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Monthly Newsletter

June 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 popular destination for summer activities.

[Sign up HERE!](#)

Enduro Ride of the Month

When: Saturday June 10th, 10:00 am

Where: Alpine County Library, Markleeville, CA

See **CALENDAR** for more information.

Save The Date

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

CALENDAR

Member Spotlight: Jan Van Waardenberg



I was born in the Netherlands and emigrated to America when I was 6. I grew up and spent most of my life in Santa Cruz County. For college, I attended San Jose State and graduated from Chico State in 1970. I began my career in business (banking) but I grew restless and

went out on my own. That is when I started two toy stores, and after 20 years opened an independent bookstore - which I had for 20+ years until I retired.

I didn't start cycling until 1992. Got serious in 1999 and did my first century (Chico) in 2000. I graduated to doubles in 2001, did the Triple Crown and did it again in 2008 when I turned 60. I retired in 2011, moved to Grass Valley and found SFCC in 2012. I became active in the club leading rides and joining the board in 2013 as treasurer. Did that for 3 years, graduated to president in 2016 for another 3 years. Then, I took some time off and came back as vice president.

I married my college sweetheart in 1968, and we had 2 kids in 1970 and 1974. I am now a proud grandpa to 4 grandkids. The oldest, Jake, is a student at University of Nevada, Reno and is an avid cyclist. He competes in mountain bike and downhill races.

Life is good! Ride to live, live to ride!

Club News

Website Update

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

[SFCC Journal and Newsletter Archive](#)

[Bicycle Safety and Advocacy Team](#)

Riding With a Video Camera



Have you ever contemplated riding with a video camera on your bike?

Riding with a camera only adds a few ounces to your bike and can capture some really cool video of your ride!

It can also capture an incident if you're harassed by an illegal near miss (3 foot violation) out on the road. By reporting these incidents to law enforcement, you can help to change dangerous drivers' behavior before a collision occurs.

I've been riding with video cameras - front and rear - for the last 3 years. I won't head out on a ride without one and recently established a working relationship with the CHP's Accident Investigator in Newcastle. He is very receptive to working with cyclists and has issued warning letters to the registered owners of two vehicles that I documented with video and submitted to the CHP, including this one: <https://www.youtube.com/watch?v=iCIS9FVoJ5k&t=28s>. I'm currently working to build relationships with the Placer County Sheriff's Department, transportation planning agencies, and the California Office of Traffic Safety.

Please let SFCC know if you're interested in attending a club meeting on "Riding With Video" by replying to SteveCBoswell@yahoo.com. We'll include a discussion on how to get into riding with a video camera as simply and inexpensively as possible. (You don't have to be a story teller like me in order to file an incident report.)

A Word With Wig



CYCLING AND AGING

May is Bike Month is over and hopefully you have been logging those long slow rides. In my experience, most of you have likely been riding them too fast. Hopefully, some of you are doing them correctly and experiencing those really slow climbs and building the necessary power that will help your climbing.

Tip #2: On short days (2 hours or less), ride with the slowest group you can find. This will complement those two long slow days each week and act as a bridge to higher intensity intervals. Choose your slow group well or decide from the beginning that the whole group will do the same workout and you will have a productive and meaningful ride. On this short ride, pick 5 spots where you ride a full 2 minutes at a steady effort where talking is a bit uncomfortable. This is likely your Zone 3 or what we call "Sweet Spot". Take note of your heart rate if you have a heart rate monitor. I am not a big proponent of this zone but it is merely a "bridge" and shortcut to further goals. For some of you, it might be a wake up call to organize training, deeper breathing and aerobic threshold. In between these 5 two minute sessions, you are back riding real slow and recovering from the efforts. Not enough recovery and your subsequent efforts will be fruitless and just an exercise in suffering. Your aerobic threshold is merely a point where the level of lactate in your body begins to rise. Long slow aerobic rides raise your aerobic threshold. It is a prerequisite for going longer and allows you to train at a higher intensity without lactate buildup.

All of us benefit from both aerobic and anaerobic workouts. It is natural for us to choose to do more of what we are good at and ignore the other. Balance is key. Next month we will discuss anaerobic training. If you do not fully comprehend my thoughts or have questions pertaining to these topics, call me at [530-863-3822](tel:530-863-3822) and leave a message to call you back.

- Wig

Welcome New Members!

David Granzella

Robert Gade

Mitch Valder

Dave Bodick

Robert Ritchey

Richard Jackson

Thomas Hannah

Leslie Amsberry

Laura Mugno

Jeff Hayes

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SFCC Website

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