

November 2017 Cycling To Serve Newsletter

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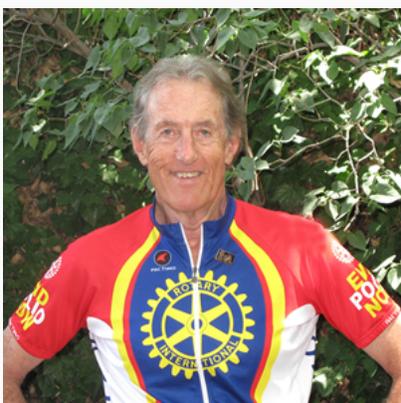

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November Means Ride To End Polio!

Greetings from the VP saddle!

Ride to End Polio is here!

Many of you will be traveling to Tucson for this annual event. While it is a fun ride like all cycling events, its importance for Rotarians is far more profound. TO RID THE PLANET OF THIS TERRIBLE DISEASE, POLIO.

Please join the Rotary Team in spirit on or before November 18 by cycling with a friend, family member or fellow Rotarian. Ask your club members & District to support your ride by pledging [Miles to End Polio](#). Is it easy, just click on the link <https://goo.gl/BoHqrm> and **Contribute Now**. Your contribution goes directly to Rotary International and is tax deductible by logging in with MyRotary.

I would also like to welcome the following new USA/CAN Cycling to Serve members who've joined since the last newsletter:

- Tom Keery, Weston, MA, RC of Newton
- Kimberly Livezey, Tuscola, IL, RC of Arcola Sunrise
- Charles Curtis, Columbia, MO, RC of Columbia
- Joseph Trexler, Cary, IL, RC of Cary-Grove

We will keep riding until it is done.

See you at the finish!

James Morrison

Albuquerque Del Sol Rotary Club

C2S PR Moment

Let's Learn Together and Inspire One Another

by Edwin Velarde, USA/CAN C2S Public Relations Director

Recently, we have made some changes to C2S Facebook Group. While the group remains that all cycling Rotarians are welcome to join us, its privacy setting is now "Closed", meaning that members' posts and comments will not be seen outside of the FB Group. It's like having our own room to talk cycling.

An FB Group has a lot of advantages. Much like riding with your weekend group, one gets the opportunity to learn from other riders. In my weekly group, I ride with a randonneur, a bikepacker, an inspiring recovering cancer patient, a retiree that takes bike holidays frequently (lucky guy!), a physician, a cycling coach and quite a few competitive riders. During rides I engage in conversations with these cyclists. We exchange experience, plans and ideas. Over the years, part of what I know as a cyclist came from or were inspired by ride conversations. Greg, a Paris-Brest-Paris randonneur was a great help during training for my "Epic Journey through America's Diabetes Belt" which I rode earlier this year, 1,300K from Rotary ONE in Chicago to Rotary International Convention in Atlanta. Prior to this, Greg and I did 3 x 200K training rides together. This important part of my physical and mental training stemmed from a conversation during one of our rides together. Awesome!



Our Facebook Group gives us an opportunity to chat among ourselves with added advantages like not having to respond to someone as you catch your breath during a steep climb or struggling to hear yourself talk let alone the other guy during a windy stretch. We want to hear about your cycling adventure/s. Are you planning an epic ride? Do you have any questions about cycling? How was the view of your latest route? Do you have the best croissant and espresso where you ride? Are you selling a bike or component? Are you looking for Rotary project partners? Or, just let us know that you had a wonderful time riding with your cycling friends over the weekend.

I'm hoping to see you (post, react to posts and comment on posts) in the [C2S FaceBook Group](#).

Come let's learn together and inspire one another!

Note: If you have any suggestions or would like to help improve C2S FB Group, please contact me (edwinvelarde@att.net).

Membership Moment

Using Your Fellow C2S Members

by Tom Drennan, USA/CAN C2S Membership Co-Chair, District 6060 Governor Nominee

I encourage C2S members to reach out to their fellow members in areas that they would like to travel. Our members are a great resource for information concerning Rotary, [Making a Difference](#), and of course bicycling. What better way to have a new cycling experience than with your Rotary Family? Today, you can log into your account on the [USA/CAN Cycling To Serve](#) website, to download your own copy of the membership list and contact fellow C2S Rotarians about their favorite local routes.



There are many options for traveling with your bike. You will see several different examples at the baggage claim area in Tucson or Phoenix later this month! It will take a time or two to figure out a system that works best for you and your bike. Through some practice, I can have my bike out of the shipping box and ready to ride in about 30 minutes. This has allowed me to cycle all over the US and Internationally!

In my monthly review of our membership, I look at states that are not represented in our Fellowship. This month I came across the Rotary Club of Mount Timpanogos Utah. They hold a Tour de Donut ride every September in the town of Pleasant Grove Utah. Currently there are no C2S Fellowship members from the State of Utah. I have reached out to them. Hopefully we can gain some members from their group. If you know of a ride supporting Rotary causes, check to see if they are listed on our [calendar of events](#), and invite them to [join Cycling To Serve!](#)

Want to advertise Rotary and Cycling To Serve just by riding your bike? Check out the [clothing link](#) on the [Cycling2Serve website](#). I have met a lot of Rotarians just by wearing the Rotary Kit on my rides.

Hope to see many of you in Tucson later this November. Make sure to say, "Hi".

Ride To End Polio - November 18

Are You Ready for Tucson? (Updated from Sept/Oct)

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

Are you ready? Whether you are riding 28 or 106 miles, there are a couple of things you need to keep in mind.

What To Pack... or NOT: If you are driving to Tucson, you can pretty much bring everything you want and can fit in your car. If you are flying, you have to be a bit selective. The morning is quite chilly, so dress in layers, so you can shed clothing as the morning warms. Arm warmers and long fingered gloves would be ideal, though not your winter gloves (leave the lobster gloves at home). A light jacket or vest is also nice to have. So are knee warmers. It hasn't rained the past couple of



years, but it did 4-5 years ago. According to those who completed that ride... it was epic.

Of course, you have to wear a helmet on the ride and earbuds are not allowed. Bring your riding glasses. When

Of course, you have to wear a helmet on the ride and earbuds are not allowed. Bring your riding glasses. When the sun DOES come up, it will be bright and you will be riding into it. Speaking of the sun, bring chapstick too. Your lips will thank you!

There are food and water stops, but if you have a favorite snack, bring it along. If/when things get difficult, it is comforting to eat something familiar.

If you are driving or have space in your bike case, bring a tire pump. Speaking of air, if you are flying, leave any CO2 cartridges at home. TSA will go through and undo everything in your carefully packed bag to remove them.

There are many nice bike stores in Tucson and at the convention hall where you will pick up your rider's packet. You can buy CO2 there. Or... use the ride as an excuse to get a nice pump that fits in your jersey pocket.

Speaking of tires, BEFORE you leave, check your tires. Are they the tires you rode all season long? Are they worn down? Personally, I always put new tires on my bike before Tucson. The fresh rubber help minimize the risk of punctures.



What about batteries? If you are riding with anything that includes a battery, it is worth the piece of mind to simply replace all your batteries with fresh, new ones.

This easy step eliminates one last worrying mental distraction of seeing your HR or powermeter die one the ride. If you have a bike computer, make sure it is fully charged the night before. If you've updated the firmware, test it to make sure all the profiles and settings are saved. You don't need the added frustration of trying to re-pair everything while standing at the start line, the morning of the ride.

Charge your cell phone if you plan on carrying it.

Friday Morning the Day Before The Ride: Will you be in Tucson Friday morning? If so, you are invited to a no-drop, leg warming ride Friday morning. This is a free social ride to help you loosen your legs, make new friends and just face it, another excuse to get out on your bike. The ride starts at 9:00a (Mountain) on The Loop. Meet in the Burger King parking lot Burger King Parking lot ([871 W St Mary's Rd, Tucson, AZ 85745](https://www.google.com/maps/place/Burger+King+Parking+lot/@32.22311,-110.95444,15z)). Be there early as the group will roll at 9:10a.

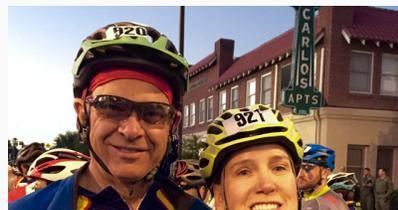
Friday Night Before the Ride: Make sure to attend the RTEP dinner! It is a good evening to meet and socialize with other Rotarian cyclist. Introduce yourself to others, find riding companions, hear stories of the ride, meet your C2S Board and most importantly, have fun! Don't forget to eat.

The Morning of the Ride: The morning of the ride starts early. If you are riding 106 miles, it starts VERY early. Officially, the 106 mile ride starts at 7, but be there well before hand. In fact, if you show up at 6 am, you will still not be in the front of the line. They have several corrals for riders. The first group, is "platinum". This is reserved for riders who've ridden the 106 miles in 5 hours or less in the past. From there, it is pretty much a free for all.

Like any mass start event, line up according to your abilities and expected finish time. Don't line up in the front of the corral if you are not all that fast or plan on starting slow.

There will be lots of photo taking. Make sure to take some and get into some! ("Photo bombing" is an unappreciated art!) Have fun and document your start! The RTEP team will be towards the front of the over 5 hour corral. Look for our distinctive jersey and lots of laughter.

During the Ride: Pace yourself. If you've never ridden your selected distance before, this is very important. Make sure you don't take off too



quickly in the the rush and excitement of the start. You will soon be passing those who did. Settle in and find your groove. Drink and hydrate often. Also eat. Stop at the designated areas, stretch, drink, use the facilities and get back on your bike refreshed.



After the Ride: Make your way to the Rotary tent for free refreshments.

Relive your ride with other Rotarians and help cheer in those completing behind you across the finish line. Oh... and don't forget to get your free massage!

D5500 and C2S thank you for your help making the Ride To End Polio one of the most successful fund raising events. You have Made A Difference and had fun on a bike at the same time! Few things are better than that!



News and Updates

Newsletter

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

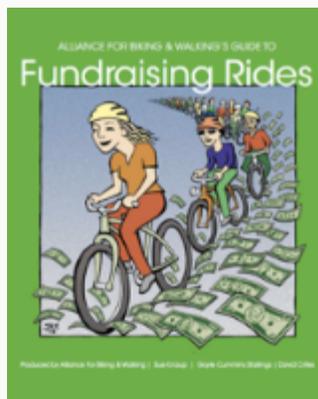
We are always looking for new articles for upcoming newsletters. Did your club have a successful cycling event this year? What did you do right? What did you do differently? Did your club have a not-so-successful event this year? Can you share your lessons learned? What would you do differently?

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@cycling2serve.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, 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!



The Facebook logo, consisting of the word "facebook" in white, lowercase letters on a blue rectangular background.

Facebook Anyone?

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

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



Got STRAVA?

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

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

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



On TrainerRoad?

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



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@cyclling2serve.us)

Dan Kapsak - Secretary

Jeff Ott - Treasurer (treasurer@cyclling2serve.us)

Tom Drennan - Membership (membership@cyclling2serve.us)

Tom Brennan - Membership (membership@cyclimg2serve.us)
Colleen Radich - Events (events@cyclimg2serve.us)
Kristin Brown - RI Coordination
Jeff Ott - Past VP USA/CAN, Newsletter (newsletter@cyclimg2serve.us)

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