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Monthly Newsletter

September 2023

Club News

As of September 1st, the ride start time will change to 8:30 AM.

With that said ride leaders have the discretion to set the time for their ride start based on location, climate, etc..

Upcoming Events

Save The Date

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

More details coming soon.

2 Day Cycling Camp in South Lake Tahoe September 23rd-24th 🚲 🏠 📺 🍱 😊 ☀️

Check out the [Calendar](#) for details!

The routes are:

- Saturday, September 23rd - 54 miles with 4,750' of climbing.

<https://ridewithgps.com/routes/44200175>

- Sunday, September 24th - 72 miles with 4,450' of climbing.

<https://ridewithgps.com/routes/44212522>



Enduro Ride of the Month

When: Saturday September 9th, 9:00 am
Where: Sierra County Cycling / Tour de Manure

See **CALENDAR** for more information.

CALENDAR

Member Spotlight: Deb Hallford



I grew up the fifth of eight siblings in the small town of Loomis, so I had to become pretty independent at a young age. It takes a lot of time and energy to keep a household of 10 people running smoothly and we all had to chip in. Not only were there eight children, my father raised dachshunds and Dobermans, rabbits, exotic pheasants, Shetland ponies and love birds, all generating more labor for everyone.

I got my first non-traditional job building mobile homes at the age of 20. From there I worked in a molding mill operating a saw, a fiberboard plant working as an inspector for eight years and a mechanic for six years. During that time, I obtained my A.S. degree in Metals Technology and, after a brief period as a building maintenance worker for the State of California, I was hired by California Department of Corrections (CDCR) at California State Prison in Folsom as a welder. The last seven years I was employed at the prison where I supervised 26 office employees in the Mental Health Department. I retired at 64 after a total of 23 years with CDCR.

I also have two grown children and three grandchildren. My daughter lives down the road from me with one grandson and my son lives in Scottsdale, Arizona with my granddaughter and other grandson. Every year Donnie and I travel to Arizona for at least two weeks to visit and to mountain bike.

My other passions are whitewater kayaking and art. I have been a whitewater kayaker for 30+ years and I kayak the south fork of the American regularly and usually do an extended kayaking trip at least once a year.

Much of the art I create is mixed media. I use acrylic paint with wire, craft clay and wall plaster beads on canvas. I have also done several pieces of yard art and chairs, as well as refurbished furniture.

Board Members

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

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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



DRAFTING

They do it in car and motorcycle racing and they have huge motors so it makes sense that we utilize it in our bike riding. They even do it in speed skating, running and even swimming. Draft while cycling over 15 mph and you start reaping the benefits of less frontal wind resistance and utilizing the low pressure behind the cyclist in front of you, up to 40% savings behind a rider, much more behind a huge pack of riders.

Drafting benefits gets reduced the further away you ride behind the leading rider but riding 3 bike lengths behind can still reduce power expenditure by about 20%. Surprisingly, drafting does not only benefit the rider sitting on but also the rider breaking the wind. The leading rider saves 4% by having a following rider smooth out the turbulent air behind her.

Okay, on to drafting tips:

- Start out a wheel behind the rider you are sitting on. Make sure they know that you are sitting on so they minimize abrupt changes in speed and direction and give adequate warnings of any obstacles ahead. The closer you are to the front of the group, the less accordion effect occurs. Generally speaking, aerodynamic gains are maxed out at the 5th position.

- Look up. Do not stare at the wheel in front of you. Find a distance within your comfort zone and establish a third eye on how close you are to the rider in front of you without staring at your front wheel.
- Learn to feather your brakes to adjust your speed. This has a lot to do with being able to anticipate any upcoming accelerations and decelerations. Practice, practice, practice!
- Maximize your energy saving by feeling wind direction and determining where to sit behind the wheel of the rider in front of you. The same goes for the lead rider. She needs to know to move towards the wind to give maximum space for the riders behind her to maximize her draft.
- Avoid overlapping wheels as much as possible. The rider behind the overlapping wheel is always at the mercy of an errant rear wheel. I tend to overlap quite a bit on side winds but i usually make certain that the lead rider is aware of it and am always ready with an evasive shove if needed.
- Allow more space while drafting downhills to give yourself enough reaction time as each rider tends to have their different descending techniques.
- When getting off the saddle on a climb, assume that someone is glued to your rear wheel. Flick your elbow out to forewarn your off the saddle intentions or do so smoothly without retarding your bike's forward motion.
- Finally, if you are in a fast paceline and ready to blow, get out of the draft so you won't sabotage everybody behind you by causing them to hesitate and having to work twice as hard to close the gap you caused.

- Wig

Safety Tip of the Week: Keep Your Line!

Don't weave across the road; keep your relative position from the edges of the road even when cornering as a group.

Remember that it may mean that you need to go through some debris, but a sudden swerve could take out other riders beside or behind you. It's better to have a flat tire than a crash.

When coming past someone and moving in front of them, keep it smooth and steady and do not cut them off.

Welcome New Members!

Galen Ellis

Doreen Wagner

Jeffrey Bramlett

Phil Lovaglio

Bill Wetzel

Walter Ford

Paul Bottorff

Asha Terrazas

Stay Connected

SFCC Website

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