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Monthly Newsletter

May 2023

Upcoming Events



Summer Camp 2023

Where: Petaluma, CA

When: Friday, July 21 through Tuesday, July 25

This year's Summer Camp is a full week of riding in the Petaluma area. Routes have been mapped out for each day with most days having several ride options.

Interested? Make your reservations soon as this is a



Enduro Ride of the Month

popular destination for summer activities.

[Sign up HERE!](#)

See **CALENDAR** for more information.

Jim Rodgers Memorial Ride

Where: Grass Valley, CA

When: Sunday, May 7th, 9:00 am

SFCC will be again joining and supporting the Jim Rodgers annual memorial bike ride. Save the date and check the calendar for more details.

Jim was an avid cyclist who worked and lived in the Nevada County area. Jim raced over 20 times at the Nevada City Classic Bicycle Race and was a co-founder of The Tour of Nevada City Bicycle Shop. He was 53 years old when he was killed in 2010 by a distracted driver who drifted into the shoulder on Hwy 174 near the Bear River and struck him from behind. He left behind his wife Carolyn and 2 children. Carolyn organizes this ride annually to promote awareness of distracted driving and its deadly consequences.

Annual Memorial Day Ride and Picnic

Where: Meadow Vista Park, Meadow Vista, CA

When: Saturday, May 20th, 9:00 am

This is the clubs annual Memorial Day Ride and Picnic. There will be two routes available. Check the calendar for details.

May is Bike Month!

May is Bike Month is here!

The club's page can be found [here](#). If you haven't registered yet it's not too soon. If you registered last year you're still part of the group. You won't be registering your self again. There are so many ways to participate in MIBM! Check out the calendar [here](#).

Save The Date

The Annual SFCC Picnic is coming up on October 7th, 2023.

CALENDAR

Member Spotlight



Hi, I am Linda Apodaca and until recently I was the Friday Ride Leader Coordinator and a Friday Ride Leader. Being a ride coordinator for the club involves getting members to sign up to lead club rides. While helping the club in these roles I have met so many of you. When asked, consider taking on one of these roles in the club. I am sure glad that I said "Yes." I started cycling a road bike as a teen- that is if you consider a Toys 'R Us Ten Speed a road bike. I lived in Milpitas, spending my weekends and summers riding up Calaveras to go sailing. Some of you cycled this road as you made your way to Calaveras Reservoir on the March Enduro.

I stopped cycling while attending college, working, and raising kids. My three adult kids have their own children; I have five grandchildren. When my youngest child joined the military, empty nest depression hit me hard. I recalled my love for cycling and bought a Specialized Ruby from Oliver at Victory Velo in 2010. I searched out groups on meetup. I started riding obsessively and eventually leading rides with a women's group out of Folsom. When I quit working at Intel in 2018 I cycled across the US and shortly thereafter joined Sierra Foothills Cycling Club. The friendships that I have through cycling have enriched my life beyond measure. I love to fill my days with cycling, swimming, walking, family, and reading.

Club News

Website Update

Stay informed by checking out the new pages that have been added to the club site.

One of Our Own Competes at Redlands Classic



Our very own Nicole Steinmetz has been working hard for her race team, Virginia Blue Ridge 2024, at the recent 5-stage Redlands Classic 4/12-16. For the past 37 years, this has been the longest running invitational stage race in the country. Her team came in 1st in the team general classification as they took 1st, 3rd and 4th in the individual classification as well as a sweep of the podium in the stage 3 time trials.

Nicole is our resident 19-year-old only in her second year of bicycle racing. She is second from the right in the picture. Nicole is grabbing a lot of experience from the Olympians and World Champions on her team. She is currently doing final preparation in Tucson before her next really big goal at the 5-stage Tour of the Gila in New Mexico 4/26-30. Make sure you yell hello the next time she goes by you on one of our group rides.

Memorial Day Ride Raffle and Voler Booth

Voler will have a booth set up at the Memorial Day Ride on May 20, 2023 so members can ask questions and preview their wares. If we have a minimum of 10 orders, we will be able to purchase kits/clothing with the SFCC colors and logo.

We will also be holding a raffle. We are asking for donations from club members to be raffled off. Cycling items, artistic items, clothing items, food items. I know at least one member who makes the best chocolate chip cookies ever... last time we even had a hammock that generated a lot of interest! All donations are greatly appreciated.

The Memorial Ride usually has a large turn out, so if we just bought one ticket each, we can pay for most (if not all) of the cost of the event. Just stick a dollar bill in your pocket before the ride and buy one ticket. You might even win something. Please share this with any guests who may be attending as well.

If you have any questions, contact Deb Hallford directly at deb2don.dh@gmail.com.

A Word With Wig



CYCLING AND AGING

As I approach my 67th year of existence and find myself surrounded by my aging cohorts, I am inclined to share the knowledge of how to best combat and slow down the increasing frailty of aging.

A few disheartening prospects:

- Our VO2 max decreases about 1% each year after the age of 25 (That places me at 58% of my highest). VO2 max is the maximum rate of oxygen your body is able to utilize in exercise.
- Sarcopenia is the loss of muscle mass. After the age of 30, we lose an average of 5% of

muscle mass per decade (That's almost 20% for me, why am I gaining so much weight?).

- Other physiologic changes occur with age that affects our ability to exercise (Decreased cardiac output, blood pressure increases, arteriosclerosis, slower expiratory flow rates, lower max heart rate, neurophysiological cardiac irregularities, etc... The point is not to scare you but to recommend a better way to use cycling as a tool to increase health and performance.

In the next few newsletters, I'll be recommending a regimen that you can utilize and hopefully increase your cycling enjoyment and slow down time.

Tip 1: Embrace Zone 1/2

What is zone 1/2? Ride frequently, ride long, ride slow.

How frequent? Twice a week. Most of you are already scoffing. Yeah, you already ride more than that but do it my way and that is the most I will suggest.

How long? All you ex-endurance runners and May is Bike Month addicts, get miles out of your head. Notice I said how long not how far. Let's start thinking about time and not distance. Two hours is the minimum, three is better, and four is the best. If you think you are after any LSD benefits by riding for less than 2 hours, stay home and wash all the cars, vacuum the whole house, and clean the windows. You will be more productive and appreciated better.

How slow? Painfully slow! You might have to find your own group of sloths to do this. I keep my heart rate below 130 the entire time and I can still get my heart rate close to 200. Anything less than 65% of your max is great. Of course, an e-bike is perfect for this.

WHY??? Bottom line is we want to increase the number of mitochondria (cellular energy packets) in your slow twitch fiber muscles. Time cycling is important. If you go slow, you get to go long. If you go slow, you won't need to utilize those glycogen-sucking fast twitch fibers. If you go slow, you get to burn fat (Heck, if you go slow and don't have blood sugar problems you can skip breakfast or food for a couple of hours.) If you go slow, your blood pressure is low, your heart rate is low, you are keeping your ROS (reactive oxygen species) level low, and you are producing a lot of good endorphins for a long time. If you go slowly up a hill, you build power (more on that later). Another point is we are older. We need to target specific body systems one at a time to get the biggest impact and be able to recover and adapt to the challenge. Finally, if you go slow, you get a more even tan.

- Wig

Welcome New Members!

Rachel Degmetich

Karin Patton

Stay Connected

SFCC Website

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