

Newsletter



Presidents Message

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Carlos Romero and Bryon Von Korper taken during Ride the Bear on June 23, 2010

Happy 2011! Personally, I spent the last three months racing almost all of the SoCal Cross Prestige Series and it was a lot of fun. I moved up to the 55+ class this year and though the fields weren't as large in size as the 45+ class, it was still plenty competitive. I was happy with my overall performance for the series ending up 5th in my category. Now I just have to get more Velo Allegro riders out there participating in the best form of bike racing....cyclocross.

We had some significant accomplishments for 2010. The club sponsored and managed two races: the Signal Hill Criterium at Hughes Park and the El Dorado Cyclocross; overall membership grew by about 20 individuals; a Category 2 team was established; about 20% of our membership raced (criterium, road, TT, cyclocross, triathlon); club communication improved through our newly designed web site and Yahoo User Group; members had a 7 day a week support structure to meet their individual cycling goals; members received significant discounts on cycling related items through our generous sponsor support.

Of course we want to build upon our successes in 2011. A few of our major goals are:

- 1. Establish a training program for racers to increase racer participation
- 2. Use the racer training program to attract new racers to our club
- 3. Provide safe and structured rides for our recreational riders
- 4. Promote and support our sponsors

I want to thank our sponsors in 2010 for all their help and assistance in supporting our club:

- ARCO**
- Buono's Authentic Pizzeria**
- Cytosports**
- Easton**
- Kool N Fit**
- La Habra Cyclery**
- No Limits Sports and Fitness Academy**
- Oakley**
- Polly's Gourmet Coffee**
- Serfas**
- Voler**
- UPS**

I want to welcome three new sponsors to our club in 2011:

Brian M. Brown, M.D., Inc
McBrearty and Ware, Accident Lawyers
Surf City Cyclery

The New Year promises to be a good one for our club and I look forward to leading the way. I appreciate everyone's contribution and support to the club!

Yours in Cycling,

Frank Said

Racing Corner

Name	Category	Type	Date	Location	Results
Frank Said	Masters 55 +	Cyclo X	9/19/2010	Palos Verdes	1st
Frank Said	Masters 55 +	Cyclo X	9/26/2010	Irvine Lake	2nd
Frank Said	Masters 55 +	Cyclo X	10/2/2010	Bonelli Park	5th
Frank Said	Masters 55 +	Cyclo X	10/3/2010	Bonelli Park	6th
Frank Said	Masters 55 +	Cyclo X	10/10/2010	Chino Hills	5th
Frank Said	Masters 55 +	Cyclo X	10/16/201	Granada Hills	3rd
Frank Said	Masters 55 +	Cyclo X	10/23/2010	Irvine Camp James	4th
Frank Said	Masters 55 +	Cyclo X	10/24/2010	San Luis Obispo	3rd
Frank Said	Masters 55 +	Cyclo X	10/30/2010	Solvang	5th
Frank Said	Masters 55 +	Cyclo X	11/6/2010	Los Angeles	5th
Frank Said	Masters 55 +	Cyclo X	11/7/2010	Los Angeles	7th
Frank Said	Masters 55 +	Cyclo X	11/13/2010	LB EL Dorado	7th
Frank Said	Masters 55 +	Cyclo X	11/14/2010	LB Urban Cross	1st
Frank Said	Masters 55 +	Cyclo X	11/28/2010	Glendale (Districts)	4th
Frank Said	Masters 55 +	Cyclo X	12/4/2010	San Marcos	3rd
Frank Said	Masters 55 +	Cyclo X	12/5/2010	Palmdale	3rd
Frank Said	Masters 55 +	Cyclo X	12/19/2010	Woodland Hills	5th

Health Tips By Dr. Michael Day D.C., E.P



**LIFE'S TOO SHORT TO LIVE WITH PAIN,
INJURIES OR FATIGUE.**

A balance between the anterior and posterior muscle chains

One of the prime movers of the lower half of your body is the Gluteus Maximus. Its job is to extend the leg when pedaling, and should be the prime mover of this action. The muscle that lies opposite to the Gluteus Maximus is the Psoas Major, which attaches to the front of the hip.

Some great neuromusculoskeletal researchers have come before and mapped out, that certain muscles have tendencies to get weak, while others have tendencies toward tightness. One of the key people being Vladimir Janda MD, quoted from Dr. Craig Morris D.C. in his tribute article... "Armed with such a unique and vast clinical armamentarium, Janda started to integrate his knowledge with observed consistent patterns in various chronic pain syndromes. These patterns of muscular imbalances led to stereotypically altered postures; altered gaits; trigger point patterns; joint dysfunctions; and pain syndromes. He found this movement was neurologically mediated and required a comprehensive understanding of manual techniques, such as manipulation and muscle-balancing measures, and neurophysiologically based techniques to attain long-term improvement."

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How does this relate to cycling? One pattern Janda always discussed was the tendency for the Psoas Major to become Hypertonic or chronically shortened. The Psoas Major is a hip flexor, when the nerve signal comes from the brain down your spinal cord to lift your leg while walking/running/cycling, the Psoas is responsible. So what if the nerve signal never turns off? That is where cyclists run into trouble.

When the Psoas Major is hypertonic, it turns off the gluteus maximus, thus limiting the power of the main mover for powerful extension in peddling. This is called Reciprocal Inhibition. Since the Gluteus is not firing, other muscles step in such as the Iliotibial band, which predisposes cyclists to overuse injuries of the hip and knee as this muscle becomes inflamed. On top of that, it limits the power of extension at the hip, so the cyclist is often seen, generating power from other parts of the body, with body sway, too much hip movement, or overtight hamstrings from overuse. This can then cause low back pain, or even neck pain, as tight psoas limit spinal extension and the cyclist is seen protruding there neck.

In short, Psoas mobility and Gluteus Firing is essential to proper and powerful Cycling Form! If the imbalances has existed for some time, it's equally crucial to release the over compensating muscles and joints which have become imbalanced.

Myofascial Release Techniques such as A.R.T, PNF, PIR, Graston and Trigenics all are indispensable tools for the cyclists. Often times just stretching a shortened Psoas or strengthening a gluteal is not enough. The nervous system pattern is just too deeply rooted, and it takes a skilled practitioner to break up scar tissue and change muscle firing patterns hands on.

Sports Chiropractic can also be useful, as locked muscles, lock joints as well, lock joints change the way nerves fire, and nerve changes produce muscle imbalance. The most famous of all cycling chiropractors, Jeff Spencer, traveled permanently with the U.S. Postal team.

When stretching is enough, a great tool for athletes in active isolated stretching. Here is a great Active Isolated Psoas Stretch:

Lunge and Reach: 3 sets of 10 each side

(This stretch addresses the Psoas Major and Iliacus. These muscles are called the hip flexors and are one of the most common hidden causes of back pain)

*** Today's Tip: SPORTS DRINKS? ***

You just finished an hour-long aerobic workout and you are sweaty, tired and need an energy lift. Should you grab a sports drink to replace the nutrients lost during your workout? For most recreational athletes, sports beverages are generally not required when exercising for an hour or less. You can replace lost fluids with plain water.

However, it's important to drink moderate amounts of water before, during and after exercise. Then choose nutrient-rich, post-workout meals to keep your body in balance.

Source: American Dietetic Association

- 1.) Stand with your feet shoulder width apart.
- 2.) Take a deep inhale and begin to exhale slowly. (Your exhale should last for the entire stretch.)
- 3.) Lunge forward with one foot, making sure to not allow the front knee to go overtop the toes.
- 4.) Contract the gluteal muscle of the back leg. (This is a very important step!) This helps "turn off" the Psoas Major almost automatically.
- 5.) Reach the arm on the same side as the back leg up in the air. After 3 seconds return to normal and repeat on other side.
- 6.) This stretch can in place or by moving forward in lunge like steps.

Look for more on gluteal activation in the next article.

Cycling Power:

By Dr. Michael Day D.C., E.P

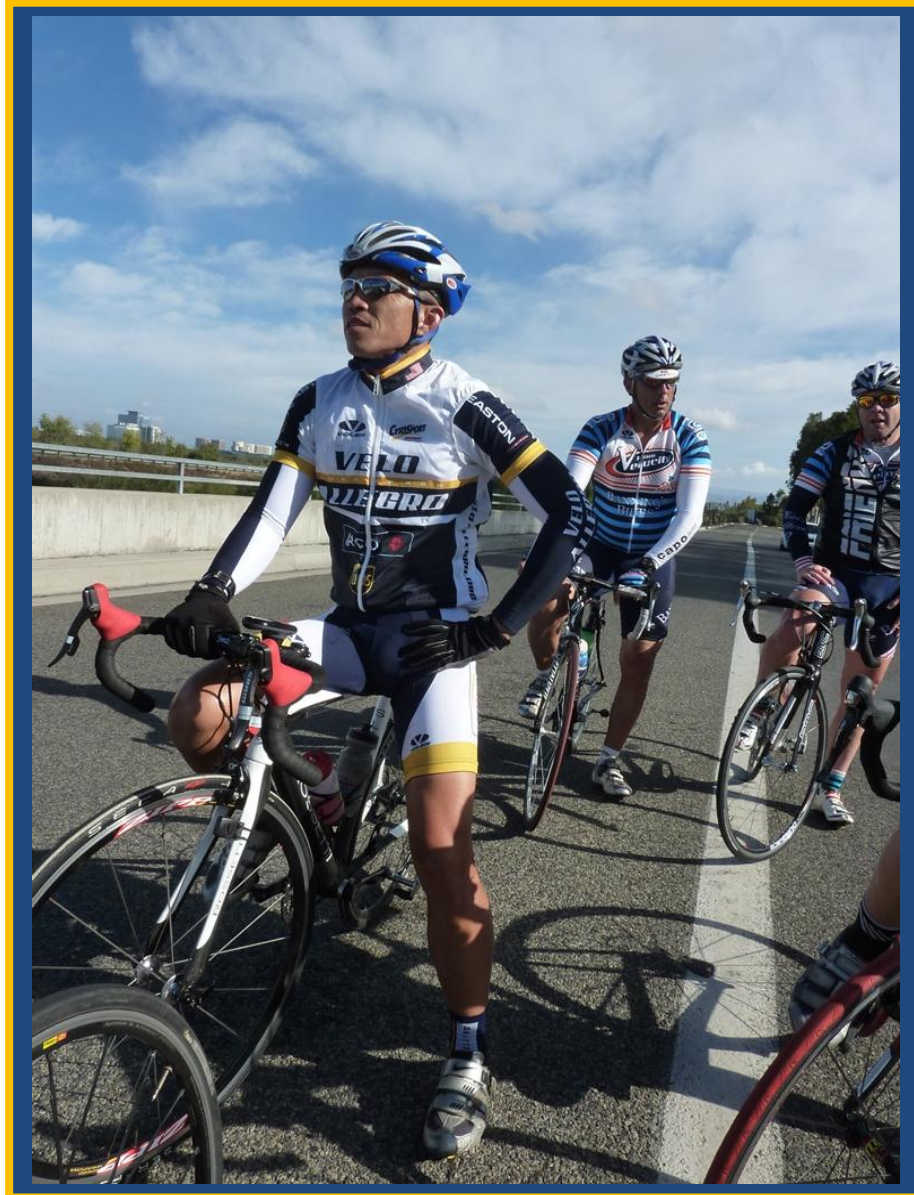
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Sponsors Section



Editors POD – Picture of the Day

Fil Labastido
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for the camera
October 24, 2010
near UC Irvine.



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