

- [f Share](#)
- [Tweet](#)
- [in Share](#)

⊗
 ↗ Share

- [f](#)
- [in](#)

[View this email in your browser](#)



Monthly Newsletter

July 2023

Upcoming Events



Summer Camp 2023

Where: Petaluma, CA

When: Thursday July 20 through Wednesday July 26

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



popular destination for summer activities.

[Sign up HERE!](#)

Enduro Ride of the Month

When: Saturday August
12th, 9:00 am

Where: TBD

See **CALENDAR** for more
information.

Save The Date

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

CALENDAR

Member Spotlight: Jennifer Ivey



Although Jen has been a member for only four years, she has been an active member and shown her support by leading rides regularly and filling in on short notice. Thank you, Jen, and all of our ride leaders, for your support in leading rides!

I was born and raised in Campbell, CA where I grew up dancing and twirling baton. I attended undergraduate and graduate school at the University of Arizona in Tucson, AZ. After completing graduate school, I was doing a fair amount of running, but wanted to be able to go farther and see more of the area. I bought my first bike (a used Felt) off of Craigslist in the spring of 2010. I quickly fell in love with the sport but learned that the bike I purchased was a junior's bike, oops! I bought a new Trek and shortly after a TT bike and dabbled in triathlon. I then moved to Georgia and met some more road riders, I decided to try my hand at road and crit racing.

My daughter was born in Georgia in June of 2012 and shortly thereafter we moved to Alexandria, VA where I continued to dabble in running, road racing, and some Cross races. I moved back to the Bay Area in 2014 and spent a lot of time riding roads and making new friends along the way. I moved up to Auburn in June of 2019 and joined SFCC that October. I stopped riding during COVID and joined back up with the club about two years ago. I absolutely love being a member of SFCC and hope to be able to contribute to the club for many years to come. When I'm not riding my bike, you can find me at home making quilts, spending time with my daughter, or working as a Speech Language Pathologist for Loomis Union School District. Let's go play bikes!

Club News

New Board Members

Please extend a warm welcome and Thank You to your new Board Members for the upcoming 2023-2024 term:

Co-Vice President | **Bob Montuori** | vp2@sfcyclists.org

Secretary | **Bob Peterson** | secretary@sfcyclists.org

And our returning Board Members:

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

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

Treasurer | **Doug Parks** | treasurer@sfcyclists.org

Membership Director | **Monica Pappas** | membership@sfcyclists.org

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

Webmaster | **Larry Merlo** | webmaster@sfcyclists.org

Email Moderator | **Monica Pappas** | moderator@sfcyclists.org

Merchandise Chair | **Deb Halford** | merchandise@sfcyclists.org

SFCC Consultant | **Larry Matz**

Bicycle Advocacy & Safety Team Chair | **Dana Hofheinz** |

advocacyandsafety@sfcyclists.org

High Viz Socks

We have high viz socks! 4 sizes- Small, Medium, Large, and Extra Large. Contact Deb for size, payment, and pick-up arrangements. deb2don.dh@gmail.com



A Word With Wig



FASTER CYCLING ON FLAT TERRAIN

We all know what it feels like to have the wind in our back or to be in a fast pace group moving at 25mph. In both cases, it feels almost effortless and exhilarating. This month, I will go over the simple and easy training needed to help strengthen the muscles necessary to achieve faster cycling speed in flat terrain. Simply stated:

Flat speed = low air resistance x leg speed x torque on the pedals.

To increase the torque on your pedals we train your cycling muscles to adapt to pushing the bigger gears. For this we steal a training tool developed by Conconi to help Francesco Moser break Eddy Merckx's hour record.

SFR - Slow Frequency Repeats

SFR's are not for cyclists with bad knees. SFR's will teach you to go faster on flat roads. This is not an exercise to help you climb faster. SFR's are more muscle work than aerobic work. It should not get you breathless, it is more akin to a weight workout for the cyclist. SFR's are hill repeats done on a mild climb with high torque and a low cadence.

Indian Hill is a perfect location, 3-4% grade and about a mile long. The hill at Sierra College past King will also work. A good 30 minutes of warm up and cool down spinning at a high cadence will be invaluable. You climb pedaling circles as you would on flat roads, working on pushing forward on the upper stroke and dragging backwards on the lower stroke. Target a cadence of around 40-50 rpm. This is almost a lazy workout. Your heart rate stays low as well as your breathing. **STAY SEATED.** Work on keeping a relaxed upper body. Concentrate on pedaling smooth circles with your pedal

strokes. Focus on integrating the important cycling muscles of your quads, hamstrings, glutes and hip flexors.

The workout consists of doing about 3-4 hill repeats. You can use the flat portion at the top of the hill for a bit of a recovery before descending and doing it again. Eazy peazy!

- Wig

Welcome New Members!

David Burns

Johnny Smith

Michael Thiers

Cordell Van Rees

Stay Connected

[SFCC Website](#)

To stop receiving our promotional email, [unsubscribe now](#)

CONNOR WELLNESS CLINIC
1891 E ROSEVILLE PARKWAY, SUITE 170
ROSEVILLE, CA 95661
United States

Email Marketing by ActiveCampaign