



Winter 2020 Newsletter - Rotary Fellowship of Cycling to Serve



By: James Morrison

Vice-President of Rotary Fellowship of Cycling to Serve USA/CA

Rotary Club of Point Loma, San Diego California

Greetings,

And we begin to enjoy the holiday season and close out 2020, I think we all agree that it is has been one eventful year!

On the lighter side, we are happy to introduce 19 new members scattered throughout the USA, CAN, MEX and PHL.

Colleen Bonadonna	Barhamsville, VA
Gary Bren	Omaha, NE
Alfred Current	Port Charlotte, FL
Raúl Alberto De Arcangelis	Xalapa, Veracruz, MEX
Joseph Alexander Delgado	Mandaluyong, Metro Manila, PHL
Richard Denton	Sudbury, ON, CAN
Rick Doganiero	Wellsboro, PA
Jack Dortch	Chambersburg, PA
Tom Kolepp	Bethlehem, PA
Tom Kosanke	Penfield, NY
Cheryl Moss	Clarksville, TN
Heather Murray	Pocatello, ID
Dick Norquist	San Diego, CA
Cindy Petted	Cedarburg, WI
Linda Pierschalla	Port Washington, WI
Richard Randolph	Lenexa, KS
Bruce Sexton	Hermiston, OR
Felicia Stovall	Williamsburg, VA
Karen Zerhusen Kruer	Edgewood, KY

The Pactimo Rotary Team Store apparel store is open and will close for production December 31, 2020. We have added some new items since the original rollout in June, so check it out.

We wish you Happy Holidays to all. Please cycle safe and continue to share cycling with our Rotary friends.



By: **Edwin A. Velarde**

Past-President of Rotary of Westlake Village, California

President of Rotary Action Group for Diabetes

BOD of Rotary Fellowship of Cycling to Serve USA/CA, Public Relations & Newsletter Editor

A Look Back, Pre-RTEP Social Ride and Warm-Up

The C2S Pre-RTEP Warm-up & Social Ride was a great success once again. Rendezvous was at the Hotel Tucson City Center. Rotary Staff and Rotarians from France, Australia, Canada and United States joined us for a ride on the The Loop and around the City of Tucson. The Loop is a well-maintained network of shared-use paths in metropolitan Tucson, comprised of 131 miles of paved trails dedicated to cyclist, pedestrian, and equestrian use.

Ralph Philips (owner of Fair Wheel Bikes), lead the 20+ miles ride. We had lunch at the Time Market Café in the middle of town. Thank you Rotarian Ralph! The clear Friday morning started with cool desert air and a mild breeze. Midway through the ride, temperature went up to 70-degrees (F) made the ride very pleasant.



Cycling to Serve Board Members, James Morrison (Pres), Kristin Brown, Tom Drennan, Jeff Ott and Edwin A. Velarde participated along with Fellowship of Cycling to Serve International President, Jean Luc Berge from France and Cycling to Serve



By: Jeffrey L. Ott

Past President of Gateway Rotary, Lacey, WA (2017-2018)

Secretary/Treasurer of Rotary Fellowship of Cycling to Serve USA/CA

Winter Training Now Has Options

Winter has long been the bane of a cyclist's year, well – at least for those of us in the Northern latitudes. Once the cold and freezing weather hit, we'd hang up our two wheels and switch to an alternate sport, such as cross-country skiing, running or just head to the gym. A few of us would try rollers. Those were OK as they help develop a smooth pedaling technique and balance... but they're not for anyone but the most devoted. Some of us adopted winter as a time for riding mountain bikes in the snow, but until the advent of bikes with four to five-inch tires, that didn't really work well.

Winter was accepted as a time of losing some fitness

Computer-Connected and Controlled Training

Far and away the biggest growth in the area of training on a bike has been the 'smart-trainer'. These devices are like the old turbo-trainers or wind-trainers but on steroids. To use one, the back wheel is removed from the bike and the bike is mounted to the trainer. The cyclist pedals the bike and a computer changes the resistance the cyclist experiences, based upon a training application. Of course, today all of this can now be running on a desktop, cellular phone, or tablet. It really is amazing!

In addition to a smart trainer, you will need a heartrate monitor and if you can, a power meter on your bike. However, that is optional as most of today's computerized trainers have a built-in power meter.

I am not going to go through all the pros and cons of the different trainers or applications available. Reviews are widely available on the Internet. One of the most trusted and respected resources for non-biased insights of cycling equipment is the DC Rainmaker site: <https://www.dcrainmaker.com>. Check his reviews of all the trainers, applications and more.

I will touch on the two basic types of training applications, as illustrated by the leaders in the space: Zwift and Trainer Road.



Zwift

I've been using Zwift since the beta days. On Zwift, you ride in a virtual world as seen on an attached computer display. You have an avatar riding a bike, representing you in the virtual world. There are several available 'worlds' you can ride: Watopia and then several rotating real locations such as London, Paris, Richmond, and Innsbruck. You pedal your bike and 'ride' the roads and streets of the virtual world, while the computer controls the resistance of your trainer to simulated the uphill and downhill of the virtual world. The real appeal of Zwift is that it is a multi-player world. So, while you ride, you see many other cyclists who are also riding in their own homes, on a trainer, connected to Zwift over the Internet. You can interact with other cyclist, race them, draft them, and beat them in sprints. If you don't want to race other cyclist or you want a specific training plan (such as a springtime Rotary Century), Zwift also has many training plans you can follow.

TrainerRoad

If you are goal and numbers driven, then you might consider a program such as TrainerRoad. TrainerRoad is built for any cyclist with specific training goals, such as a long ride (I am thinking *The Ride To End Polio*), or race or any event you want to complete. This program has no virtual world, though they do have a 'group workout mode' – like training on Zoom – with several of your friends. Its focus is to make you a stronger, faster cyclist. To set up your plan, you enter your target events on a calendar including its importance to you, the mileage and the expected completion time. It then builds a training plan to help you hit your obtain your goals.



Closing Thoughts

I've used and still use both of these apps on my trainer and bike. For my tastes, I prefer TrainerRoad as my primary workout tool, and Zwift for casual spins. Many of my cyclist friends like the social aspect of Zwift and ride there. The important thing is that both of these apps (and many others) keep your legs spinning through the winter. Once the weather breaks and you are able to ride outside, you will have not lost much fitness and physically be in shape to enjoy long rides with your friends earlier in the season.

Winter training has changed for today's cyclist. Check with other cyclists and explore what is available before subscribing to any indoor training program. Test ride them. Most importantly, use the one, the setup, that will keep you motivated and training through the winter months. Because in the sprint, you will be happy you did!



By: DG Tom Drennan

Rotary Club of Overland, MO

RI District 6060 Governor, BOD Member of Rotary Fellowship of Cycling to Serve USA/CA

Top Reasons Riding, Charity Rides Rocks!

- 1: The chance to share your Rotary Story with likeminded people
2. The chance to ride in new areas that you may not have enjoyed before, with local support

of the opportunity to support worthy causes and show them Rotarians are People of Action.

Charity Rides Ideas

BikeMS Supporting the National Multiple Sclerosis Society. Bike rides in many areas around the United States. Web address is BikeMS.org Rider can sign up as an individual or as a team. The rides are very well organized with mileage options to suit almost all abilities. Great rest stops, and usually meals at the start, lunch and finish. Rides can be one day, or two day events. I have had the pleasure of riding in 20 plus Missouri BikeMS rides and at least 10 in South Florida, and a few others. In some cases local Rotary Clubs will manage and stock some of the rest stops.

Tour de Cure Supporting the American Diabetes Association. Most of these events are one day events, and like BikeMS they are very well supported. They currently have about 80 events in 43 states.

There are many more, and I suggest checking out the [Cycling2Serve](http://Cycling2Serve.com) events calendar. And if you travel be sure to check out Rotary Clubs at your destination by using the Rotary Club locator app.



Shipping your bike

Traveling with your bike can be done with some planning. Southwest Airline and Alaska Air offer rates of \$75 each way to take your bike on your flight. Another option is ShipBikes.com. The rates they offer are much less than if you took the bike box to FedEx yourself. They offer either door to door service, or you can pack your bike and drop it at a FedEx location, and have it shipped to either a FedEx location at your destination or to a hotel or friends' home or business. If you are not comfortable with getting your bike ready to ship, your local bike shop can help. Also check out YouTube.com for videos showing how it is done. If you want to do it yourself, I suggest packing and unpacking before you ship it off so you are accustomed to the process. The basics are, remove the pedals, take off wheels and remove the skewers, remove seat and the seat post, marking the post with a small piece of tape to mark the height you want. In many cases you can pack your bike shoes, water bottles and a few other things in the box.



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