

# March 2018 - USA/CAN Cycling To Serve Newsletter

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## March - Time To Ride!

Greetings from the VP saddle!

The early spring cycling season is in full swing. Check out the [Events](#) calendar for Rotary cycling events around the USA.

The Fellowship Cycling to Serve in Europe has just published their website for the [Annual 4Day Ride Aix en Provence](#), May 23-27, 2018. This extraordinary event is four days of spectacular rides through the beautiful countryside of southern

France passing through Sainte Victoire, Sainte Baume, Haut-Var and a climb up the famous Mont Ventoux.

The ride attracts approximately 100 Rotarians from 11 countries. *"This event is open to all Rotarians, as well as all non-Rotarians, who share our values of ethics, fraternity and good-will"*. For more information and registration, check out: [4days-aixenprovence.com](http://4days-aixenprovence.com)

Finally a warm welcome to our newest member and Rotary friend, PDG Richard (Dick) Thorn from the [Point Loma Rotary Club](#), San Diego. Dick is a regular in our Sunday fellowship ride around Mission Bay in San Diego. Welcome aboard!



Enjoy the new season and remember to cycle safe!

**James Morrison**

Albuquerque Del Sol Rotary Club

## Planning Your Rotary Cycling Event

### Where Does It All Start?

by Richard Stakelum, Ed.D., Event Director, [Ride The Point](#)



As a member of a small Rotary club in San Diego, we were looking for a way to raise money to support our community projects, raise our recognition in the community, differentiate Rotary from other service clubs, and attract a younger and more active demographic. One of our members and Past Presidents had recently died from pancreatic cancer and we were also looking

for a way to memorialize his commitment to service above self. Jim Krause was a great Rotarian and family man, and loved long rides for good causes.

Having no experience with putting on events of this type, a few dedicated members began researching the possibility of conducting a bicycling event. We formed an exploratory committee with several members who had been involved in large sporting events such as marathons, sports competitions, and bike rides. We interviewed other people who had put on similar events to determine the best way forward.

Through our interviews we determined several keys to success were:

1. It must have a unique ride – you need a route that people would be willing to pay to participate.
2. A scenic location – bicyclers like sweeping vistas, scenic views, historic sites, and areas they cannot normally and safely ride in.
3. A good cause – you need a local cause that people could rally around.
4. Community support – you will need access, permits, and community support to pull off such an event.

In follow-on newsletters, I will discuss planning and executing a successful event, and would appreciate feedback from event directors or others who have put on similar Rotary bicycle events to pass on lessons learned and best practices.



## C2S PR Moment

## Fuel The Fun

by Edwin A. Velarde, Director of Publicity, Cycling to Serve USA/CAN



One of the keys to having fun in cycling is the ability to maintain energy level during a ride. Having to cut a ride short or worst, running out of steam midway through a ride alone and 2 hours from home is not exactly what anyone would call fun. On a survey in the C2S Facebook Group, many indicated that one of their top goals for 2018 is to “Ride longer distance more often.”. To do so and still enjoy the ride, we must understand the art of fueling.

Whatever you stash in the jersey pocket, carbohydrates are the most popular source of energy used in cycling. Understanding what carbohydrates do and how the body reacts to it can help in managing our energy level on and off the bike.

The American College of Sports Medicine recommends 30-60 grams of carbohydrate per hour of exercise. *“The average person can process, or oxidize, only about 1 gram of carbohydrate per minute, no matter how much is consumed.”* (*How To Eat Light On Your Bike, Bicycling 04/10*). On group rides however, we sometimes confuse insufficient aerobic fitness with glycogen shortage. It can be easy to mistake inadequate oxygen delivery to our muscles with lack of fuel as they may result in similar sensation. We are sometimes a little quick to reach for the carbohydrate bar or gel packet at the hill regroup just 20 minutes into the ride. Consuming any more than what we can process does not benefit. Actually, it just opens up the chance of having an upset stomach.

Failure to replenish glycogen reserves and taking in too much carbohydrates during a ride have their negative effects. The human body is a fascinating machine. It stores carbohydrates it does not use. (see lipogenesis).

With carbohydrates’ popularity in the North American diet, we rarely think about other sources of energy. There are many scientific research now available that reveal carbohydrates and protein may not be the best or only sources of energy. Dietary fat is gaining popularity as a great source of energy. Yes, the “F” word of nutrition! *“You will find that the bad rap put on dietary fat over many decades is slowly being lifted.”* (*The Truth About Fat, Time 06/14*). Recently the USDA modified its dietary recommendation as well. Here’s something to think about – *You get more fuel in form of glucose from breaking down a gram of fat than from a gram of protein or carbohydrate.*



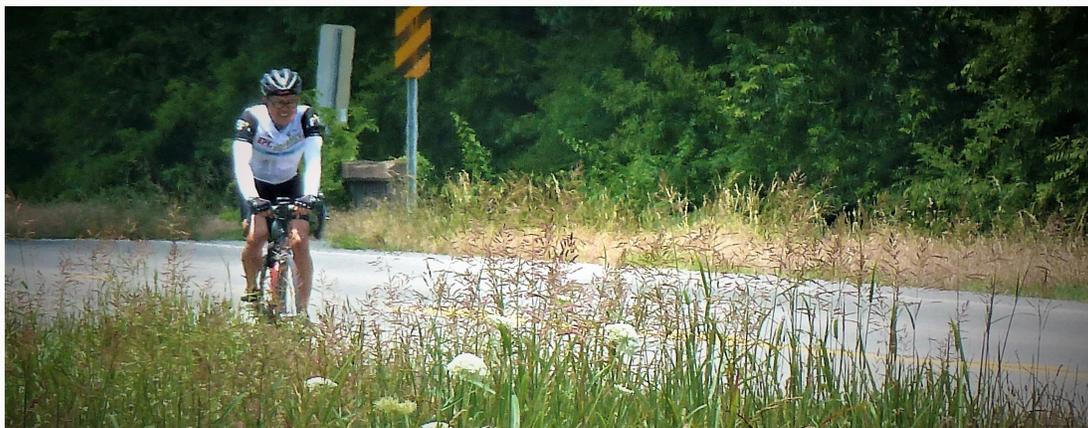
Dr. Jeff Volek, who co-published [“The Art and Science of Low-Carbohydrate”](#), in an interview by Cycling Weekly said, “Improved body composition, less inflammation and less oxidative stress, faster recovery and improved health parameters are all reasons an athlete may consider LCHF (low-carb, high-fat) diet especially when they have some underlying insulin-resistance.”.

Personally, while keeping with the LCHF strategy on and off the bike, what I eat for a 100k are different from a 200k ride as much as it vary for shorter group rides. What I will eat during a multi-day long

distance ride in June 2018 at the [Epic Journey Against Diabetes](#) depend on intensity (factored by elevation changes, wind, temperature and humidity) of the day, and the point in time of the ride when I take in nutrition. Whatever type of ride I engage, I always try to be mindful of when the nutrition I eat will be available for energy and when will my body need and use it.

Whatever cycling goals you have, from spirited coffee rides to multi-day epic rides, understanding nutrition definitely help FUEL THE FUN!

Share your thoughts about your cycling experience in the C2S Facebook Group. We'd love to hear from you.



## Membership Moment

### Top Ten Cycling Tips for Spring Training

by Alan Havir, USA/CAN C2S Membership Co-Chair, PDG 5495,



It's late winter/early spring, it's cold, maybe snowy or at least rainy, plus the sun is at a low angle so visibility factors into getting ready for the next bicycle season; spring, summer and fall.

#### ONE

**WEAR WOOL** it's still the best fabric to wear year round. I like Italian wool. The body is insulated in hot and cold weather, and, best yet, in the rain. It wicks moisture away from the body by using the body heat, or thermo dynamics. In the rain it's better than wearing a rain jacket because the plastic in the jacket doesn't let the moisture wick away from the body. The wool acts naturally like a heat / moisture regulator.

#### TWO

**HYDRATE EVEN WHEN IT'S COLD** because it's easy to forget your body needs water no matter what the temperature happens to be. How much? Little gulps often, all day long. If you drink a bunch at once you'll need to stop for a rest.

**THREE**

USE THE INSIDE TRAINER ON OFF DAYS and keep the RPM's high. Your knees, hips and ankles have had a few months off. Their muscles, tendons and fluids need to be 'gingerly' brought back to life.

**FOUR**

BETTER HOT THAN NOT you can always take it off and wrap it around your waist or stuff the arm warmers in your back pockets. Cold muscles and tendons are ripe for injury and long-term damage can affect knees and cart ledge. This motto comes direct from the Olympic cycling team.

**FIVE**

LIGHT GEARS, SPIN AT HIGHER RPM'S because muscle atrophy can be measured in seven days after taking time off. Consequently getting back on the bike after the holidays and snow and rainstorms needs some break-in time. Typically Pro racers train in higher gears at the start of the season to get the tendons and muscles back to strength.

Normally on a flat course you would spin 90 + RPM's but in the spring training that should go up to 100 to 110. For a short segment work up to higher RPM's 120 to 130 without bouncing on your saddle. This makes the pedal stroke round and fluid. Another training trick is to spin the same gear down hill as you used uphill, pedaling in constant circles. Ride the flats and stay off the hills for the first 30 days, then bring the hills in gradually.

**SIX**

LUBE THAT CHAIN, TIGHTEN THAT CABLE because you will be riding in inclement weather from time to time your bike is the way home. Pay attention to the mechanics and it will pay you back by not breaking down.

**SEVEN**

LIGHT MY FIRE because the sun is still at an angle and not as bright in the day as during summer. Dull or cloudy days makes visibility even less than ideal, so put some lumens on your bike especially at dawn and dusk. LED lights make sense; they're inexpensive and catch the attention of drivers. When people get hit on a bicycle the first thing out of the mouth of the driver is, "I never saw them". So light it up and put on those bright colored jerseys with profuse lettering.

**EIGHT**

NO COP? STOP!

Obey the rules of the road. It is the time of year that people are not use to seeing you on the road. I know that 4-way stop in the middle of the cornfield is tempting to run, but think about it. After the stop you can burn some extra calories by getting off the saddle and sprinting to the speed you were going.

**NINE**

MAKE A PLAN. Set some goals for the year and put some purpose in your training. If I'm going to impress my fellow Rotarians at the Ride to End Polio, I'd better start now. You will need base miles every week, with some longer rides along the way and maybe some other tours. Practice your speed work with interval training on certain rides. Hills have their own challenges and training techniques. (more on that next month)

**TEN**

KISS YOUR LOVED ONES. That is your spouse or partner or kids before you go out. They are on your team and will appreciate you being in good physical conditioning and returning safe and sound.

# C2S Members In Action

## Team Rotary RAAMs Polio in “Race Across America”

by Bob McKenzie, Rotary Club of Tulsa



We are busy working on the logistics for the race and raising money for PolioPlus. We have heard from several District Governors and Club Presidents on their plans and ideas to use our team’s effort to encourage people to give to PolioPlus. Some are even working on plans to greet us along the race or finish line. Last year the Rotary Club of Annapolis not only raised funds for PolioPlus but also greeted us at the finish line.

A club in my district #6110, Iola Rotary Club, cheered us on as we passed through their part of Kansas and also raised \$10,000 for PolioPlus!! I hope that you will be able to use our effort in “Race Across America” to encourage people to give to Rotary’s PolioPlus eradication program. You can share the link below that will channel the donated funds directly to PolioPlus. All funds Rotarians give through this link will count toward their Paul Harris fellowship, and their club and district’s total giving for the year.

<http://ideas.rotary.org/Project/Profile/06f1e187-8ae8-458b-b58f-8025c3bf4c57>

We were featured in the Rotarian Magazine last April. Another article has been done on our team and will be in the April 2018 issue of the Rotarian Magazine.



With 22 cases in 2017 and three cases so far this year we are truly closing in on our Goal to “Drop to Zero”! Please keep sharing about Polio and the need to completely eradicate it from the world. It is

easy to give up or leave it to others. However, consider this. Last year, as I was riding in “Race Across America” Saturday morning June 24<sup>th</sup>, 2017 at 3am in the very cold, hard, driving, miserable rain, I could have easily quit....and then the thought came to mind that kids who contract Polio do not get to quit....they are in for LIFE!! We have to see this through to the end!

Please share your ideas and funds raised with me. Will 2018 be the last year we have a case of Polio?

# News and Updates

### Newsletter

Interested in Submitting an Article for the USA/CAN Cycling Team?

## Interested in Submitting an Article for the USA/CAN Cycling To Serve Newsletter?

By Jeff Ott, President, Gateway Rotary Club (Lacey, WA), C2S Treasurer & Newsletter Editor



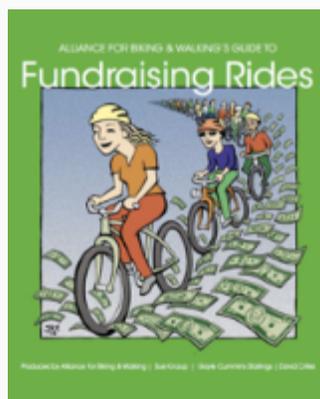
We are always looking for new articles for upcoming newsletters. Did your club have a successful cycling event this year? What did you do right? What did you do differently? Did your club have a not-so-successful event this year? Can you share your lessons learned? What would you do differently?

Did you ride in a Rotary held cycling event? Please share your experience. What did you like? Did you take any photos?

Here are some points to keep in mind when considering an article for the USA/CAN Cycling To Serve Newsletter:

- Consider the audience. You are writing for fellow Rotarian cycling enthusiasts. Limit the use of jargon, slang or other language that is not appropriate for the audience.
- Articles should be informative, engaging and educational regarding how Rotarians can use cycling as a means for fund raising or first hand experience riding in or working on a Rotary Club sponsored event.
- Submit articles electronically. Use of MS Word is preferred but not required. Handwritten articles cannot not be accepted.
- Spell check and grammar check your article.
- The newsletter editor has the right to edit your submission for content and length.
- We cannot accept previously copyrighted articles.
- Articles should be 300-600 words in length.
- Photos are welcome!
  - Submit photos electronically as type .JPG or .JPEG.
  - Photos are best that include happy cyclist and preferably including Rotarians, identified by their jersey, dress and/or logo.
  - Photos should be full size and high resolution for best reproduction.
  - Do not embed photos into the article. Send them in a zipped or compressed file along with the article file.
  - Provide captions to the photos, identifying people and/or scenery. Identify the photos by file name.





## Announcing A New "How To Plan Your Rotary Cycling Fund Raiser" Regular Feature!

Starting with the February Cycling To Serve newsletter, we will start to draw on the experience of some of our Fellowship members on how THEY plan a Rotary cycling event. Even if you already hold a cycling fund raiser, there is probably something you can learn from others. Connecting Rotary Cyclists with other like-minded Rotarians is a prime goal of this Fellowship. This new feature will become invaluable.

If you would like to share some of YOUR experience, send an email to: [newsletter@cyclings2serve.us](mailto:newsletter@cyclings2serve.us). We would like to hear from you!

Do you want to get an earlier start, you can. Check out this wonderful resource, available from [The Alliance for Biking and Walking](#). From their website:

*From rural communities to big cities, organizations are planning fundraising bike rides that are bringing them new members, new partners, new political connections, and funds to help their organizations thrive. But how does an organization get started organizing such an event? The Alliance for Biking and Walking's Guide to Fundraising Rides is the first book to bring you the ins and outs of organizing fundraising rides that benefit bicycling. This guide will take you through all the steps of planning a successful fundraising ride, from setting a date to thanking your sponsors and volunteers. Filled with expert advice, examples from successful rides, and take-away tools, you can use this guide to...*

*expert advice, samples from successful rides, and take-away tools you can use, this guide is an invaluable resource for the aspiring event planner while offering new tips and ideas to veteran ride directors.*

The guide costs \$22.95 for non-members of the Alliance.



## Cycling To Serve Benefits!

You already know the main benefits of your Cycling To Serve Fellowship is the ability to connect to other Rotarians:

- That share your passion for Rotary and Cycling
- Who host cycling related fund raising events
- And find Rotary cycling events across the USA/CAN and around the world.

Did you realize you have additional benefits? In this newsletter we welcome new two companies who are offering discounts to Cycling To Serve Fellowship members. For a full list of Fellowship Member benefits and respective discount codes, visit the Cycling To Serve [Member Area page](#).



**Dual Eyewear** - Dual provides performance eyewear for those athletes who need bifocals in their glasses. If you have trouble seeing your cycling computer, these glasses will work for you! Dual is offering 30% off select products!

## Cycling is Social

### Want To Get Your Favorite Ride on Our Calendar? Your Fellow Rotarians DO!

Know of a Rotary cycling event? Please share it by submitting your event by clicking either here or on the Cycling2Serve website!





## Facebook Anyone?

Stay up to date with the latest in Fellowship happenings on our Facebook Page

<https://www.facebook.com/cycling2serve/>

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## Got STRAVA?

Stay connected with Rotarian Cyclists from around the world on a [Strava Club just for Rotarians!](#)

<https://www.strava.com/clubs/Rotary>

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## On TrainerRoad?

Join the TrainerRoad Team! We will be adding workouts to help you prepare for your next Century or Fondo!

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## On Zwift?

Add "Rotary" after your last name so other Rotarians can see you as you ride the roads of Watopia, London or Richmond.



## Safe cycling from your Cycling To Serve Fellowship Board!

James Morrison - VP USA / CAN ([vp@cyclining2serve.us](mailto:vp@cyclining2serve.us))  
Dan Kapsak - Secretary  
Jeff Ott - Treasurer ([treasurer@cyclining2serve.us](mailto:treasurer@cyclining2serve.us))  
Tom Drennan - Membership ([membership@cyclining2serve.us](mailto:membership@cyclining2serve.us))  
Colleen Radich - Events ([events@cyclining2serve.us](mailto:events@cyclining2serve.us))  
Kristin Brown - RI Coordination  
Jeff Ott - Past VP USA/CAN, Newsletter ([newsletter@cyclining2serve.us](mailto:newsletter@cyclining2serve.us))

## Cycling To Serve Rotary Fellowship



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