



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB December 2020

President's Corner

We have been blessed with perfect fall weather. The riding has been great, I hope everyone has had the opportunity to experience the extended riding season. Patty and I have just returned from riding Pine Creek, and that was a great trip, highly recommend to everyone.

The Club will be working toward having all events for the upcoming year posted to the Web Page to help eliminate some of the e-mailing. It will also help to keep all information pertaining to the club readily available and not a need to search for information.



GOOD NEWS everyone this year the Spring Fling will be returning to Bethany Beach. We will be staying at the Ocean Suites by Marriot on the Board Walk. These accommodations are perfect, the hotel is located in the heart of Bethany and you can walk out and you're on the beach, and the rooms and food are fantastic. If you haven't joined the club in the past for Bethany Spring Fling, you really need to reserve these dates and make it your mission to join the event. It will fill up fast. For more information go to the HBC Web site and click on the Spring Fling Tab.

Because of the Pandemic and riding restrictions early on, some groups formed their own riding groups which are great since we all love to ride and encourage everyone to do so as often as possible. But, I feel it is necessary to make sure all members know that these groups do not fall under the umbrella of HBC, therefore do not carry any of the benefits such as posting on Web Site or Insurance Coverage that HBC provides.

Have a Happy Thanksgiving, and may your families remain healthy and safe over the holidays.

HBC President
Glenn I Wareham

HBC Christmas Lights Walk

When: Friday, December 18, 6:30 p.m.

Where: Fisher Park, (NOT Friendship Park, but nearby) 2000 Fisher Road, Mechanicsburg

Join us for a bit of holiday cheer as we meander around the nearby neighborhoods to view all the lovely light displays. The homes here really do a great job of decorating for the holiday! We'll walk for about an hour (2-3 miles) and then those who are interested can head to Jo Jo's Pizza, 2210 Aspen Drive, Mechanicsburg for some pizza, subs, salads, beer & warm beverages plus good conversation. Think of this as an off-season Friday Night Social. Shortcuts back to Fisher Park are available for anyone who wants to walk a shorter distance. Who knows...maybe we'll be in the mood to sing a carol or two!



Be sure to bring a flashlight to help light the way

Leader: Marilyn Chastek mchastek2009@gmail.com 717-798-4537

Recycle Bicycle Moving Forward in the Midst of the Pandemic

Recycle Bicycle Harrisburg purchased a permanent building in October 2019, 1722 Chestnut Street. This was possible through the generosity of donors, including the Harrisburg Bicycle Club and its many members.

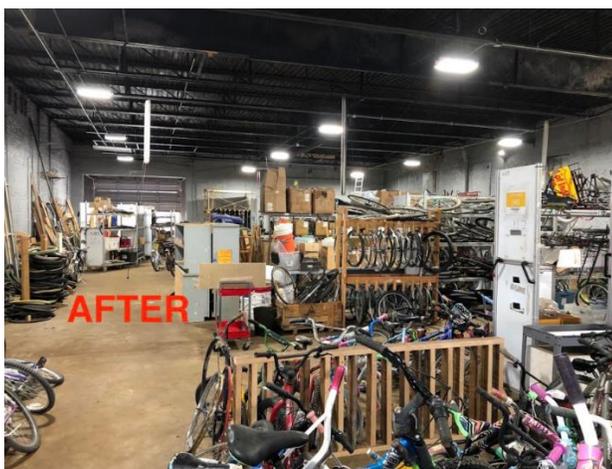
Since October 2019, we've have been busy upgrading the building and bringing it to code to receive our Certificate of Occupancy. On October 28, 2020 we were granted that certificate. Now we are officially open.

Through the pandemic the need for bicycles and bicycle repairs was incredibly high. Numbers of individuals would rather commute by bicycle than take mass transit during the early months of this crisis. Once summer came around, old bikes were dug out of basements and recycled by their owners for recreational use. That meant many people needed to have their bicycles tuned up and repaired. This was evident in our local bike shops being inundated with repairs and selling out of their stock. This is a good thing!



At Recycle Bicycle Harrisburg, even though we were not officially opened, the city allowed us to repair on the sidewalk and help out the community as we have always done. All the while, many volunteers and professionals worked on our building getting it ready. As the colder weather arrives, we will now be able to invite the community into the building and work on bikes in warmer quarters. Because commuting by bicycle is not just for warm days.

Some of the improvements we've made to the building were major. A brand-new roof replaced 80+ years of many layers of asphalt roofing, repaired holes with sheet metal and added new drains. We now have new electrical wiring and LED lights throughout. A new fire system was installed with heat and smoke sensors as well as sound and light alarms. A main reception area was updated with new walls, ADA bathrooms, drop ceiling, insulation, and improved lighting. Finishing touches are still being added, such as a custom wood wainscoting. This wood was recycled from the back-room ceiling joists that had to be removed because they were rotting. Our master craftsman and volunteer, Jim Uber, planed down the wood to remove the rot and cut and finished it to be used in our front reception room. What would you expect from a "recycling" organization?



We are far from finished with our renovations, but for now our building is safe and welcoming. We have many plans for growth, and we have started our year-end fund raising. We have a dollar for dollar **Matching Fund Challenge up to \$10,000** from a few of our supporters. We have until **December 31st** to claim this match!

We are asking anyone visiting the warehouse to comply by wearing a mask and observing social distancing. We are here to help and consider what we do as essential. Together we will come

through this pandemic and continue our many community activities. Until then, RBH is committed to our mission.

How HBC Members managed through the COVID pandemic

During the worst of the pandemic, there were very few ways to get out and biking was one of them. Solo biking has its own rewards and finding yourself on a beautiful country road, it's hard to imagine the upheaval that was occurring elsewhere. This was a nice refuge.

Then when the club started riding again, fellowship there was difficult to find elsewhere particularly since work was remote. Zoom meetings become maddening after a while.

Without a doubt, the club and biking meant I didn't have to admit defeat trying to preserve as much normalcy in my life as I possibly could.

Thanks for asking,

John M.

For me, the virus has completely uprooted my year. Between work, the restrictions, cancellations, and family my riding year has been pretty dismal. But I'm back into the gym and getting ready for 2021.

Glenn W

As this pandemic continues and the weather gets colder and there is less daylight now, I realize how very much I enjoy and have enjoyed riding my bike the past 6-8 months. In the past, and as a member of the HBC, I have not participated in many of the various rides that are available on both the East and West Shore because I had been traveling, working on weekends and no longer had someone I could ride with "on the spur of the moment".

I decided to join the East Shore Riders on their Sunday Rides to see what they were like. I'm so glad I did because I was able to reconnect with some people I had met over the years, as well as meet some new members. I truly looked forward to Sundays where I knew I'd be able to enjoy the sun, fresh air, as well as a ride that "energized" me for the rest of the day.

I much prefer riding with a group, but I have also found that riding on back roads of Hershey off of 322, the Conewago Trail and on the GreenBelt (starting behind the East

Mall and going to Heckton and back) has helped me considerably to get the exercise I need, enjoy the beauty of nature along the way, and clear my head of this "isolating" time and realize how very fortunate I am to be able to ride with such wonderful members of the club and get the exercise I need.

While I was at the shore for 3 weeks in September and October , I so enjoyed riding 25-



Reconnecting with "Lou" a former Air Guard friend



30 miles every few days and pushing myself whenever I could. I know the fresh air, exercise and sights along the way were instrumental in clearing my head of this "crazy" time and enjoying a much more restful sleep at night.

The winter months will be a challenge since I **DO NOT** like the cold

weather, especially if I'm riding my bike, but I am going to try my best to join one of the club's rides when I can or adventure out on my own. All I know is that "whenever" this pandemic is over, I will definitely try to be more involved with the club's rides , especially some that are in Williamsburg, the Finger Lakes, and other places. The members(who are older than I am) are truly amazing and such an inspirational to me and I hope that as I get older, I too can enjoy all that the club has to offer.

Loretta C.

Without my cycling friends, the COVID-19 period would be much lonelier, indeed. The safest place to socialize is outside, and staying fit is imperative. It's very therapeutic to be able to meet up with a few friends and go for a ride. I was also grateful to have been able to participate in a few overnight bike trips, mostly with just a small group of 4 people.

Recreational cycling is an activity that is by nature socially distanced, but you can still be near enough to carry on a conversation. It's very important for me to address my need for social interaction and outdoor activity along with my physical wellness, so I didn't miss very many opportunities to get out on my bike with friends. Due to COVID-19, I do find myself riding more often by myself or with just a handful of people rather than a larger group. I am cycling more frequently in 2020 due to the lack of other commitments but am doing fewer long rides. I expect to come close to my 2018 yearly record of 4,830 miles, however.

Visiting family members has become very restricted. Going to the YMCA is normally a big part of my activity program, but that's a questionable activity for people in my age group. All meetings have become virtual and indoor gatherings in friend's homes are taboo, so bicycling, and some hiking, has become the backbone of my social life. I sure hope we have a mild winter!

- Marilyn Chastek

Lehigh Gorge Trail, part of the Delaware and Lehigh Trail



Dinner in Bethlehem, also on the D & L Trail



Stone Harbor



Cape May- Enjoying our own version of the Fall Tour.



One of the BEST things for area cyclists that came out of Covid-19 was the creation of East Shore Bikers on Facebook. Since HBC halted all biking events, ESB was created for those who still wanted to bike safely. Marilyn also created the West Shore Bikers.

ESB is a Meet-Up, where ANYONE can lead at any pace, distance, and locations. Posting rides is very simple. The riders and leaders ride responsibly and use common sense.

ESB also is a forum for riders to show photos and write-ups about their own solo or small group rides.

ESB announced 17 group rides in October. There were over 35 rides posted. There are already many Meet-Up rides posted for November! It continues to be very successful.

Covid-19 didn't slow the enthusiasm of 123 ESB members. It was a catalyst for creating an easy way of biking safely and responsibly as well as share their biking experiences.

Lori B.

Bicycling, to me, has always been about freedom: Freedom to travel faster and farther than I could on two legs. It's an opportunity for fresh air and exercise – even a time to talk to God.

When the lockdown slammed the door on life as we knew it, being able to get outside and ride was an absolute necessity for both physical and mental health. As an introvert, the end to crowds and social gatherings didn't bother me all that much. However, the announcement that group rides were being suspended was a shock. My bicycles (a 20-year-old Schwinn, a 4-year-old Scott road bike) became even more vital coping mechanisms.

When I began working from home in late March, I transitioned from riding to Harrisburg to replicating that commute either before or after my shift at the dining room table. It's been a lifesaver.

One day the pandemic will end, the Three Creek Century will no longer be virtual, and I look forward to seeing more of my cycling buddies as we enjoy the freedom of the road together.

Maggie E.

Bicycling became our getaway vacation in September 2020. My wife and I, joined by my sister and brother-in-law from Indianapolis, took a week to ride the Great Allegheny Passage and C&O Canal Trail, 334 miles from Pittsburgh to Washington DC.

I had cycled portions of the GAP in 2018 and 2019, which is easy to plan when you're by yourself. This time, I had to sweat the group planning details for the 7 riding days of how far to ride, where to eat, where to stay, and would everyone be happy? Not to mention the many "What if's?" that crossed my mind. The bar was raised pretty high!

Vacation week turned out to be nearly perfect. Except for a few hours of rain leaving Pittsburgh, we saw a lot of temperate sun, nature changing colors, rail, and canal history, and passed many smiling faces. Most importantly, we saw real joy in each other as we relived our childhoods, thanks to the freedom we learned as kids a long time ago on 2 wheels.

Rich K.

Spring Fling 2021 Update

GOOD NEWS everyone this year the Spring Fling will be returning to Bethany Beach. We will be staying at the Ocean Suites by Marriot on the Board Walk. These accommodations are perfect, the hotel is located in the heart of Bethany and you can walk out, and you are on the beach, and the rooms and food are fantastic. If you haven't joined the club in the past for Bethany Spring Fling, you really need to reserve these dates and make it your mission to join the event. It will fill up fast.



We will be having 4 days of riding nice flat roads and trails for every level of rider. This is the first riding event of the year, and perfect for getting your biking legs working again for the upcoming season.

The event is being held from April 29th - May 02, 2021, The cost for the hotel is 169.00 Double Occupancy. Get there early

and start your riding on Thursday and get a full 4 days of riding. As always, we will be having a celebration on Saturday evening at the Boat House Bar and Grill with plenty of bike stories and laughs.

For online hotel reservations, click [HERE](#)

Please email **Glenn Wareham** to let him know you made the reservation gwareham@aol.com

SAVE THE DATE! 2021 HBC Finger Lakes Trip

Join us on June 10-13, 2021, with an early arrival option for Tuesday June 8 or Wed. June 9, 2021. Reservation confirmation is still pending, but we are planning to return to enjoy the pleasant riding, spectacular scenery, historic points of interest, wonderful wineries and local craft breweries, and the camaraderie of friends.

We expect to stay at the townhouses at Hobart-William Smith Colleges, in Geneva, New York. This will be our 14th annual trip.

Registration will start on March 1, 2021 and fills up fast. More details will be provided in the February Spokesman and on the HBC website under the special events tab for the Finger Lakes trip.

Please mark these dates on your calendar and plan to join us!



Contact Phyllis Zitzer with any questions at pjzitzer@gmail.com or (717) 379-3054

Harrisburg Bicycle Club Membership Benefits **A Great Gift to Friends and Family**

With everyone being more active, maybe you should consider giving a gift this holiday season, for someone to become a member of the Harrisburg Bicycle Club. Our member benefits



- Cycling is a low impact exercise that is easier on your joints than running or other high impact aerobic exercises. You can increase your overall health through cycling on a regular basis. Cycling works your blood vessels, heart, and

lungs to strengthen your overall fitness level.

- Cost is \$15 a year for an individual or \$20 for a family membership. Also, you will receive a 10% discount on accessories at area bicycle shops with your HBC member card.
- Do you want to learn the safe way to ride in a group? We can show you how. Are you interested in becoming a Ride Leader? We provide Cycling 101 workshops, Ride Leader Training, and special training for sweeps. Ride Leaders can take advantage of CPR and First Aid Training and get reimbursed \$75 for taking the certification course.
- HBC offers an annual series of clinics. Each year the schedule varies on when it occurs. You can learn basic maintenance skills such as how to clean your bike, fix a flat, chain & brake maintenance and a pre-ride safety checklist.
- HBC offers bike rides with a knowledgeable Ride Leader who plans the ride and provides direction for riders of varying abilities. The riding categories are social, D, C, C+, B, B+ and A - with D being the easiest and A being the most challenging.
- Our website contains a wealth of information about the club rides, skill levels, special events, forums and more. Forums are a communications tool member can use to talk and share ideas with other members.
- HBC members have access to cue sheets for many routes throughout the area. In addition, HBC members have Premium membership access to Ride with GPS. Once you become a member you can request a Ride with GPS invitation by emailing webmaster@harrisburgbicycleclub.org
- ROAD ID savings. A \$25 Road ID gift cards can be purchased for \$12, a \$13 savings. (Member must place order for Road ID themselves). This is obtained by emailing membership@harrisburgbicycleclub.org

Special Events

- HBC offers several special rides throughout the year such as:
- The Spring Fling – A 3-day weekend trip in late April or early May to varied destinations.
- The Finger Lakes Tour – mid June 3 day weekend trip to Geneva, NY to experience the beauty and great riding in the region.
- The Fall Tour – a multi-day adventure to Cape May, NJ held in September.
- Three Creek Century - HBC's largest event of the year! Ride 100, 75, 50, 25 or 18 miles through beautiful south-central PA's rural countryside. Held the 3rd Sunday in September.
- Williamsburg, VA Weekend – Enjoy a fabulous 3-day weekend biking the roads around Williamsburg, VA in October.



A Special Thank You to the Harrisburg Bicycle Club

Over the years the HBC has support various bicycling organizations. Recycle Bicycle has applied for and received grants in the past. We are excited that we could contribute to their new home. Below is a thank you we received from them.



PO Box 5264
Harrisburg, PA 17110

November 2, 2020

Harrisburg Bicycle Club
PO Box 182
New Cumberland, PA 17070

Dear Members of the Harrisburg Bicycle Club,

On Wednesday October 28th Recycle Bicycle Harrisburg received our Certificate of Occupancy from the City of Harrisburg. We say *our*, because YOU were a large part of our success. For the first time ever RBH is operating fully in our own permanent facility. We have passed all of our inspections to include, roof, plumbing, and electrical. We have heat and running water for the first time ever. We are officially OPEN for business.

Our goal for the past six years was to raise enough money to purchase our own building so that RBH would continue our mission long beyond Ross, Terry, and the rest of our current volunteers. Finally we can say *Mission Accomplished*.

Thank you so much for believing in our mission and us. Without you it wouldn't have been possible. We are able to serve so many people because of your generosity.

Please come visit us at 1722 Chestnut Street and see what your contributions have made possible.

Sincerely,
Recycle Bicycle Harrisburg Board of Directors

Biographies of New Officers for 2021

President

Susan Tussey: A lifelong cyclist, I have moved to Linglestown in 2016 after retiring from the Navy and joined HBC in 2017. I have been on the Board of Directors for the last 2 years. Promoting safe bicycle riding for health and fun, along with education is a passion for me and has been valuable in this crazy new normal of 2020. I am excited to take on the responsibilities of this amazing organization with everyone's help!

Vice President 1

Jill Bradley: Jill joined the bike club in 2016, starting by riding D rides and trails on her hybrid. As time went on, she graduated to C rides and less trails. Throughout her time in the bike club, she has been blessed by all the people she has met and the education on riding, bike selection, maintenance, and camaraderie. She appreciates the ride leader efforts put into organizing, planning, and leading rides each week. She recently joined the OPS committee as secretary and was amazed on the amount of work that goes into the website, bicycle trips, and other HBC functions. Because of all the support and advice, she has received from the club members, she chose to join the Board of Directors to do her part to support HBC.

Vice President 2

Richard (Dick) Norford: Known as Mr. Wonderful; a retired sales and marketing executive. Living in the Harrisburg area since 2004. He and wife Kay have four children scattered about the US, five wonderful grand kids and a great grandson. Dick started club riding in 2002 in his home state of Virginia joining HBC after moving to the area. A frequent leader of various club rides he previously served as club treasurer, PR chairman and is parking chairman for TCC and more. In addition to club activities Dick is on the board of The Capital Area Greenbelt, BSCPA and Bike Harrisburg. Other community activities involve Recycle Bicycle, Susquehanna Township Recreation Advisory and The York Active Transportation Committee.

Vice President 3

Howard Ross: Howard is a retired Social Psychologist who started riding at the age of 64 which he says that has made retirement wonderful. He is an active ride leader on the East Shore and has served on the Board of Directors in the past.

Secretary

Stephanie Iseman: Stephanie is a new HBC member and rider who has become obsessed with all things bike related and has embraced the club rides with enthusiasm. A Native of Mifflinville, she moved to Harrisburg in 2015. She is married to Jeff (also an HBC member), mom to dog Scooby and cats Angel and Bobbi. A graduate of University of Pittsburgh, and Marywood University, her work experience is a combined 20 years as a health insurance underwriter for Geisinger Health plan and Capital Blue Cross, development officer at Bethesda Mission, and most recently a financial counselor at Geisinger Holy Spirit Hospital. Stephanie is very detailed oriented, organized, with a great sense of humor and has a longstanding commitment to her faith, animal rescue and supporting the community.

Treasurer

Howard Davison: A native of Boise, Idaho, Howard graduated from Oregon State University (Go Beavers) and is married to Mary from South Carolina. They have 2 children and 2 grandkids. He worked in the corporate worlds for 35 years and academic world for 10 years. Howard retired in 2016 and joined HBC where he is the current club treasurer and looking forward to serving another year.

Membership

Mark Riordan: Mark has been cycling for almost 50 years logging an impressive total mileage between 250K and 300K miles. Rides to remember: Cross-country from Astoria, Oregon to Cape Hatteras, North Carolina Cross-Continent from Fairbanks, Alaska to Key West, Florida! It all started with his first Century ride in 1973. He has been a member of HBC since 1993 and in charge of Membership for numerous years. Other notable contributions to cycle: Technical Director of the 1992 Summer Olympic Cycling Team training camp and a support member for the 1996 Atlanta Olympic Cycling Events.

Technology

Scott Silverstein: Scott brings nearly 30 years in print and digital media to the HBC website and believes this combination of experience in the internet age makes sense for in the internet age and aids in managing HBC's website. His belief that a compelling, interactive, and easy to navigate website, plus creative social media content, can attract potential and current members to engage and returning to the website. Scott lives in Susquehanna Township with his wife and 2 children. He started riding in the last several years and has become a very enthusiastic rider!

Ride Coordination

Chris Wright: Chris Wright is the current Chairperson of the Ride Committee and the Ride Coordinator for the Saturday C ride on the East Shore. He began riding in 2016 and has been a member of HBC since 2017. He typically rides in C rides and Flex rides and expects to hit 5,000 miles ridden in 2020. As an HBC officer, Chris's philosophy is to serve the membership in any way that can make riding more accessible and enjoyable for all members. Chris retired from The Hershey Company in 2015 and was previously Hershey's Global Director of Employee Relations. He is the owner and proprietor of Wright HR Solutions LLC, a human resource consulting firm.

Member – at - Large

Lou Searles: Lou Searles has been a member of HBC for 30+ years and is currently on the 2020 Board of Directors as a member at large. A very active cyclist, he recently achieved 100,000 Lifetime Cycling Mileage (OCT 2, 2019), and averages 6K-7K miles yearly. He also has completed long distance Touring Trips (longest being Harrisburg to Florida), and is a trained ride leader. He also has been active in the Mountain Safety Patrol. He is a past president of the Ski Club.

Seven habits of highly successful master's cyclists

Plus, key tips on masters training from former Olympic athletes and coaches.

NOVEMBER 5, 2020

FRANK OVERTON

You've probably heard of the book *Seven Habits of Highly Effective People*. I'm a fan, and over my coaching years, I've noticed how the same principles apply to cyclists: successful habits make successful riders.



Most masters cyclists are focused on success in all aspects of life: their relationships, their kids, career, and of course their cycling goals. This 'life balance' requires an ever-changing plan and often delicate tiptoeing. There are factors working against older athletes, especially age. Father time...constantly decreasing our power output since well before power meters were invented. Recovery is an issue, too; masters cyclists don't bounce back like they did in their twenties and thirties. And last but not least, master cyclists simply don't have all day train. For some carving out 45-60 minutes to train is a victory.

So how do they improve, get faster, and sometimes win? What makes masters cyclists successful? There isn't one magic answer, but here are seven habits I've noticed from coaching successful master's cyclists.

And below this list, I share detailed tips from successful master's cyclists I respect, from former Olympians to former Olympic coaches. Oh, and a tip from me, too!

Seven habits of successful master's cyclists

- They ride in the morning.
- They follow a training plan, using a power meter
- They rest when rest is needed.
- They win in the kitchen.
- They recover well.
- They are year-round athletes.
- They enjoy training, working hard, and setting goals.

To double-check what I've noticed, I reached out to other successful master's cyclists and pro coaches who have won national championships to ask them about their #1 successful habit. They had phenomenal advice that you can start using right away!

Benjamin Sharp: They set realistic process goals

The most successful master's athletes I have worked with are grounded in reality and are process-oriented rather than fixated on an outcome. The healthiest and most successful master's athletes I've worked with are invested in the daily ritual of being healthy athletes. They acknowledge the stress and strain of the "real world" and apply that acknowledgement to their daily performance expectations. They understand that they don't have control over lots of factors that could influence their results. This is

especially true for those that compete in mass start events. However, they prioritize showing up to the start in the best condition possible, given the variables that life throws at them, and with that criteria, arrive at the event, having already won.



Benjamin Sharp guided the U.S. endurance track team to Olympic medals in London in 2012. Benjamin coaches' athletes of all levels works as the power education specialist at Stages Cycling, and recently won a gold medal at the world masters track championships.

John Verheul: They go to bed early

Successful master's athletes go to bed early. This is another way of saying "they get enough sleep," but that starts with identifying when you have to get up (what masters rider doesn't have a plethora of responsibilities?) and counting back to be in bed in time to get the amount of sleep needed. By the time you're a master, you should know how much sleep you need every night to perform optimally, and benefit from the training stress generated. Whether that's seven, eight, nine hours, or even more, getting that amount of sleep starts with going to bed early enough to get it. There are other details that impact sleep hygiene (blackout the room or use a sleep mask; earplugs; no screen time, alcohol or caffeine after a certain time; etc.), but the most basic step you can take is just get to bed early.

John Verheul is the owner of JBV Coaching, which has guided multiple master's athletes to national and even world championships. John is a former masters national champion and 40k time trial record holder.

Phil Gaimon: They focus on the big picture and don't obsess over the small stuff

You see riders fretting over little details, like counting calories, hitting certain power goals in each workout, or having just the right equipment. Often this comes at the cost of their sanity, work, relationships, or even their actual training. Prioritize different aspects of your fitness goals and life goals. Know when to be a hard athlete and stick it out and do that workout in bad weather, but also know when it's snowing and it's dangerous that might be best to take a rest day and make up your workout later.

Phil Gaimon is an author, former professional rider, and a FasCat Athlete having the #WorstRetirementEver. Sorry, Phil, you're a master's cyclist now!

Colby Pearce: They cross-train

The restricted and repetitive motion of cycling does not support long-term, healthy body function. Cycling must be offset with strength work, functional training, balance work, stretching, cross-training, and mobility. Common issues for masters cyclists are postural



problems (including shoulders that are rounded forward, a collapsed chest, rounded spine, forward head posture), chronic tightness in hips, shoulders, and neck, poor function of posterior chain muscles (glutes, hamstrings, lumbar musculature), pronation and “medial collapse” of the lower body under load, and ridiculously weak feet and ankles, to name a few. Step one is figuring out your specific list of challenges that need to be addressed. Step two is putting together a program that addresses this list. Step three is attending to that list every day.

Colby Pearce is a 2004 Olympian, an hour record holder, coach to many national champions and WorldTour professionals, bike fitter, and self-biohacker in his ongoing quest for effortless speed.

Adam Myerson: They do intervals

They focus on the interval work, and not the duration of training. Rides should almost always be only as long as they need to in order to get the work done. Additionally, they know when to say when: pull up before you're done. If I did three intervals as a pro, I only do two as a master. Never leave it all out there on the road during training. Ride home feeling good, save some of that energy for family or parenting or work or the next day's training, and focus on staying on the completable side of your workload.

Adam Myerson is the owner of Cycle-Smart Coaching. One of his company's athletes recently won a national championship, but that doesn't count because he wasn't a master (ha-ha). Adam is a national champion, though, so I guess that counts.

Frank Overton: They win in the kitchen

If cookies come home, cookies go in your mouth. Masters cyclists 'win in the kitchen' by being smart about their grocery shopping.



What comes home from the store usually goes in your mouth so the first step to eating healthy for optimal performance and recovery is bringing home healthy foods. Masters cyclists plan out their nutrition with healthy recipes that generate healthy grocery shopping lists. They cook their meals, have a killer set of Tupperware, and store the leftovers to eat again in a time-efficient

manner. The entire act of cooking a nutritious meal to fuel training is one habit I have noticed in successful master's cyclists.

Final thoughts: Keep it in perspective

When coaches emphasize the fundamentals, we don't mean to imply that you should ignore the small stuff. Successful cyclists are also extremely detailed-oriented! However, they don't lose focus on the basics by obsessing the details. Yes, you should still wear a skinsuit, still choose the fastest lube and chain, et cetera, but don't let those details come at the expense of the basics: do the right training, go hard, don't do too much, eat and recover well. Finally, have fun.

Something to do in February 2021

STOP, SWAP AND SAVE

ATTN BIKE CLUBS: THE SWAP IS COMING! PLEASE FORWARD TO YOUR MEMBERS AND ADD TO YOUR CALENDAR OF EVENTS!

Don't miss the 24th annual **STOP, SWAP AND SAVE**, the East Coast's largest indoor bicycle swap and consumer bike expo. If you've never made it to the **SWAP** before, don't miss out in 2021...It's **our 24th year !!!**



The **STOP, SWAP AND SAVE** is *the* place to sell your old parts and bikes or take advantage of unbelievable deals on everything you need for a great season of cycling. Buy, sell, browse, shop, trade or just hang out with industry reps, individual vendors, bike shops, manufacturers, and like-minded cyclists!

Admission is still only **\$5** and includes thousands of square feet (yes, it's all indoor and heated) of everything that cycling has to offer. Whether you're looking for road, mountain, triathlon, BMX, vintage, new or used, there's something for everyone!

Don't Miss Out!

Sunday, February 14, 2021
 9:00 am-2:00 pm
 Carroll County Ag Center
 Westminster, Maryland

See you at the **SWAP!**

More details are at: StopSwapAndSave.com

Share the Road

To obtain a plate from PennDOT, web search Pennsylvania Share the Road plate. You will find a link to form MV-917. Cost is a one-time \$40 fee for a new plate and registration card. Annual renewal date and fees do not change. The is made possible by the Bicycle Access Council.



Distracted Driving



The PA Distracted Driving Awareness registration plate became available on February 21, 2019. All proceeds from this plate shall be used to exclusively to advance public education and outreach on the dangers posed by distracted driving. To apply for this registration plate please complete Form MV-918 The form is available on the PA DMV website

Training Corner

Seven tips to improve your climbing

How to adjust your training — and perhaps to your bike — to get better at going uphill.

OCTOBER 29, 2020 [HANNAH FINCHAMP](#)

For some riders, just the word ‘climbing’ can inspire an onset of dread. A fun ride with friends can quickly become a sufferfest when hills are thrown into the mix, but it doesn’t have to be that way. You too can power up climbs with grace and ease and become the envy of others just struggling to summit. It takes some dedicated training and focus, though. Here’s how. When climbing, you are fighting gravity, which can prove to be a worthy opponent. Spend some time focusing on these climbing-specific strategies and before you know it, you’ll be enjoying the view from the top.

1. Improve overall fitness, even with easier rides



The first thing you want to do to improve your climbing is to improve your overall fitness. Just like anything else, start small and work your way up. If riding on flat terrain is challenging enough, that’s okay! Don’t go out and try to conquer the tallest peak. Instead, build your fitness on terrain that feels doable for you.

Work on your endurance with longer rides and improve your cardiovascular fitness with intervals. Remember that there are some adaptations that your body can only make when it is operating with oxygen. That means that even rides where you have your breathing completely under control and you can hold a conversation are still helping to improve your fitness. Just because you aren’t tackling climbs, doesn’t mean that your training isn’t helping you improve on them.

2. Build strength with simple exercises

The stronger your legs are, the easier it will be to turn over the pedals. The easier it is to turn over the pedals, the lower your heart rate and breathing rate will be. You can certainly improve your strength on the bike with things such as intervals, cadence drills, or hill repeats, or you can mix it up and go to the gym.

The gym is a great controlled environment to improve on strength. The exercises you do don’t have to be fancy and complicated like you might see on Instagram. Exercises such as squats, deadlifts, lunges, and step-ups will all benefit your climbing. Remember to work the full range

of motion you will encounter in your pedal stroke and to complete exercises that target your quads, hamstrings, glutes, and hip flexors.

3. Hit the hills

Once you feel ready to tackle some hills, try practicing some hill repeats. Hill repeats are an excellent workout for beginners and experts alike because they create a controlled environment in which you can adjust the elements to make the workout harder or easier as needed.

For beginners, hills can be intimidating because of how seemingly long or steep they are. For experts, you may find it difficult to scout out a route that has the perfect elevation for your workout. With hill repeats, you only need one hill that fits the needs of your workout and the



controlled environment makes it easier to push outside of your comfort zone.

Example workout: Find a hill that takes approximately 60-90 seconds to summit. Starting at the bottom of the hill, climb at 90 percent intensity. When you are about 10 seconds from the top, give it a little extra push to summit the climb. Carefully return to the bottom of the climb, rest as needed, and repeat five to nine more times. This workout can easily be made harder or easier by increasing or decreasing your intensity, the length of the climb, the number of repetitions, or even the rest in between.

4. Make elevation gain a goal

A 'Hill Focus' workout is a less structured type of climbing workout. Unlike hill repeats, this workout simply encourages a rider to make climbing the focus of the ride. Go out and climb as many hills as you can find! This type of workout can help create a more well-rounded climber because the cyclist is forced to adapt to different pitches and durations of climbs. Instead of looking at speed or distance, make elevation gain the goal of the ride. If you are an expert rider then make an extra challenge for each climb. For example, try to hold a certain power every time you are pointed uphill or complete 10 hard pedal strokes over the top of each climb. If you live in a location that is primarily flat or where the hills are too long and continuous then don't be afraid to make a small course or loop that has a good variety of climbs and repeat it.

5. Work on your cadence

When climbing, the goal is to maintain a similar cadence as you would have on flat terrain. That means as the hill increases in gradient, you'll need to shift into an easier gear. Eventually, you might run out of gears, and it will become very difficult to pedal, requiring a great amount of force to turn over the crank. A great way to mimic this scenario, and to work on altering muscular recruitment, is to do cadence intervals.

Example workout: When riding on flat ground or a gradual incline, complete four minutes at an intensity that is uncomfortable, yet doable (tempo intensity). During those four minutes, complete two minutes at 80-90rpm, then without changing the intensity, shift into a harder gear and complete two minutes at 50-60rpm. Recover for four minutes between intervals at a comfortable cadence. Repeat three to five times.

6. Change the gearing on your bike

Every now and then you'll encounter a hill that is too steep to ride or at least is too steep to ride with a comfortable cadence. That is normal. However, if you are encountering this regularly, then it's time to adjust your gearing. I know a lot of people who struggled with climbing for years, only to discover that everyone else had much easier gearing on their bikes. Where you live and the terrain you most frequently ride will dictate what gears you have on your bike. Many professionals will change their gear ratios for each race according to the course. It doesn't have to be a complicated adjustment. Something as simple as a smaller front chainring may be all that you need.

7. Know your numbers

Sometimes the hardest thing about climbing is the unknown. How long is the climb? Will it get steeper? Can I sustain this pace? Those are all questions that can be really intimidating at the moment but can easily be answered before even getting on the bike. Don't be afraid to go online and read about your route. Check the climb profiles on Strava. Especially if you are planning to complete a race or a group ride, it can be extremely helpful to know where the climbs will be.



Additionally, use training to gauge your ability. Regularly look at your power or heart rate as you climb. See what numbers are sustainable for you. Then, when you're climbing with your friends, you'll know that you've accomplished this same feat many times before.

Practice, practice, practice

Practice might not always make perfect, but it certainly makes for stronger climbing. One of my favorite things about cycling is the limitless ability to make improvements. No matter how strong you are, there are always more mountains to climb.

Blast from the Past Newsletter

December 1985

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..... **END OF THE ROAD**

(The following postcard was received from Jim Kehew, past HBC President, who was riding from Maine to Florida in support of LAW and BIKE/FED - Editor)

I promised I'd write you from down the road on the way from Maine to Florida. Along the way I was sending cards back every night, hand written. Unfortunately, "down the road" ended for me at Mt. Vernon outside Washington when I crashed into another biker who was standing on the bike path. After getting patched up in the hospital (X-rays, CAT scan, etc.), I felt in no condition to continue to ride.... I have a stiff neck, soft collar brace, two black eyes, and beaucoup lacerations on legs, face, and hands. The fellow I hit said I went over the handlebars and landed on my head. My helmet is cracked and has skid marks. I know it prevented more serious consequences, perhaps fatal ones. I feel bruised and stoved but luckily no broken bones....Thanks again for your help, I'll be forever grateful. Total contributions were over \$4000, in the Top Ten out of 75 riders.

Jim Kehew

December 1995



B+ - a bit faster than the "B" (Fast Group) rides and could cover a longer distance. Speed will generally average 17-19 mph. Pace will slow a bit uphill, but riders are expected to stay with group. Expect to maintain a fast pace for distances up to 50 miles.

A - For riders in top physical shape and seriously interested in competitive bicycling. Speed will average 20+ mph. Few hills are anticipated, but riders are expected to maintain pace uphill. Emphasis on conditioning.

Planning your 2020 and 2021 rides

For 2020 we will not be listing all rides by other organizations in the Mid-Atlantic area unless HBC is a co-sponsor. We found a great website for planning your 2020 ride calendar.

Suburban Cyclist Unlimited creates and updates a regional calendar. Check it out here: https://scu.clubexpress.com/content.aspx?page_id=22&club_id=694201&module_id=253585

R.A.C.E. — Regional Area Cycling News & Events

For a comprehensive list of Bike Events - visit: <http://www.suburbancyclists.org/content.aspx?>

Links to "Regional" Bike Club Websites

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Frederick MD	http://frederickpedalers.org/	Wash. D.C.	http://www.potomacpedalers.org/

Submissions for the January Spokesman should be sent to

editor@harrisburgbicycleclub.org

by **December 19th**



VISIT the website **REGULARLY!**

For announcements, registration forms, ride reports, ride leader sign up, email lists, current monthly calendar, regular and special rides, non-hbc rides, etc.

The mailing address for the club is:

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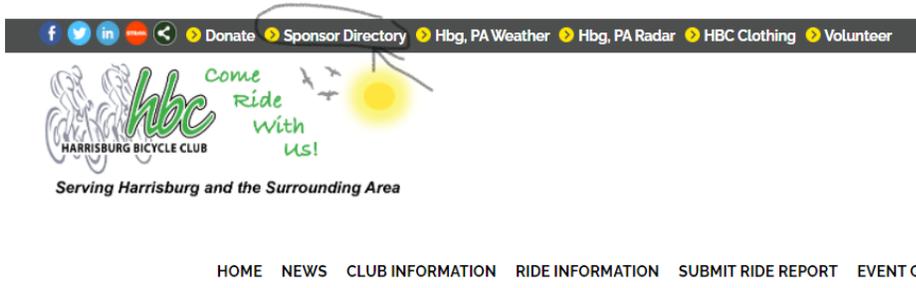


<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

Visit our Facebook page to view lots of photos from riding and social events !

HBC Business Directory

In 2021 we will be migrating our business sponsors over to the website with a feature that has become available. On the top banner you will click the Sponsor Directory



You will then see the Business Directory Search function

HOME NEWS CLUB INFORMATION RIDE INFORMATION SUBMIT RIDE REPORT

Home > Business Directory Search

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Search for business listings by entering search text and searching by category, type or postal code / radius. If no results are found, you will be notified to refine your search location of the business. Please note that not every business may be displayed on the map.

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Search for business listings by entering search terms and selecting by category type or postal code / radius. If no results are found, you will be notified by when you search. Results are displayed below. If no results are displayed, you will calculate the location of the business. Please note that not every business may be displayed on the map.

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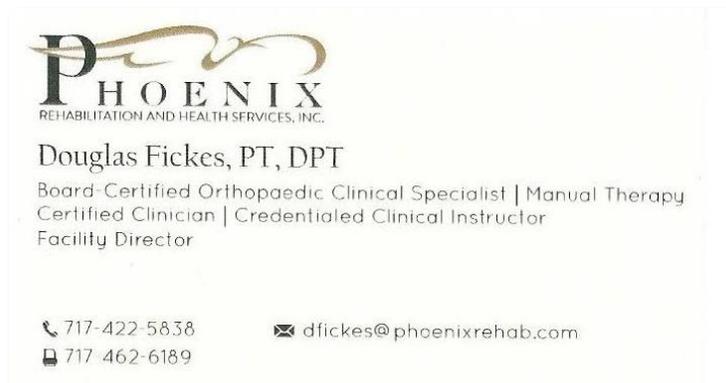


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