



Greetings James Morrison.

Spring 2021 Newsletter - Rotary Fellowship of Cycling to Serve



By: James Morrison

*Vice-President of Rotary
Fellowship of Cycling to
Serve USA/CA*

*Point Loma Rotary Club,
San Diego California*

From The VP Saddle

Spring cycling is in full swing as many parts of the USA-CAN begin to open. We are beginning to see numerous cycling events entered in the Events Calendar. While event restrictions will probably apply, the trend is looking better each day. For more info and to list your event, please check out:

cycling2serve.us/events

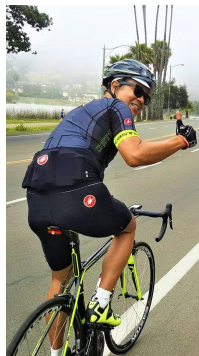
Welcome to our newest members:

Kathy Barney	Atlanta	GA
Mitchell Cooper	Auburn	CA
Helene Davis	Cupertino	CA
Shelley Hammell	Brookhaven	GA
Mark Keramidas	Roswell	GA
Gerry Kosanovic	Corvallis	OR
Edward Lautenschlager	Salem	VA
Michelle Middlebrooks	Atlanta	GA
...

John Person	Williamston	MI
Mark Rom	Bethesda	MD
Heller An Shapiro	Chevy Chase	MD
Chuck Weisbart	Idyllwild	CA



On a side note, a special welcome to new member Chuck Weisbart of Idyllwild, CA. Chuck is an avid mountain biker and as he says, an "obsessed Rotarian". We didn't see the other calf, however it probably says "END POLO NOW". Welcome aboard!



By: **Edwin A. Velarde**

Past-President of Rotary of Westlake Village, California

President of Rotary Action Group for Diabetes

BOD of Rotary Fellowship of Cycling to Serve USA/CA, Public Relations & Newsletter Editor

EPiC Journey Against Diabetes - Philippines

"A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses." - Hippocrates

Diabetes is a chronic disease and increasing in prevalence worldwide. Current estimate states, over 465 million suffer from diabetes and sadly costing 4 million human lives each year. Diabetes has a huge impact on developing countries, particularly in the Philippines. According to the World Health Organization (WHO), the region will see the greatest increase in the number of people with diabetes by 2025. This increase in the burden of chronic diseases in Asia will significantly affect nations' health care systems, both acutely and chronically.

Speaking at Calamba Medical Center



The Philippines is a Diabetes Hotspot. If nothing is done to stem the alarming trend, according to local experts, "the prevalence of diabetes is expected to soar to 20 percent by the year 2045, and more than 100,000 Filipinos would be dying every year due to its complications". If we act now, we may be able to keep in check the Diabetes Epidemic in the Philippines. We need to raise awareness and educate ourselves. Diabetes is preventable. The key is education and understanding of this horrible condition.

Diabetes can lead to many life-threatening complications. Diabetes is the leading cause of kidney failures, lower limb amputations, loss of vision, severe periodontal disease, heart disease and stroke. Diabetes is a huge threat to the world's population.

Residence of National Hero in Calamba, Laguna



In 2019, I worked with Past President Philip Carcellar (RC Calamba, far right above), President Elmer Barquilla (RC Tanauan, 4th from right above) and many others in Rotary District 3820 Philippines (Thank you DG Everett Olivan!) to raise awareness of the diabetes condition, its perils and the Global Diabetes Epidemic. I rode my bicycle from Metro-Manila along the shores of Laguna de Bay (Lake Laguna), to Tagaytay, parts of Batangas and around the Province of Laguna. The challenges of the taxing tropical weather to my type-1 diabetes condition during monsoon season (read extreme humidity) made this a true EPiC Journey Against Diabetes.

Historic Underground Cemetery in Liliw, Laguna



Rotarians and friends of the region from Metro-Manila, Cavite, Laguna, Batangas, Bicol, etc... provinces joined me on this EPiC Journey Against Diabetes. Rotary Club of Bay, Laguna lead by PP Janice Berris is coordinating nutrition and fellowship stops for myself and many other riders.

A Diabetes Symposium featured experts of diabetes was hosted by multiple Rotary Clubs in Calamba and Bay, Laguna lead by Past-President Philip Carcellar (whom I personally met prior, at the Toronto Convention) in cooperation with many other Rotary Clubs in Rotary District 3820. I shared my personal diabetes journey and information about the Global Diabetes Epidemic.

Passing through Santa Rosa, Laguna, Enchanted Kingdom, a famous theme park, hosted a press conference. Many representations of the Philippine Press attended.

In the Province of Batangas, we were graciously hosted by Provincial Governor Hermilando Mandanas (Center of picture below) at the Provincial Capitol. Mr. Mandanas was very appreciative of us Rotarians' efforts to elevate diabetes in his region. He understood the importance of the health of his constituents and the families of his province.

Provincial Capitol hosted my Gov Hemilando Mandanas



Riding my bike with Rotarians in other parts of the world is something I truly enjoy. Especially when combined with a worthy cause. I am hoping to do more in the near future.

If you are interested in raising awareness of diabetes through cycling with Rotarians in your communities or organizing a diabetes project, send me a note via edwinvelarde@att.net. You can also visit www.rag-diabetes.org to learn more.

Ride hard, ride safe, ride with Rotarians!



By: **Jeffrey L. Ott**

*Past President of
Gateway Rotary, Lacey,
WA (2017-2018)*

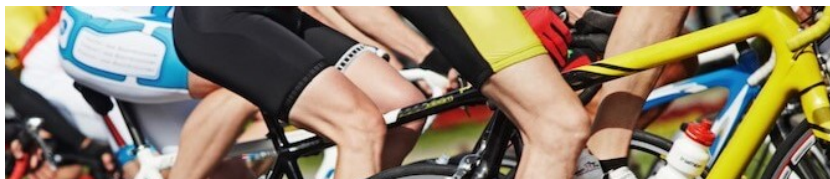
*Secretary/Treasurer of
Rotary Fellowship of
Cycling to Serve USA/CA*

Winter Training Now Has Options

Cadence Is Where It's At

Are you a spinner or a grinder? No, I am not referring to a dance style... I am talking about on the bike: Do you keep your pedals turning at a fast cadence ('spinner') or do you turn them slowly - mashing the pedals down with each revolution ('grinder')?

The current belief is that a higher cadence is better and more efficient on a bike. It is easier on your knees, hip and even ankles. It reduces the stress on your muscles too, saving them, and reducing deep fatigue through the buildup of lactic acid in your quads and hamstrings. Less fatigue increases the time until you want to call it quits for the day.





This does not just apply to road cyclist. It is applicable to mountain and gravel riders, too. Perhaps the only place where a high cadence is not wanted is a penny farthing bike!

What is the optimum cadence and how do you measure it? Typically, you want to maintain a cadence above 80 revolutions per minute (rpm). In fact, better is between 90-100 rpm. Watch the pros. They are all spinning at higher revolutions. If they are grinding (anything lower than 80 rpm) they are usually in trouble!

How do you measure cadence? Well, some bike computers have the sensors to show your cadence on the display. That makes it easy. You just need to set the computer's display to show cadence. Otherwise, count each time your left (or right) foot comes to the bottom of the revolution. Count it for 15 seconds and multiply by four and you will be close.

Be aware that while spinning reduces the stress on your leg muscles, it will raise your heart rate. If you are of a certain age or have a history of heart issues, you may wish to check with your physician before making major changes to your cycling style.

As with anything these days, there are many, many sources of information and disinformation on the Internet. Check with reliable sources, such as Training Peaks or Global Cycling Network for validated and well researched information and videos looking at the topic.

Next time out, check your cadence. Are you a 'spinner' or a 'grinder'? Try bumping up your cadence and see what you think. You may be surprised at how much better you feel by the time you get home!



By: DG Tom Drennan

*Rotary Club of Overland,
MO*

*RI District 6060
Governor, BOD Member
of Rotary Fellowship of
Cycling to Serve USA/CA*

Ride to End Polio and Power of One

Rotarian Rides his bicycle 100 miles to End Polio

Long-time Ste. Genevieve Rotarian Jerry Bergtholdt combined his passion for cycling with raising funds to end Polio world-wide Rotary initiative. He rode 100 miles in and around Ste. Genevieve on April 25th spreading awareness ; raising funds for the cause. Jerry is a hometown banker of long standing in the Ste Genevieve area and is known ; respected by many. This outstanding effort is a great example of what Rotary Incoming President Elect Shekher Iv has espoused, the Power of One. If Jerry had not taken the initiative, the Fight to End Polio would be short the \$9, raised including the Bill and Melinda Gates Foundation match. As your District Governor I ask, what can be done i your back yard to help address the 7 areas of focus?





"I understand COVID is on everyone's mind, but we can't lose focus on Ending Polio," he said. "We're so close to eradicating the disease that we just can't give up." Jerry explained that the eradication of Polio is one of the longest standing and most significant efforts of Rotary. More than 2.5 billion children have been immunized against Polio, and Polio cases have been reduced by 99.9 percent worldwide since 1988, when there were an estimated 350,000 cases of Polio worldwide. Now there is a mere handful of cases in Pakistan and Afghanistan.

The local Rotary Club sponsors a high school Interact Club, comprised of students from Ste. Genevieve and Valle schools. Jerry's 100-mile ride was the focus of their international project this year to raise money to end polio.

"I was initially going to ride with a number of Rotarians in a huge 100-mile ride in Tucson last fall, but that was cancelled," Jerry explained. "I talked with our Interactors and we decided that I would ride for Polio and this group of kids is helping to spread awareness about the disease and do a little fundraising as well. These kids knew very little about Polio since it's long been eradicated from the U.S." Jerry rode with a special jersey that reads, 'Rotarians ride that others will walk.'



"I think that slogan says it all," said Jerry. "I was trying to spread as much awareness about the fight to end Polio as I could, so the 100 miles will wind through Bloomsdale, Zell, out through Staabtown and Ozora, and through Ste. Genevieve itself. Many folks will see this bright jersey and its message."

Jerry welcomed fellow Rotarian Tom Drennan the current District Governor for Rotary District 6060 and Rotarian Frank Zuke from the St Louis Civilians Club for the last 34 miles of his ride.

Jerry's family welcomed him home with a great banner celebrating his accomplishments.

Contributions to Jerry's Ride to End Polio can be dropped off at any Bloomsdale Bank location; mailed to Rotary at P.O. Box 507 Ste. Genevieve, or Venmo to @stegenrotary.



By: **Colleen Radish**

Rotary Club of Ashburn

*Events Coordinator, Rotary
Fellowship of Cycling to Serve
USA/CA*

Upcoming Rotary Cycling Events

Rotary Rides are starting to resume all across the US and Canada. Some rides are virtual, and some are in person, but all give you a chance to Cycle to Serve and help your community.

The Rotary Clubs of Cuyahoga South and Cuyahoga Trillium will be holding their annual

The Rotary Clubs of Guelph South and Guelph North will be holding their annual Tour de Guleph virtually this year to continue their support of Guleph General Hospital and other community projects. The Tour de Guleph provides funding for essential patient care equipment at Guleph General Hospital, as well as funds many local groups that help with youth development, family support, and community building. To date, the ride has raised over \$550,000 by Rotarians like you cycling to serve! The great thing about this ride is that Rotarians can cycle to serve from wherever they are. Just sign up for the ride and cycle from June 4 – June 27 to participate.



Another virtual ride opportunity is given with Bike the CRAM from May 22nd – 29th. The Clarksville Rotary Annual Metric (CRAM) raises funds for various community projects of the Rotary Club of Clarksville, Tennessee. You can ride virtually at your leisure and your preferred distances of 100, 62, 33 or 20 miles to cycle to serve with Bike the CRAM.



Coming up in person on May 8, Rotary cyclists on the east coast can Cycle to Serve in Lititz, Pennsylvania. Join the Rotary Club of Lancaster Sunrise as they Ride for the Community. The ride will start at the Manheim Township Community Park, and you can choose a recreational ride of 10, 21, or 43 miles or combine two rides to make a metric century through Lancaster County farmland. You can also bring any used bikes to donate as they will be collecting for the Common Wheel Bikes for All program. This program helps underserved neighbors in the community, like refugees or low-income individuals, get access to affordable, practical transportation. In addition, children 12-17 are taught how to overhaul and repair a donated bicycle, maintain the bicycle and ride safely. They are then given the bike, a helmet, a lock and have gained valuable skills and confidence. The Lancaster Sunrise Club has several ways you can cycle to serve to help the local community.

On May 22, The ROTARY RIDE bicycling event will be held at Cedar Creek Park in Cedarburg WI. The ride benefits the Cedarburg-Grafton Rotary Foundation's technical rehabilitation fund and is open to the public. All riding abilities are