



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.

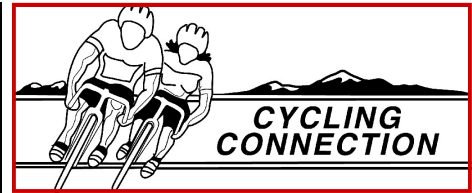
Website:
www.cyclingconnection.org

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

Join us on Facebook:
<http://www.facebook.com/home.php?>

From the President's Pen

The next time that you get a chance to talk with a board member I hope that you will tell them what a great job they are doing. The past few months time has just flown by with all the family business that we have had going on which has left little time for the club. All of our board members, new and experienced, have really stepped up to plan and organize a great summer for us all. Thank you to all of you for the great job that you've been doing. The next event that we have been planning is the club century ride which is planned for October 18th. This is a fairly easy 100 mile ride with several rest stops and regroup. So if you think you might want to ride it keep a look out for more information that will be sent out and now is the time to start training.



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Our fund raising for the Bike Donations has gone pretty good in the last couple of weeks. We are still about \$500 away from our goal of having enough money donated to purchase the 50 bikes for the kids. There have been several members that have told me they wanted to make a contribution but haven't yet. Now is the time to donate so we can make the purchase at Interbike where we can get the best deal on them.

Thank You again to everybody that makes Cycling Connection the best Club around.



Ramble On

So August came and saw my road bike effectively DOA. My commuter bike that I had been using daily for work is now my main steed for awhile. As much as I like building bikes from the ground up my new road bike will have to wait. I had already promised a custom bike to my oldest daughter, which I just finished, and one for my wife, which is in the process of getting finished. Full disclosure; I'm probably the only one in my family that's somewhat of a bike snob, meaning I prefer a Trek over a Schwinn over a Magna or insert retail store brand here.

Luckily for my wallet, all my wife and daughter wanted were bikes in the color of their choice. I started with two generic ladies frames and spare parts that I accumulated from refurbishing used bikes with my son-in-law from what we thought at the time would be a great money making hobby. Turns out when people don't have a job even a decently refurbished bike isn't in their immediate purchase plans.

I realized that I enjoyed restoring these bikes a lot. I stripped them down and started replacing parts that were too worn or couldn't be polished or cleaned enough to look like new. My daughter likes the monochromatic look of fixies, but prefers the comfort of a step through frame. Her bike ended up in a deep purple with matching handlebars, grips, and rims with everything else in black, save for the cable housing which ended up in a grey color that I had several feet of for some reason. My one weakness is that I don't have the patience or know how to adjust the brakes or derailleurs so I leave that for my LBS to do.

My wife's bike is getting there and will be a contrast of two colors that she likes. It will end up being very similar to my daughter's bike in that the frame, rims, cable housing and brakes will be in a custom color. I won't disclose the colors now because the end result is supposed to be a surprise for her. As I'm working on this bike I notice that I have an old Univega frame that I can use to make a companion piece for my wife's bike so that we can ride together, yet another project.

This leaves me looking forward to my road bike project, which will start with a frame, probably carbon fiber this time around and gradually acquire the components. My last bike started with a frame in USPS colors and I built up with a mix of 105/Ultegra/Dura Ace components. The next one I hope to upgrade a bit and stick to Ultegra/Durace Ace.

In the meantime, Pete "The Hammer" Figueredo put a bug in my ear and suggested that I use my commuter bike for cyclocross, so now I may end up using my leftover parts from my last bike and covert my flatbar commuter to a cyclocross bike. Well, all in good time. As someone you all know once said; "you can never have too many bikes" yes, Brent said that.

Well, thanks for letting me ramble and apparently name drop.

Vinnie

What's Happening?

Santa Ynez Gourmet Challenge
September 10th
<http://thevineyardhouse.com>

Back to Back Century Series
September 10-11th
<http://backtobacksocal2011.kintera.org>

Cool Breeze 2011
September 20th
<http://www.cibike.org/cool-breeze.html>

Autumn Cycling Cup
September 17-18th
<http://rimnordic.com/autumn-cup-weekend>

Grand Tour LI TE 2011
September 18th
<http://www.LAWheelmen.org>

RAT Beach Bike Tour
September 24th
<http://www.ratbeachbiketour.com>

2011 Lighthouse Century
September 24th
<http://www.slobc.org>



Photo Courtesy: La Vonne Koester



Group Dynamics



Courtesy of Jennifer Sherry, Bicycling Magazine

How well do you know pack-riding etiquette? Don't just sit in: take the quiz.

1. It's your turn at the front. You gracefully slide into position, then. . .
A. Accelerate to drag the line with you.
B. Maintain the average pace of the group.
C. Adjust your speed to accommodate all levels of effort within the pack.
2. Midpack riders are not expected to point out hazards or announce traffic.
True Only the lead and rearmost riders can see what's going on from ahead and behind.
False It is every rider's responsibility to relay messages through the pack--whether from front to back or vice versa.
3. If you don't feel up to taking a pull. . .
A. Ride near the back. You'll do the pack a favor by conserving energy.
B. Suck it up. You made a commitment to the group and it's your turn to pull.
C. Do your best to stay as close as possible to the lead rider.
4. When rising from the saddle on a climb. . .
A. Do it quickly while pedaling harder to keep the pace.
B. Decelerate to give yourself room, then put all your power into the pedals.
C. Shift up a gear first, to adjust for a slower cadence, then pedal smoothly.

5. It is common courtesy for the group to accommodate every rider who shows up.
True Everyone is there with the same goal--to enjoy a nice day on two wheels. All skill levels should be tolerated.
False The group has a set pace and it's up to you to ask questions to determine if it's the right fit for you.
6. You're coming up on a buggy, buzzing roadkill. You should. . .
A. Point to the deceased or call out its presence, then shift your line in advance.
B. Swoop around it as you get close.
C. Do nothing. Interrupting the flow of the ride is a no-no.
7. At an intersection, it is not the lead rider's sole responsibility to get the group through safely.
True Though everyone is riding as one group, each individual must look out for his or her own safety.
False Whoever is at the front of the pack at the time calls the shots for everyone else.
8. Your eyes should always be focused. . .
A. On the rider directly in front of you.
B. Around or beyond the riders ahead of you.
C. On the ground, where potholes, glass, gravel, and other debris lurks.
9. If a few riders fall off the back or get hung up at a stoplight, the lead pack should. . .
A. Pull over and wait for them to catch up.
B. Keep the pace; everyone knows the route.
C. Soft-pedal until they rejoin the group.
10. In a paceline, your front wheel starts to overlap the rear wheel of the rider in front of you. You. . .
A. Call out "Wheel overlap!" to give the rider fair warning.
B. Speed up until half of your front wheel overlaps his or her rear wheel.
C. Drift back into position; the rider ahead of you should maintain his or her line and cadence.
D. Slap yourself for half-wheeling and humbly excuse yourself to the back of the pack.

ANSWERS: 1. B; 2. False; 3. A; 4. C; 5. False; 6. A; 7. True; 8. B; 9. C; 10. C

TT Coaching And Bike Fitting
(909) 238-9356

Cycling Connection Beach Party
Huntington Beach, CA
August 27th, 2011



The Group.
What a handsome bunch.



Greg A. hold's court.



John H. and his wife.

New Rider Bio

By La Vonne Koester

Fellow Cyclists & Social Chair

One of my duties as a board member is to help welcome new members to our club and introduce them to the rest of the club.

One of our newest members (officially joined in August) is my son, Scott Koester. I originally joined the club last year as my riding buddy, Scott, moved away to Missouri. The Club was a great way to meet other riders and not have to ride alone. Scott moved back to California and the end of last year. Upon arriving back home, one of our first priorities was to get Scott a new road bike. His first road bike was a entry level Cannondale Synapse. He then started riding with our club and has been enjoying the rides that he has been able to attend: Our annual holiday Christmas light ride, Ride to the rose parade, ride of silence, three club ride to Oak Glen to name a few. He has been quite actively riding with our club ever since. He mainly rides on Sundays as he works the majority of Saturdays.

We were able to upgrade his bike several months ago when he saw a Cannondale Super Six Team Frame bike that was for sale by one of our members. Since then his riding was really taken off. He is using his bike to commute to work. He was able to get his old job back as mechanic at Citrus Ford and the all uphill ride home has been really strengthened his abilities. He has now been averaging about 150 miles per week.

Recently we participated in the Tour de Big Bear. Scott took off a rode the 70 mile ride and Mom settled for the 50 mile option. We both completed our first Century at the Cool Breeze ride in Ventura last week.

Scott is currently 22 and seeking a girlfriend....preferably one who rides!

Please help me welcome Scott to the club and say hello when you get a chance.

Your fellow cyclists and social chair, La Vonne

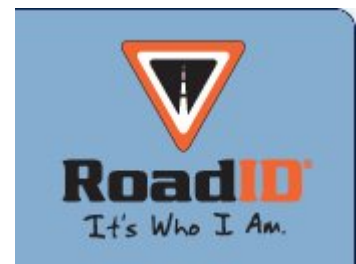


Attention Club Members

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!



Why We Wear Helmets



Exhibits A and B that show no matter how “uncool” some of you think they may be. Helmets are important.

Our own Billy Corn took a spill going up Lytle Creek and as you can see from the picture on the left, it was gnarly.

The picture on the right also shows the impact the helmet took, better that than your head.

In Billy’s own words:

“Well, with 3-broken ribs, a bruised lung and plenty of road rash to go with it I’m actually okay with the outcome. It could have been a lot worse. I will fully recover in 6 to 8 weeks so that’s something to be grateful for. The back of my Helmet was totally crushed in but I don’t have any head injury at all. WEAR YOUR HELMETS AND MAKE SURE THEY FIT PROPERLY, I believe that my helmet save my life as I know it. Sorry for the yelling Dave, it’s not directed at you. It’s for those on this blog that might not think that helmets are important. And if they don’t fit properly they wont work”.





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 August 31st, 2011)

1. Socalspeedsk8r - 6,601
2. Fastguy72 - 6,082
3. Heck - 6,027
4. Superfly - 5,790
5. Rantingdave - 4,276.0
6. Irvine_Ranch - 4,123
7. Mmiller56 - 4,015
8. pthammer - 3,749
9. sambill - 3,378
10. DougM - 3,317

Recently dropped out of Top 10 HavasuRick
Recently moved in to Top 10 DougM

Knocking on the door; TomT, HavasuRick,
RCLESMAN, Moe566, MrBonk

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



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

David Burdette
Matt Lauria
Brian Long
Scott Koester
Carrie Muller

Renewals

Jose Valencia
Greg and Laura Armstrong
Bryce and Katherine Tish
Alex Yanez and Lizette Dinsay
LaVonne Koester
Fred and Sylvia Santiago
Hal Woodruff

September Birthdays

Greg Goodwine Sept 1
Darrin Kerkelie Sept 1
Sylvia Santiago Sept 3
Albert Chille Sept 3
Carrie Muller Sept 3
Gregory Nelson Sept 4
Amanda Salter Sept 7
Michael Salter Sept 7
Rafael Baez Sept 10
Derek Butterfield Sept 15
Arabella Mueller Sept 17
Jeanne Goodwine Sept 20
Ben Manalastas Sept 21
Richard Whitmer Sept 23
Othoniel Gonzalez Sept 26
Cynthia Windell Sept 26
Rick Reddell Sept 27
Scott Koester Sept 28
Marilee Saurenman Sept 30



Triple
CROWN FALL SERIES
2011

#1 MAC HILL GRIND
 South Hills Park, Glendora, CA
 Sunday September 25, 2011
www.CycleEventsCompany.com

#2 HAMMER TIME!
 Bonelli Park, San Dimas, CA
 Sunday October 9, 2011
www.KingPinCyclingEvents.com

#3 INCYCLE XC CHALLENGE
 Bonelli Park, San Dimas, CA
 Sunday October 23, 2011
www.scveto.com

#4 FAT TIRE CLASSIC
 Mt. San Antonio College, Walnut, CA
 Sunday November 6, 2011
www.scveto.com

#5 SOUTHRIDGE 20TH ANNUAL CHALLENGE
 "FINAL"
 Southridge Park, Fontana, CA
 Saturday November 19, 2011
www.southridgeusa.com

BENNETT MCALLISTER



Bennett McAllister in Scotland Showing his true colors.

Ok, not cycling related, but pretty cool nonetheless.

This made the San Bernardino Sun August 7th Sunday edition.

Way to represent Bennett!

Grind Ride Detour September 24th, 2011

On Saturday September 24th, the city of Upland will be having a walk/jog a thon. Which means the long, medium and short Grind Rides will be detoured that day. Instead of heading East on 21st from Mountain all rides will head south on Mountain to 19th street and then head East to Sapphire. Will be explained the day of the ride September 24th.

Classified Section

FOR SALE: MOTOBECANE NEMESIS \$



56cm Aero Motobecane Tri-Bike, includes everything except the wheels—comes with stock wheels.
Contact: Dan Caldera 951 206-8323, dan.caldera@ycrw.com

FOR SALE: MOTOBECANE IMMORTAL PRO \$700



2010 Motobecane Immortal Pro all Carbon, 50/434 cranks, Ultegra/105 Mix, weighs about 19lbs.
Contact: Dana Pierce 951 642-7872, dpierce801@yahoo.com

FOR SALE:SPECIALIZED ALLEX \$\$



Used Specialied Allex 54cm, Shimano 105, Used for 1-yr, around 1000-miles
Contact: Billy Corn 909 900-8943, billycorn2003@yahoo.com

FOR SALE:QUINTANA ROO TRUENO \$\$



NEW Quintana Roo Trueno Tri Bike Large/56cm, Dura Ace/ Ultegra/105 mix
Contact: Billy Corn 909 900-8943, billycorn2003@yahoo.com



September

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 for a new ride? Contact Mike Basica mikebasica@yahoo.com Find other organized rides at: www.bbcnet.com</p>				<p>1 Club Meeting Carrow's Restaurant Foothill Blvd 7:00pm</p>	<p>2</p>	<p>3 THE GRIND 23, 30 and 33 miles</p>
<p>4 Long: Santa Fe Dam, 55mi, leader: Warren Hawkins Short: 42nd St Bagel, Claremont, 25mi.</p> <p>Women's ride, 4:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>5 Labor Day! Show N Go 8:00am It's a Grind</p>	<p>6 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>7</p>	<p>8 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>9</p>	<p>10 THE GRIND 23, 30 and 33 miles</p> <p><i>Amtrak Century</i> http://www.ocw.org/Amtrak/Default.asp</p>
<p>11 Long: Glendora Mt Rd, 65mi, 5,000' elevation gain. Leader: Skid Short: The Vault, Glendora, 40mi.</p> <p>Women's ride, 4:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>12</p>	<p>13 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>14</p>	<p>15 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>16</p>	<p>17 THE GRIND 23, 30 and 33 miles</p>
<p>18 Long: Via Verde, 50mi. Leader: Les Short: Southridge, 30mi</p> <p>Women's ride, 4:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>19</p>	<p>20 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>21</p>	<p>22 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>23</p>	<p>24 THE GRIND 23, 30 and 33 miles</p> <p><i>Tahoe Sierra Century</i> http://www.tahoesterraceury.com/</p>
<p>25 Long: 3-Dam Ride, 50mi. Leader: Les Short: Old town San Dimas, 38mi</p> <p>Women's ride, 4:30pm at Grapeland Elementary School 7171 Etiwanda Ave</p>	<p>26</p>	<p>27 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>28</p>	<p>29 Training Ride 5:00pm, CVS lot Milliken and Kenyon</p>	<p>30</p>	

2011