

OUTSPOKIN'

BONNEVILLE CYCLING CLUB

ISSUE 5 · AUGUST 2023

President's Paceline

BY BARBARA KANE, BCC PRESIDENT

Where did our summer go? I remember thinking about the summer picnic and just like that we are checking it off the calendar. Thank you everyone for coming and making it a special time for all. The hamburgers were hot off the grill and the side dishes that you all brought made our picnic perfect. It was nice to see new faces and familiar faces all visiting together, this is what makes our club special.

Looking ahead, October brings cooler temperatures, pumpkin spice bread and warm drinks, yummy. We will start it off with Ride-A-Palooza and potluck on October 7th. This will be held at Draper City Park. We will top off October with Warlocks and Witches on Wheels for our yearly Tricky Treat ride. We have a new start location this year at Pioneer Event Hall in West Jordan.

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DID YOU KNOW - BONNEVILLE CYCLING CLUB CURRENTLY HAS 284 ACTIVE MEMBERS



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This year I want you to get creative with the potluck. We will have three categories:

- Pumpkin: Pumpkin Spice & Everything Nice
- Witch: Toil & Trouble
- Body Parts: All Guts No Glory

We all ride for different reasons, and we are all in different seasons of our life but the one thing we all have in common is we love our bikes and the friendship of others. There is nothing more rewarding than to complete a ride that might have been difficult for you and have a fellow biker tells you, “That was hard, but you did a great job.” Words of encouragement and communication will take us all further down the road. I hope we can use the same encouraging words/attitude and apply it toward bike safety. I know I did not receive a safety manual on how to ride a bike in traffic let alone navigate road debris and potholes. The one thing I did receive was gentle guidance on do’s and do nots from other club members on how to navigate safely around others. Let’s extend that same kindness so we can all ride safely with each other.



Be kind to one another. ***Great day for a ride!***

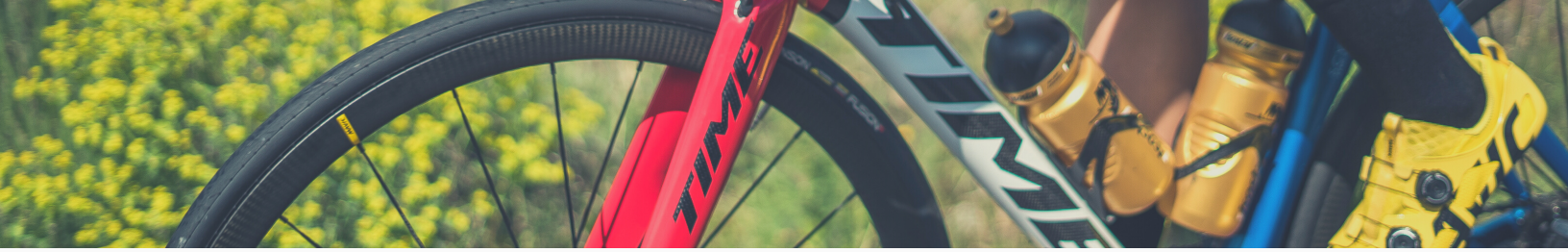
BCC Financial Update

BY RANDY PLANT, BCC TREASURER

Little Red 2023 was an outstanding and successful event for BCC. A special shout out to the Little Red Executive Committee for their hard work, which really paid off. As we close the books on the 2023 Little Red event, we will likely be able to make total donations to the Huntsman Cancer Institute of about $50,000, including amounts donated directly by riders, vendors, the BCC opportunity drawing and BCC as a club. Further, Huntsman Heroes raised $193,809 with their fundraising for Little Red this year.
In addition, BCC will be able to donate to several cities, towns and organizations which contributed to the success of Little Red in the approximate amount of $9,000. These donations are in line with donations BCC has made in previous years thanks to past Little Red events.

Also owing to the success of Little Red 2023, BCC was able to retain approximately $40,000 for club purposes. These funds are critical to BCC since the amount we collect from dues and banquet tickets does not begin to pay for the many fun and varied activities, events and awards which we enjoy as members. It is due to the extraordinary volunteer efforts of BCC members and others that our club is able to donate generously to the Huntsman Cancer Institute, to others, and to fund our club. BCC is on sound financial footing due to the success of 2023 and past Little Red events.

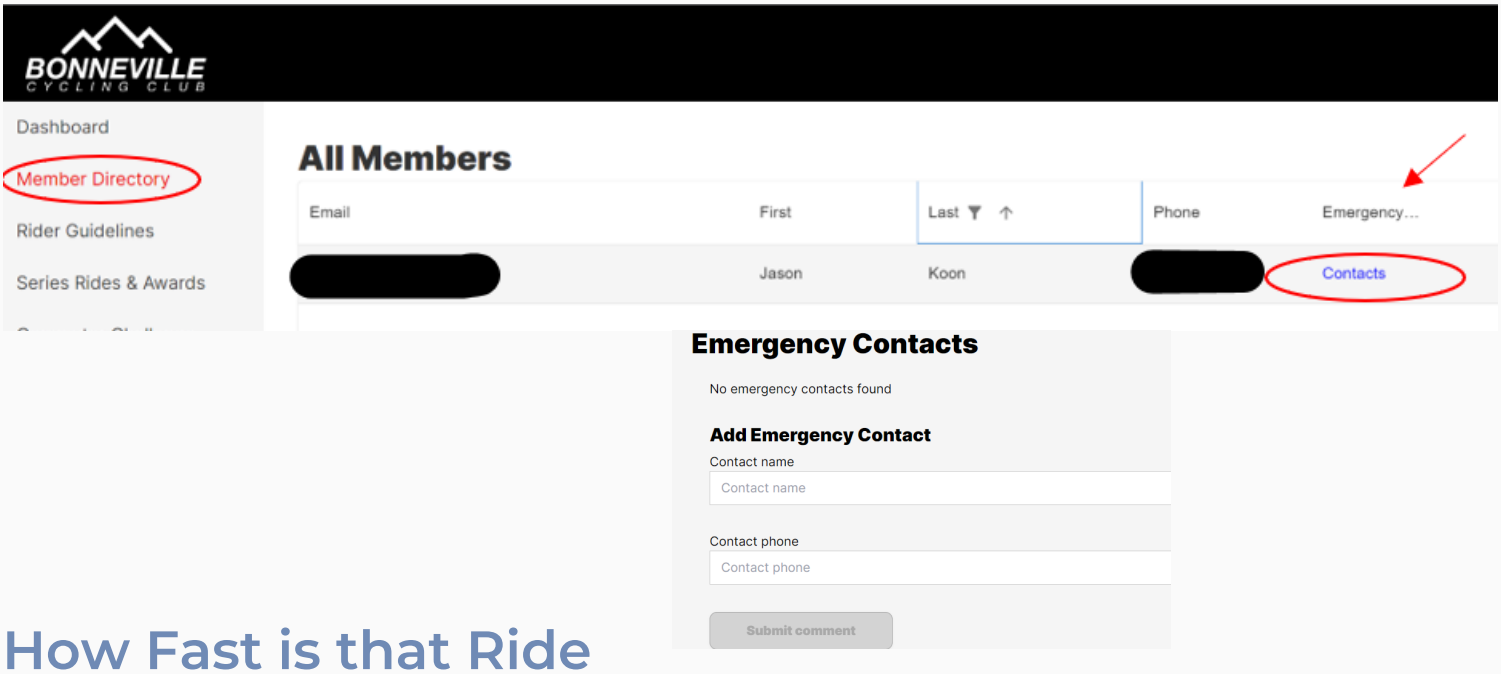
A special thanks to all who made Little Red 2023 so successful and who continue to work so hard to make BCC the great experience it is for so many.



Add Your Emergency Contact

We are encouraging every member to update your profile to include the name and phone number of at least one emergency contact.

A new field has been added allowing each member to add an emergency contacts to their member profile. Having emergency contact information for fellow clubs members is essential in case of an accident. Find your name in the member directory, click on the word "Contacts" which will open up a screen to enter your two emergency contacts.



How Fast is that Ride

Here is a short description of the BCC pace-ratings and what the anticipated speed is.

A 18+mph average
Training rides. Mostly pacelines. Infrequent stops. No obligation to wait for other riders.

B 15-18mph average
Brisk paced rides. Experienced riders. Some pace line. May be some regrouping.

C 13-15mph average
Moderate, Social rides. Good riders. Riders tend to stay grouped. May plan to regroup.

D 10-13mph average
Leisurely, easy rides. Basic riders. Group stays together, stops may be more often. Ride Leader will stay with the group and look after slower riders.

Open
Ride at your own pace. Any or all of the above average speeds and descriptions may apply.

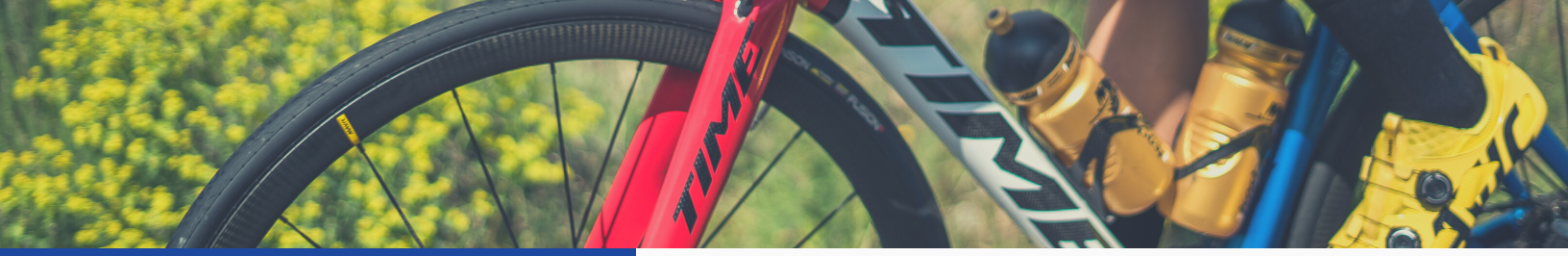
SAVE THE DATE

RIDE-A-PALOOZA POTLUCK

Saturday, October 7, 2023
2:30 p.m.
Draper City Park
12500 S 1300 E
Southeast Pavilion

Check out Ride-A-Palooza rides!

RSVP



Congratulations!

Last year BCC implemented a program to award each club member a club jersey once in a lifetime after they ride 20 rides in one season. Congrats to those earning their club jersey so far this season!!

- Bonnie Portley
- Brandon Kuszajewski
- Eilene Herzseltine
- Greg McMurdie
- Iris Buder Jensen
- Kate Gordon
- Keith Alleman
- Kristeen Phelps
- Lisa Forsyth
- Margot Sharapova
- Oscar Guerra
- Sam Noravong
- Scott Whitney
- Stephanie Carney

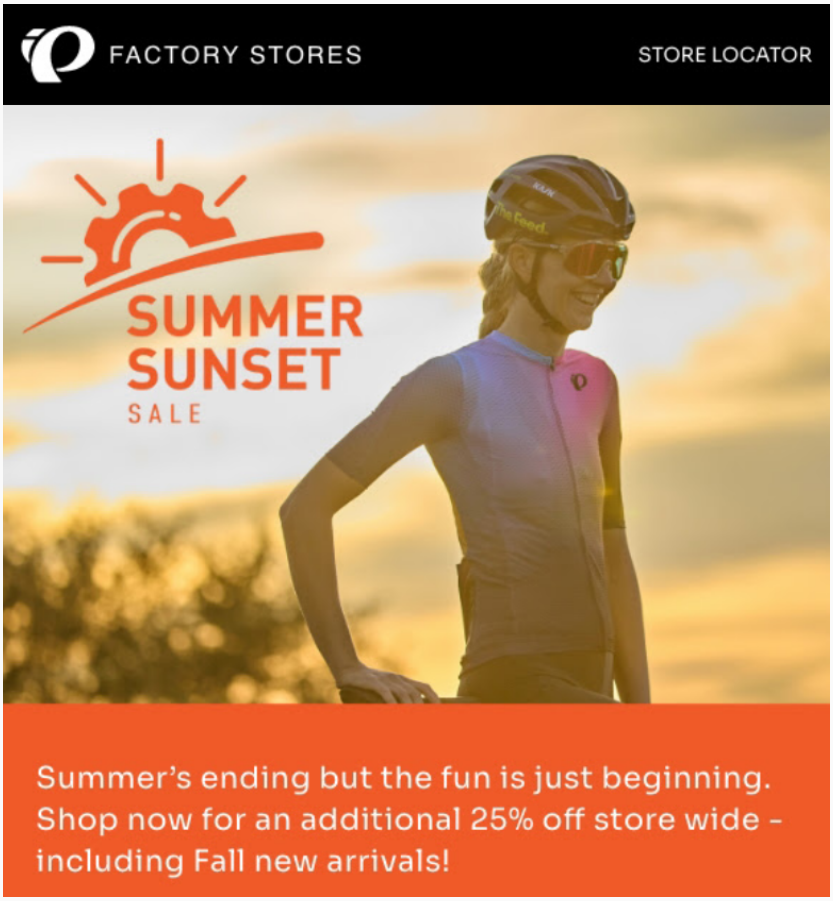
Please contact Penny Perkins Penperk2@gmail.com and make arrangements to get your jersey.



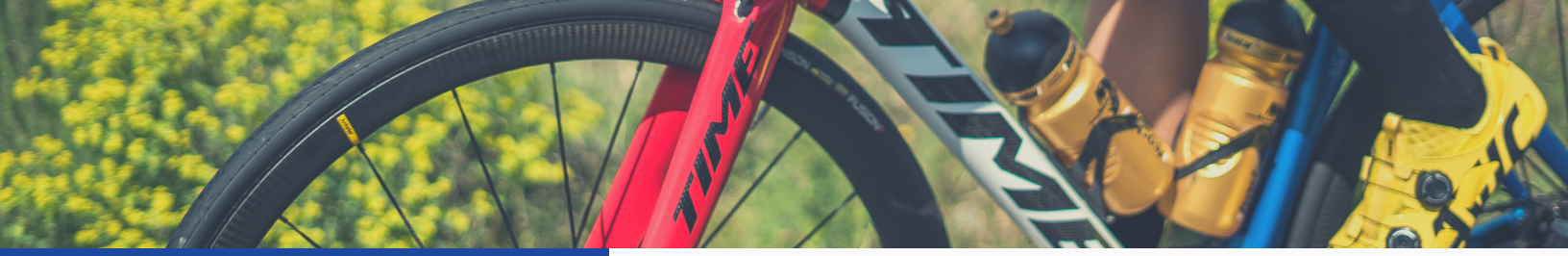
Share information on rides

Last month, a new comments section was added to club rides. The the bottom of each club ride, members can add comments. Comments might be a way to communicate if you noticed road construction, you are watching the weather to make a decision on go / no go for a ride, or you are riding to the ride and meeting on route. Comments do not alert the ride leader or those signed-up, but can be viewed by all.

It has also been suggested that some may wish to use the comments or the ride description to encourage members to wear a like jersey or similar colored jersey. It definitely makes us stand out on the road.



The Pearl Izumi store in Park City offers our club members a discount year around. Right now you have the opportunity to get 25% of store wide. Be sure to visit them at
6699 N Landmark Dr K-150
Park City, UT 84098



Huntsman Senior Games

Attention individuals 50+

Cycling Events
Tuesday, Oct. 10 – Friday, Oct. 13
St George, UT

Click here for details on events:
https://seniorgames.net/sports/cycling

Registration closes SEPTEMBER 1, 2023
Click here: https://seniorgames.net/

If you are registered, please let Miguel or Penny know. We would love to coordinate as a team.
penperk2@gmail.com
maguerra1985@gmail.com

Tricky Treat Ride

Saturday, October 28, 2023
3:30 p.m.
Pioneer Event Hall
West Jordan, UT

Watch for more details.



Surprised by what I found

BCC CLUB MEMBER, ARNIE TRAN

On a recent club bike ride after crossing railroad tracks, my rear tire went flat with a slow leak. I pulled the rear wheel, checked the tire, removed a small splinter, and reassembled the wheel using a new tube.

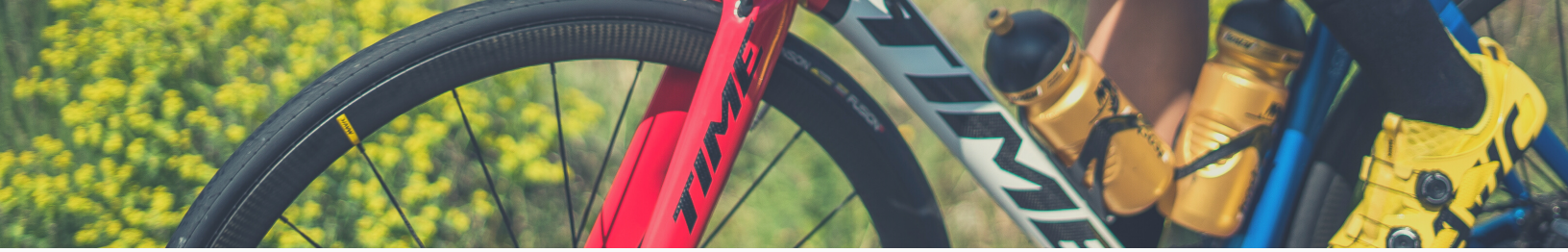
I reinstalled the wheel on the bike only to hear an unusual rubbing sound on my next ride. Well, wouldn't you know it, my tire went flat again, and I was not able to complete the ride. Once home, I removed the wheel again, removed the tire and rechecked it, this time wearing my glasses. I did find something else in the tire. After yet another new tube, the flat was fixed.

Now that the flat was taken care of, it was time to check the cause of the rubbing noise. After spinning the wheel, it appeared to be coming from my disc brake. I removed the wheel again and then removed the brake pads from the calipers. Removing the pads is quite easy. You first remove a safety clip at the end of a bolt, then unscrew the bolt. Once the bolt is removed, you can just remove the brake pads by pulling them out. When the pads are removed, do not squeeze your brake lever or this will make inserting the pads difficult without spreading the pistons in the calipers.

With my brake pads removed, I was very surprised to see that the pad material was completely worn away. I cannot imagine what might have happened if I was coming down a steep grade and found out I had no brakes.
I was able to take my pads to a bike shop so they could match up the part. The pads were easy to install, but I did have to spread the pistons in the calipers to allow for the added thickness of the new pads. I used a plastic wedge, but they have a tool for this, which I now own. With the pads replaced, the noise is gone, and the brakes work great.

What have I learned? With rim brakes, it was always easy to check the wear. With disc brakes, it is not as obvious. I will make it a point to check to check the pads several times a season. I would recommend that everyone do this, or make sure they have it done.

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Meet Klay Anderson

BCC CLUB MEMBER

Klay is a previous club member on the return. He loves to road bike and has been doing so for 40 years. Unfortunately, he has been hit by a car, but that did not stop him - now he rides an ebike. He says, "I EARNED my Como." Klay is retired so when he is not riding, you might find him skiing or traveling.

Meet John LeMasters

BCC CLUB MEMBER



John recently moved to SLC and wants to meet some fellow cyclists and learn some routes, so he joined BCC. He is potentially interested in getting into some racing at some point, but for now he is looking to have fun and get faster on the bike! Though he mostly rides road, he also has a CX bike that he loves to do a bit of light gravel riding with. John just graduated college and got a job in Salt Lake! He had never been to Utah before, but he went to college in Scotland and grew up in CA so he did a bunch of cycling in both those locations.

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.

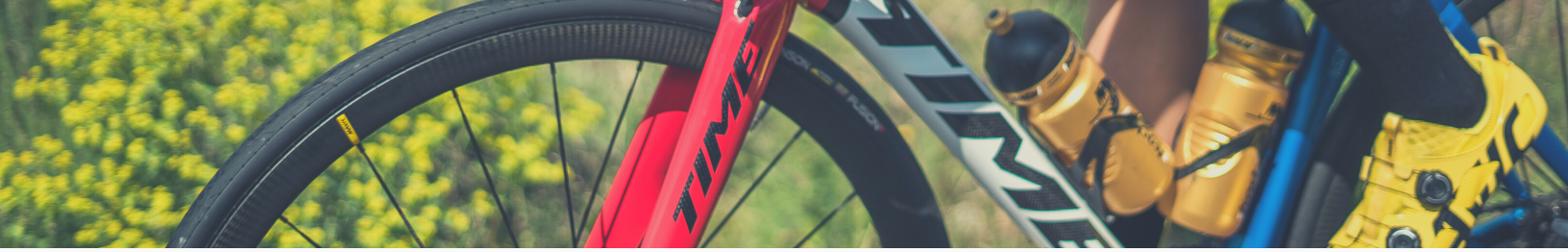
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continued from page 5, Surprised by what I found

After researching pad wear limits, this is what I found at https://mbaction.com/wear-and-tear-how-to-tell-when-your-brakes-are-at-the-limit/ :

It's best to check the thickness of your pads at least every few rides. The pad material should be at least a few millimeters thick on top of the backing plate, and if you've worn past there, it's time to replace them. When it comes to rotors, most of them start at about 1.8–2mm thick, and the companies will etch the thickness at which you should replace the rotors on the rotor itself. Look carefully at the lettering stamped in the metal and it should give you this thickness, which is usually 1.5 or 1.8mm. Most rotors will last through two to three sets of brake pads before they need replacement.

I hope this is helpful and perhaps it might prevent a surprise. If anyone has any questions, I would be happy to help, or there are several very good bike mechanics in the club that can answer questions. Ride safe!



Stay Connected

Bonneville Cycling Club of Utah

Bonneville Cycling Club UT

Bonneville Cycling Club

Bonneville Cycling Club of Utah

Bonneville Cycling Club

Elections in October

Now is the time to consider joining the BCC board or if there is a member that you feel would add strength to our cycling club by serving on the board, talk to them about running. New board members help generate new ideas and minimize burnout of those who continually serve our club. Board positions are as follows:

- President*
- Vice-President
- Road Captain
- Secretary
- Treasurer*
- IT Director
- Communications Director
- Membership Director
- Members at Large - 3 representatives

Email Bonnie Portley to submit your name. bonrx1@yahoo.com

BONNIE



Stretches for Cyclist

How many times have you found yourself saying, “I should really stretch more?” It’s common knowledge that cyclists need to stretch, but many of us fail to do it enough, if at all.

Why cyclists need to stretch

- Accelerate recovery
- Increased Oxygen Flow
- Prevent Tissue Degradation
- Flexibility
- Injury Prevention
- Better Posture & Aerodynamics

Click here to read the full article published by Dynamic Cyclist. Scroll to the bottom half of the article for a list of "The 10 Best Stretches for Cyclists."

ARTICLE

Click here for a 15 Minute Stretching Routine for Cyclist by Dynamic Cyclist.

STRETCH