



ISSUE 4 · JUNE 2023

Little Red Ride is a SUCCESS!

The largest and most scenic all-women bike ride in the country...oh, and the most fun! Held the weekend of June 3, Bonneville Cycling Club once again organized a successful cycling event. There is so much to share so watch for details in an upcoming newsletter.

The event does not happen without the creativity, time and commitment from BCC's Little Red Organizing Committee and the large number of volunteers. The Organizing Committee and Lead Volunteers start planning the following year's event approximately nine months in advance, dreaming up a theme, creating and designing all the details, reaching out to sponsors, and coordinating with cities.

By Saturday night, this team is ready for a vacation. We are thankful for their work.

Please be sure to tell them a heartfelt

Little Red, organized by the Bonneville Cycling Club (BCC), raises money for the fight against cancer in women.

Thank you



This issue:

Little Red is a wrap
PAGE 01

President's Paceline
August Membership Meeting
PAGE 02

Road Treasure
PAGE 03

Beat the Heat
PAGE 04

Meet New Members
PAGE 05

Design a Jersey
& Helmet Replacement
PAGE 06

Pick up Awards from Banquet
Volunteer
PAGE 07



*Thank YOU to the
Little Red Executive
Committee for an
EXCELLENT event!*



President's Paceline

BY BARBARA KANE, BCC PRESIDENT

God loves Little Red! I left my house early Friday morning, June 2d and headed for Lewiston, Utah. I no more got onto the freeway and had to turn on my windshield wipers. I thought to myself – please, no rain! To my pleasant surprise though, the sun was shining when I arrived in Lewiston. Volunteers were carrying out their incredibly large lists of things to do, and just like that, the theme “Pedal in Paris” emerged. The evening was filled with live music, a costume contest and photo booth, lots of shopping and a yummy dinner to top it all off. Saturday morning, we filled our bellies again with more good food then headed to the start line. The head count was over 3,400 women. All riders had the option of riding 17, 30, 55, 70 or 100 miles.

continued on page 3



HOLD THE DATE

SATURDAY, AUGUST 05

12:30 P.M. SUMMER PICNIC AND MEMBERSHIP MEETING

Canyon Rim Park - West Pavilion 3100 S 2900 E, Millcreek, UT 84109

Come join us for BCC's annual Summer picnic potluck and General Membership Meeting to be held at Canyon Rim Park. The club will provide hamburgers, hotdogs, paper plates, utensils, napkins, and beverages. There might even be prizes awarded to those who provide the best dishes for the potluck, more details to come. As always, there will be lots of fun and good food. Please see the calendar for more details regarding ride options that will precede the picnic.

Click below to RSVP, see the start times and download the route:

[CENTURY](#)

[METRIC](#)

[SOCIAL](#)

[PICNIC](#)

If you are interested in helping with setup before the membership meeting, please email communications@bccutah.org and we can let you know what assistance is needed.



continued from page 2, President's Paceline

There were women everywhere, and let me tell you, it was inspiring! It is the greatest feeling to be among so many wonderful women who all came together to help raise money for women's cancer research at the Huntsman Cancer Foundation.

Thank you to our BCC Executive Committee for their dedication and hard work in planning Little Red. Jackie McGill, Frankie Nicholson, Iris Jensen, Kristeen Phelps and Denise White – we could not have done it without you. Big shout out also to all the BCC members who donated their time and talent in making this event a huge success. Seeing Little Red come together makes me BCC proud!

Make sure to mark your calendar for our upcoming summer picnic on August 5th at the Canyon Rim Park. We will have a general membership meeting, road treasure hunt contest, along with BBQ, hamburgers, veggie burgers, all the fixings, and drinks. You bring a side dish, and we will call it a party.

As we roll out of June and into July, please make sure you stay hydrated while you ride and keep checking out the BCC ride calendar for fun new rides. And as always, please reach out to me or the BCC board if we can do anything to help you. Thank you for being a part of the BCC!

It's a good day for a ride!

Art is Trash, Trash is Art

Have you started to collect treasures from the road? Ever wish you picked up that wrench on the side of the road? Wonder why there is a pink tutu sitting in the gutter? Well here is your motivation to seek out those treasures. We want to display your ART at the BCC Summer Picnic & Membership Meeting in August and reward a few owners of the best road treasures.

Our BCC Road Treasure Hunt will have 3 categories:

- Funniest Find
- Most Useful
- Road Art

What is Road Art? Think of something fun to do with what you find on the road. 90% of your art must come from the road.

As we continue our spring rides, keep an eye out for roadside treasures that might fit within these categories.





How to Beat the Heat

BY COACH KYLE MCFARLAND OF WHITE PINE ATHLETICS

WHITE PINE ATHLETICS IS A SPONSOR OF THE 2023 BCC RACE TEAM

As we begin to crawl out of our climate-controlled winter pain caves and make our way outside to enjoy training and racing in the warmth of the spring sun, it's important to remember that our bodies may need some time and attention to adjust to warmer temperatures.

Put simply: in hotter environments, we are less effective at putting out hard efforts. For example, interval training or racing becomes harder to execute. Additionally, your ability to perform at submaximal intensity decreases, and even at a non-changing, steady state effort, heart rate increases driving RPE up (rating of perceived effort).

5 TIPS TO BEAT THE HEAT AND PERFORM YOUR BEST

There are a number of techniques employed by professionals and larger teams in the off season to help with heat acclimatization, such as: sauna training, hot water immersion, training camps in warm environments, and environmental chambers



However, for us “normal” athletes, there are some simple and effective ways to adapt to the heat and make those hot days in the saddle more tolerable.

- Exercise Timing
- Hydration and Nutrition
- Warm Up Efficiently
- Cool Your Body with Ice and Water
- Don't Avoid Early Season Heat

Disclaimer: These are all general guidelines for a seasonal approach to heat adaptation. It is absolutely crucial to be mindful of how you are feeling, and watch for symptoms of heat exhaustion, heat stroke, and dehydration. If you experience any of these, cease exercise immediately. Athletes with sweating disorders, or other conditions may need to consult a physician for further guidance.

Read the entire article here:

<https://whitepineathletics.com/blog-1/2021/6/5/transitioning-from-winter-to-summer-how-to-beat-the-heat>





Meet Deborah Biesinger

BCC CLUB MEMBER

Be sure to watch for Deborah on upcoming rides. She loves biking! She has done lots of Triathlon racing, was a member of Zone 5 racing for 2 years and did a little road racing. When she is not biking or training, Deborah has 7 children, one son currently fighting cancer so she stays busy.

Meet Paula Fowler

BCC CLUB MEMBER

Paula is a newer member to BCC. She wants to cycle more (just retired), and a friend who joined last year has enjoyed her rides with the club, so Paula is joining!

She hasn't been part of any cycling clubs before but she has cycled in Front Runner, Goldilocks, and Little Red events in the past. Outside of biking, she enjoys music (opera, ukulele, guitar), reading, moving in beautiful outdoor settings, and some travel. Remember how she just retired? She just retired as Education Director for Utah Symphony | Utah Opera, and still sings in the Utah Opera Chorus. She taught high school English and Humanities before joining USUO.



Meet Steve Royall

BCC CLUB MEMBER

Steve joined BCC last year to get out on more group rides. He tries to ride 75-100 miles a week, many of those miles alone. Steve has done Saints to Sinners once and Frontrunner once. He enjoys Indoor cycling, skiing, hiking, and travel. He and his wife are empty nesters from their 3 children. And now, they are lucky to have 4 grandkids. Steven looks forward to making new friends and riding his bike. Watch for him this summer.

If you are interested in sharing information about yourself with the club, please complete the questionnaire by [clicking here](#). We love the opportunity to share and get to know about one another.





Stay Connected



Bonneville Cycling Club of Utah



Bonneville Cycling Club UT



Bonneville Cycling Club



Bonneville Cycling Club of Utah



Bonneville Cycling Club

DESIGN A JERSEY

Put your design caps on and get the creative juices flowing. BCC members have an opportunity to submit jersey designs for this season's awards.

Bright colors are suggested to help automobiles spot us. Designs must include the BCC logo.

All ideas should be submitted to memberatlarge2@bccutah.org by July 31.

All design ideas members submit will be available for members to review at the summer picnic and membership meeting scheduled on Saturday, August 5.



HELMET REPLACEMENT

The trusty helmet is about as close to a true necessity as there is in cycling. Their effectiveness is indisputable, and all riders benefit from wearing one when possible. But it is not a set it and forget thing! Helmets do need to be replaced from time to time. Here is a brief rundown of when to think about getting a new helmet and some quick tips on extending the lifespan of the helmets you already have.

So, When Should I Replace My Helmet?

- If you crash, replace your helmet.
- If your retention system does not work, fix it or replace it.
- If it is old...use your best judgement.

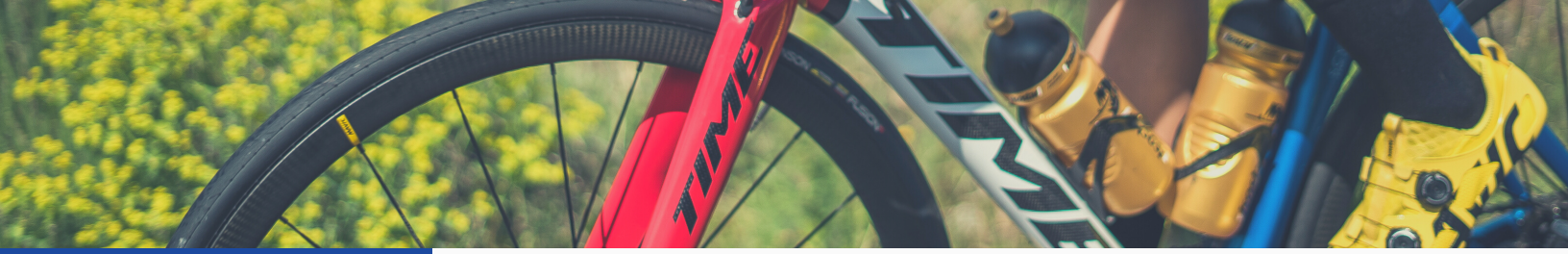
And do not forget to care for your helmet.

- Wash it, bag it, bring it in.

There is lots of information on the Internet. To read this brief rundown of when to think about getting a new lid and some quick tips on extending the lifespan of the helmets you already have, visit:

<https://www.biketiresdirect.com/when-to-replace-your-helmet-article>





Want to Volunteer?

Looking for some volunteer hours, here are some ideas. This is not an exclusive list, but ideas. Click on the item for more information.

[Bicycle Collective](#)
Four locations from up north in Ogden to down south in St. George.

[Salt Lake Criterium](#)
July 15-16
[Amateur & professional cyclists from all over the world race two thrilling courses! If you are not volunteering, these are a great opportunity to watch races up close.](#)

[CF Cycle for Life](#)
[Henefer](#)
August 26, 2023

[LOTOJA](#)
September 6-10

[Wasatch All Road](#)
[Heber City](#)
September 16, 2023

[Utah High School Cycling League \(MTB\)](#)

[Mid Week MTB Series](#)
May to August

Do you have an unclaimed award?

Some members have not received their plaques for BCC lifetime mileage. If you are one of those members, please contact Stacey at vicepresident@bccutah.org and she will arrange to get your award to you. The list below is everyone that received an award at this year's banquet.

500 MILES DAVID BAHLER MATT BOLLINGER MICHAEL BRAMMER TAMMY CHAVET MICHELLE CROSSLEY JANE DREXLER JENNIFER FIERSTEIN PETER GORDON LISA HAMANN JESSICA LANDEROS LINDA LECAIN JOE MASSARO CHRISTINE PILGRAM DAVID PRADO JONATHAN SCHRIEBER RICK SLABINSKI NORA SOMER ALEX STEWART CLARISSA WEIR HOLLY ZULLO	1500 MILES DON ABBOTT DAVID BAHLER MATT BOLLINGER MICHELLE CROSSLEY RHONDA DEVEREAUX JENNIFER FIERSTEIN BARBARA KANE JOHN MCCALL DAVID PRADO JONATHAN SCHRIEBER NATHAN SCOTT KARI SHARP KATE STURGEON	3000 MILES DON ABBOTT MATT BOLLINGER RICHARD CLEMENTS BARBARA KANE JASON KOON FRED LOVE JOHN MCCALL NATHAN SCOTT NATE SPEARS ARNIE TRAN	15000 MILES LORI SCHOENWALD
1000 MILES DON ABBOTT DAVID BAHLER MATT BOLLINGER TAMMY CHAVET MICHELLE CROSSLEY JENNIFER FIERSTEIN PETER GORDON LINDA LECAIN JOHN MCCALL JULIE MELINI JONATHAN SCHRIEBER	2000 MILES DON ABBOTT ROI AGNETA ANDREW BISHOP JENNIFER FIERSTEIN BARBARA KANE GREG LOTT JOHN MCCALL PEGGY MILOS NATHAN SCOTT	4000 MILES JOHN ARLEN ANDY BARRACO MAC BRUBAKER RIKKI DEMIK GREG LOTT JOHN MCCALL NATHAN SCOTT KAY TRAN	20000 MILES BARBARA DEBRY MARIA FRUIN PETER HANSEN DESMOND JENSEN JOHN LECAIN PAULINE LEEMAN FRANKIE NICHOLSON RANDY PLANT TIM SANDALL TIMOTHY SHEA
	2500 MILES DON ABBOTT MATT BOLLINGER RICHARD CLEMENTS BARBARA KANE JASON KOON FRED LOVE NATHAN SCOTT BRETT SIMPSON ARNIE TRAN	5000 MILES DEBBI CLEMENTS RIKKI DEMIK BARBARA KANE JASON KOON GREG LOTT KAY TRAN	25000 MILES VIC CROOKSTON CHRISTINA RUIZ
		10000 MILES JEFF DEMIK WYLIE GERRARD BEE LUFKIN STACY WALKER	30000 MILES RICK KIRKLAND BOB SCHULTZ
			35000 MILES CURT GRIFFIN
			40000 MILES LIESA SANDALL
			45000 MILES TOM COFFEY
			50000 MILES PENNY PERKINS ROBIN PERKINS
			55000 MILES ROBIN PERKINS

[Looking for a ride that is just the right speed? Use the Pace Ratings as a guideline. Click here to learn more.](#)

Members have great ideas!!

Our members often have suggestions for the club. If you have a helpful suggestion to share, email president@bccutah.org and/or communications@bccutah.org.