

Newsletter



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“Quote of the Month”

To kill myself to stay on the wheel or just kill myself into the wind dropping off? Same difference, same training effect, I guess”.

Jodie Swallow –
Professional Triathlete



Presidents Message

Hello Everyone, 2012 is just underway, but we are already off to a great start! Our members are out in force in their new kits and looking great! Here are some of the highlights so far in the new year:

New Year Day Ride - How about that ride? We had great representation all the way to the end.

Strong Weekend Numbers - I am encouraged to see the healthy number of members who have been consistently out on our weekend rides.

Racing Program – We have strong member interest in our racing program and promises for an exciting year. We have several new members who have come on board specifically to race with us.

Doing It In The Dirt - We have a growing group of members who are taking charge and organizing fairly consistent mountain bike rides within the club.

Solvang Century - Our club is targeting the March 10th Solvang Century as our first century fun ride of the year. We should have a great turnout so go online and sign up now if you want to participate.

Velo Allegro offers many opportunities for our members to have fun on two wheels. This year is all about providing a fun and safe environment for you to meet your cycling goals. Please feel free to provide whatever feedback and expertise you may have to help us be even better.

Here's to having a fantastic 2012! We are off to a great start!

Pedal Safe, Frank

Race Dashboard - Great Jobs Racers!

Name	Category	Type	Race Date	Event	Location	Results
Frank Said	Masters 55+	Cyclocross	12/18/2011	Los Angeles CX	Los Angeles	3rd
Frank Said	Masters 55+	Cyclocross	12/31/2011	Woodland Hills CX	Woodland Hills	5th
Ricky Shorts	55+	Crit	1/15/2012	Ontario Series	Ontario	8th
Ricky Shorts	50+	Crit	1/15/2012	Ontario Series	Ontario	10th
Ricky Shorts	45+	Crit	1/15/2012	Ontario Series	Ontario	17th
Tim Lewis	Cat 4	Crit	1/22/2012	CBR Series	Dominguez Hills	Pack finish
Tim Lewis	30+ 4/5	Crit	1/22/2012	CBR Series	Dominguez Hills	12
Ricky Shorts	55+	Crit	1/22/2012	CBR Series	Dominguez Hills	31th
Ricky Shorts	50+	Crit	1/22/2012	CBR Series	Dominguez Hills	38th
Chris Ingstad	Cat 4	Crit	1/22/2012	CBR Series	Dominguez Hills	Finished - crash
Chris Ingstad	30+ 4/5	Crit	1/22/2012	CBR Series	Dominguez Hills	10th
Lee Romans	Masters 55+	Crit	1/22/2012	CBR Series	Dominguez Hills	9th
Alex Saint-Jean	Pro 1-2	Crit	1/22.2012	CBR Series	Dominguez Hills	13



Great Resolutions for 2012!

Article is from - <http://www.chicagonow.com/easy-as-riding-a-bike/2011/12/a-cyclists-resolutions-for-2012/>

A Cyclist's Resolutions for 2012



By Brent Cohrs, December 29, 2011 at 9:15 am - Here are my top 10 bicycling resolutions for 2012. Feel free to add yours in the comments section below...

10. I will donate more money to bicycling advocacy groups. These not-for-profit organizations continually fight for my right to be on the road, the least I can do is provide some cash to help them succeed. Plus, I can always use another cool bicycling t-shirt...

9. I will refuse to be held accountable for the actions of any cyclist that isn't me. This includes pro cyclists accused of doping, city cyclists who treat traffic laws as suggestions, and that annoying guy at your office who claims he rides a 13-pound bike...

8. I will refrain from stopping complete strangers along the bike path and offering to adjust their seat to the proper height. I am not responsible for anyone else's knee pain and I am entitled to a good laugh while I'm out riding...

7. I will no longer roll my eyes and refrain from saying "gee, I'm sorry to hear that" whenever someone tells me they ride the same brand of bike as Lance Armstrong. That behavior is just plain rude. Besides, I wouldn't want someone to do that to me whenever I tell them that I drive a Dodge...

6. I will recommend kidney donation to any cyclist who asks me how to shave another 140 grams of weight off his bike. You only need one and it's cheaper than buying a new carbon fiber handlebar stem...

5. I will continue to flash the "hi" sign to cyclists approaching from the opposite direction, even if they appear to be triathletes who are clueless to cycling etiquette. They can't be expected to know everything about cycling if it's only one-third of their focus...

4. I will continue to shout "Bike Left!" as I prepare to pass walkers, runners, dog walkers, and stroller pushers on the bike path. I do this for my safety more than theirs. Plus, I like to see them jump when my voice startles them...

3. I will count to three and refrain from automatically responding with the single-finger salute when I encounter an inconsiderate motorist. If the urge is still strong after three seconds, however...

2. I will exercise the "wildlife response" when I encounter an errant cyclist while driving. I will assume anyone riding without a helmet and in the opposite direction of traffic is about as clueless and unpredictable on the road as a deer, opossum, raccoon, or squirrel...

1. I will ride more. I will take more short trips by bike instead of car. I will substitute gym time for bike time. I will find a way to ride every day that the weather is nice and even on days when it's questionable.

Best Cycling Advice I Ever Got!

Article is from - <http://www.bicycling.com/training-nutrition/training-fitness/best-cycling-advice-i-ever-got>

Training & Racing

The Best Cycling Advice I Ever Got

We asked some of the world's savviest pro racers for the single piece of wisdom they received during their careers that made the biggest difference in their riding.

By Bruce Hildenbrand



Photo: Jens Voigt channels Eddy Merckx when he races. (Getty Images)

RELATED CONTENT

Andy Hampsten, 1988 Giro d'Italia Winner

"Wrap your thumbs around your bar. Even some pros just lay their thumbs next to their fingers on top of the bar when they're not racing hard. But accidents seem to happen more often when people are relaxed than during the intense moments of a ride. Use your thumb as a hook, and you have a better chance of maintaining control during stupid accidents."

Chris Baldwin, 2003 & 2005 U.S. National Time-Trial Champion

"When I was 13, my boss at a bike shop told me that when he was racing, his upper body was so relaxed that his lower lip would jiggle with the road vibration. To this day, when I time-trial or climb I relax my face, and my body tends to follow."

Dave Zabriskie, 6-Time U.S. National Time-Trial Champion and 2-Time Tour de France Stage Winner

"Frank McCormack showed me how to dry my clothes. He laid out a dry towel, then he laid the wet clothes on the towel after he washed them. He rolled the towel up, then stepped on it, and finally wrung it as hard as he could. After that, you have to hang your clothes for only a little bit before they're dry."

Kimberly Bruckner, 4-Time U.S. National Champion and 2003 Pan American Time-Trial Gold Medalist

"Always wear gloves. I had a teammate who never did, and her hands looked like they were 80 years old. If I forget my gloves, I can't start a race until I find an extra pair. It's just my thing."

Christine Thorburn, 2004 National Women's Time-Trial Champion

"Plan ahead for shifting on climbs. If you put tons of pressure on the pedals when you shift, you can get stuck in a gear or drop your chain."

Tim Johnson, 3-Time U.S. National Cyclocross Champion

"I was told by a very close friend, much older than I am, to listen to everybody and believe no one--which basically means that you have to figure things out for yourself."

Ivan Basso, 2006 & 2009 Giro d'Italia Winner

"Eat early, go to sleep early. Don't eat bad food."

Bjarne Riis, 1996 Tour de France Winner

"Suffer. Sacrifice."

Jens Voigt, 3-Time Tour de France Stage Winner

"Eddy Merckx said, 'Attack when it hurts you because you know you are going to get away.' I just try to keep doing that."

Frankie Andreu, 9-Time Tour de France Finisher

"Take a nap every day. It's the most important part of training. I napped every day. It made the difference on every training ride."

Mari Holden, 2000 Time-Trial World Champion and 2000 Olympic Time-Trial Silver Medalist

"I think that the most important advice I got was more like a directive from my parents, and that was to wear my helmet. I was a rebel back then and would hide it in the bushes outside my house, but as the years went on I started to wear my helmet all the time, and now I feel naked without it. I have had some pretty bad crashes over the years and have always been thankful that I had my helmet on."



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Sponsor Spotlight – Surf City Cyclery

Surf City Cyclery was founded by Sean Flynn and opened the doors to its 11,000 square foot location in Huntington Beach in June 2006. As the former General Manager of Supergo Bike Shop in Fountain Valley , Sean managed a staff of 40 highly skilled employees for 13 years. Upon the sale of Supergo to Performance Bicycles, Sean decided to strike out on his own, armed with a handpicked management, sales, and service staff from Supergo.

Surf City Cyclery, a Specialized Concept Store, has enjoyed solid annual growth since its inception due to its core belief that customer service is paramount to the success of the business. This belief, coupled with the best selection of bikes, parts, apparel, and accessories, as well as a fully staffed Pro Service Department, have lifted the company to the level as the premier bike shop in Southern California . Thanks to the loyal patronage by its strong base of repeat clients, along with its ability to gain and retain new clients, Surf City Cyclery expanded its reach by opening its second 9,000 square foot location in Costa Mesa in January 2010.

Every member of the staff at both locations is a cyclist, many in multiple disciplines. Because of this, Surf City Cyclery is able to assist in every aspect of cycling and advise each client's individual needs. Surf City Cyclery considers itself a pro bike shop with a selection for every member of the family. Our bike brands include Specialized, Felt and Colnago. Their apparel brands include Specialized, Castelli, Capo Forma, Pearl Izumi, Giro, Mavic, and Fox.

The Service Departments pride themselves in specializing at the high end, although they provide service for all makes and models. From custom pro-builds to fixing a child's bike, they approach each customer with complete care and professionalism. Each department has well over 30 years combined experience in servicing bikes, and they stand behind their work.

Surf City Cyclery looks forward to providing excellent customer service to the members of Velo Allegro Cycling Club. If they ever fail in this effort, Sean has asked that you contact him directly.

Sean Flynn
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Cycling Nutrition

Cycling Nutrition Tips: Healthy Eating By Kelly Bastone

Eat Smarter

Six bad habits you didn't know you had and how to change them.

It's hard to break bad fueling habits if you don't even know they're problematic. That's why people repeat the same mistakes. "A lot of cyclists form bad habits because they don't think about food," says Suzanne Girard Eberle, a sports dietitian and author of *Endurance Sports Nutrition*. By recognizing your downfalls you can forge a routine that ensures optimum energy on every ride. Here are six common pitfalls and how to change them.

Skipping Breakfast

Some people aren't hungry in the morning. Others, says Eberle, pass on breakfast to trim calories. Neither is a good strategy, because undereating in the morning usually leads to increased calorie consumption later. Plus, eating breakfast replenishes your liver glycogen stores, which typically dip while you sleep. An ample supply of liver glycogen will stabilize your blood sugar as you ride to help keep your levels from spiking and prevent you from bonking.

Change it: If time is your problem, stock up on just-add-water breakfasts such as instant oatmeal. If solid foods seem unappealing in the morning, whip up a fruit-and-yogurt smoothie.

Experimenting at the Wrong Time

During a race, trying new foods and drinks usually spells disaster, but during training it's a great way to discover what fuels you best. "Training rides are prime opportunities to practice race-time eating and drinking strategies," says Eberle. Once you discover a winning formula, you'll approach your next big race or century ride with a fail-proof plan.

Change it: Test new foods on shorter rides before eating them on epics. Designate one day a week as "new foods day." You'll never discover your ideal fuel combos until you mix things up a bit.

Underfueling During Long Rides

Eating on the roll can be tricky. And drafting behind other riders can fool you into thinking you don't need to refuel. Eberle says cyclists often fail to take in enough energy to realize their potential during tough workouts or long rides.

Change it: Fill your bottle with a sports beverage rather than water and set your watch alarm to remind you to sip every 15 minutes. Make a game out of eating all the snacks you've stashed in your jersey: End the ride with uneaten food, and you lose.

Missing the Recovery Window

Eat within 30 to 60 minutes of ending your workout, and your body fast-tracks those nutrients to muscle repair and glycogen replacement. After that, you'll still benefit, says Eberle--just not as much. Put off eating, and you're more likely to feel tired from the effort, not stronger for the next one. That's a crucial difference when you're stacking big rides back to back.

Change it: Prep your recovery foods beforehand so they're ready for you to eat. Far from home? Pack a cooler with a sandwich and a salad.

Not Drinking after Rides

Too often, cyclists stop drinking when the ride stops. But because it's almost impossible to take in enough fluids while riding to fully replace what you've lost, cyclists end workouts dehydrated, which compromises recovery.
















Change it: Refill your bottle after your ride and down the contents within an hour.

Ignoring Seasonal Changes

Come winter, fewer hours of sunlight and snowy streets can curtail your time on the bike. If you don't trim calories accordingly, you'll gain weight by spring. "Eat according to your activity level," says Eberle.

Change it: Look at the duration and intensity of your winter workouts: If you're cranking hard as ever, eat like it's July. If not, pass on seconds.

Sponsor Section

 		
		
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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



Ron showing off his “saweeet” new ride to Kevin!!

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