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Volume 24, Issue 10

October 2009

PRESIDENT'S CORNER

Well another season comes to a close as the weather turns from bright sunny days to the darkness of winter. Riding the open road turns to sitting on a trainer watching the walls and TV. Yet there is still fun to be had for we still have the Pigout on Nov 7th coming up. Yes the annual party to celebrate the riding we did this year, the chance to gather together and retell the stories of the year and to make plans for the next season. I and Im sure many others are already looking forward to 2010 which is a milestone for our club for it will be our 25th year as a club. Big plans are under way for the year and more plans need to be decussed so I hope you all will join us for our final bash of the year. As always we will have fun, games, prizes and our elections of officers and directors. This was announced in last months newsletter but I thought it should be mentioned again. During the pigout we will also vote on the design of next years new club jersey design so please attend and bring your design ideas. Until then I hope you all have the chance to get out there for at least one more ride.



PIGOUT

Mike Shult



When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.

~Arthur Conan Doyle

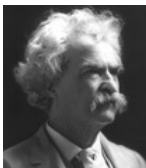
What's Left This Fall?

By the time you receive this email most of our "official" club rides should be about finished. CIBA is the only club that I have seen that has any rides advertised for November and beyond. Those rides are as follows:

SATURDAY 11/7 11:00 AM—10th Annual Tour D'Greenways GT Ride—Dan and Mary Ann Shields - 317-750-5933 ddshields@comcast.net

SATURDAY 11/28 11:00 AM—Chilly November Ride—Dave Baker - 317-882-4486(H) 317-409-9298(cell) dmbicycle@comcast.net

SATURDAY 12/05 1:00 PM—Jolly Old St. Nick Bicycle Cruise—Warren Smock - 317-417-3961 warsmockren@hotmail.com



Learn to ride a bicycle. You will not regret it if you live.

~Mark Twain, American humorist

LAST
CLUB
RIDE
WILL BE
Nov 1st
@ 1:30
BEGIN-
NING AT
HIGH-
LAND
PARK!

**Daylight savings
time is
November 1st.
Don't forget to
set your clocks
back.**



THE TRANSITION SEASON—By Coach David Ertle

Fall marks the end of the 2009 road cycling season. Most of the tours and races are over. The World Cycling Championships were just held and they mark the end for most professional cyclists as well. In coaching terminology, the year is broken into periods, something called Periodization. The year starts with base or foundational training which emphasized strength training and endurance. As your fitness improves in the spring, you move into what some call the 'Build' period where you increase your mileage and/or intensity of riding. As you approach key events such as a large tour or race, you will want to go through as short peak period to hone your fitness. After a large event midseason, you may want to take a small break, and then continue on with your training for the remainder of the riding season. At the end of the season is the 'Transition' period. This marks the end of one season and precedes the next season. Transition typically lasts about 4-6 weeks.

During this transition period, the main thing you are trying to accomplish is to allow your body and your mind to rest up and refresh from the cycling season. If you have been riding and training seriously and regularly since last winter, this is the first significant chance you get to ease up on your riding. Your body can use a break as can your head. Training is mentally hard and your mind can use a break as much as or even more than your body does. The harder you train, the more you need a transition at the end of the season and the longer it should be.

So what does one do during the 'Transition' ? First, you want to back off on the cycling mileage, or the volume of riding that you do. You should also cut back on the intensity of your riding. This is not the time of year to be doing a lot of hard, structured intervals. It's even okay to park your bike for a couple of weeks if you so desire. But that doesn't mean to stop being active. As a cyclist, you want to maintain some activity but this is a good time of year to do something different.

"Doing something different" is what we call 'cross training'. Cross training is doing some sort of activity or exercise which is different from riding your road bike. It can be something totally different, such as running, playing basketball or soccer, swimming, or almost anything else you can do to get exercise. It can also be something similar to road cycling such as cyclo cross or mountain biking. While these may seem very similar to road cycling, because they are somewhat different and done off-road, I find them to be a very good change of pace. I love riding my mountain bike this time of year, being out in the woods with the changing colors. And because mountain biking is like playing, you hardly realize how hard you are working when riding off-road. It's a great change of pace for you head as well as your body. Whatever you do, try to stay active 4-5 days a week doing something. And if you can't part with your bike that long, by all means continue to ride. Just know that you should be riding for the sheer joy of riding and not for any specific training effect at this time of year. So get out and enjoy the fall weather if you choose. But ride as easily as you wish.

The other thing you want to do during Transition is to allow your body to recover from any nagging injuries or aches or pains you may have developed during this year's riding season. This is a good time to get a physical and have everything checked out, especially if you do have a nagging injury. Get to work on it now and get it fixed so it doesn't interfere with your riding and training coming up for the 2010 season.

The third thing that is good to work on was the subject of last month's newsletter article: weight loss. If you want to drop a few pounds, this is a good time to do it. When in weight loss mode, you don't have as much energy to ride and train hard, so it fits perfectly in with this Transition time.

Finally, it's also a good time to do an overhaul on your bike. Go through and take it apart (or have someone skilled do it if you are not), regrease bearings, replace cables, chains, housings, and lube everything and give it a thorough cleaning. Your bike has been good to you this year, return the favor.

QUICK RELEASE

QUICK RELEASE is a monthly publication of the Break-Away Bicycle Club from Jan. to Oct., and is distributed to BABC members and bicycle related organizations. Submission of area cycling news and events is encouraged and should be submitted to the editor by e-mail or post. The deadline for submissions is the 10th of the month. BABC members may advertise personal equipment for sale at no charge, and business ads are available for a fee.

The BREAKAWAY BICYCLE CLUB was established in 1986 to encourage and promote bicycle safety, touring and racing in our immediate area. The club is affiliated with the League of American Bicyclists, USAC and the Indiana Bicycle Coalition.

MONTHLY MEETINGS are held on the Last Monday of the month from Jan. to Sept. at the Olive Garden Restaurant on South La-fountain St. at 7:00PM. The Oct. meeting is the annual Pig Out dinner at a location to be announced as it is reserved.



October, 2009
Volume 24 Issue 10



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BREAK-AWAY BICYCLE CLUB

BREAK-AWAY BICYCLE CLUB
OF KOKOMO, IN
Let the good times roll.