



Cycling Connection is a multi-level recreational bicycling club. It is not a racing club. We would like to invite you to come and join us on one of our weekend rides throughout the Inland Empire area.

Website:
www.cyclingconnection.org

Join us on Yahoo:
<http://sports.groups.yahoo.com/group/cyclingconnectionIE/>

Join us on Facebook:
<http://www.facebook.com/#!/groups/58739501457/>

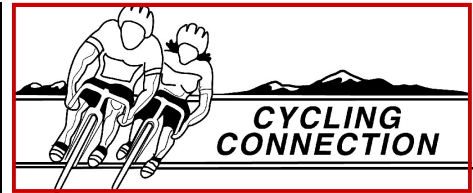
From the President's Pen

I hope everyone has had a very happy and safe holidays. We have reached the winter solstice which always makes me happy knowing that the days are getting longer. It's depressing to me when it gets dark at 5:00 in the evening. The one thing this time of year that cheers me up is how all my good friends here a Cycling Connection come together to support our bike giveaway. This year we not only supplied the 50 bikes for the giveaway but with the help from Coats Bike Shop and the Kevin Unck Foundation donated the helmets to go along with the bikes. In addition Jenson USA for donated all the locks so the entire program was funded through' Cycling Connection. We can all be proud that we took part in making this a very special Christmas for so many children.

This year Sue and I will be opening our home for Cycling Connections Winter Fest. For all of our new members this is the club's winter social party. It's always a great time with the potluck, gift exchange , games, and from years past a Poker Run. So save January 28th for a fun packed day starting with the Grind Ride where you will be able to earn your Poker hands. \$50 for the best hand. Hope to see you all there.



See you on the Road,
Tom



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TT Coaching And Bike Fitting
(909) 238-9356



Ramble On

So my younger daughter gave me something cool for Christmas, "Bike Snob: Systematically and Mercilessly Realigning the World of Cycling". If you're familiar with the Bike Snob blog or have seen his feature in Bicycling Magazine you'll agree that this is a cool book.

I've just read through the first part of the book where he looks nostalgically at the origins of cycling in the late 1800's. Specifically in his neck of the woods, the greater New York City area. Turns out that cycling races were quite the event back then. High society would turn out to see these races at makeshift outdoor rinks. Apparently it was the place to be and be seen. That must have been a sight.

Imagine if you will, the hot ticket for a Saturday night being a night at the races at the Citizens Business Bank Arena, where men with handlebar moustaches would race on Pennyfarthings (old bicycles with the giant front wheel and teenie tiny rear wheel). The women would want to be there to show off their latest designer duds and the men would be there to see how many racers could do a face plant, which happened quite a bit back then.

The Bike Snob also retraces the route most cycling New Yorkers would take to get to far off Rockaway Beach. Far back then 20 miles, relatively close now by automobile. He explains that this route was especially popular in the day because the main road was a macadam road, the holy grail in road surfaces back then, so you wouldn't have a teeth chattering ride in your old bicycle. It must be similar to our modern day cyclists enjoying freshly paved roads, free of cracks and potholes. Did I mention there were zero automobiles back then, ahh that was the life.

Well, can't say there will be any Pennyfarthings there, but a good time will be had by all that go to this year's Winter Fest at the Tisler's. Hope to see all the cyclists of the day there.

Thanks, for letting me ramble.

Vinnie



What's Happening?

Stage Coach Century
January 14th
<http://www.shadowtour.com>

The Grape Fun Ride
January 21st
<http://majesticcycling.com>

Hart Park Cyclocross Race
January 21st
<http://www.teamactionsports.com>

SoCal Enduro Stage Race
January 22nd
<http://www.socalendurance.com/>

Winter Fest
January 28th
<http://www.cyclingconnection.org>



San Gabriel River Bike Trail closed until late January near Whittier Narrows

Courtesy Steve Scauzillo, San Gabriel Valley Tribune

To the dismay of thousands of bicycle riders taking advantage of unseasonably warm temperatures, the popular San Gabriel River Bike Trail is closed for a three-mile stretch and won't reopen for at least another month, county officials said.

Los Angeles County closed the river bike path between Thienes Avenue in South El Monte and San Gabriel River Parkway in Pico Rivera for maintenance Nov. 28. The project is taking place simultaneously with a Southern California Edison project involving the replacement of transformers along the southerly portion, according to the county.

Although the county was supposed to be finished reconstructing the northerly portion Friday, crews started a month late, which means the major repaving project won't be completed until the end of January, said county spokesman Bob Spencer.

Riders over the holiday weekend and during the holiday week slammed on their brakes at the detour sign, which directs them to Thienes Avenue. Other signs have been placed on Durfee Road, Peck Road and Rosemead Boulevard - all busy streets - so riders can reconnect with the trail well south of the Whittier Narrows Dam.

Experienced cyclers and weekend riders alike said they didn't know about the closure and lamented riding on busy surface streets.

"My reaction is aahhhhhh," exclaimed Polly Allen of La Ca ada Flintridge, who was enjoying a slow-paced bicycle ride with her husband Tuesday morning on the trail until they hit the detour. "This is not OK. I don't have a map. So I'm stuck."

"Riding on the streets is more dangerous ... because you have to ride through cars," said Manny Sanchez, 23, of Rosemead. Sanchez and a fellow rider turned back, their ride for the day ruined.

Experienced rider Eddie Ramirez, 42, of Eagle Rock said he and his buddies, dressed in full bicycle gear, hopped on the popular San Gabriel River Bike Trail at Santa Fe Dam in Irwindale. They were not informed about the closure. No signs indicated the trail was closed a few miles south.

"No, we didn't know. That is one of the reasons we came on the bike path and not the streets," he said. Instead of riding the 38-mile trail to its end in Seal Beach as planned, the group turned around.

County officials said they notified a "bikeway coalition" but did not specify which one. "Since there are no adjacent residents or businesses and the work is within the Flood Control District, we plan to send the fliers only to the cities that will be affected by the bike detour and to the bikeway coalition," wrote Ebigalle Voigt, project manager, in a county internal memorandum.

However, at least two members of the West San Gabriel Valley Bike Coalition said they had not been informed of the bike trail closure. The group, a splinter group of the L.A. County Bike Coalition, holds regular group bike rides in the area and is very active promoting bike lanes at local city council meetings.

"They always notify people when freeway ramps are closed or when streets are paved. But for bike trails, it is not the same treatment," said Efren Moreno, a founding member of the group and former Alhambra City Council member.

Spencer said the county sent fliers on the project to bike stores. "The bikers themselves are coming from all over the place. It is difficult to get the word out," he said.

Mark Stanley, executive director of the Lower Los Angeles and San Gabriel Rivers and Mountains Conservancy, said he was aware of the repair project. He said the San Gabriel River Bike Trail is one of the most traveled dedicated bike lanes in all of the county. It runs from the entrance station to the Angeles National Forest to Seal Beach.

The bicycle trail pavement reconstruction project will cost about \$500,000, Spencer said. It is one of four county projects along the San Gabriel River Bike Trail. The first three in the Lakewood/Long Beach portion already are completed, he said. The county recently completed reconstructing a portion of the bike trail in Pico Rivera, but is keeping it closed for safety reasons because Edison is working on electrical transformers, Spencer said. Also, the Army Corps of Engineers is doing well drilling, he said.

Spencer said the bike trail is not just being repaved but was dug up and is being rebuilt. He said it is part of regular maintenance. "It is due to wear and tear. It is one of the most popular bicycle trails in the county and is very heavily traveled," Spencer said.

Because the weather has been so good, it has attracted more riders. But the fair weather may also mean work crews can finish early, he said.

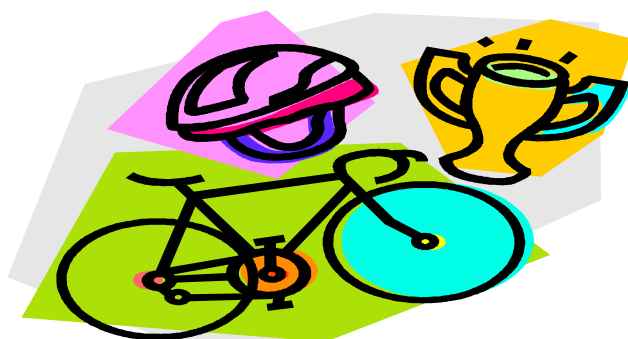
steve.scauzillo@sgvn.com

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626-962-8811, ext. 2237



WINTER FEST



Where: Tom & Sue Tisler
12816 Colonnade Dr.
Rancho Cucamonga
(909)463-0075

When: Sat. Jan. 28th at 6:00 PM

Club will provide ham and rolls
Members bring either: dessert, side dish or dip/chips

Activities: horse races, bike related gift exchange (\$20 limit), recognize Bike Journal miles & guess the board members, plus lots of socializing.

From Years Past the famous Poker run will take place during the Grind Ride the 28th. Collect your hand during the ride bring the cards to Winter Fest - "best hand" \$50 prize.
Hope everyone can make it this year!!

FIRST SUNDAY RIDE



Beginning Sunday, February 5th and the first Sunday of the month from now on, Cycling Connection will be riding with our local Independent Bike Shops who sponsor our club. Coates Cyclery, Incycle, Competitive Edge, Cyclery USA, REI and Don's Bikes are on board and will host this ride in the following months. On February 5th at 8:00 AM, Corey Mc Croskey, his staff and friends will be hosting the first ride. This ride will be open and support all levels of cyclist, so whether you can keep up with James Esser or you have friend new to cycling who might otherwise be intimidated, invite them out. Many of the shops will have demo or rental bikes available. Corey has a great route and some cool surprises planned, so mark your calendar and save the date...details to follow!

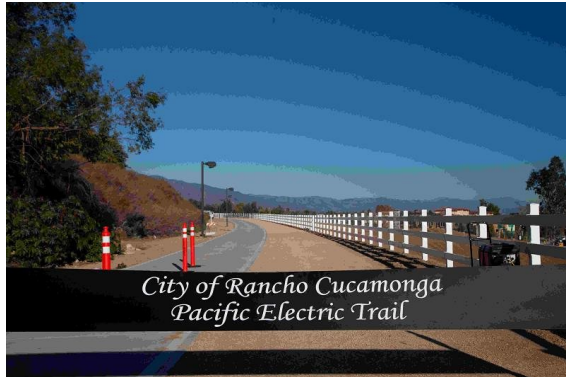
-Greg Armstring



Changing Gears

January 2012 Issue

Officials dedicate new bridge carrying the Pacific Electric Trail over Foothill Boulevard



Courtesy Wendy Leung, Daily Bulletin

RANCHO CUCAMONGA - Equestrians on horseback, boys on scooters and cyclists on their sleek road bikes joined politicians on the Pacific Electric Trail on Wednesday to celebrate the completion of the Foothill Boulevard bridge.

With the construction of the bridge complete, the regional trail now runs uninterrupted through city limits. Councilwoman Diane Williams called the bridge near Baker Avenue an "artistic icon." "It's a 'Rancho way' bridge, a beautiful bridge," she said. Construction of the 7.5-mile stretch of the Pacific Electric Trail began in 2004 and was conducted in phases with the last phase at the bridge near the Upland border. Juan Alarcon, who has lived in the city for 17 years, remembers running the trail when it was unpaved and full of rocks. "This is much better," he said. "Last night I ran six miles." Alarcon was part of a group of cyclists from the group Cycling Connection to pedal to the ribbon-cutting ceremony from Etiwanda.



He said the paved trail brings out novices and those wary of cycling. Alarcon's wife, not one to enjoy the outdoors, decided to take up cycling this week. As the path nears the Upland border, it crosses Foothill Boulevard via the new bridge. In July 2010, the 81-year-old bridge, which once carried the traffic of Pacific Electric rail cars, came down to make way for the much longer bridge we see today.

The bridge replacement is part of a street-widening project expected to be complete next month.

A Route 66 Trailhead Park, which features a historical timeline, remnant of the old bridge and a piece of the original Route 66 pavement, is also expected to be finished next month. Artwork on the bridge depicting historic cars, states that Route 66 passes and scenes from California and Illinois, the end points of the Mother Road, is scheduled to be complete by March. Plans to widen Foothill Boulevard from San Bernardino Road to Grove Avenue are on hold due to the uncertainty of Redevelopment Agency funding. With the city's portion of the trail complete, Mayor Dennis Michael challenged the community to use it as much as possible.

"The trail is such a benefit to our city and will really be enjoyed for years to come," Michael said. "I challenge you, each and every one of you, to experience the Pacific Electric Trail firsthand and utilize it as much as possible."



Attention Club Members

If you don't already have one, be sure to get yourself a RoadID.

And, so the Club gets credit, select the link from the Club's website.

Each RoadID is made to order with your important information. Don't ride without it!





Bike Safety

You hear it all the time on our club rides. In past issues of the newsletter there were some articles on different cycling vs. car situations. Some of us take all of this for granted, thinking perhaps that it won't happen to me, or I'm safe since I'm riding with the club.

Unfortunately, IT can happen to anyone, anywhere. Accidents can and do happen, even to the best of us. So, do we all "tuck tail" and hide? No, that's no fun. What we can do is be aware of our surroundings and recognize some of these potential situations before they occur.

In an effort to provide information of Bike Safety, I came across a website devoted solely to this topic. The link below will take you there. Please take a few minutes and look it over. Some of this may be repeat info, but there may still be something of benefit here. Be sure to share this site with any of your other cycling friends or family (especially kids and new riders).

<http://BicycleSafe.com/>

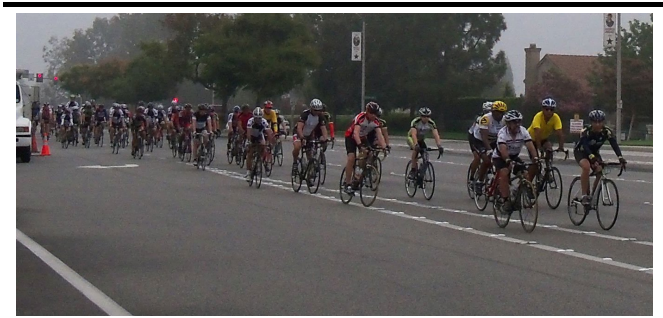
Are You Ready to Ride?

Newbie, Commuter, or weekend Club Rider – everyone needs to be ready to ride. But, what exactly does that mean?

Here are some guidelines:

- Show up on time
- Always wear your helmet
- Don't forget your flat fixers:
 - o Spare tube
 - o Pump or CO2
 - o Tire Levers
- ID Card (Road ID is a good idea) <http://www.roadid.com>
- Bike in good working condition

If you get a flat on one of our rides, but don't know how to change it, don't worry. This is one of the benefits of riding with a bike club. There is always someone (usually several someones) that is happy to help!



Cycling Etiquette

For safety sake (yours and those riding around you), here are a few suggestions for an enjoyable (and safe) ride:

- Stay in the bike lane (when there is one)
- Don't make unexpected moves while riding with the group. Let others know your intentions.
- Don't run lights or stop signs!
- When passing slower riders, call out "On Your Left" or "On Your Right"
- Always expect the unexpected from cars, and you'll never be disappointed (or caught off guard).

It's been said before the start of our Saturday rides that we are all "riding with friends". That means while it's fun to ride strong, go fast on the flats, climb well, and scream downhill, we need to be mindful of other riders around us. We want everyone to enjoy themselves, and come back for another ride.



Bike Journal - Club's Top 10 (as of December 31st, 2011)

1. Socalspeedsk8r - 10,052
2. Fastguy72 - 9,132
3. Superfly - 8,512
4. Heck - 8,450
5. DougM - 6,221
6. Gregjg5 - 5,756
7. Irvine_Ranch - 5,580
8. Mmiller56 - 5,517
9. wannaberacer66 - 5,436
10. pthammer - 5,243

Recently dropped out Top 10 sambill
Recently moved in to Top 10 wannaberacer66

Knocking on the door; sambill, Moe 566, ford-traitor19, RCLESMAN, alexsuchey

If you haven't heard, logging your miles on Bike Journal is free! Here's the link:
www.bikejournal.com

bikejournal.com
Ride. Log. Repeat.

Board Members

- President:** Tom Tisler tomt@cyclingsconnection.org
Vice President: Greg Armstrong grega@cyclingsconnection.org
Vice President2: Pete Figueredo petet@cyclingsconnection.org
Treasurer: Jeanne Goodwine jeanneg@cyclingsconnection.org
Newsletter Editor: Vinnie Beltran vinnieb@cyclingsconnection.org
Ride Coordinator: Mike Basica mikeb@cyclingsconnection.org
Ride Coordinator2: Skid Saurenman skids@cyclingsconnection.org
Membership: Cyndi Brown cyndib@cyclingsconnection.org
Website: Billy Corn billyc@cyclingsconnection.org
Secretary: Russ Johnson russj@cyclingsconnection.org
Equipment: Bill Day billd@cyclingsconnection.org
Social Director: La Vonne Koester lavonnek@cyclingsconnection.org
Communications: Fred Roth fredr@cyclingsconnection.org
Public Affairs Liaison: Rolf Pherigo rolfp@cyclingsconnection.org



Club Membership Happenings

New Members

Dean and Dean Jr Dunbar
Charles Sutphin

Renewals

Lark Gerry
Russell Johnson
Tawny Stange
Pete Figueredo

December Birthdays


LaVonne Koester Jan 2
Carson Swartz Jan 2
Chris Pasternak Jan 3
David Fleischer Jan 3
Cyndi Browne Jan 10
Stacy Fuller Jan 12
Eleanor Zupke Jan 12
H. Beisel 111 Jan 21
Glen Tichy Jan 29
Brandon Feller Jan 29
Sahar Afsari Jan 29
Bob Lewis Jan 30



January

All rides start at **8:00am** at "IT'S A GRIND" Coffee House on Day Creek Blvd and Baseline Road in Rancho, unless noted otherwise.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Questions? Suggestions? Contact Mike Basica at: mikebasica@yahoo.com Find other organized rides at: www.bbcnet.com</p>  <p>Show N Go, 8:00 am</p> <p>Women's ride, 2:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>2 Rose Parade Ride 25, 55 and 70 miles</p> <p>Start Times: 6:00am, It's a Grind 6:30am, Comp Edge, Upland 7:30am, Citrus College</p>	3	4	<p>5 Club Meeting, 7:00pm at Carrows Restaurant on Foothill</p>	6	<p>7 THE GRIND 23, 30 and 33 miles</p>
<p>8</p> <p>Long: Via Verde, 50mi. (Les) Short: Old Town San Dimas, 38mi</p> <p>Women's ride, 2:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>9</p>	10	11	12	13	<p>14 THE GRIND 23, 30 and 33 miles</p> <p>Stagecoach Century 26 – 100 miles http://www.shadowtour.com/</p>
<p>15</p> <p>Long: Carbon Canyon via Corona, 65mi. Short: Euro Café, 25mi</p> <p>Women's ride, 2:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>16 Martin Luther King Day</p> <p>Show N Go 8:00am</p>	17	18	19	20	<p>21 THE GRIND 23, 30 and 33 miles</p> <p>The Graoe Fun Ride 22, 30 and 62 miles http://majesticcycling.com/</p>
<p>22</p> <p>Long: Different Day, 50mi (Les) Short: Southridge, 30mi</p> <p>Women's ride, 2:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>23</p>	24	25	26	27	<p>28 THE GRIND 23, 30 and 33 miles</p> <p>Club Social 6:00pm Pizza and Beer at Warehouse Pizza, La Verne</p> <p>WINTERFEST @ the Tisler's More details to come.</p>
<p>29</p> <p>Long: Sierra Madre, 65mi (Les) Short: The Vault, Glendora, 40mi</p> <p>Women's ride, 2:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>30</p>	31				<div style="border: 2px solid black; padding: 10px; text-align: center; font-size: 2em; font-weight: bold;">2012</div>