

Newsletter



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Alejandro St. Jean taken
on Sept 4th 2011

Presidents Message

Hello everyone,

The year is coming to a close and it's hard to believe because it has gone by so fast. We have accomplished a lot this year and I hope everyone has enjoyed the ride. The 2012 Leadership Committee is committed to helping Velo Allegro continue to grow and provide a fun and safe environment for its members. I would also like to thank the outgoing Committee members, Carlos Romero, Byron Von Korper and Reuben Arellano for their hard work and dedication this past year.

Here is to a great 2012!

Happy Holidays from your 2012 Leadership Committee:

Frank Said - President
Daniel Rojas - Vice President
Bill Pullano - Treasurer
Alex St. Jean - Secretary
Robb Word - Newsletter/Web Editor

Pedal Safe, Frank



Race Dashboard - Great Jobs Racers!

Name	Category	Type	Race Date	Event	Location	Results
Tim Lewis	Cat 4	Cyclocross	11/27/2011	Turkey Trot	Glendale	8
Matthew Panzarella	Cat 3	Cyclocross	11/27/2011	VA State Championship	Charlottesville, VA	9
Frank Said	55+	Cyclocross	11/27/2011	State Championships	Glendale	2
Tim Lewis	Cat 4	Cyclocross	12/4/2011	CXLA	Los Angeles	10
Frank Said	55+	Cyclocross	12/4/2011	CXLA	Los Angeles	4
Frank Said	55+	Cyclocross	12/5/2011	CXLA	Los Angeles	7
Tim Lewis	Cat 4	Criterium	12/11/2011	Upgrade Crit	Dominguez Hills	12
Tim Lewis	Cat 4	Criterium	12/11/2011	Upgrade Crit	Dominguez Hills	17



Frank Said at the CACX State Championships on 11/27. Frank held his position throughout the 40 minute race and finished 2nd overall in the 55-59 age category for a silver medal podium finish. Way to go, Frank!

MTB Photos of the day by mtbgreg1

Week in Review: Photos of the Day - posted December 10, 2011 by mtbgreg1
Many thanks to all of the skilled photographers that submitted the photos featured this week! Just look at this beautiful, eclectic arrangement of mountain bike photos from all corners of the nation and all aspects of the sport:

Article is from - <http://www.singletracks.com/blog/mtb-photos/week-in-review-pods/>



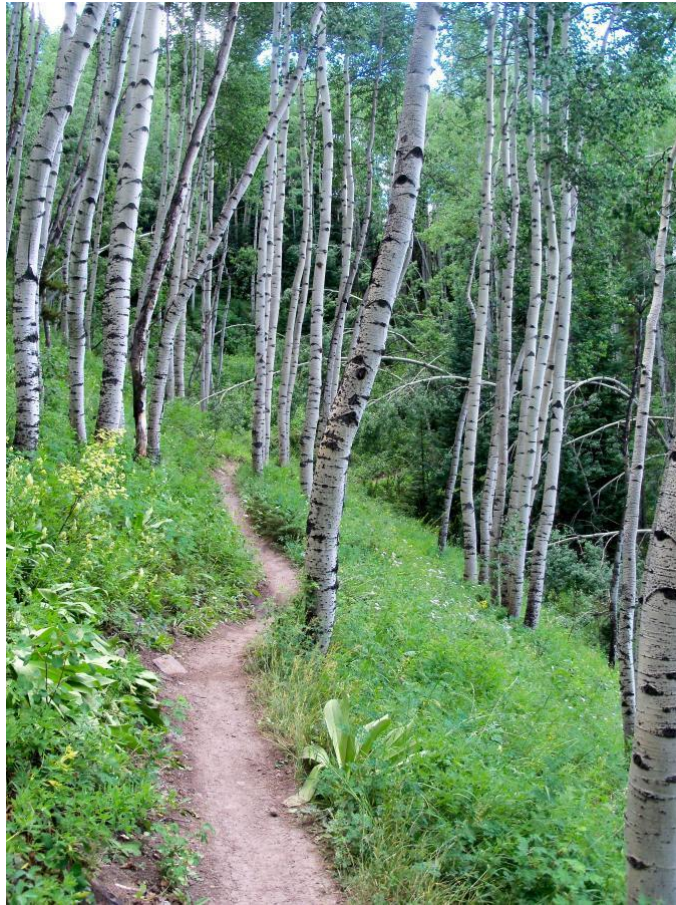
"Buffalo Creek, CO Sunset." Photo: Todd Culter.



Trail: Seven Springs, PA. Photo: element22.



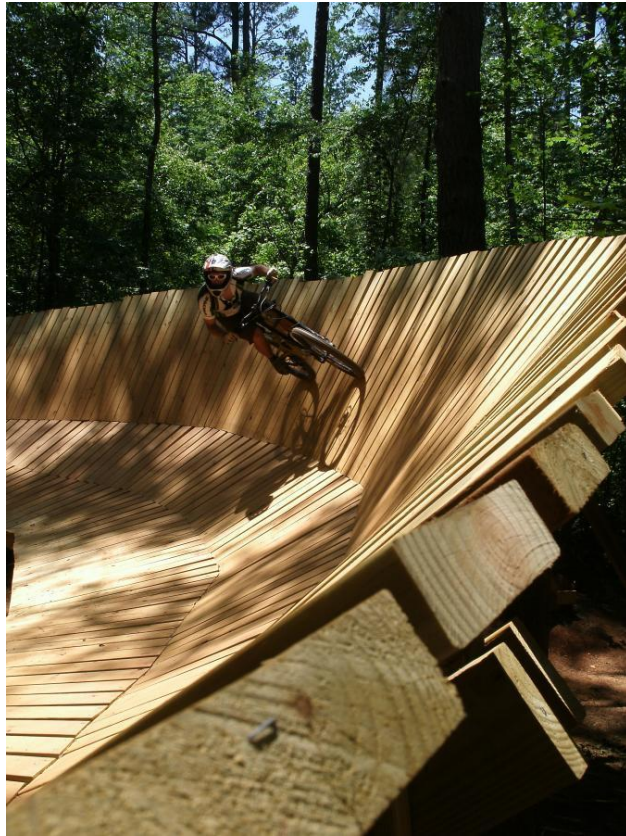
“Evening fades on a pair of riders in the 2010 24 hours in the Old Pueblo, Tucson, AZ.” Photo: Daniel Christianson.



Trail: Strand Hill, Crested Butte, Colorado. Photo: mtbgreg1.



Rider: Daniel Christianson. Trail: Sweetwater Preserve, Tucson, AZ. Photo: Daniel Christianson.



*Rider: mtbgreg1. Trail: Quehl Holler, Blankets Creek in Woodstock, Georgia.
Photo: GoldenGoose.*



*Rider heading towards Devil's Pass on the Resurrection Trail, AK during the
2011 Soggy Bottom 100. Listed as one of the top 100 most grueling events
on the planet. Photo: Daniel Christianson.*

Alps 2 Ocean Cycle Trail

Trail Tuesday: Alps 2 Ocean Cycle Trail, New Zealand
posted December 13, 2011 by Jeff Barber



Winter is officially just a few weeks away for us here in the US and Canada but in New Zealand, the summer is right around the corner. And just in time for the start of the mountain biking season, the Alps 2 Ocean Cycling Trail is opening several new sections to riders. When it's fully completed in November, 2012, the Alps 2 Ocean trail will span 312km (about 200 miles) from the base of Mt. Cook (highest peak in New Zealand) in the southern Alps to the coast at Oamaru.

The Alps 2 Ocean trail is a part of the New Zealand Cycle Trail and is funded by the New Zealand Ministry of Economic Development. The idea is to develop and promote 18 great rides that showcase the natural beauty of New Zealand and each ride is rated easy, intermediate, or advanced. Most of the rides are designed as multi-day routes and there's at least one ride in each region of the country.

Rated as an easy ride, the Alps 2 Ocean trail can be conveniently ridden as a 6 day trip with stops in various villages offering places to stay and eat. The trail starts 780m (2,500ft) above sea level which means you're riding mostly downhill all the way to the coast. Still, because this is rated as an easy trail I'm guessing it's all about the scenery, not the adrenaline. It's also not clear how much of the final trail will be off-road, though nearly all of the photos show natural surface tracks.



Alps 2 Ocean Trail (photo: nzcycletrail.com)

Fortunately, other parts of the New Zealand Cycle Trail, like the Waikato River Trail, St. James Cycle Trail, and the Old Ghost Road on the West Coast are rated advanced and the photos seem to back up the rating. All three trails can be ridden as multi-day epics from 1-4 days long, depending on your ability – and the number of times you stop to take in the incredible scenery!



St. James Trail (photo: nzcycletrail.com)



Old Ghost Road (photo: nzcycletrail.com)



Old Ghost Road (photo: nzcycletrail.com)

The New Zealand Cycle Trail website has photos and information about each trail, making it easy to plan your own off-road, multi-day bikepacking trip in God's own country. The best part: mountain biking in New Zealand gets you on the bike in January when the rest of us are still shivering in our thermal tights!

Article is from - <http://www.singletracks.com/blog/mtb-trails/trail-tuesday-alps-2-ocean-cycle-trail-new-zealand/>

Strength Exercises for Cyclists in the Off-Season

A Time to Build: Strength Exercises for Cyclists in the Off-Season

Jump-start next season by getting stronger now. By Chris Carmichael

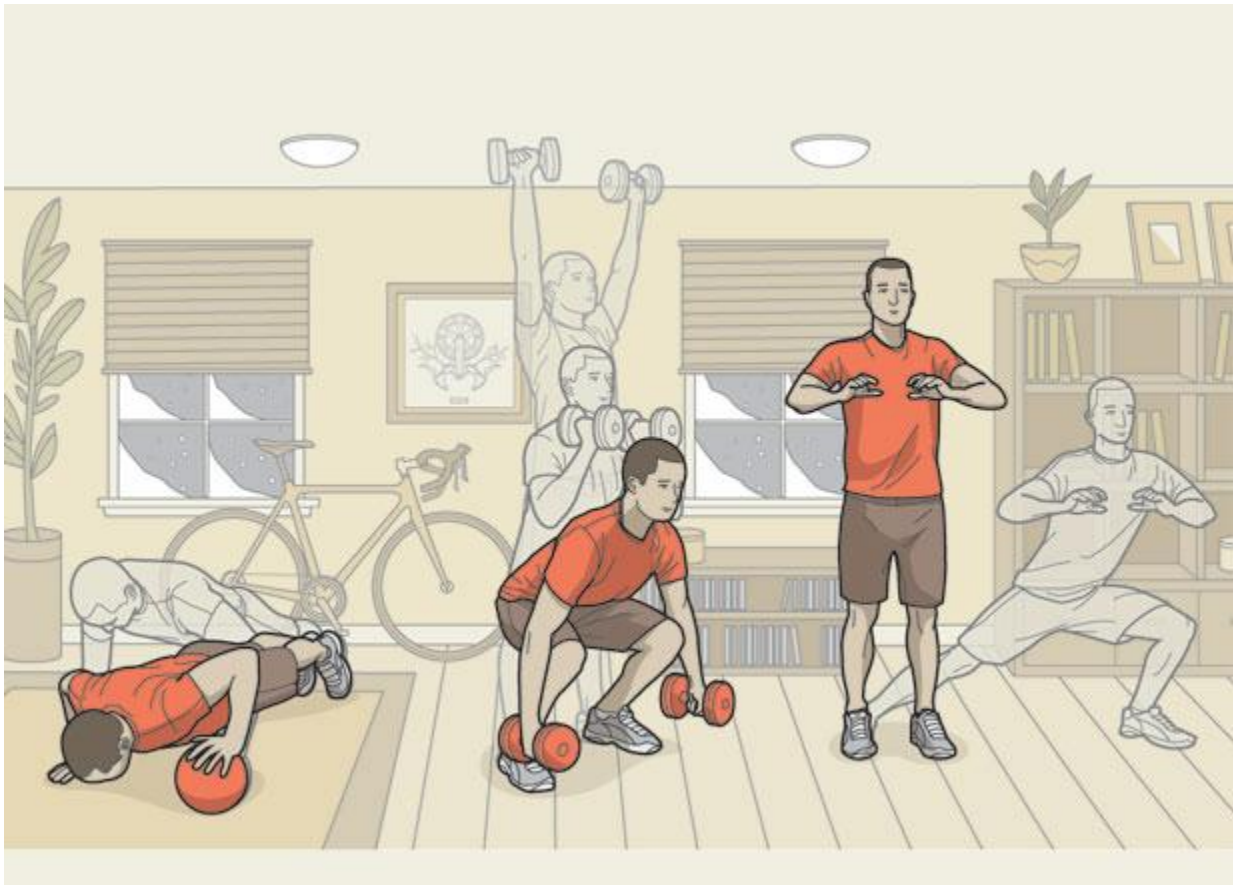


Photo: Charlie Layton

RELATED CONTENT

FEATURE: Efficient Fall Workouts

FEATURE: Are You Fit to Ride?

While winter weather can wreak havoc on your riding routine, the colder months are a great opportunity to build a foundation for spring. Off-season strength and mobility training will lower your risk of pulling a muscle while shoveling your way out of the most recent Snowpocalypse, and also help you become more efficient on the bike—so you can ride faster with less effort. To get those benefits, I suggest all cyclists incorporate the following three exercises into their strength programs. One important caveat: If you have limited training time, you should spend it on the bike. After all, you're a cyclist, not a bodybuilder.

Your Off-Season Moves

Work three sets of each exercise into a 30-minute strength session two or three times a week.

Push-Ups

The stronger your upper body, the less prone you'll be to fatigue on long rides. Use a wider arm stance to focus on chest strength, a narrower one to develop your triceps. To make push-ups harder, elevate your feet or put one hand on a medicine ball and one on the floor. Aim for 20 repetitions per set. To prevent imbalances that could lead to poor posture or even injury, your workout should also include a pulling exercise that targets your shoulder blades and upper back—such as a bent-over dumbbell row.

Dumbbell Squat/Overhead Press

Improves hip and lower-back mobility, so you'll generate power through more of the pedal stroke. With your feet shoulder-width apart, set a dumbbell on the floor outside each foot. (Use a weight you can lift 20 times.)

With your eyes forward and chest high, push your hips back and bend your knees until your thighs are parallel to the floor. Grab the dumbbells and stand up. Curl the weights to your shoulders and press them over your head. Reverse the moves, touch the weights to the floor, and repeat. Do 20 reps per set.

Lateral Lunge Loosens inner-thigh muscles.

When they're tight, you'll tend to scoot forward on the saddle to effectively lower your seat height, which robs you of power. Stand with your feet shoulder-width apart. Step wide to your left, keeping your right foot flat on the floor and your right leg straight. With your head up and chest high, push your hips back and squat until your left thigh is parallel to the floor. Return to the start position; repeat on the right side. That's one rep; do 15 to 20 per set. Beginners: Start with a 45-degree lunge, stepping diagonally forward.

Article is from <http://www.bicycling.com/training-nutrition/chris-carmichael/time-build-strength-exercises-cyclists-season>

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	<p>Velo Allegro is proud to be sponsored by many of the best companies in the business. Their continued support makes our club possible and the quality and service they provide to the community, is consistently top notch!</p>	

Editor's POD – Picture of the Day



VA Riders in the early 90's

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