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## Fall! Fresh Colors and Tucson

Greetings!

Fall is a special time of year for the USA/CAN Cycling Fellowship. It is not the abundance of apples, cornstalks or scarecrows. It not the pumpkins and goblins, though we will admit, all the candy laying about is tempting... What makes the Fall special is the [Ride To End Polio](#) in Tucson, AZ. We adopted the RTEP as the Fellowship's annual ride in 2017. It has been ridden many times before and since by many C2S members from around the world! The ride is on Saturday, November 23 this year.

The day before, the Fellowship has its own social ride to just roll along the bike path around Tucson at a casual pace. Later that evening, D5500 holds its RTEP dinner. The ride is from 8:30-11:30a and ends with a lunch at a local pub. (Bring money.) This is a fun social event to recognize the work of the District and to 'carbo-load' before the ride! You can sign up for the social ride on Facebook: <https://www.facebook.com/events/519883965239289/>

I hope to see you there. If not this year, next year!!

I am pleased to announce that we have added a new board member to assist Tom Drennan in our membership activities. As you may know, Tom, is District Governor elect for 2020-21. He is in the process of shifting his attention to the upcoming year starting in July. As a result, Roland Martin, his friends call him "Raleigh", has graciously accepted the position in membership. He will be reaching out to Rotarians in the East and Southeastern USA to help build our membership. We can use your help throughout the USA and Canada as well. Please contact Raleigh, [raleighmartin1@gmail.com](mailto:raleighmartin1@gmail.com), for more information.

A very big welcome to our new members since July. We are happy to see more members coming from the east coast and Canada.

- **Marsha Brown** - Rotary Club Brentwood - Brentwood, CA, USA
- **Jon Bullock** - Rotary Club Colleyville - Colleyville, TX, USA
- **Mike Crosby** - Rotary Club Brentwood - Brentwood, CA, USA
- **Denis DeBakey** - Downtown Rotary Club of Houston - Sugar Land, TX, USA
- **Martin Gordon** - Naples NY Rotary - New York, NY, USA

- **Paul Heitmann** - Hilton Head Island Rotary - Hilton Head Island, SC, USA
- **Linnet Kwok** - Belmont Rotary - Belmont, CA, USA
- **Roland Martin** - Rotary Club of Churchland . - Chesapeake, VA, USA
- **Gary Miller** - Avon-Canton Rotary - Canton, CT, USA
- **Merle Robertson** - Western Henrico Rotary . - Richmond, VA, USA
- **Paul Walter** - Hilton Head Island Rotary . - Hilton Head Island, SC, USA
- **John Younie** - Edmonton Northeast Rotary - St. Albert, AB, CAN

Cycling is great, but it's even more special with Rotarians! Share Cycling2serve.

**James Morrison**

Albuquerque Del Sol Rotary Club

## Cycling Mechanics

### Have Bike - Will... Must Travel!

*by Edwin Velarde, USA/CAN Cycling To Board of Directors, President, Rotary Action Group for Diabetes*



Many are apprehensive of travelling with their bike. "I can just rent where I'm going?", "Too expensive to pay for oversize luggage!", "Too much hassle taking my bike apart and reassembling."

Well, I've been taking my bike on every EPiC Journey Against Diabetes, Holidays and all the years I participated in Ride to End Polio at the El Tour de Tucson. I find it quite convenient and more importantly, I don't have to worry about bike fit.

Here are some reasons why I travel with my bike:

- Typically, shops do not deliver bikes to hotels. Coordinating pick-up and return is a lot of work.
- The geometry of the rental bike is unknown most of the time. The bike fit adjustments will not be the same with the bike I train

with.

- The crankset/cassette combination will not be what I am used to. A lot of times, shorter gearing.

During the EPiC Journey Against Diabetes, my arrival city is not the same as my departure city. If I did not take my bike, coordinating returns would have been unreal. Last Summer, I started in London, UK and finished in Hamburg, DE. I'm glad I took my bike with me.

There are a couple of ways to travel with your bike. One is using a bike shipping service. I understand FedEx offers this service. ShipBikes.com is another service that is worth looking into. C2S BOD, DGE Tom Drennan use this option. Bike shipping service seems to be a great way when travelling domestically in the US. I remember looking into shipping service before travelling to Asia last August and the rates were unthinkable for me.

I travel to Asia, Europe and around the US using my own bike case. [SciCon](#) has a soft bike case that I find very convenient to use by following these easy steps:

1. Take the wheels off

2. Mount the bike onto the quick release adjustable frame in the case and secure the bike.
3. Secure and protect the rear derailleur. I missed this step once... Never again.
4. Place the wheels (with the tires deflated) in the side pockets
5. Zip-up the case and I'm ready to go.

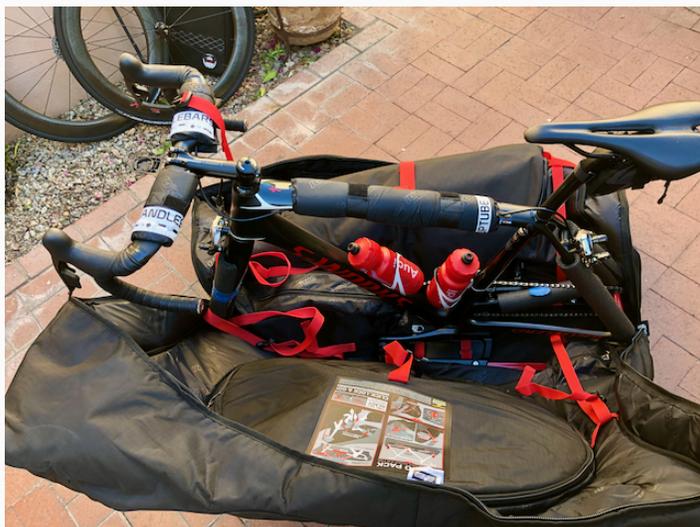
Over the years of travelling, I found some bike friendly airlines that do not charge for the oversize bike case. The bike case is simply included in my luggage allowance. For example, in Europe – Virgin Atlantic & Air Canada. Across Asia – EVA Airlines, Japan Air Lines & Cathay Pacific. In the US – Southwest, Alaska Airlines.

Many airlines have not jumped into the bike friendly wagon yet (but it's changing) so always check your flight's bike policy.

Follow the link of the video of unpacking my bike for the EPiC Journey Against Diabetes from Chicago, IL to Atlanta, GA. - <https://www.facebook.com/hssser/posts/10213074520994912>

If you are going on a trip and want to take your bike, I recommend you reach out to your friends and try different bags or cases. Or, even rent one from a local bike shop or club. There are several different options from the soft-sided case TSA 3.0 model I use from SciCon (photos below) to hard-sided cases, to bags with air bladders, to cardboard boxes stuffed with newspapers. Try whichever interests you and know when you buy one, you are buying one you'll trust!

Hope to see you in Tucson for the Ride to End Polio with your bike to enjoy cycling even more!



My bike is all strapped into the case. All I need to do is slip the wheels into the padded side pockets and I am done!

With the wheels on the bottom of the case, it is easy to move down the airport concourse! Next stop... Tucson, AZ!



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

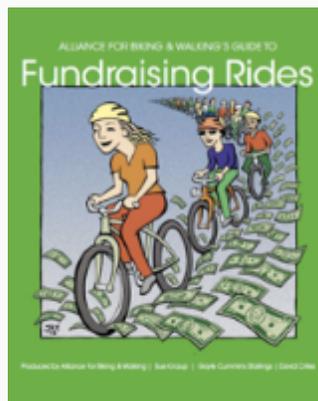


We are always looking for new articles for upcoming newsletters. Did your club have a successful cycling event this year? What did you do right? What did you do differently? Did your club have a not-so-successful event this year? Can you share your lessons learned? What would you do differently?

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 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@cyclining2serve.us](mailto:newsletter@cyclining2serve.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!



### 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)  
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



[www.Cyclling2serve.us](http://www.Cyclling2serve.us)  
[Facebook.com/cyclling2serve/](https://Facebook.com/cyclling2serve/)  
[strava.com/clubs/Rotary](https://strava.com/clubs/Rotary)

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