



SHASTA WHEELMEN

# Newsletter

SEP 2016

A REDDING CALIFORNIA BICYCLE CLUB DEVOTED TO THE ENJOYMENT OF CYCLING

This newsletter is published monthly by the Shasta Wheelmen, Inc., a Redding, California bicycle club dedicated to promoting interest in all aspects of bicycling.

#### OFFICERS & STAFF

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Club meetings are held on the first Monday of each month, 7:00 P.M. at Angelo's Pizza, 1774 California St., Redding, CA 96001

## The Gran Fondo is coming soon!

October 15, 2016 will mark the first ever Shasta Wheelmen Wildcat Gran Fondo.

### What is a Gran Fondo?

The Wildcat Gran Fondo has its roots in Italy and loosely translates to "big ride." Riders ranging from elite to recreational and beginner. Cyclists ride together, as a community for the camaraderie, scenic views, personal achievement and a chance to win prizes. A GranFondo is a group ride and tour all in one, with ride support, food & refreshments before, during and after the ride, followed by a post-ride celebration.



### Our goal is to put helmets on every kids' head.

Every kid in Shasta County should have access to an affordable helmet.

A portion of the funds raised by the 2016 Wildcat Gran Fondo will be used to promote awareness of helmet use, educate proper fit and purchase helmets though industry partners to distribute affordably to families through local events, educational programs and schools.

### How May I Support our club for this event?

We need you to either register to ride or volunteer to staff this event. Registration and information about this event can be found at <http://www.thewildcatgranfondo.com>

Please register and invite your friends to an event you can be proud of to support.

Till next time...

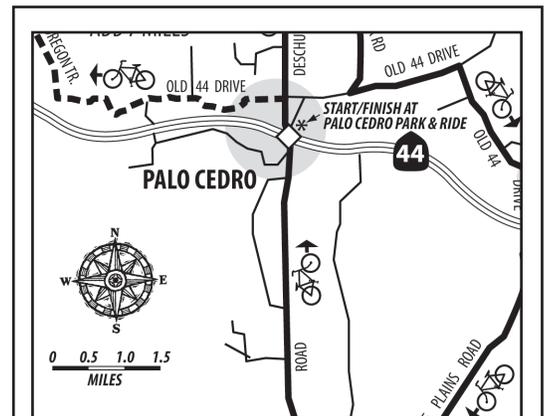
Keep turning the cranks! *Don*

## When it comes to planning biking trails, seems like nobody asked the bikers

### Maybe that's about to change

A candidate's forum for the Redding City Council election will be held October 3rd at 6:00 P.M. at the First United Methodist Church, 1825 East Street, Redding. Concerns for Redding's open space, natural areas, hiking trails, biking trails, riparian areas and parks will be expressed.

The forum is jointly sponsored by Trails and Bikeways Council of Greater Redding, Ride Redding, Wintu Audubon, Shasta Group of Sierra Club, Shasta Chapter of California Native Plant Society and Girls, Inc. These organizations will not be endorsing or supporting any candidates but would like the candidates to hear their concerns about these issues.



### Got an Idea for a Club Ride?

Contact Charlie or Maggie Fournier  
246-7352 or [cjfournier@aol.com](mailto:cjfournier@aol.com)  
[margaretmary145@aol.com](mailto:margaretmary145@aol.com)

# Shasta Wheelmen Ride Schedule September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
				<b>1 Leaderless Ride #6</b> 8:00 AM Sundial Br Pkg Lot <b>Millville Plains</b> via Cypress, Hartnell, Old 44, to Palo Cedro <b>Rtn:</b> Millville Plains, Dersch, Churn Creek Bonnyview, Eastside Road w/Oak Run option 35+ miles/C+	<b>2</b>	<b>3 Bowman/Hwy 36</b> 7:30 AM Anderson Starbucks <b>Keith Arnett 949-5083</b> 60 miles/B <a href="https://ridewithgps.com/routes/10689007">https://ridewithgps.com/routes/10689007</a>
<b>4 Coleman Fish Hatchery</b> 8:00 AM Westwood Village <b>Keith Arnett 949-5083</b> 44 miles/C <a href="https://ridewithgps.com/routes/10692676">https://ridewithgps.com/routes/10692676</a> 	<b>5 Club Monthly Meeting</b> 7:00 Angelo's Pizza 1774 California St. Redding, CA 	<b>6 Leaderless Ride #7</b> 8:00 AM Sundial Br Pkg Lot <b>Igo/Ono</b> via Freebridge, Eastside, Girvan, Clear Creek to Igo/Ono, w/ Zogg, Rainbow Lake Option <b>Rtn:</b> Placer, Buenaventura, 299, West St. Court St. to River Trail 30 + miles/C+/B	<b>7 Mt Bike Ride</b> 8:00 AM Sundial Bridge <b>Dan Martin</b> <b>347-9636</b> Show and Go	<b>8 Leaderless Ride #8</b> 8:00 AM Sundial Br Pkg Lot <b>Bridge Bay</b> via Dana downtown Hilltop, Twin View, Cascade, Union School, Old OR Tr. Wonderland, I-5 <b>Rtn:</b> I-5, Wonderland Blvd Collyer, Churn Ck, Canby, Dana/downtown_ 38+ miles/C+	<b>9</b>	<b>10 Siskiyou Century</b> 7:30 AM Siskiyou 37,64,100 miles Golden Fairgrounds  <b>Bike the Rogue</b> Gold Beach, Oregon <a href="http://Goldbeachrotary.com">Goldbeachrotary.com</a>
<b>11 Whitmore Breakfast</b> 7:00 AM Palo Cedro P & R <b>Scott Kirkland 347-7638</b> \$7.00 All you can eat Ride to Whitmore 55 miles/B+/A  	<b>12</b>	<b>13 Leaderless Ride #9</b> 8:00AM Sundial Br Pkg Lot <b>Old Shasta</b> via Branstetter, TX Springs, Placer, Taylor, Prospect, Mtn. Shadows, Middletown Pk, Swasey, Red Bluff Rd. <b>Rtn:</b> Granite, Rock Cr., Iron Mtn, Middle Cr, River Trail 33+ miles/C+ <b>Harris Beach to Gold</b> <b>Beach</b> Harris Beach Campground 9:00 AM <b>Ron Prior 244-4820</b> Potluck dinner 61 miles/ B+	<b>14 Harris Beach Continued</b> 9:00 AM Ride to Myrtlewood Park <b>Ron Prior</b> <b>244-4820</b> 60 miles/C	<b>15 Leaderless Ride #10</b> 8:00 AM Sundial Br Pkg Lot <b>Shasta Lake</b> via the River Trail to Shasta Dam, Centimudi ,Shasta Dam Blvd. <b>Rtn:</b> Cascade, Pine Grove, Twin View, Churn Ck, Dana/downtown 35+ miles/B- <b>Harris Beach to Crescent</b> <b>City</b> 9:00 AM <b>Ron Prior 244-4820</b> 70 miles/C+	<b>16</b>	<b>17 Wildcat/Black Butte</b> 8:00 Palo Cedro P & R <b>Wayne Wilson 221-1883</b> Ride to Parkville, Ash Creek, Wildcat, Black Butte. Rtn on Dersch 2791 ft climbing/54 mi/B <a href="https://ridewithgps.com/routes/1592807">https://ridewithgps.com/routes/1592807</a> 
<b>18 West Redding Cottonwood Loop Lunch</b> 8:00 AM CVS Pharmacy @ Buenaventura and Placer <b>Maggie Fournier 246-7352</b> 52 miles/B Lunch at airpark café Shorter options available <a href="https://ridewithgps.com/routes/15197255">https://ridewithgps.com/routes/15197255</a> 	<b>19</b> 	<b>20 Leaderless Ride #11</b> 8:00 AM Sundial Br Pkg Lot <b>End of Iron Rd.</b> via River Trail <b>Rtn:</b> Iron Mtn, Rock Creek, Granite, to Old Shasta backside of Swasey, Placer, Texas Springs w/neighborhood option 33+ miles/B/B+	<b>21 Mt Bike Ride</b> 8:00 AM Sundial Bridge <b>Dan Martin</b> <b>347-9636</b> Show and Go	<b>22 Leaderless Ride #12</b> 8:00 AM Sundial Br Pkg Lot <b>Shasta Lake City</b> via Dana/downtown from east side to Akrich stop @ McDonalds <b>Rtn:</b> Lake, Quartz Hill, Keswick, River Trail w/Dam loop 32+ miles/B-	<b>23</b>	<b>24 Lassen Loop</b> Lassen Century 6 or 7 AM @ Black Butte and Hwy 44 Lassen Park Road Ride @ 9 AM Manzanite Lake Road <b>NOT</b> closed but entry to park is free for cyclists <b>John Crowe 246-2563</b> <b>McCloud Bike-toberfest</b> 7:00 AM McCloud, CA Mtn and Road Bike <a href="http://Mccloudchamber.com">Mccloudchamber.com</a> 
<b>25 Igo Loop for Breakfast</b> 8:00 AM CVS Pharmacy @ Buenaventura and Placer <b>Charlie Fournier 246-7352</b> Ride to Igo for breakfast Return through Clear Creek, Honeybee and Buenaventura trail with Zog mine option 30 miles C+/B+ 	<b>26</b>	<b>27 Leaderless Ride #13</b> 8:00 AM Sundial Br Pkg Lot <b>Palo Cedro</b> via Dana to downtown ,Browning, Old Alturas, Deschutes, Swede Cr, Old 44 <b>Rtn:</b> Old 44, Airport Rd. Old Oregon Trail, Rancho, Victor, Hartnell Cypress w/ Oak Run option 35+ miles/C+/B	<b>28</b> 	<b>29 Leaderless Ride #14</b> 8:00 AM Sundial Br Pkg Lot <b>Olinda/Anderson</b> via Cypress, Hartnell, Victor, Churn Cr. No./So Sts to Olinda <b>Rtn:</b> Olinda, China Gulch w/ Clear Creek and Igo Option 36+ miles/C-B 	<b>30</b>	<b>Ride Ratings:</b> A: Steep, lots of climbing for strong riders B: Steep to moderate, lots of climbing with some relief C: Moderate, some hills challenging to average rider D: Moderate to easy, may be challenging to beginners Helmets required for all rides <b>Record Miles on website:</b> <b>www.ShastaWheelmen.org</b> <b>Select: Schedule / Miles</b> <b>Mileage &gt; Record Miles</b> 

# Minutes Of Business Meeting

## August 1, 2016

Due to the July 4<sup>th</sup> holiday, the July, 2016 business meeting was cancelled.

### Old Business

President, Don Talkington, called the meeting to order at 7:01 P.M. at Angelo's Pizza on California Street in Redding and requested self-introductions from the 32 members present for the monthly business meeting. Minutes from the June 2016 meeting were approved as published in the Shasta Wheelmen Newsletter by all present as there was no business meeting in July due to the July 4<sup>th</sup> holiday. Wayne Wilson, Treasurer, gave the monthly treasurer's report stating that there were more expenses in June and July than income. The income of \$61 was generated from membership dues and Facebook credit. The expenses consisted of \$1,996: \$1,543 for 2016 Wildcat Grandfondo promotion; \$5 for bank charge; \$500 to Carson Blume for new website and \$18 for business supplies, leaving a balance in the checking account of \$7,081.01.



Charlie Finkel, membership chairman, stated that 2 new members signed up this month.

Steve Nielsen and John Crowe, co-chairmen of Wildcat Grandfondo, reported that the committee has decided that the after ride dinner will be provided by Kahunas Mongolian BBQ. Caltrans and CHP will be available for the roll out/mass start. Live music will be provided by Andy at Village Cycle, and beer and wine by Wild Card Brewery. They stated that they still are in need volunteers for the rest stops and sagging the course. Also, Grandfondo postcards need to be distributed. The committee is looking into Verizon coverage instead of using the ham operators this year. Currently 10 riders have signed up for the Wildcat Grandfondo. Steve and John are asking all members who are not volunteering to work the ride, to sign up and ride. This event will be held October 15, 2016. The Wildcat Grand Fondo and Cycling Festival website is live at [www.the.wildcatgranfondo.com](http://www.the.wildcatgranfondo.com).

Don Talkington stated that the Shasta Wheelmen are currently 45<sup>th</sup> in the nation in the National Bike Challenge. He encouraged all members to log their miles on the website.

### New Business:

Don Talkington announced that Carson Blume will be setting up and hosting the new Wheelmen website. It was approved by the Shasta Wheelmen Board of Directors to pay Carson Blume \$500 for website developer fees and a yearly fee of \$144 for website hosting to be paid to the web host service. He also asked members for ideas about beginner rides and to get back to him

with any ideas.

The Ride Leader drawing for June was won by Keith Arnett and for July by Wayne Wilson. This month a 50/50 drawing was held, in lieu of a door prize. Phil Addison was the winner, winning \$35. President, Don Talkington, adjourned the meeting at 7:26 P.M.

Russ Azavedo was recognized for his lifetime achievement of bicycling over 300,000 miles. A plaque, designed by Earl Talken, was presented to Russ in honor of his achievement.

Respectfully submitted,  
Maggie Fournier,  
Wheelmen Secretary

# The Best Pre-Race Nutrition

by Pez

You've learned as an endurance athlete just how many grams of macronutrients you need to perform at your top potential. Surprised by the carbohydrate requirements you struggle to feel like eating is not a job at times, I get it. I've been there. It takes attention to be on top of your nutrition as an endurance athlete, especially if you really have a lot of volume in your training, but there are healthy, and tasty ways to maintain the nutrition you need as a cyclist.

You do your best to keep it "healthy" but are constantly full as you over do the fiber and bulky foods. What are some solutions to enable you to train hard and feel fueled rather than bloated on the start line? Read on.

Often times, once I've taught an athlete just how much fuel they actually need to train and perform consistently day after day, it can seem like a lot. For some it's exciting, they love to eat! For others it can become almost cumbersome. Those who want to succeed however, realize that it's imperative to have good nutrition in order to train hard, gain power and perform well, time after time. In other words, it's a non-option for performance success, so you create a plan.

## Intake and Timing

Part of the issue of feeling "too full" and "bloated" can be related to the timing of nutrient intake. If an athlete is consuming a full meal an hour before a solid training ride, they are going to wreak some havoc on their guts as the digestion will still be underway while the blood is being called to the muscles for work. We've all felt it. You start the ride too soon after eating only to think "oh man I'm still full" and you often end up burping your meal for the first hour of that ride. Wonderful...not really!

Keep a few things in mind here. If you

are limited on time until you train, keep your carbohydrate intake to 100 g and under in that last hour. Limit your fat and protein intake in the last hour before training, in order to allow for faster gastric emptying and easier digestion. Keep the fiber on the lower end overall. You want that snack out of your stomach when you clip in.

If you have 3 hours before a training ride, you can have a pretty normal balanced meal; think eggs, oatmeal, berries, yogurt, cereal etc. However, when you are sandwiching a workout with meals, (pre-race and post-race meal) you should ease up a bit on the fiber and fat in order to have the meal digest a bit more quickly, especially if bloating and fullness is an issue for you. This is an excellent reason to test different meals before hard training rides, so that you figure out which meal sits well with you. Use that meal on race day. Practice makes perfect. Have a

*(Continued on page 5)*



# THE WILDCAT GRANFONDO

Coming October 15, 2016, the first ever Shasta Wheelmen Wildcat Gran Fondo in Palo Cedro, CA

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A fundraiser for youth helmets

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What is a Wildcat GranFondo? Well, it's a bike ride for cyclists ranging from beginners to the accomplished. This tour features 6 routes of 15, 25, 50, 70, 106 and 126 miles. From 15 easy miles for the neophytes to 126 miles with 11,000 feet of climbing, designed for the rider who loves a challenge, there's a ride for everyone. Support, food & refreshments will be provided before, during and after the ride, followed by a post-ride celebration.

For information and to register, check out our web site at <http://www.thewildcatgranfondo.com>

(continued from page 4)

few options in case your food choices are limited during travel.

## Avoiding Bloating

Some common complaints of bloating and feeling too full can usually easily be rectified by changing the type of carbohydrate you consume on days that require higher intakes. Although so many athletes really want to keep it “ultra-healthy”, the reality is a big salad with broccoli, cheese, beans, cauliflower and meat and quinoa may be exactly what you DON'T need. It's a lot of fiber and meat that takes a long time to digest. For some it sits quite well, for others it's a big no.

We are not carbon copies of one another. Don't follow your training partner's nutrition, they may have very different reactions than you to foods.

## Pre-Race Meal Ideas

So what are some good options for that high carb pre training ride or race day meal that can really cut down on the bulk while supplying you with lower fiber, lower fat and optimal protein requirements? As each athlete needs different grams of carbs, protein and fats these examples are simply that, examples. Calculate your carbohydrate needs and adjust these breakfast, pre training/race options based on your needs.

The athlete is 3 hours before a race (over 90 minutes in duration) or hard training ride. This athlete would also likely be having a small snack in the last hour before the race. This allows for having a bit of a smaller breakfast and then topping up in the last hour with a sports drink and something simple like a gel, banana, potato or similar easy to digest carbohydrate. The athlete has also carbohydrate loaded the day before the race/event.

The range of carbohydrates I'm going to use is 120-150 grams of carbohydrates, around 20 grams of protein and approximately 5-10 grams of fat (not too high), to allow for a bit quicker digestion. There will still be some fiber, but it won't be an overload of bulky foods.

## Smoothie Piña Colada Smoothie

1 cup rice milk or regular milk (not almond or soy, they are low in carbs)

2 Bananas (I prefer to peel and freeze in advance, for a creamier smoothie)

½ cup 100% pineapple juice

2 Medjool Dates (the large dates!)

1 tbsp. Chia Seed (great source of Omega 3 essential fats as well)

¾ scoop of whey (or hemp) protein powder that is on a NSF list or other approved list for athletes

*Nutrition information*

Calories: 621

Carbohydrates: 137 grams

Protein: 21 grams

Fat: 7 grams

I find that for those who struggle with volume, adding frozen berries really “bulks” up the smoothie sometimes to double the “volume” even if the nutrition info is similar. So if you want one full large glass only, this will do the trick. If you want more bulk, sub some banana for frozen berries and it will expand the volume.

## Cereal with Berries and Rice Milk

2 servings of Alpen Muesli (90g)

1.5 cup of rice or regular milk

½ cup fresh strawberries or others

½ banana

*Nutrition information*

Calories: 542

Carbohydrates: 110 grams

Protein: 13 grams

Fat: 8 grams

## Roasted potatoes and eggs

3 cups of cubed roasted potatoes or just baked potato

2 boiled or poached eggs

2 tbsp. ketchup (feel free to add more!)

1 cup of 100% pineapple juice

*Nutrition information*

Calories: 664

Carbohydrates: 116 grams

Protein: 22 grams

Fat: 10 grams

## Summary

Try each meal and see how you feel. One may be a new pre-race meal for you. I'm a big believer that, as athletes, we need to have a plan for as much as we can leading into an event or training. The more tools you have in your belt, the more confident you will line up. There are so many things you can't control in bike racing and triathlons, you may as well take control over things that you can. Proper nutrition is something you can control to give yourself the best chances of performance success this season!

# DINESH S. MANTRI, M.D. KATHRYN J. MANTRI

*Joe Gazzigli*

ATTORNEY AT LAW

WALLNER PLUMBING CO.

Heating & Air  
THE BAREFOOT PLUMBERS



*Charles M. Finkel*  
ATTORNEY AT LAW

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*Newsletter*  
SHASTA WHEELMEN

## Tropical Storm Earl targets Central America

USA TODAY

Tropical Storm Earl formed Tuesday morning in the Caribbean Sea, the National Hurricane Center said.

As of Tuesday afternoon, the storm was 210 miles south of Grand Cayman Island with

wind speeds of 50 mph. It was moving west at 22 mph, bringing strong winds and heavy rain to Jamaica.

Earl is forecast to churn toward Central America, likely bringing heavy rain to portions of Honduras, Belize and Mexico on Wednesday and Thursday, the hurricane center said.

These rains could result in life-threatening flash floods and mudslides, the center warned.

Before officially becoming a named storm, it hit the Dominican Republic, killing six people, the Weather Channel reported.

Earl is expected to be near hurricane strength by the time

it approaches the Yucatan Peninsula. A tropical storm becomes a hurricane when its sustained winds reach 74 mph.

Earl poses no threat to the U.S.

Mexico and Belize issued a tropical storm warning and a hurricane watch for the east coast of the Yucatan.