

Sacramento Wheelmen Club Newsletter



2020, Issue 1

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President's Message

Dear Wheelmen,

The State's COVID-19 guidelines have required us to cancel most of our social activities. However, COVID-19 has not stopped the Wheelmen members from riding. During my bike rides, I do see a good number of other Wheelmen getting their rides in. At the end of this year it will be interesting how our miles compare to the previous years. Remember to report your miles to the Ride Leader for the day.

At this time, we do not know when the club can restart our group rides, hosted meetups, tours, or social events. I would encourage you to use this time to explore different bike routes. It would be nice to offer our members two different types of rides (flat and hills) on Saturday and

Sundays. Maybe even look at adding some gravel and mountain bike routes. When we can restart our group rides, I would encourage you to become a ride leader.

Please take a moment and verify your club contact information. On the club website, click on View Profile (Upper righthand corner). You will be able to verify and update your information. A club membership card is available in your profile.

One item we need to explore is what type of fundraising activities would the club like to do? What are your ideas? Let me know, my email address is: rjdaviesca@gmail.com or home phone (916) 682-7902.

A big thank you to Debra Lebish for becoming the editor of the Wheelmen News. Debra is encouraging members to submit articles you would like to share with your fellow Wheelmen.

Stay safe and enjoy the ride,

Ron Davies

Membership Update

Our ranks have expanded by 10 members, a combination of both new and returning riders.

NEW MEMBERS – A BIG WARM WELCOME!

Carl Aamodt and Sarah Lin Aamodt, Jim Passadore

“I CAN’T QUIT YOU” - WELCOME BACK TO OUR RETURNING MEMBERS!

Vanessa Anderson, Bruce Cline, Chris Clarke, Laura Barnes Daly and Jett Barnes Daly, Bryan Groves, Ken Murray

Event Calendar Report

Next Club Meeting – July 22nd, 2020 – HAS BEEN CANCELLED REI has repurposed their community room to a merchandise area for curbside service. The community room will not be available for our use at least through the end of 2020. The board is currently discussing how and when future club meetings will be conducted. Stay tuned!

Wheelmen Picnic – October 2020 – Our annual picnic is usually held on a Saturday in the first half of the month and we hope this year is no different! If allowed by government COVID-19 guidelines, this year’s picnic will be on October 3rd or 10th, with a ride in the morning and picnic starting at 1 pm. Multiple routes will be available. TBD due to pandemic.

Banquet/Award Party – February 2021 – Our annual banquet is always a fun night of celebration and a time of congratulations for our accomplished club members. You have over ½ a year to find that perfect outfit! Date/Location TBD.

Club Business Report

Due to the pandemic, the club is unable to conduct meetings open to the entire membership. As a result, the board cannot vote on action items at this time, but routine business continues. When open meetings resume, action/discussion items will include constitution revision, new board members, budget, website management, and club sponsors.

Ride Calendar Report

We have a full July calendar, with rides every day of the week, including weekends, and several on weekdays. You can find the calendar on our website here:

<https://sacwheelmen.wildapricot.org/page-1658114?EventViewMode=1&EventListViewMode=2&SelectedDate=7/27/2020&CalendarViewType=1>

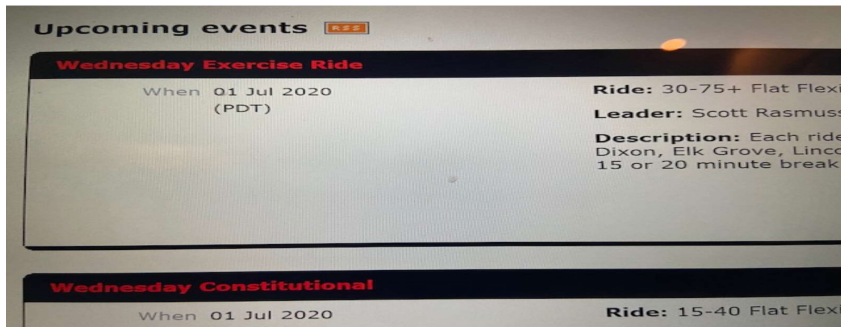
Because of COVID-19, ride leaders are still not announcing a starting place or time for their rides. The club has not resumed group rides and Wheelmen continue to start their rides where they want and at any time, putting in miles alone or with a few family members. As usual, to receive your Wheelmen miles, email your miles to the Ride Leader for the day you ride.

INSTRUCTIONS FOR LOCATING THE RIDE LEADER FOR A RIDE:

1. Go to the Sacramento Wheelmen web site: <https://sacwheelmen.wildapricot.org/>
2. Select the Rides Menu, then Ride Calendar



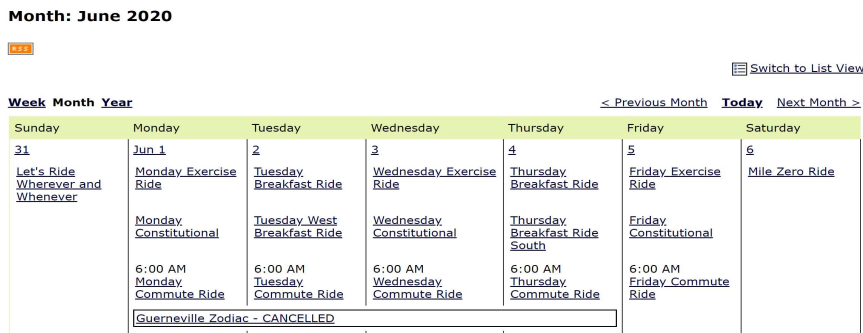
3. The day or next day's Rides will display under Upcoming events



4. To locate the Ride Leader for a previous day, click on Switch to Calendar View



5. And navigate to the desired day and ride



Even though we are not group riding together as the Wheelmen, we are still out there enjoying our beautiful area:



Pre-COVID-19 lovelies:



Have you ever dreamed of becoming a Ride Leader? This is a great time to create the perfect route for the ride that you want to lead! Or choose a ride from the Club's Ride With GPS library of routes. Contact Mabel Wong (sacwheelmenridedirector@gmail.com), Tom Adams (tompeggyadams@att.net) or Ken Bell (kenbell4957@sbcglobal.net) to learn more about becoming a Ride Leader. Contact Tom or Ken for Ride with GPS assistance.

Please stay safe and maintain social distancing. Please add a mask to the gear you carry so that you have the option of entering stores, coffee shops, or restaurants. For the latest COVID-19 information, go to:

<https://www.cdc.gov/coronavirus>
<https://faq.coronavirus.gov/>

Travel Report

The pandemic has thrown the club's travel schedule for a major loop, among other things! For the health and safety of members and to do our part in protecting our communities, this year's Zodiacs and the annual Europe Tour are CANCELLED. In the meantime, here are a few fond memories from past trips:





Let the good times roll!

Communication and Social Media Report

FACEBOOK

The **Sac Wheelmen Group** is now on Facebook!

Check out and join our Facebook group **Sac Wheelmen!!** This private group is a great way for members to share photos, videos, links, and comments! Any member of the Group can post to the Group and all posts and comments stay within the Group. To join the Group, post something on the Group's Time Line, or just see what's been posted so far, use this link:

<https://www.facebook.com/groups/SacWheelmen/>

The Sac Wheelmen Group replaces the defunct and inactive Sacramento Wheelmen Group.

MEETUP RIDES

Group Meetup rides have been temporarily discontinued due to the pandemic. We will restart them when government guidelines allow.

NEWSLETTER

Keep sending in stories and pictures for the newsletters. Please send your input and notes of your adventures for the next newsletter to Debra Lebish (deb.lebish@gmail.com)

The Honest Nutrition Corner by Diana Price, MS, RDN

HONEST NUTRITION

*Empowering you to elevate
your health through
food and nutrition.*



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Proper nutrition before, during, and after exercise plays an important role to meet the increased energy and metabolic demands of the body. A healthy diet provides energy, optimizes recovery, aids injury prevention and boosts immunity. Nutrient needs change with increased exercise. Total carbohydrate and protein needs increase, while total fat needs decrease. Water needs also increase.

Energy needs for exercise depend on:

- Type of activity: Aerobic vs Anaerobic
- Duration: How long a person works at each session
- Intensity: How hard a person works (light, moderate, vigorous)
- Body weight/size, Gender, Fitness Level, Genetics

CARBOHYDRATES: Carbohydrates are the main source of fuel for your body and should make up 45-65% of your energy. Adequate carbohydrate stores are critical for optimum performance. When muscle and liver carbohydrate is used up, your body will not just rely on fat but also muscle protein will be used for fuel. When your carbohydrate levels are depleted, blood sugar levels drop, and your performance will be impacted. Carbohydrates also support hydration. Easily digested, high quality carbs should be eaten pre-exercise. Easily digested carbohydrates should be consumed during exercise over 1 hour. Carbohydrates are found in all plant foods, plus dairy. Great sources include vegetables, fruits, potatoes, legumes, and whole grains such as oats, quinoa, plus more.

Recommended daily carbohydrate intake ranges from 3 to 12 g/kg of body weight.

- Very-light training program: 3-5 g/kg → Golfing, diving
- Moderate-intensity training programs (60 minutes/day): 5-7 g/kg → Soccer, basketball, swimming
- Moderate-to high-intensity endurance exercise (1-3 hour/day): 6-10 g/kg → Endurance running, cycling, sprint-mid distance triathletes

PROTEIN: While essential for muscles, protein also maintains your organs and tissues. Protein also plays a role in immune health, hormonal balance, influencing how you feel and your metabolism. Protein is most essential to post-workout. Protein is not an efficient energy source and excessive intake may contribute to dehydration. Animal-derived proteins (milk, eggs, meat, and fish) are high quality because they have adequate amounts of all of the Essential Amino Acids (EAAs), which are building blocks for proteins in our body. Some plant-based proteins (soy, quinoa, amaranth, and buckwheat) contain significant amounts of all EAAs while most plant-based proteins (legumes, grains, nuts, and seeds) are generally low in 1 or more EAAs. A variety of these foods must be consumed in your diet to provide all the EAAs.

Adequate daily protein intake: 1.2-1.7 g/kg

Athletes in rehabilitation, trying to lose fat mass or aiming to increase lean body mass can require up to 2.0 g/kg

FAT: Fat is an energy source that supports joints, immunity, mental health, and recovery. Adequate intake also supports hormonal health. Fat should make up about 30% of calories consumed daily. Athletes would benefit from consuming more plant-based fatty acids and fewer foods containing significant sources of animal fat, due to their anti-inflammatory benefit.

Adequate daily fat intake: 1.0-2.0 g/kg, Tip: Choose mostly plant fats and fish fats.

WATER: Water is supportive of all of the body's functions, including energy levels, recovery and immunity. Drinking adequate fluids is essential to peak your performance and brain function, support organ function, maintain proper hunger and appetite signals, and aids in your natural removal of toxins. Dehydration from one workout affects the next workout. Staying well hydrated can help delay onset fatigue as well as protect health and well-being by preventing physiologically deleterious effect of dehydration.

There is no ONE fluid-intake recommendation that will suffice for everyone, because of the wide diversity of fluid needs of everyone. To ensure you are adequately hydrated:

- Note the color and volume of urine. Dark color urine and relatively small amounts is an indication of dehydration.
- Thirst is a sign that you are already dehydrated.

Proper Fluid-Intake Tips:

- For short duration (<60 minutes), low to moderate intensity activity, water is a good choice to drink before, during, and after exercise.
- Sport drinks (6-8% carbohydrate) are good options for moderate to high intensity activity lasting longer than 60 minutes, especially when the goal includes replacing carbohydrate and electrolytes.
- For those who experience high sodium losses during exercise, eat salty foods in a pre-exercise meal or snack.

- Rehydrate following exercise by drinking enough fluid (water or sport drinks) to replace fluid lost during exercise.
- Replace fluid and sodium losses with watery foods that contain salt (soup, vegetable juice).
- Replace fluid and potassium losses by consuming fruit and vegetables

Pre-workout Goals:

- Adequate carbohydrate for exercise: 1 to 4 g carbohydrate per kg body weight and consumed 1-4 hours before endurance exercise, not skill based or strength exercise
- Adequate food to prevent hunger and avoid GI distress
- Adequate fluids

Pre-Workout Snack Idea:

- Balance of quality carbs and moderate fiber
- Banana and nut butter
- Applesauce and almonds
- Sprouted grain bread and fruit preserve

Post-Workout Goals:

- Restore fluid and electrolytes (sodium and potassium) lost in sweat; weigh before and after exercise and replenish what was lost
- Replace muscle fuel (carbohydrate) utilized during workout
- Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue (20–30 grams of high-quality protein, i.e. 3-ounce chicken breast)
- Begin nutrition recovery with a snack or meal with carbs and protein within 45 minutes of exercise

Post-Workout Snack and Meal Ideas:

- Protein AND carbs, not too much fat
- Low fat milk (or soy milk) with fruit smoothie
- Hardboiled eggs and fruit
- Tuna salad with avocado on whole wheat bread
- Stir fry with lean steak, broccoli, bell peppers, carrots + brown rice

Member Spotlight...Did you Know?

That Dave Storm is a belt buckle collector? Dave has been collecting belt buckles over the past 30 years plus. Originally it wasn't so much of a "collection" as it was a dozen or so kept in a closet box. When the box filled up, he bought a glass display cabinet and began to seriously look for interesting buckles. Frequently it was just he and his wife cruising antique shops in Folsom, Sutter Creek and elsewhere looking for interesting buckles, but he was soon making a point to purchase them when traveling from a myrtlewood buckle at a gift shop on the Oregon coast on a Wheelmen bike tour, to a Naval Soviet belt and Bucket at a souvenir shop outside

Karlstejn Castle in the Czech Republic, to a shiny eye-catching buckle in Sicily. He said he became rather obsessed, bidding and winning online, including a couple of lots from an auction firm in Iowa.

Dave never thought himself a buckle connoisseur who searches out expensive old heritage collectables, but just bought what he liked whether old or new. A few times friends and fellow Wheelmen, knowing his obsession, would give him an interesting buckle. His collection, now numbering over 120 buckles, has drifted into several categories, farming, airplanes, bicycles, motorcycles, Native American, frontiersmen, and wildlife to name a few. He says he will probably continue this the rest of his life, and someday someone will make a great purchase at an estate sale.



Where in the World?

Photo Contest! A Wheelmen recently took this picture during a ride – do you know where? Submit your answer to Debra Lebish (deb.lebish@gmail.com) and the first person with the correct answer wins a prize!



Miscellaneous

ORDERING CLUB KITS

Have you been eating baby moose during the pandemic and now need a larger Sacramento Wheelmen Kit? Or maybe you want to be ready for the fall with a premium quality Wheelmen windbreaker jacket? Now is a great time to get your first kit or refresh your existing Sacramento Wheelmen closet – look smart! We will open ordering once we have enough interest to meet minimum ordering requirements - send an email to Debra Lebish (deb.lebish@gmail.com) to get on the list.

AMERICAN RIVER BIKE PATROL

A bike patrol has been formed to serve users of the American River Parkway. The American River Bike Patrol (ARBP) is a new organization that provides professional volunteer bike patrol services along the parkway. Bike Patrollers work as trail ambassadors, providing trail directional advice, equipment assistance, safety insights and the like. Riders interested in joining the patrol are directed to visit <https://www.americanriverbikepatrol.org/> or the Facebook page: American River Bike Patrol for more information. Check it out, this is a great opportunity to serve the community!!

OTHER ANNOUNCEMENTS

Congratulations to Bob Storelli and Mabel Wong for completing their **50th** Double Century ride! Amazing job!



Rest in peace, Clayton Boudreau, you are missed! In remembrance of Clayton and other Wheelmen who are no longer with us, we are considering sponsoring a park bench, ornamental bike rack, or other memorial item or ride. This will be a future club meeting agenda item.

