

HELENA BICYCLE CLUB

HBC APRIL 2013 NEWSLETTER

April 23,
2013
7 pm

**Biking In
Tuscany**
Robert Ray
& Fran
Penner-Ray

**Montana
Wild Center**
2668
Broadwater
Avenue (south
end of Spring
Meadow Lake,
turn north at
Kessler School)



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For your pleasure and to (possibly over-) stimulate the bike-travel centers in your brain, Robert Ray & Fran Penner-Ray will present a lecture with slides, detailing their recent cycling adventure to Tuscany, Italy. Their presentation is the featured highlight of HBC's March meeting, 7:00 p.m., Tuesday, April 23, at the Montana Wild Center. You'll enjoy hearing about their ride, but beware: A cycling trip to Italy may be something that, after hearing their presentation, you'll want to add to your bucket list. Most of us will want to come and listen, learn, and risk it. The following description is Robert's and Fran's:

Planning

Good trips start with dreams of adventure, exploration, and perhaps simply a yearning for good food and wine. Careful planning helps to answer the basic 'where, what, when, who, and how's'. Start with 'where' – Italy is a fabulous place to experience by bike. Some will find some treasures in big cities, others in small hamlets. Some may seek out steep mountain passes, others mellow country roads with vineyards and olive orchards to linger in. If visiting Italy's wonderful old churches sounds good, choose between cathedrals and chapels. Don't try to do it all. Make some hard choices. Grab a map, focus on what's most exciting, and hit those sights first and hard. Most of all,

be realistic about how long it takes to enjoy Italy on a bike. When building a schedule, decide if days begin at 7:00 or 10:00 a.m., allow for ample riding time, and include enough time for breaks, side trips and meals. These are the real reasons for going.

Where They Went

Fran and Robert decided early-on that Florence was about as big a city as we wanted to spend time in. Why Florence? Because of its art, museums, architecture, food, and because it's a great place for jumping off into the Chianti and Tuscany countryside with rolling hills, vineyards, olive orchards, and magnificent forests. At first Robert was tempted to ride the high alpine passes in the Dolomites. However, his tackling the steep Giro D'Italia route would have left Fran, a casual cyclist, wandering alone in town. So we explored the option of hiking in northern Italy, as an alpine option, and something to do after our shared Tuscany cycling adventure.

Things To Consider

- Decide if you want to hire a guide or break yourself in easy on a guided trip
- Study Italian; speak it courageously
- Travel as light as you can, keep it simple
- Spend time in Florence

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Great Rides! Grizzly Gulch — Orofino Gulch Loop

Contributed by: Many, including Bill Schneider

This 9.4 mile loop ride is close in to town, and with 800 feet elevation gain (950 overall up-and-down) it's a great workout. If you avoid the busier commute times of day (with their dust and traffic), this mixed paved and graveled surfaced ride's rural nature makes it a fun place to spend an hour while working up a sweat.

All surfaces are gravel, save the good pavement from Mile 6 to Mile 9 on Oro Fino Gulch.

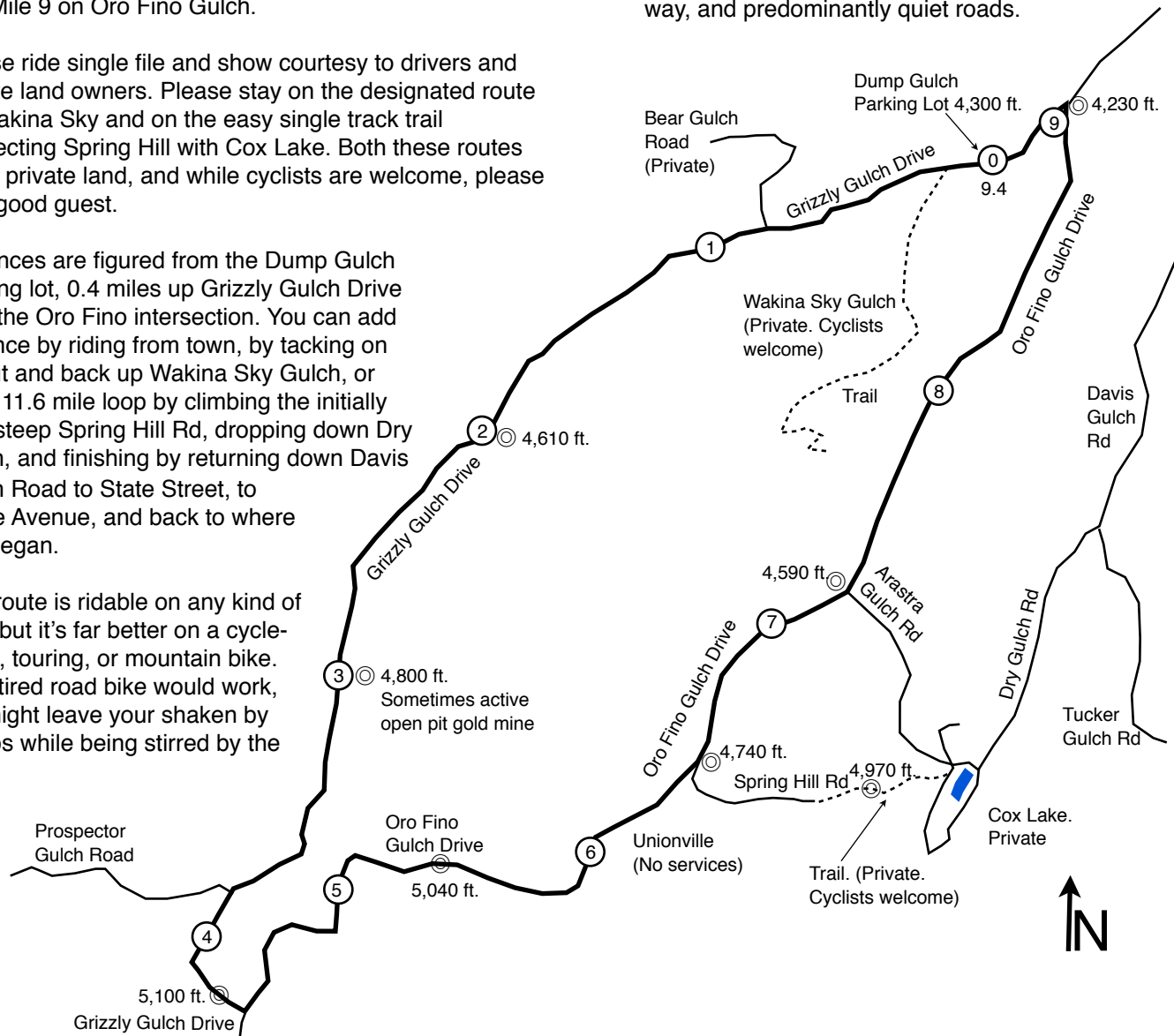
Please ride single file and show courtesy to drivers and private land owners. Please stay on the designated route on Wakina Sky and on the easy single track trail connecting Spring Hill with Cox Lake. Both these routes cross private land, and while cyclists are welcome, please be a good guest.

Distances are figured from the Dump Gulch Parking lot, 0.4 miles up Grizzly Gulch Drive from the Oro Fino intersection. You can add distance by riding from town, by tacking on an out and back up Wakina Sky Gulch, or get a 11.6 mile loop by climbing the initially very steep Spring Hill Rd, dropping down Dry Gulch, and finishing by returning down Davis Gulch Road to State Street, to Cruse Avenue, and back to where you began.

This route is rideable on any kind of bike, but it's far better on a cycle-cross, touring, or mountain bike. A fat-tired road bike would work, but might leave your shaken by bumps while being stirred by the

There are no services, restrooms, or water on this short training loop. Cell service is spotty or nonexistent.

Attractions include this ride's rural nature, a nice mix of paved and gravel roads and trails, historical lime kilns in both Grizzly and Oro Fino Gulches, many signs of previous mining operations and several small modern open pit gold mining operations, good birding along the way, and predominantly quiet roads.



scenery. Grizzly Gulch can be rough coming down, so there's an advantage to riding this loop counterclockwise, grinding up graveled Grizzly Gulch and zooming down Oro Fino's pave.

Online map with elevation profile, grades
<http://ridewithgps.com/routes/2271010>

Disclaimer of Liability. Cycling is an inherently dangerous activity. Traffic, road conditions, harsh weather, facility closures, et cetera all change and present hazards. Cyclists are responsible for their own safety and well-being. The author or Helena Bicycle Club are not liable for injuries or damages which arise in conjunction with using this map and guide. Be prepared and ride safely.

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Tuscany, Continued from Page 1

- Traveling with the Internet available on a smart phone or tablet is very handy
- Other great towns: San Gimignano, Greve in Chianti, Siena, Pienza
- Stay flexible and have a great time!
- Resources: *Lonely Planet: Cycling Italy*; *Insight Guides: Tuscany*

Training for a Century Ride, 'The Program,' By Don Harris

HBC's One Helena Hundred, which is either a 100 mile or 100 kilometer (your choice) ride is July 13 this year. It's a fun, well supported ride, with few hills and hopefully mild winds. The OHH route runs through some of the prettiest country in Montana, which is saying a lot. Want to ride this 100 miles or 100 kilometers with maximum joy and minimal pain? Here's how to do it. HBC's Don Harris, physical therapist by day, road cyclist extraordinaire by night, has 'The Program' for you. Follow Don's advice and at the end of your century ride you'll find yourself thinking, "Gee. That wasn't so hard. I could ride another 25 miles and still be smiling."

Preliminaries

- Have your bike fit to you before you start training (e.g., seat height, handlebar placement).
- Decide if you're going to ride 100 miles or kilometers (an English or Metric Century), investigate the route, and commit to training.
- Prepare by riding terrain similar to that of the century you have chosen.
- Train with, and ride your century, with a friend to make your riding efficient, fun and to minimize burnout.
- Discover which foods and drinks work best for you and use them throughout.
- Develop your ability to ride faster. (Faster = Less time in the saddle = Less fatigued butt and everything else.)

Training Specifics

1. Start riding regularly at least 10-12 weeks before the event.
2. Ride 3—4 times per week with minimal consecutive riding days.
3. Do one long ride per week and one short, fast ride.
4. Ride 75—85 miles, 1—2 weeks before your century; this should be your longest ride.
5. A well-tuned road bike is your most efficient choice.

Century Day

1. Start early, registration begins at 7:00 a.m..
2. Stick with what has worked in your practice rides. Eat the same food, ride the same bike, wear the same shorts.
3. Ride with someone who rides at your pace and share turns at the front. Learn how to safely ride with others.
4. Ride at a pace you know you can sustain for the entire ride.
5. Spend 10 minutes or less at rest stops.
6. At rest stops, stretch your neck by pulling your chin to chest and stretch your back by putting hands on back of hips and arching backward.
7. Relax your shoulders and upper body while riding.
8. Eat and drink as you have during training rides.
9. Bring your own food and drink supplements.

The Program

- This is one schedule for riding a century ride, there are many other possibilities. To adapt this schedule to ride a metric century (using an odometer that reads in miles), simply take the mileages on the schedule below and multiply the distances by 0.6. The Program is based on riding four days per week. This allows for three rest days, which helps minimize injuries and burnout and allows for schedule flexibility based on weather or other circumstances.
- Saturday rides are the longest rides of the schedule. On this ride, your focus should be to ride at "tempo," or at a sustainable pace for the distance.
- Riding too slowly can cause fatigue because of too much saddle time. Riding too fast will cause early fatigue because of high intensity. Part of what you are trying to learn while training is your ideal pace.
- Monday and Thursday rides are medium-length rides that also should also be ridden at tempo.
- Tuesday rides are the shortest and should be ridden as fast as you can — within reason. These days are purposely short to avoid fatigue and injury.

HBC 2013 Century Details

Bicycle from Cascade south toward Wolf Creek and back for the metric century. Continue from Cascade north to Ulm, heading east toward the Smith River and turning back to Cascade for the standard century. The route is gentle, meandering alongside the Missouri River with some small rolling hills. Lunch is provided at Cascade City Park. Fully supported. \$50 HBC member registration fee. <https://www.bikereg.com/Net/18785>

The Program's Schedule (In miles if you are riding and English century, in kilometers if you are riding a metric century)

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Conversion Formula
Week 1	20	rest	15	10	rest	15	rest	To convert kilometers to miles*
Week 2	25	rest	15	10	rest	15	rest	Multiply kilometers by 0.6 (±)
Week 3	35	rest	20	10	rest	15	rest	To convert miles to kilometers
Week 4	40	rest	20	15	rest	20	rest	Multiply miles by 1.6 (±)
Week 5	50	rest	25	15	rest	25	rest	Rest days can be English or Metric units
Week 6	55	rest	25	15	rest	30	rest	
Week 7	65	rest	30	20	rest	30	rest	
Week 8	70	rest	30	20	rest	30	rest	
Week 9	80	rest	30	15	rest	25	rest	Good luck! Ride well, ride safely!
Week 10	35	rest	20	15	rest	15	rest	* Actual conversion value: 0.604
Week 11	Century ride!							

Please Renew Your HBC Membership

Besides supporting better cycling in Helena, being a HBC member is a blast. Members enjoy Tuesday- and Thursday-night weekly road rides, other special club rides, get discounts on HBC's justly famous DDR and 1HH event rides, a subscription to this HBC Newsletter containing the monthly Great Rides! feature, and last but not least, get timely notices about pick-up rides via HBC's emails and listserv.

To join or renew your membership, get a membership application at: <http://helenabicycleclub.org/index.php/membership/>

2013 Club Rides*Tuesday and Thursday night rides —*

Watch the club website and email listserv for an announcement for when these rides will start. Club stalwarts Rick Bush (Tuesday nights) and Julie McKenna (Thursday nights) will lead this year's rides. Timing depends upon acceptable cycling weather.

May 18 — York Burger Boogie

Intermediate difficulty out-and-back from Helena to York, Montana, sandwiching a 20 mile (+/-). Leave the Dive Bakery on 11th at 9 a.m., ride out, enjoy a burger at the York Bar, and cruise 20 mile ride back to into Helena (40-44 miles round trip). No fee but B.Y.O.B.; riders buy their own burger.

June 25 — Ride to Eat

In-town club ride beginning at the Four Georgians parking lot at 5:30, with a short (10 miles +/-) easy ride, and ending at a local eatery. 2012's Eat to Ride was a great

short outing and a fun, convivial chance to dine with fellow cycling enthusiasts.

July 13 — One Helena Hundred (Cascade, MT)

See article: Training for a century ride, in this issue

August 3-4 — Double Divide Ride (Helena, MT)

A fully supported scenic two day ride from Helena to Lincoln over MacDonald Pass, then from Lincoln to Helena via Fletcher Pass. 129 miles (75 miles the first day, 54 miles the second). HBC member discounted preregistration: \$85. Online registration, coming soon, will be linked from helenabicycleclub.org.

Recycle Your Bicycle Event, Saturday, May 4

This is your chance to buy or sell used bicycles and cycling gear. New for this year, RYB is held in Women's Park, downtown, from 8 a.m. to 2 p.m. Setup and consignment drop-off is from 8—9 a.m. Several businesses have donated items for an open bid auction.

Open Streets Celebration Sunday, May 5

Open Streets is a free community event that transforms Last Chance Gulch between Placer and 6th into a car-free space, opening the street to cyclists and pedestrians, and playing host to various forms of recreation, exercise and family fun in the street and adjacent Walking Mall.

Lincoln Mountain Bike Trails Planned

Plans are being made for 50-80 miles of sustainable beginner- and intermediate-level singletrack in the Lincoln area. To learn more, and to support, see: http://www.montanamountainbikealliance.com/static/IMBA_Lincoln_Report.pdf

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HBC 2013 Board

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