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Monthly Newsletter
February 2024

Club News



1st Annual Cookie Ride!

Saturday, February 24th @ 9:30am
Loomis Basin Park

Embark on a cookie-filled adventure with not one, but TWO routes to choose from! And fear not, the journey doesn't end there—reward yourself with a sweet victory lap of cookies and coffee afterward.

Calling all cookie wizards! Unleash your baking magic and compete for the legendary Best in Show Cookie title. Rumor has it, the winner gets prizes so amazing, even unicorns are jealous. Let's turn this event into a sugar-fueled extravaganza that'll leave everyone on a sugar high!

Routes: Big Cookie and Medium Cookie 🍪

Questions? Please contact Pamela Connor at rides@sfcyclists.org

[Click here to RSVP](#)

Victory Lap: Auburn Cycling Club Honors Local Bike Shop for Longtime Support

Check out the article in the [Auburn Journal](#) about the presentation of SFCC's original jersey to be hung at Victory Velo Bike Shop.

Also, watch the **YouTube** videos on the event here:

[Victory Velo Jersey Presentation 1](#)

[Victory Velo Jersey Presentation 2](#)

New Weekly Ride 🚲

Easy Rollers is our new weekly ride for members who like to ride 11-12 mi/hr.

We've had multiple requests from members for this ride format and now to keep it going we need your support by being a ride leader.

As the Ride leader, **you can choose** the day of the week, the route, and the start time for your ride.

We have a few members that have stepped up to be a ride leader and we still need more. Many of the members that will participate in this ride are retired and spend some time traveling, so the goal is to get **8 ride leaders** that we can rotate through and then each **ride leader leads 1 ride once every two months**.

Upcoming Events

May, June, and July

A Trifecta of Multi-Day Rides!

All for your riding pleasure and getting together with your cycling buddies 👍😊.
SFCC has 3-consecutive months of Spring and Summer rides. We hope you can make them all!

May 10-12 a **Sonoma County** weekend of riding. Friday includes a ride out of Windsor. No host dinners on Friday and Saturday, with a visit to a word-class brewery! Possibility a wine tour 😊. Ride lengths and elevation gains will be similar to our Enduro series. More Details to follow.
Organizers- Ed Keller/Ellen Sherrill

June 9–14 a new-for-this-year **SFCC Spring Camp**.

Rides start from Movin West RV Park/River Pines Resort/Graeagle.
A 4-day, no-frills cycling camp and possibly a hike. Here is a link to possible routes:
<https://ridewithgps.com/events/101220>- Organizer - Kathy Welch

July 11–14 our **Annual SFCC Summer Camp**.
This years camp will again be out of Petaluma. Our rides will start out of the Home2Suites. There will be medium and long route each day. Post-ride we'll have Social Happy Hour and 1 organized group dinner. [Details](#). Organizer– Pamela Connor.

Spring Camp Graeagle

[Details Here](#)

June 9-14th

May Memorial Ride

[Details Here](#)

Saturday May 25th

Location: Meadow Vista

Summer Camp 2024 Petaluma Palooza

[Details Here](#)

July 11-14th



Enduro Ride of the Month

Best of Foxys with Back Roads

When: Saturday February 10th 9:00 am

Where: Rotary Park, Winters

Route 66.4 miles, 3,507 k

See the **CALENDAR** for more information.

CALENDAR

Member Spotlight: Laura Prescott



I bought my first road bike in 2005, and fell in love with cycling. I joined Sierra Foothills Cycling Club in 2020, not realizing it would be a year before I officially got to ride with the group.

This group has brought more than enjoyment of cycling for me. They have brought camaraderie, friendships, growth, advice and fabulous activities these last few years.

Leading rides and volunteering in other ways when I can is a way for me to give back to a group that has been more than I could've asked for.

High Viz Socks

We have high viz socks! Small, Medium, and Extra Large. Contact Deb for size, payment, and pick-up arrangements. deb2don.dh@gmail.com



Safety Tip of the Month



3 Tips on How to Boost Your Immune System

Check off these three boxes to keep your immunity up as cold and flu season is here!

While COVID restrictions have eased, there continue to be areas of hot spots where cases are spiking or new variants emerge. We are in peak cold or flu season, and infection rates are at an all-time high. With this in mind, let's take a look at several proven, medication-free strategies for supporting healthy immune function so you can maintain your overall well-being and keep up the continuity of your riding.

1. Sleep Longer and Better

You're probably well aware of how sleep impacts your recovery from today's session and prepares you to perform well tomorrow. But did you also know that it's an essential component of regulating your immune function?

Researchers from Carnegie Mellon University, Children's Hospital of Pittsburgh, and the University of Virginia Health Sciences Center investigated the link between sleep duration and quality and the risk of catching a common cold. Publishing their results in the Archives of Internal Medicine, they concluded that people who slept less than seven hours were almost three times more susceptible than those who got eight hours or more, while those with low sleep efficiency (i.e., not staying asleep for most of the time they were in bed) were five and a half times more likely to get sick.

The risk of poor quality sleep can be mitigated if you sort out your stimulant-sedative cycle, such as by cutting off your caffeine consumption by mid-afternoon and keeping your alcohol intake to two drinks or less (preferably consumed with food earlier in the evening). Exposing your eyes to outdoor sunlight earlier in the day while restricting bright lights at night will help ensure melatonin and neurotransmitters are released at the right times to promote a good night's rest. And keeping your bedroom cool (65 to

70 degrees), dark, and quiet should help you fall asleep faster and limit nighttime disturbances that can negatively impact sleep duration and efficiency.

2. Combine Endurance and Strength Training

Over the past few years, there has been a lot of hype around the potential for overtraining to suppress immunity. This may have some merit if you're crushing yourself with far too much volume or intensity all the time. Yet there is a significant body of evidence to suggest that a well-balanced program does the opposite and actually elevates various facets of the immune response.

A group of Brazilian researchers asked 18 female and 15 male runners to complete a fatiguing, submaximal bout of aerobic exercise at 77% to 80% of their VO₂ max. They collected blood samples before, during, and after the test to see how the participants' immune systems responded to the stimulus. The results were quite clear.

They found that the number of leukocytes in the bloodstream (i.e., white blood cells that consume bacteria and fungi) increased. The number of neutrophils, which kill microbes and help the innate immune system decide how to best respond to infection, also went up. So did the count of lymphocytes, of which there are two types: T cells that destroy your body's own cells that have been overrun by a virus and B cells that create antibodies to combat toxins, bacteria, and viruses. The authors stated that while innate and adaptive immune responses differ between males and females, "the same aerobic physical exercise can alter immunological parameters in women and men."

There's also an increasing amount of research to suggest that strength training has both short-term and cumulative effects on immune function. A paper published in the *Journal of Immunology Research* looked at physiological and inflammatory responses to a strength training session that emphasized eccentric contraction during three lower body exercises. Bloodwork showed that this short workout prompted an increase in neutrophils, similar to the endurance study. The activity of lymphocytes also went up post-exercise, as did the level of monocytes, which are involved in immunovigilance (keeping a lookout for viruses) and change into dendritic cells or macrophages when your immune system detects invading germs to neutralize the threat.

3. Prioritize Protein Intake

We know that getting adequate protein is essential for your muscles to repair the damage done by exercise, but it's also an underrated nutritional weapon that's used in the fight against viruses and other illnesses. Researchers from Texas A&M University stated that amino acids (aka, the building blocks of protein) are vital for producing

antibodies and cytokines that fight back against infection, modulating the deployment of immune system Special Forces like lymphocytes and NK cells, and expressing genes central to immune function.

The authors highlighted arginine, glutamine, and cysteine – all of which are found in complete animal protein sources and those with a combo of plant sources (like pea and rice) that contain all nine essential aminos – as being particularly beneficial. Another study published in *Nutrients* seconded the glutamine recommendation, stating that increasing intake of this amino acid can help produce enough antibodies to keep viruses, bacterial infections, and more at bay.

It would be irresponsible to suggest that there are any measures that will prevent you from ever getting sick again. But if you start consistently getting longer and higher-quality sleep, balance your exercise between aerobic endurance work and strength/power sessions (without overdoing either), and ensure that plenty of protein is part of your balanced diet, you could increase your chances of staying healthy and avoid illness-related interruptions in your training and racing schedule.

Welcome New Members!

Bob Storelli

Mabel Wong

Sandy Yarrow

Cinder DePalma

Jordan Sissel

Linda Curtis

Board Members

President | **Don Baldwin** | president@sfcyclists.org

Co-Vice President | **Jan Van Waardenberg** | vp@sfcyclists.org

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Ride Director | **Pamela Connor** | rides@sfcyclists.org

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