

September 2010



# Procrastinating Pedalers

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## Special Points of Interest

- Submit rides online at [www.pedalers.org](http://www.pedalers.org)  
Login Name = procrastinating Password = pedalers
- View the latest news and topics of interest about our club at [www.pedalers.org](http://www.pedalers.org)

### • Mission Statement:

The Procrastinating Pedalers of Reno's Mission is to promote safe, non-competitive, recreational bicycle riding, and healthy lifestyles in a fun, social atmosphere.

## News From Club President Suzanne Bach

### Club Meeting

Hi All -

Many of you may have heard that Austin's has closed. We are not sure if it is temporary or permanent. In any case, the meeting for September has moved to Sonny's Restaurant. It is an Italian restaurant in the same shopping center as Austin's. Gary and I had dinner there recently and it is very good - lots of choices and great pizza.

It is located towards the back of the shopping center, behind the car-wash. The meeting times are the same - 5:30 for leadership group meeting and socializing for all others. 6:00 for dinner and presentations begin around 6:30.

Dick is still finalizing the details for the September presentation - We will send out another email when we have all the info.

Look forward to seeing you there.

Sun



### The Survey's Here!

One of my goals as president is to try to increase participation among our club members. We have a large membership and a solid core of folks who we see regularly. But I know there are more of you out there.

Our leadership group met and created a short survey to try to get better information about our club membership, what we do well, what we don't do well and how we can improve and better meet your needs.

Please take a few minutes (really it's only a few - 10 questions max) to complete the survey and let us know how we can better meet your needs and get you more involved with the Pedalers. The survey is anonymous. Your honest responses will help us.

It is located on the pedalers website at [www.pedalers.org](http://www.pedalers.org).

thanks

suz

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# Cycling News

## September 2010

The City of Reno Ward 5 Old Northwest Neighborhood Advisory Board (NAB) is hosting a Bicycle & Pedestrian Master Plan workshop as part of their Thursday, Sept. 9 NAB meeting. We would like to extend an invitation to cycling and walking enthusiasts throughout the community to join us to learn more about the master plan and provide input to the Regional Transportation Commission and their consultants, Fehr & Peers, as this project gets underway.

Components of the master plan will include a needs assessment and the creation of a cohesive regional pathway plan.

Input from "end users" will help develop a master plan that works for everyone.

The September 9 agenda follows for your review. Hope to see you there.

### **WARD FIVE OLD NORTHWEST NEIGHBORHOOD ADVISORY BOARD MEETING and REGIONAL BICYCLE AND PEDESTRIAN MASTER PLAN WORKSHOP AGENDA**

Thursday, September 9, 2010

6:30pm (Refreshments served at 6 p.m.)

RANCHO SAN RAFAEL PARK'S RANCH HOUSE

1595 NORTH SIERRA STREET

Board Members

Andrew Simpson, Chair

James Bedard

Lisa Hill, Vice Chair

Jeff Downs

Scott Wiley, Treasurer

The announcement of this meeting is posted at City of Reno Community Development Building located at 450 Sinclair Street, the Washoe County Central Library, 301 S. Center Street, Reno City Hall, 1 East First Street, Washoe County Complex - Health Department and other neighborhood locations. Further, in compliance with NRS 241.020, this notice has been posted on the official website for the City of Reno, [www.cityofreno.com](http://www.cityofreno.com).

We are pleased to make reasonable accommodations for members of the public who are disabled and wish to attend meetings. If you should require special arrangements for the meeting, please contact Barbara DiCianno, Community Liaison at 334-3112 at least 24 hours prior to the meeting date.

All times noted are approximate. All items are for NAB action unless otherwise noted by an asterisk. Agenda items may be considered out of order at the discretion of the Chairman.

I. CALL TO ORDER/ROLL CALL\*

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# Cycling News

## September 2010

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### II. APPROVAL OF MINUTES

A. Approval of Minutes from August 12, 2010

### III.

**PUBLIC COMMENT\*** - Limited to no more than three (3) minutes and limited to items that do not appear on the agenda. The public may comment on development projects and agenda items by submitting a Request to Speak form to the Chairperson. Comments are to be addressed to the board as a whole and not directed to or at individuals, presenters or staff members.

IV. ANNOUNCEMENTS\* (Limited to 2 minutes each)

V. RENO/UNR POLICE DEPARTMENT UPDATE (Limited to 5 minutes each)

VI. PUBLIC OFFICIALS REPORTS\* (Limited to 5 minutes each)

A. Reno City Council Member - Dave Aiazzi

B. Washoe County Commissioner - Bonnie Weber

VII. REGIONAL BICYCLE AND PEDESTRIAN MASTER PLAN WORKSHOP (Limited to 1.5 hours)

Information presentation, review and discussion regarding regional bicycle/pedestrian master plan.

VIII. BOARD DISCUSSION AND ACTION ITEMS (Limited to 10 minutes each)

A. Discussion and possible action regarding the creation of 2010-11 fiscal year Community Pride Grant funding/project priorities or funding categories.

IX. OLD BUSINESS

X. FUTURE AGENDA ITEMS\*

XI. ADJOURNMENT

### The Times, They are A-Changin'... \*\*

There is an Android application which may be of interest to your members. It is called CRADAR (CRASH Detection And Response). It is free to download and use. Here is how it works:

If you fall from your bicycle, the smart phone detects the fall, and if you do not enter an "I'm OK" signal in a user-settable number of seconds, the phone will initiate a call for assistance to a number that you have designated and will include your GPS location.

This seems like a natural for riders who cycle alone, especially off-road.

\*\*Bob Dylan

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# Cycling News

## September 2010

### Drinking Problems—Five common hydration mistakes and how to avoid them

By: Selene Yeager, Bicycling.com

Cyclists, like all athletes, need plenty of liquids. But beyond that basic tenet, things get murky fast—and for years, riders have heard conflicting reports about what, when and how much to drink. So we tapped our best resources, from the latest research to sports nutrition expert Monique Ryan, RD, author of *Sports Nutrition for Endurance Athletes*, to separate the facts from the hype. Here's what we found.

**Hype:** REPLACE EVERY LOST OUNCE For years cyclists have been told to drink enough on the bike so they weigh the same after the ride as they did beforehand. The truth is, your body can't absorb fluids as fast as it loses them, and not every ounce of weight is lost through sweat anyway.

**Truth:** KEEP UP WITH SWEAT LOSS—MOSTLY Replace about 75 percent of lost sweat during a long ride. "To do that, you need to know your sweat rate," says Ryan, who recently coached a heavy-sweating triathlete who routinely lost 40 ounces of fluid an hour. To determine your sweat rate, weigh yourself before and after a short ride. "An hour ride is a good indicator of what you're losing through sweat alone," Ryan says.

**Hype:** OVERFLOW BEFOREHAND Guzzling gallons of fluids before a ride or race will do little more than send you searching for rest stops.

**Truth:** TOP OFF AS YOU GO Sip a 16-ounce sports drink an hour or two before you saddle up. That's enough time for your body to absorb what it needs and eliminate what it doesn't. Then take in about six to eight ounces (two to three gulps) every 15 to 20 minutes while you ride.

**Hype:** CAFFEINE WILL DEHYDRATE YOU Caffeine has long been demonized as a diuretic. On paper, that means it should lead to dehydration and heat stress, especially when you consider that it also raises your heart rate and increases your metabolism.

**Truth:** CAFFEINE IMPROVES CARB BURNING A review of ongoing research recently revealed that caffeinated drinks don't make you pee that much more than equal amounts of beverages without the buzz. The stimulant also doesn't worsen the effects of summer-time heat. In fact, caffeine makes you feel better. Numerous studies have shown that it lowers your rate of perceived exertion while improving your strength, endurance and mental performance. Even better, researchers from the University of Birmingham, in England, found that riders who drank a caffeinated sports beverage burned the drink's carbs 26 percent faster than those who consumed a noncaffeinated sports drink, likely because caffeine speeds glucose absorption in the intestine.

**Hype:** YOU NEED MORE PROTEIN Initially, carbohydrates were the essential building blocks of the sports beverage. Then protein muscled its way onto the scene, after early studies showed that carb-protein blends seemed to shoot into the bloodstream and enhance endurance cycling performance better than carb-only beverages.

**Truth:** YOU NEED A LITTLE PROTEIN. . .MAYBE Recent research on 10 trained cyclists performing an 80K trial showed that riders drinking carb-only beverages did just as well as those drinking carb-protein beverages, and both groups did better than those consuming flavored water. However, the International Society of Sports Nutrition recently reported that taking in branched-chain amino acids (BCAAs) during vigorous aerobic exercise can decrease muscle damage and depletion. "If you're on a long ride where you're also eating, you'll be taking in protein already," says Ryan, "so it's likely not necessary to also have it in your drink."

**Hype:** HYDRATION DURING EXERCISE IS THE BE-ALL AND END-ALL Big beverage companies would have you grabbing your sports drink during every ride, no matter how long or short the effort, lest you suffer the ill effects of dehydration.

**Truth:** DRINKING EVERY DAY IS ESSENTIAL "Your first priority should be staying on top of your daily hydration," says Ryan. Research on gym-goers found that nearly half began their workouts in a dehydrated state. "Many people don't consume enough fluids during the day," Ryan says. "If you hydrate properly on a regular basis, you won't need to worry as much about getting dehydrated during a typical moderate ride." The old eight-glasses-a-day dictum is a good guidepost.



**Procrastinating Pedalers**  
 PO Box 9897, Reno, NV 89507

**Club Staff Members**

President: Suzanne Bach 827-1382

Vice-Pres: Ernie McNeill 848-9311 cell  
 or 786-3391 home

Membership/Treasurer: (address  
 changes): Sarah Bousfield 408-688-7541

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Web mistress: Pat Larson 324-3679

Past President: Dave Larson

Bicycle Advocate: Terry Mc Afee

Members-at-large: John Clevenger and  
 Linda Kelly

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**Rides, Rides, Rides!**

**Sunday:**

Show and Go—Roy Gomm—9 a.m. and 9:15 a.m.

**Monday:**

Beginners ride—5:45-7 p.m.—meet in front of the California Building in  
 Idlewild Park

**Tuesday:**

Begins promptly at 5:30 p.m.—same location as Thursday night rides

**Wednesday:**

Tamarack Junction 6-7:30—see web calendar for details

**Thursday:**

Morning— 9:30-11:30—Verdi or Somerset—see web calendar for details

Evening—begins promptly at 5:30 p.m. Corner of Lakeside and Ridgeview

For ride details see the calendar on the web at: <http://www.pedalers.org/> -  
 click on 'Calendar'

**Procrastinating Pedalers Meetings and Memberships**

Club meetings are held monthly, (except in  
 December and August) on the third Tuesday. *Social  
 hour begins at 5:30 p.m.*

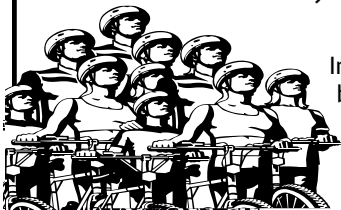
Each meeting features a cycling related program.  
 Meetings are held at Austin's Restaurant, located at  
 7671 S Virginia St, just north of Longley Lane in Reno.

Membership dues are \$25 per individual or \$30 for a  
 family or joint membership, per year. Members  
 receive the newsletters invitations to the summer  
 picnic and Holiday party.

Join at a meeting, or download the application from  
 our website accessible at [www.pedalers.org](http://www.pedalers.org) and mail  
 it to:

**Procrastinating Pedalers**

**P.O. Box 9897  
 Reno, NV 89507**



In addition, Club Members *may*  
 be eligible for 10% discounts on  
 select items at some of these  
 Reno/Carson area bike shops:

**We're on the Web at: <http://www.pedalers.org>**

- Bicycle Bananas
- Bicycle Warehouse
- Bike Habitat
- College Cyclery
- Great Basin Bicycles
- High Sierra Cycling
- Peloton Bicycles
- Reno Cycling & Fitness
- Scheels
- Sierra Cyclesmith
- Stable Quiver
- The Bikesmith