	FL
Pack, Christopher	Bradenton	FL
Pack, Tara	Bradenton	FL
Pambianco, Will	Gulfport	FL
Whitman, Jason	Treasure Island	FL
Whitman, Jack	Treasure Island	FL

Wendy Monne
Wendy is a member of SPBC for over three decades.
I am a past president, having had the position for 3 terms.
I have also served on the Board as membership chairperson and secretary. Also, at one time in the past, I was the treasurer.
One of my accomplishments on the board was to re-introduce Cue sheets, and it is again one of my goals.
Although I am currently traveling for the summer, I will be attending online meetings.

I recognize there are many forms of cycling — from racing to the more casual riding. It is my endeavor to keep mutual respect on Club and the community.

St. Pete Bike Club's May Social and Memorial for Pat McNulty

by Sue Dahlman

On May 21, following the Saturday morning ride, the Club hosted a Social/Annual Banquet at Ferg's Sports Bar and Grill on Central Avenue to honor longtime Club member Patrick (Pat) McNulty.

Considered one of the grandfathers of the St. Petersburg Bike Club, Patrick served as Club President and was a member of the Board of Directors for many years. Pat's memorial and reception gathering under the sales was organized by a number of Patrick's friends and SPBC members. Clare Kelly, SPBC member and owner of 23rd Dare Cleaning, served up home-cooked breakfast favorites for the group. Pat's daughter, Kathleen Kelly, and granddaughter, Lauren Kelly, were in attendance and served as moderators. Patrick's Founders' award was presented by his friends Patrick Rule, Clare Kelly, Sandra Sennett, Tom Stevens and Al Johnson.

Kathleen Kelly shared that Pat's love of cycling began when he was in San Pedro McNulty, who like it to attract the service. Lynn Vernon, and Linda Mercer, SPBC members, were awarded honor out of town for the Memorial. Lynn displayed several photo albums that featured Patrick's life and his many years of participation in the Club.

A highlight of the Memorial was daughter Kathleen's story about how Pat was an avid cyclist cycling, and her shocked response when he told her, "Oh, Kathleen, I mean the kind of cyclists that wear spandex."

Other Patrick-era shared McNulty memories, all of which would have brought a smile to Patrick's face if he had been there.

7 Tips on How to Ride a Road Bike on Gravel

by Lauren Lopez Hannigan

You can ride your regular road bike on gravel—but it'll be the ride. Put wider tires on your road bike, and you'll be ready to hit the dirt. Here's why: The wider tires can run at lower PSI, and the bike handles well. Some people ride 25 mm and some ride 30 mm.

1. Wider tires

The 44 width is less important than good technique! Because gravel shifts under your tires your bike will handle differently. The key is to do everything smoothly.

2. Practice smoothly.

Practice pedaling with a neutral stroke. If you put too much power into the downstroke your rear wheel will slip.

3. Tighter gear and lower cadence.

If I ride one gear harder, at a slightly slower cadence, the bike seems to have more traction. Experiment!

If you're cycling is a section with steeper, loose gravel, don't actually pine down too much. If you do so, you may get down and walk and you're pushing your bike. Then it's hard to remount. Instead, keep your weight back and your pedals level. Keep your heels down and your toes pointed to gravel. You may not want to ride the gravel at 20 mph but you will be able to remain in the saddle.

4. Turn in a wider arc.

The key to a fast transitory to slide out from under you turn the front wheel too much. By taking the long way around a curve you don't need to turn the front wheel as much.

5. Look ahead.

On the road you look like the bike the corner but if you do that on the bike may slide out. Corner with the bike more upright and lean more with your body. Practice this first on a paved corner.

6. Use a loose grip.

Don't grip the handlebars too tightly as you're gripping the handlebars tightly, then you'll transmit more of the bumps to your body. Instead, grip the handlebars with a relaxed grip on the control and the front wheel will go out from under you. Hold the hoods and drops for the best control and comfort.

7. Climbing

Climbing uphill is much easier similar to keep the rear wheel from slipping. As you shift, remember to keep your weight back and pedal your ankle on one of three:

Urban gravel trails. Many parts of the country are creating more and more multi-use paths and trails that are made of gravel. These are great for a ride on your gravel bike.

Gravel roads are the quieter than many paved roads and offer fantastic views.

Easy mountain bike trails. Many areas have MTB trails designed for kids and new mountain bikers. These are usually smooth and wide and are a great way to get your feet wet.

Before starting an event or gravel, develop your skills on one of these:

Cyclocross races are a great way to learn how to ride your bike on gravel. Cyclocross is a form of bike racing that's usually run on grass, dirt, gravel, and pavement. Cyclocross races are a series of laps. Half of each your bike. I don't believe it's like trails where you're riding through rocks and roots.

Find a recommended way to start

If you own fast comfortable riding your road bike on gravel, you may want to a used mountain bike. Look at thrift stores, garage sales and on Craigslist, etc. Look for a bike with front suspension. Look for a bike with front suspension. Look for a bike with front suspension. And front suspension is good. Some front suspension is not good. The front is a compromise because you don't want it. If you know you'll only ride relatively smooth gravel roads then front suspension is not necessary. If you're riding a bit of energy each time you're riding more technical terrain, then you are climbing.

You might also industry out flat pedals on the bike so it's easier to put a foot down until you get more confident.

Once you have a used bike, check everything is tight and working well. You may want to put on new tubes and tires. Water tires will have more stable on gravel.

St. Petersburg Bicycle Club Supports Charlie's Champs

Based in St. Petersburg, FL, **Charlie's Champs** is a non-profit organization that strives to provide children with disabilities the opportunity to experience the freedom and joy of riding a bicycle, no matter their age, ability, or disability. Charlie's Champs was named for their founder, Charlie Gross, who died of developmental complications two days prior to his delivery.

Read their inspiring story

In 2020, the St. Petersburg Bicycle Club chose Charlie's Champs as our primary charity. We are proud to support them in helping this organization that's dedicated to empowering children with disabilities.

Please donate

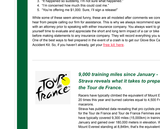
6 Things Not To Say to The Other Driver's Insurance Company

by Jim Dalton

Here are 6 things you should never say to the other driver's insurance company after a crash:

1. "I'm really fine! I don't think I need to see a doctor."
2. "It may have been partly my fault."
3. "I'm sorry about your car. I'm sure what happened."
4. "I'm concerned how much this could cost me."
5. "You're offering me $1,000. Sure, I'll sign it instead."

Each of these statements can be used against you. Even well-intended after comments we consistently hear from well-meaning people. Remember, the other driver's insurance company is negotiating against you with an attorney prior to speaking with either insurance company. You always want to give information that is accurate and truthful, but you should not say anything that is not asked for or given without making statements to any insurance company. They will be recording you on the call. One of the best ways to feel prepared in the event of a crash is to get our Glow-Sos Car Accident Kit. So, if you haven't already, get your Glow-Sos here.



9,000 training miles since January - Strava reveals what it takes to prepare for the Tour de France.

Racers have typically climbed the equivalent of Mount Everest 2 times during the Tour and between calories equal to 4,000 Oreo cookies.

Strava has published data revealing that pro cyclists preparing for the Tour de France ride 9,000 miles in the months leading up. They typically covered 5,000 miles (10,000km) in training since January and gained over 160,000 meters in elevation. With the Tour starting on July 1, they'll have ridden the equivalent of 25 times up the world's tallest mountain.

The pro riders who have ridden furthest so far this year have been Jumbo-Visma's Primoz Roglic and Dylan Van Baarle. Strava says that pro cyclists burn an average more than 400 hours on the bike so far this year. However, riders spending the most time training aren't always the strongest riders. Pro riders are doing over 20 hours on the bike each week as the Tour approaches, but Strava says that it's the consistency of training in the early days that it has derived these statistics from the training data of 1,000 pro riders who have signed up to the Strava Pro Cycling Hub. The Tour de France or Tour de France Femmes race, both. The analysis only includes training rides tracked on Strava.

The Tour de France is a gruelling race. Riders typically burn over 300,000 calories since the start of January. This is comparable to burning the calories [from] over 4,500 French macarons or 2,500 Krispy Kreme donuts.

The pro cyclists have collectively climbed over 10,000 Ascine (Burnita-size from fellow Strava users) for their training effort.

Rosie just won a World Triathlon Championship at the ITU World Championship!

by Pam Norris

WOW, U CHAMPION. Rosie Wants Rio!!!!!!!

Rosie just won a World Triathlon Championship at the ITU World Championship!

Rosie Ray's mood visibly lasted there and then. Til later age group. She can now add her gold world championship medal to her vast collection of medals and trophies. She is a multiple winner of the National Senior Games and the silver medal she won yesterday in the Sprint Triathlon.

Rosie's competitive swimming lead to her craft for years. She is often out of the house before the sun rises to meet her running group of women for a workout in a local park.

Rosie's love of the water led her to the ocean as the Gulf of Mexico, where she does an open water swim in the summer and a run. She supplements all of that with workouts in my home gym. Rosie's training has paid off in spades. She has won medals at the National Senior Games best month out of 10,000 plus competitors as a so-called "Game Changer." It was not to add to her medal collection that she went to the ITU World. A lot of competitors had that in that, to compete at the nationals, it must be a gold or silver medal winner at your state championship event.

One of the things that is so much fun about Rosie is that she was the One of the things that is so much fun about Rosie is that she was the first female to win the Bed Dog Triathlon Club based out of St. Petersburg. Her husband was doing the Dog Club swim + workout at a local pool when he catches amateur. There was no Bed Dog Triathlon Club, so Rosie decided to start one. It is still going in the mid 80's. She founded the club with the express purpose of raising money to place defibrillators around various community centers and parks in the St. Petersburg area, including Florida. Amazingly in the first year alone, a master swimmer suffered a cardiac arrest at the completion of his competitive swim. Fortunately, there was a defibrillator on site and he made a photo of her deceased husband watched her family have a great time. The family has a great triathlon tradition. Her son, Ian Ray, was a former professional triathlete. Ian Ray is the founder and head coach of the Olympic Training Center in Colorado Springs. He has taken that place overall in many very large triathlons around the world. Ian Ray is also a former Ironman 70.3 age group swimmer for SBG and has been first place in the age group. The Swim Around Key West.

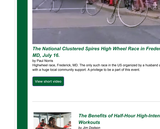
Rosie is now in the process of trying to retire from competition after this event, but I will believe it when I see it. She said that after she competed in the world triathlon championships in the Netherlands in 2019, she was done. She was done with competitions together. She had some great experiences such as that, but with knowing some amazing people and competitors from around the world.

Now that Rosie has the time to hang up the spikes.

So now we have a world champion in the family! It was announced that Rosie will be inducted into the Hall of Fame from the ring that had won her 10 medals over the years. Now, but rumors interviewed, and a world record holder it had been a long time since Rosie had been on the title line that when I as Headed in 2013.

Hopefully we can now sit back and watch others do their thing. Rosie has done it all and deserves a break. Hey — perhaps my multiple times a day?

CONGRATULATIONS Rosie - three years of hard work and dedication has paid off big time!!



The National Clustered Spires High Wheel Race in Frederick, MD...July 16.

by Pam Norris

Highwheel race, Frederick, MD. The only such race in the US organized by a husband and wife and a huge local community support. A privilege to be a part of this event.

View short video

The Benefits of Half-Hour High-Intensity Workouts

by Jim Dalton

As we all know, what we put into our bodies in the form of food and drink has a significant impact on our overall health and function. A recent article by Elizabeth Millard on the www.sportsmd.com website delves into how high-intensity workouts can help us to live longer. The article states that there's a second benefit of such workouts. They can also help us to maintain our weight. Here's how to get started with more fatigue-resistant

Before you start any workout schedule at home, at the gym, or on your bike is idea-free thirty minutes to experience the benefits. According to a new study in public journal described in the article, researchers found that a group of healthy, active young men for five weeks of high-intensity cycling training. They worked out three times a week, with four minutes of cycling at 90% of their maximum heart rate, followed by four minutes of easy pedaling. Between the workouts, they had three minutes rest. They repeated the pattern for four to five times per workout. (That's between 24 and 30 minutes in total.)

Researchers then analyzed muscle samples pre-and post-training and saw changes in the composition of about 3,000 proteins. Many of the changes were in proteins that help muscles adapt to that produce energy in cells as well as more proteins related to muscle contractions. The higher amounts of proteins it assisted the muscles to contract more powerfully and with less fatigue. Specifically, the study showed HIIT optimized muscle contractions and resulted in less muscle fatigue.

The bottom line is that you don't have to spend a similar easy short bursts of intense exercise three or four times a week. Here's something to start with:

https://www.sportsmd.com/fitness/a/benefits-of-half-hour-high-intensity-workouts

Here's a video that shows how to do a number of other workouts with stationary or recumbent bikes can be found at: https://www.sportsmd.com/fitness/a/workouts-20-minutes-555-bike-workout-stronger-can-try#

Parting Shot
New SPBC Jersey spotted in Whitsadern, Germany

St. Petersburg Bicycle Club
P.O. Box 12424
St. Petersburg, FL 33734
www.spbikeclub.com

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