

USA/CAN Cycling To Serve August Newsletter

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August

Greetings!

It's been a busy summer. It is hard to believe it is already August!

I hope you have been enjoying quality time out on your bike! We know you are all out there, already prepping for the [District 5500 Ride To End Polio!](#)

Please welcome our newest members:

- Richie Fletcher, (mountain bike) Durango Daybreak Rotary, Durango CO
- Jim Goit, Rotary Club of Truro, Valley Nova, Scotia, Canada

Recently we have had some interest from Rotarians regarding mountain bike activities. It turns out that over 50% of the entire USA-CAN membership include some form of mountain biking in our cycling activities, myself included. We would like to start including some your mountain bike riding adventures, fellowship events and

fundraisers in our newsletter. We could use some photos in the website carousel as well.

Also, don't forget that if your club is hosting a Mountain Bike event/fundraiser, make sure you submit the information to our Events Page. Listing it is free and let's other Rotarians know where to ride to support Rotary causes.

If you have a story or 'first person account' of a ride (road, mountain or event) forward your info to Jeff using the guidelines at the bottom of the this newsletter. It is all about cycling and it is always more fun with Rotarians!

Over the next few months, we will begin our planning session for the upcoming year. If you are interested in assisting, please contact me (james@westwood-llc.com).

Cycle safe and share our C2S Fellowship with your fellow Rotarians.

James Morrison

Albuquerque Del Sol Rotary Club

Cycling To Serve Experiences

2018 EPiC Journey Against Diabetes

by Edwin Velarde, USA/CAN Cycling to Serve Rotary Fellowship, Westlake Village Rotary, Oak Park, CA



I feel I cannot mention this enough, 42 million have diabetes around the world which nearly half don't even know they have it. Millions who suffer from diabetes around the world do not have access to life-saving treatment. If we do not do anything about this, the 3.8 million deaths per year will grow exponentially in the very near future. We are amidst a Global Diabetes Epidemic. This is why I do the EPiC Journey Against Diabetes

Due to the lack of training because of my recovery from a cycling accident in January and the time devoted to my son's David's health, the already challenging ride became even tougher physically. I have never ridden

this much without training and my Type-1 diabetes condition presented new challenges. I was blessed with s

much moral support during the ride which helped me kept going. My previous experience were something I drew from and the thoughts of meeting Rotarians was a definite motivation.

The Kick-off Ride started at One Rotary Center, Evanston IL, with Chicagoland Rotarian Leaders and Rotary Headquarters Staff joining the ride to Promissory Point in Hyde Park not far from the Chicago Museum of Science and Industry. I was honored to have RI President Ian H.S. Riseley at the start to wish me well. C2 members Kristin Brown, Tom Drennan and Marga Hewko were part of the enjoyable ride through the City of Chicago.

Riding through The State of Michigan, I encountered some road closures. At one time ended up riding on single track and got attacked by a swarm of mosquitos. The City of Portage and Rotary Club of Portage (thank you Rotarian Dick Hewitt and Mayor Patricia Randall) welcomed me in an Elvis Concert in the Park. Rotary Club of Sarnia President Mike Hurry rendezvoused with me in Romeo, MI and we rode together to the border of Canada.

On the Canadian side of the EPIC Journey Against Diabetes, I had the pleasure of being hosted by PDG Tanya Wolff. Thank you Tanya, lovely time in The Imperial City! Such a wonderful experience meeting Rotarians and many Sarnians during a Father's Day Bike event. About a dozen Rotarians joined me on my way to the The Banting House - Birthplace of Insulin in London ON. Amazing that the Curator of The Banting House reached out to me and offered to open its doors on their day-off for a private tour of Canada's historical monument. Did you know that Sir Frederick Banting sold the patent to insulin for 1 dollar? Quite an amazing man. He should have been a Rotarian. Dr. Banting's work was done in University of Toronto. It was perfect timing to do the EPIC Journey Against Diabetes to the Toronto Convention. The Birthplace of Insulin along the EPIC Route and its development just blocks away from Metro-Toronto Convention Center.

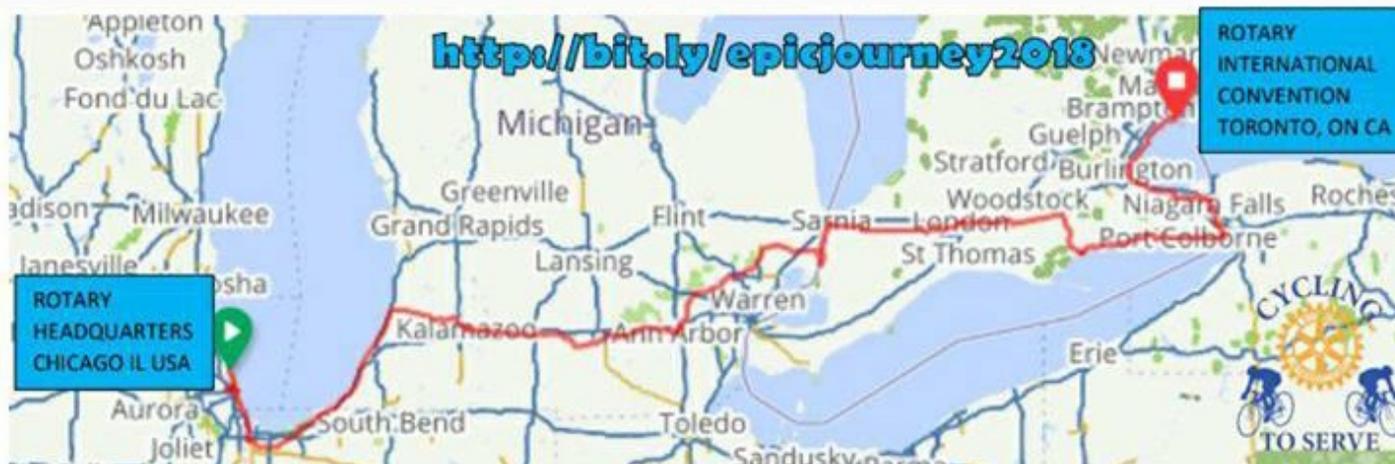


The weather was a mixed bag throughout the EPIC Journey. Michigan was humid turned rainy. Part of Ontario was warm mixed with misty and cold and finally on the approach to Toronto, it was windy and cold! Canadians were so friendly everywhere I went. Motorists were always respectful of bicyclist.

Outside of not being in top riding form, I had a knee issue after I slipped while starting from a traffic light. I got so worried that during the last 130k of the EPIC Journey that I'd have to abandon. My good friends and co-boards members of C2S, Kristin Brown and Tom Drennan kept me motivated to keep going. Thank you Kristin and Tom! Rotarians Kristin, Tom and Ryan Twose joined me in Niagara Falls, Ontario on the last leg of the EPIC

Journey. Ryan grew-up in Niagara Falls and was helpful in navigating around Niagara Region, Thank you Ryan. Riding into Downtown Toronto was just fantastic. We were on the waterfront trail and the Toronto skyline was our view going in. Lead by Marga Hewko, a group of Rotarians, Board Members Rotarian Action Group of Diabetes welcomed us at the Metro-Toronto Convention Center.

The EPIC Journey Against Diabetes was a huge success in many fronts. Thank you to all that participate organized and supported this effort to raise awareness about the fast-spreading Global Diabetes Epidemic. Meeting Rotarians, talking about the diabetes and riding my bike is definitely a combination that made this memorable experience.



Membership Mechanics

The Right Bike

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



Whether you bought your bike at a professional bike shop or from your brother, you will know if it's right just by riding it. If it feels good, you're good. If you are experiencing back, shoulder, knee or arm pain you may need to re-assess your bike.

Three things to consider when purchasing a bike: GOALS, BUDGET, BUTT (fit).

First - select a good bike shop and let those professionals help you find the bike that fits your goals, budget and butt.



you and the bike that fits your goals, budget and body.

GOALS. The first question; where are you going to ride? The mountains, roads, strand at the beach, inner city streets, work, or from San Francisco to New York.

Mountain bikes are made for trail and off road riding. They have geometry specifically for that. Road bikes are for riding long distances on paved roads. Beach cruisers are best for the beach and they usually have a cool cup holder for beer. A city bike for inner city riding and commuting should have fenders for rainy days.

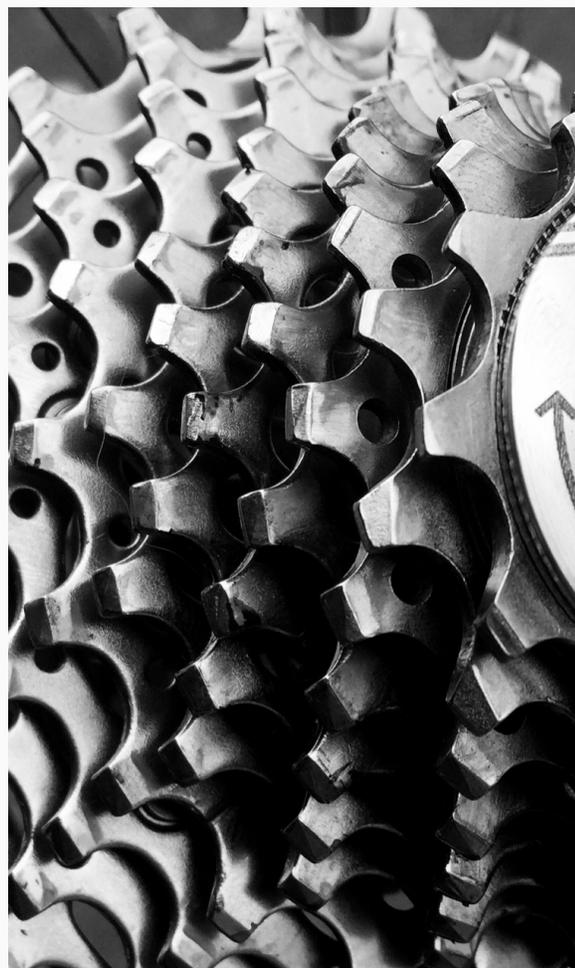
BUDGET will determine the bike components. Classic steel frame bicycles, are less expensive today. However, the older racing bicycles were made of cro-moly tubing which is strong, light weight and expensive. The most moderately priced aluminum bike with alloy components and a great price/value for the weekend warrior. Finally, carbon fiber bikes hold the top drawer for what you wish to spend. Look for some great deals on older models.

FIT. If your butt is important, the most important consideration is FIT. Buying a bike is like buying a pair of shoes. Do you buy them too big or too small? No. You first measure your feet to see what size they are. Then you try them on for width and comfort.

Same with a bike, “know your size. Here’s a standard way to determine bike size is an older method. Wearing flat shoes or the shoes you will ride with, stand over the bike directly behind the stem with feet close together. Now lift up the front wheel until the top tube is snug against the crotch. Measure the gap between the floor and tire. The gap can be between 6 and 20 centimeters.

Next your body and geometry comes into play. If you have long arms or longer torso then fit a bike with a shorter gap (larger bike). If you have shorter arms and you need a shorter distance between the saddle and the handle bar then a larger gap (smaller bike) is recommended.

There are more detailed considerations, but once you are in this ballpark ride several bikes. Just like in a shoe store. You put on the shoe and walk a little in them. This is good advice whether buying a car or bike. Don't buy the first one you see. Try out several. Take them for a long ride and see how they handle and how it feels. Once you buy your bike take it home and ride it. If it doesn't feel right the bike shop will be happy to make adjustments and get you the right bike and ride on.



Rotary Cycling Events

Get Ready Now for the D5500 Ride To End Polio in Tucson!

Are you going? *Wait! What?!* You better reconsider that, "*Not this year...*"

Tucson in November... in my experience... it is the best place to ride! USA/CAN Cycling To Serve Board 'adopted' the Ride To End Polio as our Fellowship's annual ride. The the past two years, we've been able to contribute portion of our dues to help D5500 in the running and management of the ride.



The 2017 ride raised \$11.7 million including the generous match from the Bill and Melinda Gates Foundation. Since its inception in 2009, the ride has generated \$47 million for Rotary's efforts to eradicate polio, enough money to buy tens of millions of vaccinations, protecting countless children worldwide from this terrible disease.

The ride has something to suit everyone's abilities and desires. You can choose to ride 25, 50, 75 or 103 miles. You can also join the C2S fellowship ride of 20-30 miles along the Santa Cruz River and Rillito River bike paths on Friday, November 16, if you are in town early.

Also this year, the District is rolling out a great new jersey. This smart new design helps you stand out amongst your peers in any lineup. Of course you can order the jersey and help support the ride even if you cannot make it to Tucson this year.

Speaking of making it to Tucson, D5500 knows that some years, you just can't make it. So there is a way to support the ride while riding your bike at home or in the gym. You can find out more information on the ride options and clothing on the [D5500 Ride To End Polio website](#).

See you there!

Check out our full listing of Rotary sponsored rides on our website: www.cycling2serve.us/events





News and Updates

Newsletter

Interested in Submitting an Article for the USA/CAN Cycling To Serve Newsletter?

By Jeff Ott, Immediate Past 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?

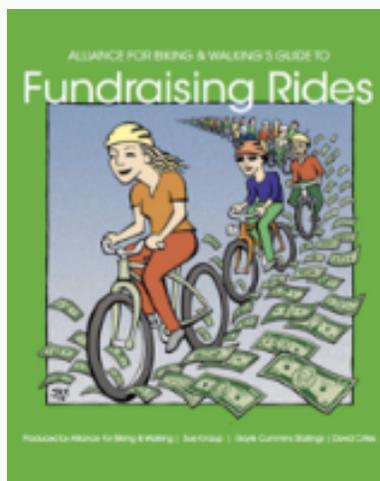
Here are some points to keep in mind when considering an article for the USA/CAN Cycling To Serve Newsletter:

- 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 education regarding how Rotarians can use cycling as a means for fundraising 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 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 the 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 organizing event planner while offering new tips and ideas to veteran ride

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 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 selected 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!





facebook

Facebook Anyone?

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

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

STRAVATM

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)

Colleen Radich - Events (events@cyclling2serve.us)

Kristin Brown - RI Coordination

Jeff Ott - Past VP USA/CAN, Newsletter (newsletter@cyclling2serve.us)

Cycling To Serve Rotary Fellowship





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