

[Subscribe](#)[Past Issues](#)

Share



Tweet



Forward



July

Greetings!

We have completed our Annual Meeting (virtual) and wrapped up business for Rotary year 2017-18. We will be producing the Annual Report which will be available on-line by October.

The Board approved the slate of officers and directors for Rotary year 2018-19. The following have agreed to serve another one year term. With no objections received, the slate was approved by acclamation

- James Morrison - VP
- Jeff Ott - Treasurer, Newsletter
- Dan Kapsak - Secretary
- Kristin Brown - Director
- Tom Drennan - Director, Membership
- Alan Havir - Director, Membership
- Colleen Radich - Director, Events
- Edwin Velarde - Director, Public Relations

Your Board of Directors continues to do an outstanding job in serving the Fellowship. We are one of the very few Rotary Fellowships that produces an interesting, comprehensive, monthly newsletter and the official Rotary Cycling Events Calendar. In addition we keep our Facebook updates with current news and events.

[Subscribe](#)[Past Issues](#)

Over the next few months, we will begin our planning session for the upcoming year. If you are interested in assisting, please contact me (james@westwood-llc.com).

June has been a very busy month for the C2S Board and members as well. We have all been out cycling and find it a challenge to stay indoors and take care of our Rotary business. Some members have an incredibly busy month. Check out these extraordinary cycling accomplishments:

Edwin Velarde, C2S Board member PR Director completed and his Epic Journey Against Diabetes, joined by Board members Tom Drennan & Kristin Brown. [Evanston, IL to Toronto!](#)

Bob McKenzie (Tulsa), Kurt Matzler (Italy), Ruth Brandstaetter (Austria) , Markus Mayr (Austria). The Race Across America, RAAM, 3,000 miles, 175,500 ft altitude and \$1M for polio! [Oceanside CO to Annapolis, MD](#)

Read more of their stories below...

A very big welcome to our new members for June:

- John Lichter, Morgantown North Rotary
- Beverly Ferraro, Colville WA
- Rob Pipher, Red Bud
- Judith H. Reilly, Greater Utica Sunrise Rotary Club

Cycle safe and continue to share Rotary.

James Morrison

Albuquerque Del Sol Rotary Club

Cycling To Serve Experiences

Team Rotary RAAMs Polio raises ONE MILLION for PolioPlus in “Race Across America”

by *Bob McKenzie, USA/CAN Cycling to Serve Rotary Fellowship, Tulsa RC*

When we arrive in Oceanside, CA, our RAAM team kept saying that we should take a year or two off, but by the time we get to Annapolis, MD, we are ready to sign up again because of the tremendous response we receive!

This year we not only exceeded our goal of ONE MILLION dollars for PolioPlus we were greeted several

[Subscribe](#)[Past Issues](#)

times along the race route. James Morrison, president of "Cycling to Serve" in the USA, drove from Albuquerque, NM to meet us in Durango, Co as we passed through. We only got to spend a few minutes with him....but what an encouragement he was to us!! We were also met by the Rotary clubs of Iola, KS, Columbus, IN and by the clubs in Annapolis, MD who presented us a check for PolioPlus at the finish line.

I started "Team Rotary RAAMs Polio" to try to emulate the success of "Ride to End Polio"! In a sense, to take a "second" bite of the apple!! I had thought it would be an event for my district #6110. However, it quickly got out of hand

and has spread across America, Europe, and around the world. This year three of our racers and nine of our crew were from Europe.

A few things that happened this year:

1. Hit by a sand storm in CA.
2. Each racer had a flat tire.
3. One rental van broke down in Effingham, IL stranding ¼ of our crew for twenty four hours. They had to get a new vehicle and drive 400 miles to catch up to the team.
4. Bob's front brake fell off....somewhere!
5. Rain in the Appalachians.
6. We finished 1stPlace in our division and 8thamong four man teams.
7. We had our best time ever finishing in 6 days, 18 hours, and 4 minutes....almost seven hours ahead of last year.
8. Got to meet many Rotarians across the USA!!
9. BEST OF ALL WE MET OUR GOAL OF 'ONE MILLION" DOLLARS FOR POLIOPLUS!!!!



Race Across America is one of the 25 toughest sporting events in the world. However, it is nowhere near as tough as living with **Polio!!!**

We would love to have YOU join us in 2019 as an Ambassador for our team. Contact me for details at rlyonm@gmail.com.

[Subscribe](#)[Past Issues](#)

Membership Mechanics

Fantasy Training: Intervals

by Alan Havir, USA/CAN Cycling To Serve Membership Co-Chair, PDG 5495, Former USA Cycling Federation Coach



It is said, “Long slow training rides create long slow riders.” Coaches contend the best training is racing that stresses the athlete to improve.

Admittedly we are not racers, but we do want to improve! So a technique to use - INTERVALS. For our purposes the basic areas we can improve upon are hills, TT or time trials, and sprints.

To get a handle on this watch the Tour de France (TDF) this month. Not only will you learn more about cycling, but you will see some spectacular scenery and places to visit.

In training, young racers need to simulate race conditions and generally use INTERVALS to do that. They can be broken down into three main types: hills (up and down), time trial (individual and team), and sprints used for closing gaps or covering breaks and winning the race at the finish line.

Since most don't have a coach to help with training you can “make believe” or have a “fantasy” coach. When you are going uphill and someone passes you, try to keep up with them as long as you can. When you are riding on the flats and you see someone ahead, try to close the gap. If you do an out and back training ride try to make it back in less time. Make it a competition.

Which brings me to my most recent fantasy training ride. I was five miles from home and just started up the last hill when a young girl flew by me. I know a training opportunity when I see one, and even though I had 50 years and seventy-five pounds on her, I wasn't going to let her win. I had five miles to my sprint finish to reel her back in and close the gap.

The fantasy over the next five miles: 1) cover an uphill attack, 2) time trial on the flat and motor my team mates back to the break 3) fly down hill, 4) win the uphill sprint finish.

First, the attack. Opponents attack where they think they have an advantage. That's why in the TDF they like to attack on the hill. The defense is to “cover the break”. So I stepped it up with a higher cadence to limit my losses. I wasn't going to gain on her so I tried to limit the distance she was making on me. I slid to the back of my saddle, put my elbows out and forced my breathing by trying to exhale as much as I

could.
Subscribe

Past Issues

At the top of the hill on the flats she had a half mile on me. Now I go into TT or Time Trial mode sprinting up to a bigger gear that I can push at 90 RPM's balancing between aerobic and anaerobic intensity. I'm closing the gap but not quickly and I have four miles to go. At 90% of maximum exertion I push to a bigger gear and reach the oxygen debt threshold and it's starting to hurt. We measure this output in watts.

(Side note. The greatest bicycle racer ever, Eddy Merck, said the reason he won so many races is because he could hurt longer than his opponent. I'm now Eddy.)

I see ahead she had to slow for a changing light. OK, I'll take a gift, but I was closing anyway. It's now only a quarter mile with a downhill ahead. Did I mention that I have seventy-five pounds on her? I used to train with the Columbians who were great hill climbers. They would always wait for me to reach the top of the climbs because they knew we'd go like a bat out of hell on the way down. On one ride 15 of us were clocked at 72 miles per hour by the Highway Patrol. He ticketed the bike shop owner for speeding, on a bike!

As she nears the downhill I go into desperation mode and start the downhill in my highest gear. I get into my max aerodynamic position which is: cranks parallel to the ground, legs extended straight, hands in the center of the bar, chest over my hands, head extended over the front wheel, and head up. I'm basically balancing on the handle bar. This is where I recover as I increase the speed.

I'm gaining but not enough to pass her. Then, at the bottom of the hill she had to slow for a stoplight. I time it just right to go flying by her as the light changes. I still have the uphill sprint finish, all my training rides end with an up hill sprint. Whoever rides with me knows where it is and what to do. This young girl didn't know, but then she's not in my fantasy. She's my adversary who just made the break.

The lesson here is; create situations in your training that will help improve your fitness. Also, age and treachery will beat youth and talent.



Want To Find A Ride? Consider The Ride To End Polio!

Are you signed up for the Ride To End Polio? The District 5500 event is our annual ride and get together. The ride, held every November in Tucson has raised over \$47 million dollars since its humble beginnings in 2009. (A portion of your \$20 annual dues is committed to the ride to help raise funds to put an end to Polio.)

Wait? What's that I hear? You'd like to ride in Tucson, but can't get away? Don't worry, District 5500 has you covered! You can participate indoors. Gather other local Rotarians, rewatch stages of this year's Tour de France and raise money to end polio!

Not only do you raise money to End Polio Now, the money you raise can also count towards your Paul Harris recognition. This is definitely a win-win-win for everyone.

Check out our full listing of Rotary sponsored rides on our website: www.cycling2serve.us/events



News and Updates

[Subscribe](#)[Past Issues](#)

Newsletter

Interested in Submitting an Article for the USA/CAN Cycling To Serve Newsletter?

By **Jeff Ott**, Immediate Past President, Gateway Rotary Club (Lacey, WA), C2S Treasurer & Newsletter Editor



We are always looking for new articles for upcoming newsletters. Did your club have a successful cycling event this year? What did you do right? What did you do differently? Did your club have a not-so-successful event this year? Can you share your lessons learned? What would you do differently?

Did you ride in a Rotary held cycling event? Please share your experience. What did you like? Did you take any photos?

Here are some points to keep in mind when considering an article for the USA/CAN Cycling To Serve Newsletter:

- Consider the audience. You are writing for fellow Rotarian cycling enthusiasts. Limit the use of jargon, slang or other language that is not appropriate for the audience.
- Articles should be informative, engaging and educational regarding how Rotarians can use cycling as a means for fund raising or first hand experience riding in or working on a Rotary Club sponsored event.
- Submit articles electronically. Use of MS Word is preferred but not required. Handwritten articles cannot not be accepted.
- Spell check and grammar check your article.
- The newsletter editor has the right to edit your submission for content and length.
- We cannot accept previously copyrighted articles.
- Articles should be 300-600 words in length.
- Photos are welcome!
 - Submit photos electronically as type .JPG or .JPEG.
 - Photos are best that include happy cyclist and preferably including Rotarians, identified by their jersey, dress and/or logo.
 - Photos should be full size and high resolution for best reproduction.
 - Do not embed photos into the article. Send them in a zipped or compressed file along with the article file.

Subscribe

Past Issues

Provide captions to the photos, identifying people and/or scenery. Identify the photos by file name.



[Subscribe](#)[Past Issues](#)

Announcing A New "How To Plan Your Rotary Cycling Fund Raiser" Regular Feature!

Starting with the February Cycling To Serve newsletter, we will start to draw on the experience of some of our Fellowship members on how THEY plan a Rotary cycling event. Even if you already hold a cycling fund raiser, there is probably something you can learn from others. Connecting Rotary Cyclists with other like-minded Rotarians is a prime goal of this Fellowship. This new feature will become invaluable.

If you would like to share some of YOUR experience, send an email to: newsletter@cyclings2serve.us. We would like to hear from you!

Do you want to get an earlier start, you can. Check out this wonderful resource, available from [The Alliance for Biking and Walking](#). From their website:

From rural communities to big cities, organizations are planning fundraising bike rides that are bringing them new members, new partners, new political connections, and funds to help their organizations thrive. But how does an organization get started organizing such an event? The Alliance for Biking and Walking's Guide to Fundraising Rides is the first book to bring you the ins and outs of organizing fundraising rides that benefit bicycling. This guide will take you through all the steps of planning a successful fundraising ride, from setting a date to thanking your sponsors and volunteers. Filled with expert advice, samples from successful rides, and take-away tools you can use, this guide is an invaluable resource for the aspiring event planner while offering new tips and ideas to veteran ride directors.

The guide costs \$22.95 for non-members of the Alliance.

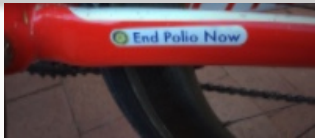
Cycling To Serve Benefits!

You already know the main benefits of your Cycling To Serve Fellowship is the ability to connect to other Rotarians:

Subscribe

Past Issues

That share your passion for Rotary and Cycling
Who host cycling related fund raising events



- And find Rotary cycling events across the USA/CAN and around the world.

Did you realize you have additional benefits? In this newsletter we welcome new two companies who are offering discounts to Cycling To Serve Fellowship members. For a full list of Fellowship Member benefits and respective discount codes, visit the Cycling To Serve [Member Area page](#).



Dual Eyewear - Dual provides performance eyewear for those athletes who need bifocals in their glasses. If you have trouble seeing your cycling computer, these glasses will work for you! Dual is offering 30% off select products!

Cycling is Social

Want To Get Your Favorite Ride on Our Calendar? Your Fellow Rotarians DO!

Know of a Rotary cycling event? Please share it by submitting your event by clicking either here or on the Cycling2Serve website!



[Subscribe](#)[Past Issues](#)

Stay up to date with the latest in Fellowship happenings on our Facebook Page

<https://www.facebook.com/cycling2serve/>



Got STRAVA?

Stay connected with Rotarian Cyclists from around the world on a [Strava Club just for Rotarians!](#)

<https://www.strava.com/clubs/Rotary>



On TrainerRoad?

Join the TrainerRoad Team! We will be adding workouts to help you prepare for your next Century or Fondo!



On Zwift?

[Subscribe](#)[Past Issues](#)

Add "Rotary" after your last name so other Rotarians can see you as you ride the roads of Watopia,
London or Richmond.



Safe cycling from your Cycling To Serve Fellowship Board!

James Morrison - VP USA / CAN (vp@cycling2serve.us)

Dan Kapsak - Secretary

Jeff Ott - Treasurer (treasurer@cycling2serve.us)

Tom Drennan - Membership (membership@cycling2serve.us)

Colleen Radich - Events (events@cycling2serve.us)

Kristin Brown - RI Coordination

Jeff Ott - Past VP USA/CAN, Newsletter (newsletter@cycling2serve.us)

Cycling To Serve Rotary Fellowship



www.Cycling2serve.us

Facebook.com/cycling2serve/

strava.com/clubs/Rotary



Share



Tweet



Forward

Subscribe	Past Issues	View this email in your browser

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

USA/CAN Cycling To Serve Rotary Fellowship · PO Box 305 · East Olympia, WA 98540-0305 · USA

