

THE CRANK - SUMMER '09

Butterfly Criterium Returns to Pacific

By Dennis Renault
(aka "The Biking Viking")

Velo Club

Monterey

has a long history on the Monterey Peninsula dating back to the 1960's. Our ideal temperatures and weather conditions year round make the area a cyclist's dream.

See how to join @
VCMonterey.org

INSIDE THIS ISSUE:

Bike Shop Listings	2
The Rides	2
Devian Speaks	3
VCM Gear	4

At a packed February Pacific Grove City Council meeting, two VCM stalwarts, Bob Kelley and Gordon Martine, teamed up with other PG activists, Mo Ammar and Bruce Skidmore, to urge approval for the return of the famous Butterfly Criterium to their city.

Kelley, a 15-year PG resident and retired lieutenant in the Sacramento Police Department's Traffic Division, told the Council he had worked major cycling events in the capital city without

any problems and that the Butterfly Crit would "...produce color, optimism and enthusiasm at a time when gloom and doom are common." Referring to potential volunteers for the event (and current financial bailout jargon) he declared the cycling community is "shovel-ready."

Martine, a local business owner of Kidwell Paint and a competitive cyclist, described his experience as a sponsor and racer for the VOS Team, as well as a sponsor for Monterey Bay Racing, the Don Chapin team. He

indicated the high degree of anticipation for such a major event from both the public and the cycling community, describing the strong impression the original Butterfly Criterium had made on him as a seventeen-year old.

The cyclists won the evening's race and the Council voted to reinstate the event on May 31st of this year.



Bob Kelley

VCM SUMMER PARTY ANNOUNCEMENT

Date: August 16, 2009 Time: 2 p.m.
Place: Carmel Valley Community Park
Club will provide a grill and water.

(If you have a bit of extra time, please tell Robin or Penny that you can help with the set up and clean up.)

The club will provide burgers (cow and veggie) and water. Please bring something to share, i.e., appetizer, salad or dessert.

Please RSVP to Penny (alittlerunner@juno.com) or Robin (rgharness@earthlink.net).

Six good reasons to join Velo Club Monterey: Ten-percent discount at these local bike shops.

<p>Winning Wheels Bike Shop 318 Grand Ave. Pacific Grove</p> <p>375-4322</p>	<p>Joselyn's Cycles 298 E. Franklin St. Monterey</p> <p>649-8520</p>	<p>Sports Center Bicycles 1576 Del Monte Blvd. Seaside</p> <p>899-1300</p>
<p>Bobcat Bicycles 141 Monterey St. Salinas</p> <p>753-7433</p>	<p>Aquarian Bicycles Tyler & Pearl Sts. Monterey</p> <p>375-2144</p>	<p>Forest Hill Bike Shop 1173 Forest Ave. Pacific Grove</p> <p>644-0525</p>

Local Ride Schedule—There are NO OFFICIAL VCM RIDES. The club does not monitor or control any of these rides. They are open to all. They have developed through time on their own. You ride them at your own risk. The club does not insure your safety or the safety of others. Cycling can be a dangerous sport.

Route Maps can be found on our web site: vcmonterey.org

Tuesday Mornings—The ride is very friendly. It starts at Wharf No. 1 in Monterey at 9 a.m. There are many re-groups on the 30 mile route to Marina, Laguna Seca.

Saturday Morning—7 a.m. This is the fastest ride of the week. It starts in front of the Maritime Museum and follows a 35 mile route through Pebble Beach.

Saturday Morning—7:30 a.m. This is the medium fast version of the 7 a.m. ride. It also starts in front of the Maritime Museum and follows a 35 mile route through Pebble Beach.

Sunday Mornings—8 a.m. This ride varies each week. It meets in front of the Portola Plaza Hotel.

Sunday Mornings—This is a “mellow pace” ride that changes weekly. Contact B. Munro for details.
Melo_velo@hotmail.com

Saturday Morning—8:00 a.m. This is the medium (no drop) version of the 7 a.m. & 7:30 a.m. rides. It also starts in front of the Maritime Museum and follows a 35 mile route through Pebble Beach.

Bike Tools Available for VCM Members —The Club owns an extensive set of tools. The current keeper is: Jan Valencia - jvalen1733@aol.com (Must be a current club member.)

Bike Travel Cases Available for VCM Members —The Club owns two hard shell cases for flying with or shipping your bikes. The current keeper is: Leonard Laub - python84@pacbell.net (Must be a current club member and post a deposit check as security.)

Cyclocross News

Cyclocross is a form of [bicycle racing](#). Races take place typically in the autumn and winter and consists of many laps of a short course (2.5–3.5 km or 1.5–2 miles) featuring pavement, wooded trails, grass, steep hills and obstacles requiring the rider to quickly dismount, carry the bike whilst navigating the obstruction and remount in one motion.

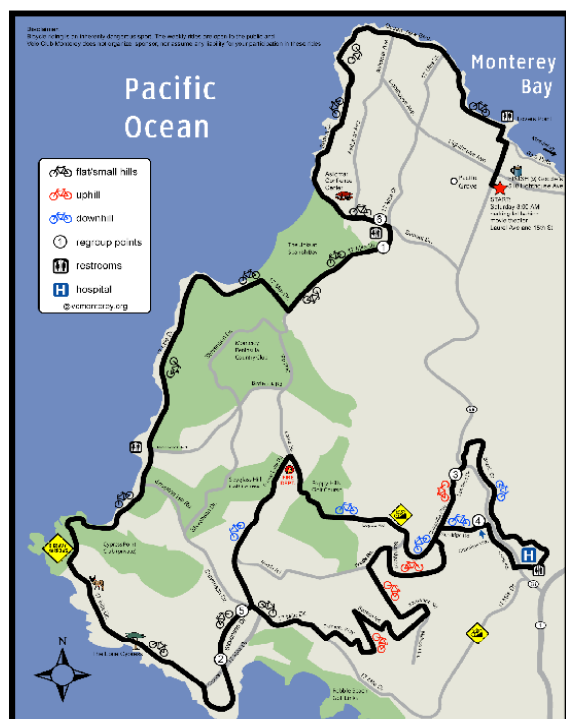
Check out [cccx.org](#) for a list of local races.

Or, get in touch with our webmaster, Steve Anderson. steve@thelazya.com



VCM RACE TEAM

A new club sponsored race team has been formed. Watch for news on our web site vcmonterey.org.



The Saturday Morning Ride Route



Devian checks out the Lost Coast

Devian On Fixing Flats

1. Shift gears into "Little/Little." Little cog, little chainring.
2. Open brake.
3. Open quick release (QR).
4. Tap rear wheel out of rear dropouts.
5. Remove valve stem cap/valve stem nut.
6. Open presta valve (if applicable).
7. Let out any remaining air.
8. Face cogset away from you.
9. Place wheel on the ground in front of you, with cogset facing away, valve stem at the bottom of the wheel.
10. Peel non-drive side of tire bead away from rim at bead seat hook.
11. Continue all the way around.
12. Pull out tube, starting 180 degrees opposite of valve stem.
13. At the valve stem, push the valve stem/tube out of rim.
14. Remove tube.
15. Replace tube.
16. Partially inflate tube. (Enough to give it shape. That is all.)
17. Place valve stem in thru the valve stem hole in rim.
18. Lay/feed tube into tyre along the diameter of the rim.
19. Place the non-drive side of the tyre bead onto the rim, starting at the valve stem. Be mindful to ensure that the bead of the tyre is actually below the bead seat hook of the rim.
20. Push stem up to help get inner tube into the tyre (if needed).
21. Work into place the remainder of the tyre bead.
22. Make sure the tyre bead is in the rim and that no inner tube is protruding.
23. Inflate to specs.
24. Close presta valve, and install valve stem nut and cap.
25. Place rear wheel in frame.
26. Place bike on ground, and readjust QR.

VELO CLUB MONTEREY
P.O. Box 1404
Monterey CA 93942



*For current club
information check out
our web site.*

vcmonterey.org

CLUB CLOTHING AVAILABLE ON LINE

Have information you would
like to see in The Crank?

Send it to :
harrrogers_esq@hotmail.com



A HUGE thanks to Cath Tendler-Valencia for her help in editing this edition of The Crank. HR

(Ordering Information on vcmonterey.org)