



Petaluma Wheelmen Cycling Club

American Lung Association Breathe Easy Ride

June 26, 2010

If you are interested in joining a PWCC team for this charity ride, please contact Jim Janakes at jcjanakes@comcast.net.

Save the date

PWCC's 5th annual summer BBQ will be Saturday, August 22. Meet your club members for great food, libations, conversation and entertainment.

We have jerseys

Contact Judy Shubin at judyshubin@gmail.com. Not all sizes are currently available.

General meeting, April 7

Meet Rand Libberton, owner of Aria Velo (ariavelo.com), in Santa Rosa. Rand spoke on bike fit last year and now he'll expand with a discussion on "Form and Function." Rand's discussion will provide helpful information for all riders who want to improve how they ride. Meeting details at petalumawheelmen.org.

Support your local bike stores and pizza parlor and receive a discount!

Our bike stores support PWCC by offering club members, with a current membership card, a discount:

*Pizzicato Pizza, Petaluma
Bici Sport, Petaluma
Mikes Bikes, Petaluma
Hub Cyclery, Cotati
West County Revolution,
Sebastopol*

PRESIDENT'S MESSAGE

Greetings to all of you, hoping that you found some time to sneak out on your bike this winter in between El Nino's drenchings. It's shaping up to be a spectacular spring, rewarding us for our wet winter in the gym.

I look forward to a busy year as your president, and I hope that you will have a satisfying year as PWCC members and riders. By now you should have received the short on-line survey we put together. If you can take a few moments to fill it out, your comments will help a lot as we plan the year ahead.

Rides are the heart and soul of what we do, and our goal this year is to provide more of them in frequency and diversity to serve cyclists of all levels. You'll see some new offerings on the calendar in the next few months, from extra beginner rides to training rides.

If you haven't come on a PWCC ride, please consider joining us. I guarantee you'll feel welcome, you'll learn a few bad jokes, and you'll generally find others at your level, whether you want to poke along or hammer. Give it a try!

Speaking of group rides, later in the year we'll put together a club trip—stay tuned for details on the PWCC web site. Last year a dozen of us enjoyed a terrific 4-day journey from Petaluma to Truckee. This year we may explore a different area. You can count on some exquisite riding and good company if you come along.

Lastly, make use of the web site, www.petalumawheelmen.org. It's a good way for us to communicate. I hope you'll take advantage of it. There is a ride calendar and a lot of good information and links to other sites, as well as a forum to buy & sell bike stuff, and exchange information and questions.

That's about it. Get out on your bikes and enjoy the Sonoma County springtime!



Karin Burger, PWCC President

How do I join a ride?

Click on the rides calendar at our website: www.petalumawheelmen.org, to view upcoming rides and locations. Join the email notification list at the website to receive up-to-date announcements on new rides, changes to scheduled rides and other club information. The club encourages all levels of riders to post rides, so try it and meet other riders at your level.

Regular rides

Tues/Thurs/Sunday Rides—Rides depart from the Applebox at 9 am. (April 1—Oct. 31, rides depart at 8:30 am).

Saturday Rides—Rides depart from different locations. The ride leader posts the ride through the email notification list.

Introductory Rides—On the 1st and 3rd Sundays, in addition to the regular ride, a ride leader will lead an introductory ride, geared for those wanting to get back into cycling, or those just beginning to cycle. Ride leaves the Applebox at the same time as the regular ride.

Upcoming training rides

Members, Scott Andrews and his wife, Susan Takami, invite club members to join them for focused training rides. Each ride will highlight a specific aspect of cycling fitness and be approximately 20 miles (not including warm up and cool down), but you can expect to be very tired (and this is a good thing!) afterwards. They welcome any and all participants. Rides will be posted on the PWCC email notification list (Go to the homepage of the website and click on “Rides” in the left column, then click on “Ride Notification Emails” to sign up to receive Scott’s and other emails about rides). Email Scott at scott@cogenia.com.



March Madness: PWCC members cycling up Donner Summit in March

Time Challenged Cyclist? Work short—work smart

by Joe Morgan

When can a 60–90 minute ride be better for you than a four hour ride? This can be answered by using interval training (IT). If your goal is to stay in the front of a group ride or complete a century under seven hours, you will want to do specific IT workouts that increase your lactate threshold (the point at which your body produces lactic acid faster than it reduces it and you’re breathing is fast and hard). Improving your lactate threshold improves your speed and power.

Here are two IT workouts that can be done on nearby hills, a flat country road or on a stationary bike. One hour of specific training can help the time challenged cyclist. Put these two routines to use to quickly improve your cycling.

1) Hill sprints: (effort 8 or 9 out of 10)

Warm up for 15–20 minutes, arriving at a short hill that can be climbed in 1 or 2 minutes. Examples are Spring Hill Road, D Street, Walker Road and Poplar Road in Cotati.

Race up as fast as possible then turn and ride down to your starting point. Turn and sprint back up, repeating 10 times.

Cool down for 15 minutes.

Week 1: Ride 10 x 50 seconds at 90+ rpm.

Week 2: Ride 15 x 50 seconds at 90+rpm

Week 3: Ride 20 x 50 seconds at 90+ rpm

Week 4: Ride 15 x 1 minute at 90+ rpm

2) Flat Intervals (effort 8 or 9 out of 10)

Find a flat road or slight uphill that you can ride 6–8 minutes at a maximum level.

Warm up 15–20 minutes.

Week 1: Ride 4 x 6 minutes at 90+ rpm

Week 2: Ride 6 x 6 minutes at 90+ rpm

Week 3: Ride 4 x 8 minutes -

Recover after each interval by spinning easily for 5–10 minutes. Cool down after your last interval for 15 minutes. You will barely be able to make it home, from hard effort, but what an improvement you’ll notice in your cycling!