

Bike Shorts



A Publication of Redlands Water Bottle Transit Company April 2017

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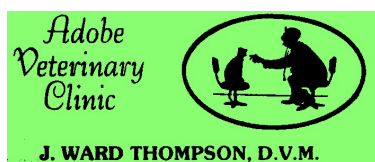
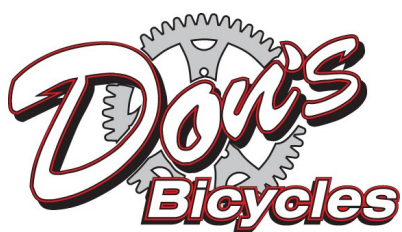
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"RWBTC is a recreational bicycling club devoted to the promotion of friendly cycling in the Redlands, CA area. We cater to riders of all levels (beginners to fast) and abilities."

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WHEN YOU DO BUSINESS WITH THEM!**



President's Message



President's Message for April 2017

SPRING HAS ARRIVED...

So that means the Redlands Bicycle Classic is around the corner-May 3rd to May 7th. The Redlands Bicycle Classic is the longest continuous running invitational, professional stage race in American bike racing. Each year, the City of Redlands and surrounding communities open their homes, their hearts and their streets to world-class athletes. From humble beginnings on a Memorial Day weekend in 1985, the event, featuring 350 elite racers, has hosted future stars of the Olympics, Tour de France, and World Championships. The Redlands Bicycle Classic's long heritage of

attracting future stars has earned its position in history: "Where Legends Are Born!"

Here is the schedule of events:

Wednesday, May 3 – Stage 1 – Greenspot Individual Time Trial

Greenspot Road at Santa Paula Street

Thursday, May 4 – Stage 2 – City of Yucaipa Road Race w/ Oak Glen finish

Start at Sunnyside Drive north of Oak Glen Road, Finish at Los Rios Ranch

Friday, May 5 – Stage 3 – Highland Circuit Race

Start at San Manuel Village, Finish Line at Baseline Street and Church Street, Highland

Saturday, May 6 – Stage 4 - City of Redlands Criterium

Start/Finish Citrus Avenue, Downtown Redlands

Sunday, May 7 – Stage 5 - Beaver Medical Group Sunset Road Race

Start/Finish Citrus Avenue, Downtown Redlands

GO to redlandsclassic.com for exact times of events and volunteering opportunities.

Area of most need is Marshals, without them the race cannot go on! Marshals are responsible for keeping autos off the course when bicyclists are in the vicinity, for pedestrian control and for assisting residents in reaching their destinations. Race marshal training is provided by Redlands Bicycle Classic and law enforcement personnel. Please contact Colleen Gamboa at cgamboa@redlandsclassic.com if you are able to help.

We will have our booth at the event, please go to the club website for sign-ups to meet and greet

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the public, sell T-shirts and maybe a membership or two.

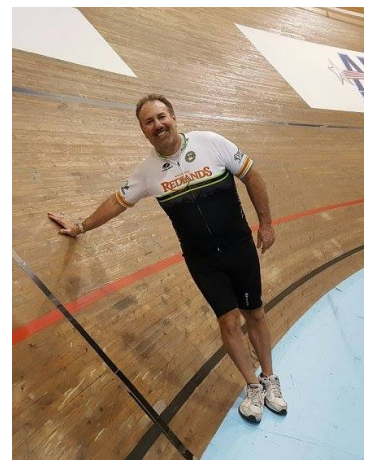
Last month's meeting featured Tim Eaton of Cannondale bikes showing off his latest greatest road and mountain bikes. I think everyone would agree that Tim is a dynamic and energetic speaker.

And speaking of lots of energy, May's meeting will feature Jill Rooks of The Energy Lab. She has more enthusiasm and energy than anyone. She will discuss cross training techniques that we can all use to our advantage. See you May 1.

Safe Rides,

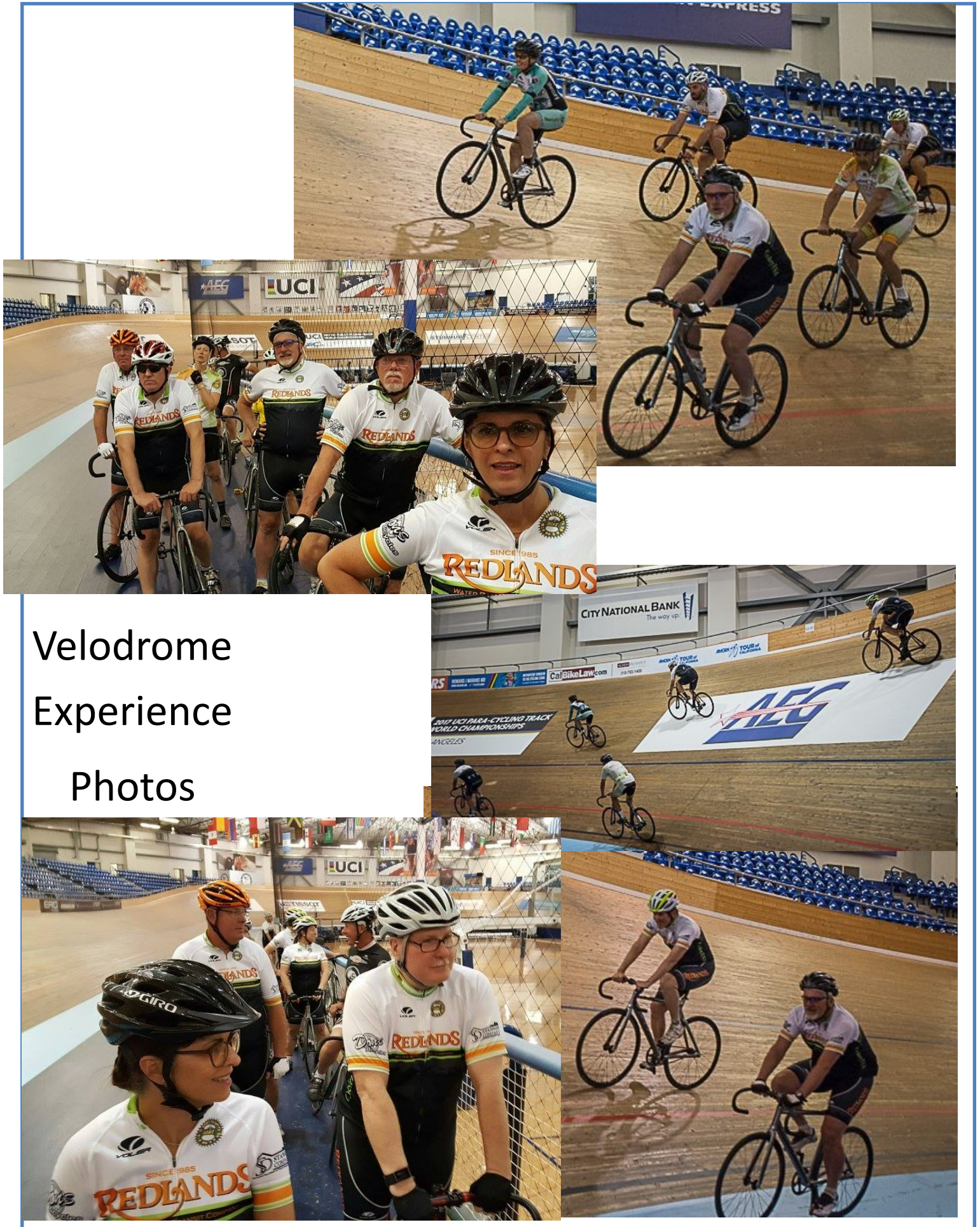
Bruce





Velodrome Experience Photos

[See photos on Facebook](#)



Velodrome
Experience
Photos

30 Great Benefits of Cycling—Continued

Improve your brainpower, relationships, health and happiness

<http://www.bikeradar.com/us/road/gear/article/30-reasons-to-take-up-cycling-23965/>

21. You're helping others

Many cyclists turn their health, fitness and determination into fundraising efforts for the less fortunate. The London to Brighton bike ride has raised over £40 million for the British Heart Foundation since the two became involved in 1980, with countless other rides contributing to the coffers of worthy causes.

22. You can get fit without trying too hard

Regular, everyday cycling has huge benefits that can justify you binning your wallet-crippling gym membership. According to the National Forum for Coronary Heart Disease Foundation in the US, regular cyclists enjoy a fitness level equal to that of a person who's 10 years younger.

23. Boost your bellows

No prizes for guessing that the lungs work considerably harder than usual when you ride. An adult cycling generally uses 10 times the oxygen they'd need to sit in front of the TV for the same period.

Even better, regular cycling will help strengthen your cardiovascular system over time, enabling your heart and lungs to work more efficiently and getting more oxygen where it's needed, quicker. This means you can do more exercise for less effort. How good does that sound?

“... as you
get fitter,
the benefits
are more
profound.”

24. Burn more fat

Sports physiologists have found that the body's metabolic rate – the efficiency with which it burns calories and fat – is not only raised during a ride, but for several hours afterwards. “Even after cycling for 30 minutes, you could be burning a higher amount of total calories for a few hours after you stop,” says sports physiologist Mark Simpson of Loughborough University.

And as you get fitter, the benefits are more profound. One recent study showed that cyclists who incorporated fast intervals into their ride burned three-and-a-half times more body fat than those who cycled constantly but at a slower pace.

25. You're developing a positive addiction

Replace a harmful dependency – such as cigarettes, alcohol or eating too much chocolate – with a positive one, says William Glasser, author of Positive Addiction. The result? You're a happier, healthier person getting the kind of fix that boosts the good things in life.

To Be Continued

Upcoming Rides and Events



RWBTC Club Meeting

Monday, May 1

Jill Rooks from The Energy Lab - 6:30pm

A.K. Smiley Library, Redlands

Redlands Bicycle Classic - May 3-7



PRESENTED BY
SAN MANUEL
BAND OF MISSION INDIANS



PRT
PRO ROAD TOUR



April Century Of The Month

Green River-Back Bay-Long Beach 101mi/2400ft

Saturday, April 22

Check out all of the upcoming Rides and Events at

www.rwbtc.org

Bike Shorts is a monthly publication of Redlands Water Bottle Transit Company. For more information on our club, visit us at RWBTC.ORG, or go to our [Facebook Page](#)

You can reach your board members at:

President	Bruce Dowell	<u>president@rwbtc.org</u>
Vice President	Jerry Green	<u>membership@rwbtc.org</u>
Secretary	Valerie Laida	<u>secretary@rwbtc.org</u>
Treasurer	Fred Kennerson	<u>accounts@rwbtc.org</u>
Ride Director	Jerry Withrow	<u>rides@rwbtc.org</u>
Programs Director	OPEN	<u>events@rwbtc.org</u>
Webmaster	Don Garcia	<u>webmaster@rwbtc.org</u>
Newsletter Editor	OPEN	<u>newsletter@rwbtc.org</u>
Equipment Director	Bill Green	<u>equipment@rwbtc.org</u>

A special thank you to our members that contributed to this month's newsletter: KEEP THOSE ARTICLES AND PHOTOS COMING. YOU CAN SUBMIT AT NEWSLETTER@RWBTC.ORG.



EXTRA! EXTRA!

READ ALL

ABOUT IT!

Have a picture to show? A story to tell about a ride?
Any bike related info you want to share? The RWBTC
Bike Shorts wants to hear from you! Please email all

contributions to newsletter@rwbtc.org.

December Ride Calendar—All weekend rides begin at 8:00 AM from Stell's Coffee located at Brookside and Alabama, Redlands, unless otherwise noted.

ALL rides and their start times are posted on our web site, on the Calendar **Check the website for most up-to-date information

Standing rides are held each weekend on Saturday and Sunday mornings. Other rides head out on Tuesday and Thursday morning, and (seasonally) Tuesday evening.

Introductory rides are offered by the club and "Ride Yourself Fit." See website for details.

Ride Classifications

(paces listed are averages based on mostly flat riding - target speeds will be adjusted depending on the amount of climbing and the length of the ride)

Level	Description
D	For novice or recreational riders. Expect to ride at a pace of 10 – 14 mph with re-groups as needed. Expect the ride leader or another club member to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.
C	For competent riders with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most riders will ride in groups at a pace of about 14 – 16 mph. There may be re-groups on the route, but they will be limited. Riders are comfortable navigating by map if separated from the group and can handle their own mechanical repairs.
B	For strong, experienced riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Most riders will maintain a pace of 16 – 18 mph and will not feel obligated to wait for slower riders. Pace lines are common. Riders are able to handle their own mechanical repairs and are comfortable navigating by map if separated from the group.
A	For extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.