

C2S Newsletter - June 2018

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June

Greetings!

May was a great cycling month with numerous events including the France 4 Days Aix en Provence.

Mark your calendars for June 16 and follow Bob McKenzie, Kurt Matzler, Ruth Brandstaetter, Markus Mayr and the crew as they Race Across America (RAAM).

<https://www.facebook.com/RotaryRAAM>. Currently polio contributions are \$700K with their goal of \$1M! You may

DONATE here: <http://ideas.rotary.org/Project/Profile/06f1e187-8ae8-458b-b58f-8025c3bf4c57>

Please welcome our newest members:

- Zachary Boulton, Rotary Club of Zebulon
- Bill Campbell, Rotary Club of Burney-Fall River

Last month, my wife Wendy and I traveled to Aix en Provence, France to participate in the annual Cycling To Serve ride in Europe. (See my report further down in the newsletter.) I cannot recommend it enough as a bucket list ride for all Rotarian cyclists! In fact, it's not too early to plan to attend next years **4 Days Geraardsbergen 2019, Belgium**. Danny Hellinckx, FCS board member and National Representative is hard at work putting together another fine program.

This is one of the extraordinary opportunities we have in our Rotary cycling fellowship. It brings together all of the fine elements of Rotary that we all enjoy. Cycling, International Fellowship and Service. It just doesn't get any better.

So, share Rotary and cycle safe!

James Morrison

Albuquerque Del Sol Rotary Club

One Epic Ride - Continuing An Epic Journey

On Wednesday, June 13th, Rotary Staff, Chicago area Rotarians and others will join Rotarian Edwin Velarde on the first leg of his EPIC Ride to the Toronto convention. Edwin uses his love of cycling and Rotary to raise awareness about diabetes, cycling from Busan to Seoul in 2016 and from Chicago to Atlanta in 2017. The 2018 EPIC journey begins at One Rotary Center in Evanston, Illinois.

Riders will line up starting at 9:00am and depart at 9:30am sharp for the Greater Humboldt Park Diabetes Empowerment Center. After a Lunch and Learn at the center, the group will escort Edwin to Hyde Park. Over the next week, Edwin will ride across Indiana and Michigan, crossing into Ontario on 21 June. A group of Rotarian cyclists will join Edwin for the final leg on Friday 22 June, from Niagara Falls to the Toronto Convention Center.

His story follows.

For information on how to join or support the EPIC journey at any point between Evanston and Toronto, contact Edwin at edwinvelarde@att.net.

Epic Journey Against Diabetes

by Edwin Velarde, Past-President Rotary of Westlake Village CA and Director of Public Relations for USA/CAN Cycling to Serve Rotary Fellowship

First a little background... 3.8 million deaths are attributed to diabetes and high blood glucose. That is nearly the number of people living in Manhattan Island and Brooklyn, New York combined. 422 million people have diabetes around the world while nearly half are undiagnosed.

In the United States, over 29 million have diabetes. 86 million are at risk while 9 out of 10 don't even know. Nearly 60 percent of people living with diabetes both new and existing cases are age 45 and older. Those numbers fall in line with the age group of Rotarians around the world.

Diabetes is truly a major public health concern in North America.



I am very excited to start riding the Epic Journey Against Diabetes. On

June 13th, Rotary Staff, Chicagoland Rotarians and Friends will ride with me from One Rotary Center through Chicago's Lakefront Trail, Humboldt Park and Hyde Park. Along the way

that first day, I will stop at Humboldt Park Diabetes Empowerment Center to speak on the diabetes condition and share some strategies in managing blood glucose levels. I have lived with type-1 diabetes since age 29 and I am excited to share some of my experiences. I hope I can make diabetes life a little easier for some.

There are many ways we can help address the Global Diabetes Epidemic. Rotarians have proven that they can solve even the most overwhelming global public health issue like eradicating polio. Rotarians have the heart and the resources. We know how to pool resources like the private sector, world leaders,

non-government organizations and we have the most valuable resource, 1.2 million Rotarians around the world. We can do this!

We start with AWARENESS. Understanding and discussing diabetes and its effects to individuals and society is a great place to start. [Rotarian Action Group for Diabetes](#) can help in many ways. Look them up as they are planning to ramp-up their efforts in bringing Rotarians together to address the Global Diabetes Epidemic. I am raising funds to help RAG-Diabetes continue their important work for many years to come. Please consider supporting them via <https://epic-challenge.org/donate/>

During the Epic Journey Against Diabetes, many Rotarians and Rotary Clubs in the Great Lake Region of the United States and Canada are getting involved. Rotary Clubs of Chicago/ONE, Evanston Lighthouse, Naperville, Overland MO, and of course my home club, Westlake Village, CA. plan on attending the send-off!



In Michigan along the Epic Route, Rotary of Portage, MI will meet-up with me and some plan to ride with me into town. Similarly, Rotary of Sarnia, ON will take me across the Canadian Border. (Thank you, President Mike Hurry and PDG Tanya Wolff (C2S)). Many other Rotary Clubs in District 6330 in Ontario Canada are getting engaged and supporting the Epic Journey Against Diabetes.

On Friday June 22, Rotarians along with USA/CAN Directors Tom Drennan and Kristin Brown of are joining me on the Final Stage of the Epic Journey Against Diabetes riding from Niagara Falls to Metro-Toronto Convention Center just in time for the Rotary International Convention.

Learn more about The Epic Journey Against Diabetes - <http://bit.ly/epicjourney2018>

Please keep me, my health and safety in your thoughts and prayers. Thank You!

Cycling To Serve Experiences

Four Days in Aix en Provence, France - May 2018

by James Morrison, Vice President, USA/CAN Cycling to Serve Rotary Fellowship

[4 Days Aix en Provence France 2018](#) was a spectacular fellowship cycling event hosted by President Guillaume Terrin and the Rotary Club of Aix Connection, May 24-28. They are a vibrant and active club serving numerous charities while promoting the public image of Rotary in the the greater community.

This year, 2018 was uniquely special since it is in the home country of our International Fellowship Cycling to Serve (FCS) President, Jean-Luc Berger and his lovely Rotarian wife, Beatrice. In addition with my attendance representing the USA/CAN, it marks the very first time that the entire FCS board of directors has met together.



This 2018 event follows 28 years of

annual 4-day fellowship cycling events held throughout Europe. This years event was a first with 81 cyclists and 27 companions, representing 14



countries. The three routes, 50km, 80km and 120km routes in 3 days, traversed through spectacular scenery of southern France, visiting Sainte Victoire, Sainte Baume, Haut-Var and the infamous Monte Ventoux mountain. Exact routes with elevations can be viewed at cyclingtoserve.org.

While it is a cycling event, Jean-Luc and the others were quick to point out that they attend primarily for fellowship. This can be seen in the hotel lobby the very first day of arrival. It is an animated reunion of long time friendships. As the first USA participants, my wife Wendy and I were welcomed and quickly integrated into the group.

We started each morning dining together with a hardy breakfast. Each group departed 30 minutes apart on their respective looped routes and all returning 14:00 for the daily pasta party with yes, some fine French wines and local beers. Each evening we enjoyed a social hour of great conversation and fellowship followed by great French cuisine. On one evening we enjoyed a tour of a local vineyard and sampled some of their finest wines.



During each day, the companions were entertained by an organized guided tours of Aix en Provence, mountain hike and picnic and guided tour of Marseille.

The grand finale was a gala event with exquisite French dining! The program included check presentations to the recipients of the charities: Nepal

projects serving health, education and poverty, ASLAA supporting physical activities for the visual impaired, and The Rotary Foundation. The evening was capped off by the formal club banner exchange. Finally, in the spirit of goodwill and fellowship, the [USA/CAN cycling2serve.us](http://USA/CAN_cycling2serve.us) presented a \$500 check to help support the charities.

This was a well planned, first class Rotary event with all of the details covered. Jean-Luc and Beatrice were recognized for all of their hard work by a long standing ovation. We know what it takes to make a successful event and this one is at the top. As Jean-Luc said, "it is a lot of work, but is easy when you have the passion of cycling and service."

I couldn't have said it better.

Riding Closer To Home

by Colleen Radich, USA/CAN Cycling To Serve Event Chair



Rotary rides have been great introductions for my family to distance cycling in a safe, supported environment and to cycling to serve opportunities. My family enjoys cycling, but my kids generally enjoy cycling to restaurants in neighborhoods on the Washington and Old Dominion Trail in Northern Virginia where we live. They enjoy cycling with a purpose and if that purpose is a restaurant they normally would not eat at, all the more encouragement to get in the miles.

In April, I cycled with my husband and twin sons in Cycle Flagler, in Flagler Beach, Florida. We spent a quick weekend on the road, visiting family in Florida and cycling in this well-organized ride. I have found that Rotary cycling events are great opportunities to introduce friends and family to group cycling in a supportive environment with cheerful, friendly volunteers that are there to make the experience exceptional. Cycle Flagler did that – the day was wet, but the Rotarians kept up everyone’s spirits with the good nature and helpful service to the cyclists while serving the community. As my boys own mountain bikes, we rented road bikes from the local bike shop for my sons from the shop that provided SAG service for the ride and the ease of this was wonderful. We did take advantage of the SAG opportunity for a lift back to the start when the rain would just not quit, and that made my sons happy with the overall experience and ready to go buy their own road bikes so they can keep cycling more long distances with me.

The next weekend I cycled in the Iron Furnace Fifty, with the Rotary Club of Snow Hill, Maryland. This ride also had a friendly and positive atmosphere, from registration and check-in and continuing throughout the day to the post-ride celebration. The Snow Hill Rotary Club put on an excellent, well-marked and well-supported ride with multiple ride routes and options to change your distance at every rest stop if you decided to go further or not as far. The stop at the working dairy farm for ice cream was excellent as well.

The energy and enthusiasm the Rotarians show, and the group camaraderie experienced while cycling to serve with Rotary clubs throughout the area is amazing, and a reason I keep coming back to Cycle to Serve with Rotary.



Membership Mechanics

It Is All About Your Position

by Alan Havir, USA/CAN Cycling To Serve Membership Co-Chair, PDG 5495



A bike is like a pair of shoes, they both feel best if they fit well. If you want your bike to feel good, go with a professional bike fit. A bike fit looks at how you sit on a bike and you learn you have many options to change just how you contact the bike. Let’s start with the most obvious contact point...the saddle.

There are three locations on a saddle: front, middle and back. This seems simple but each position has a particular function.

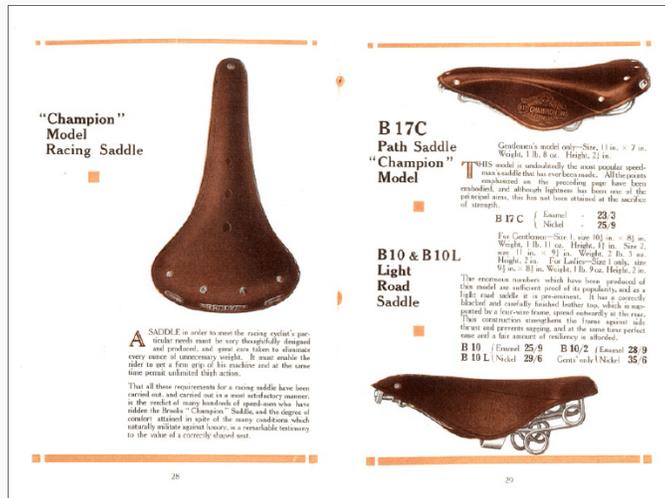
THE MIDDLE where the butt meets the road and where you will do most of your riding. Your arms should be slightly bent and the weight mostly going to your saddle which transfers power efficiently to your pedals.

THE FRONT is where you sit when you are going downhill, tend to slide to when really digging hard or when you are really tired. They call that “riding the rivet”. The original saddles used to be a sturdy piece of leather with one rivet in the front and 3 or 4 in the back.

THE BACK. Sit as far back as you can without falling off. Do this when you are going up hill or wanting to increase your power to the pedals. By extending your leg you get more leverage on the pedal and use more muscle strength. But you can only do this for a limited time since you are using the anaerobic energy.

When using the HANDLE BARS while sitting on the back of the saddle, put your hands in the MIDDLE of the bar and extend your elbows out. This lets more air into your lungs while providing more leverage to the crank.

The HANDLE BAR DROPS are for maximum control, speed and aerodynamics, which are good for sprinting and motoring, as fast as you can for an extended distance.



For general comfort and cruising, place your hands on the BRAKE HOODS. They are in a wide position for control and close to the brakes in case you have to stop. Keep moving your hands around on the handle bars to prevent your hands from getting numb.

Keep the CRANKS and PEDALS going around. Even when you are not putting pressure on the pedal keep your legs moving. This is called "SOFT PEDALING". It keeps the blood flowing to the muscles. Because, cycling is a sport using a combination of anaerobic and aerobic energy. You have a limited amount of muscle energy to burn without oxygen. With oxygen you can go a longer distance. So, your heart pumps oxygenated blood to your muscles to burn. Your legs are the pumps that keep the blood moving. So keep the legs moving. Do not "peddle and coast, pedal and coast".



However, when not going around, keep the crank arms parallel to the ground for maximum control. Keep from putting all your weight on one leg, which looks like the figure four.

MOST IMPORTANT is your weight distribution. Going DOWNHILL move your weight forward. On the FLAT keep your weight centered on the bike. Going UPHILL move your weight back. Weight the saddle not the handle bar.

TRY THIS. Sit at the kitchen table. Move your chair back a few feet so that you are sitting on the chair but resting your hands on the table comfortably. Now, lift your hands off the table. Where does your weight go? That's right. Your weight should go into the chair where it should be and the same on your bike.

Keep your arms slightly bent to let the weight go to the saddle not on your handle bar. That weight transfers into the pedals and makes you more efficient with your power and helps to avoid numbness in your hands.

Rotary Cycling Events

Want To Find A Ride?

by Colleen Radich, USA/CAN Cycling To Serve Event Chairperson



Now that summer is just around the corner, cycling events are happening all over. June brings great events and opportunities to Cycle to Serve with your fellow Rotarians and friends. June 2 is a day full of Rotary bike rides around the country. Bike Benzie is in Thompsonville, MI with the Benzie Sunrise Rotary Club. You can cycle routes from 28 – 100 miles and enjoy great food stops with regional snacks and a post-ride party to support the Tim Krause Memorial Scholarship, which was created in memory of the founder of Bike Benzie, and the

other programs and activities that improve the lives of the youth of Benzie County. If you are near Durant, Oklahoma on June 2, you can ride the 22nd annual Durant Rotary Magnolia Bike Tour, with distances from 10 miles to a metric century. On this day also in Wenatchee, Washington, the Wenatchee Sunrise Rotary Club is holding the 31st Annual Apple Century Bike Ride.

June 16, join Rotarians to Peddle for Polio in Columbus, Nebraska with the Columbus Morning Rotary and the Columbus Noon Rotary Clubs in the 9th Annual Loup d' Loup End Polio Now bike ride. All participants in this ride will be included in a drawing to win a new bike, while cycling to serve to fight Polio and to also help support the Royal Family KIDS Camp, a resident camp for 7-11 year olds in foster care. June 23, Cycle Lake Chelan will be held by the Lake Chelan Rotary and features a choice of two rides – The Century Challenge, a 100 mile ride with 9,600 feet of elevation gain through the orchards and vineyards surrounding Lake Chelan and a 6 mile category 1 climb through McNeil Canyon; or Cycle de Vine, a 30 mile ride with 1,368 feet of elevation gain in a circular tour around the beautiful Lake Chelan Valley.



**Longview
Rotary Club**

Ride into the heart of Mount St. Helens -- Tour de Blast will be held on June 23 by the Longview Rotary Club in Toutle, Washington. Choose from distances of 33 to 82 miles on a fully-supported ride with staffed rest areas as you have a blast cycling to serve. They even offer a camping option for those looking to rest their head close to the starting line on Friday night. If Sonoma County wine country is more to your liking, Giro Bello will be held also on June 23 in Sebastopol, California. You can cycle through the West Dry Creek, with a lunch stop (with a misting tent) in the heart of Dry Creek Valley and a cool romp through the redwoods of West County at the end of the century route. At the end of June, you can ride the Rodeo Road Rally with the Mesquite Rotary Club in Mesquite, Texas with route of 23 – 60 miles starting at the Mesquite Rodeo Convention Center. Riders 18 years and older will be eligible for a chance to win a Trek Emonda ALR 6 Pro Road Bike.



Produced by the Mesquite Rotary Club

If you are going to the Rotary International Convention, join Edwin Velarde on his Epic Journey Against Diabetes. He will be riding 1,200 kilometers from Evanston, Illinois to the Rotary International Convention in Toronto, Ontario, Canada, to raise awareness of diabetes. You can join him along his route to offer support and encouragement or ride alongside any part of the journey as he cycles to serve on the way to the convention.



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

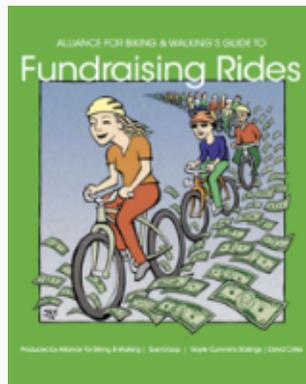


Rotarian cycling enthusiasts. Limit the use of jargon, slang or other language that is not appropriate for the

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@cyclings2serve.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 a white, lowercase, sans-serif font centered within 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>

A solid red horizontal bar with a white, curved swoosh shape on the left side, partially cut off by the edge of the page.



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@cyclings2serve.us)
Dan Kapsak - Secretary
Jeff Ott - Treasurer (treasurer@cyclings2serve.us)
Tom Drennan - Membership (membership@cyclings2serve.us)
Colleen Radich - Events (events@cyclings2serve.us)
Kristin Brown - RI Coordination
Jeff Ott - Past VP USA/CAN, Newsletter (newsletter@cyclings2serve.us)

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