

Velo Club Monterey

The CRANK

MEMBER NEWSLETTER

FALL / WINTER 2009

HOLIDAY PARTY

Raise spirits at the annual Velo Club holiday fiesta

PAGE 2

UPCOMING EVENTS

Check out what's coming up

PAGE 2

MEMBER NEWS

What have members been up to, on & off the bike?

PAGE 3

LOCAL BIKE SHOPS

Participating shop offering discounts to VCM members

PAGE 4

RIDE SCHEDULE

Weekly area rides

PAGE 4

CALSTAR: A ride that could save your life

CATH TENDLER-VALENCIA

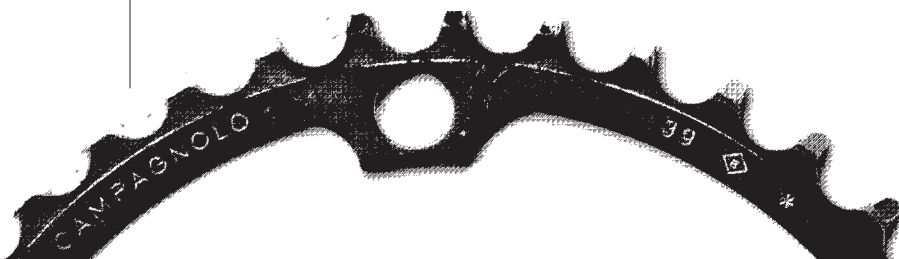
Do you believe in rapidly protecting yourself after a critical cycling injury? How about an investment of less than \$40-45 per year for helicopter ambulance service? That's less than the cost of a helmet. Perhaps you recently read in the October 23rd Carmel Pine Cone about the \$30,000 cost for 50 miles of transport from your accident to a qualifying hospital.

CALSTAR stands for California Shock Trauma Air Rescue. It is a 25 year old nonprofit helicopter ambulance service supported by a consortium of corporations and hospitals. Their mission statement reads: "To save lives, reduce disability and speed recovery for victims of trauma and illness through rapid transport, quality medical care and education." It is not insurance, but rather an emergency service, activated by calling 911. The service is secondary to any primary insurance you may have, so read the brochure thoroughly. There's always fine print.

I have visited the base at the Salinas Airport, in operation for six years, and the crew is impressive. The staff includes pilots and medical personnel. I met a female pilot who happens to be a local cyclist. Another pilot is the father of a former student of mine.

Jan and I received a gift membership last year and you can bet we'll be continuing our own membership. The cost is \$40 for individuals and \$45 for a family. Consider purchasing your own or as a gift for loved ones. Even consider trading gift memberships with friends, so you can mutually take care of each other.

Take a look at www.calstar.org to learn more. Or if you have questions: call 1-888-207-LIFE (5433).



What's Happening?

Monterey City Council Meeting Tuesday, November 17, 4 pm

New bike paths are on the agenda.

SF Bike Expo Saturday, November 21, 10 am

The Cow Palace, Daly City
www.sfbikeexpo.com

VCM Holiday Party Saturday, December 12, 6 pm

RSVP: 831-601-5694
pennybutler81@gmail.com

VCM Critical Christmas Sunday, December 20, 5 pm

Watch email for details.

TAMC Meeting Wednesday, January 6, 6 pm

www.tamcmonterey.org

Pedaling the Peninsula Since 1968

About VCM

The Velo Club Monterey prides itself on promoting cycling around the community. It's not just about racing and recreation. VCM members regularly volunteer during the Bike Week events in May, at bicycle rodeos throughout the year, at local races and centuries, and work tirelessly to advocate bicycles and bicycling wherever they go.

THE BOARD

We have a very active board with the Velo Club. We try our best to improve the cycling community in Monterey, and if there is anything we can do differently, let us know.

JOIN VCM

There has never been a better time to join the VCM. Members get a numbered membership card, entitling them to discounts at local bike shops. There are also quarterly newsletters, seasonal parties, camaraderie, and fun.

MISSION STATEMENT

The organization's purpose is to foster and encourage bicycling activities and opportunities. These activities include, but are not limited to: recreational riding, long-distance touring, training and racing (amateur), mountain biking, triathlon, duathlon, cyclo-cross, and BMX. Also supported and advocated is bicycle safety (especially for youth), advocacy for the interests of cyclists including those that are safety related, improving or increasing access to public and private lands, and creation of new bicycle routes and pathways for recreation and the accompanying environmental benefits. Since bicycling is an inherently social activity, the Club shall also seek to create many other social opportunities for cyclists to enjoy each other's company and establish new friendships.

Holiday Fiesta Time!

Is it gonna be fun? You betcha!

Join us December 12 at Hola! Cantina for heavy hors d'oeuvres, dancing, annual club meeting and 2010 renewal signup (bring your checkbook).

The venue is new this year. Hola! Cantina is located in the Barnyard Shopping Village. The fun starts at 6 pm and continues into the night.

If you like, bring your favorite dessert to share with your fellow cycling (and eating) enthusiasts.

WHERE
Hola! Cantina

WHEN
December 12, 6 pm

RSVP
to Penny: 601-5694
or
pennybutler81@gmail.com

Bring your checkbook!

The 2009 Jungfrau Marathon

SKIP LATHAM

The Jungfrau Region of Switzerland is noted for the three large mountains that grace this Alpine area and overlook the magnificent mountain world just outside of Interlaken. With the Eiger, Monch, and Jungfrau, all at over 13,000 feet elevation, the spectacular views abound highlighting these mountains. So imagine the possibility of being able to run a marathon amongst these untouched surroundings with a mountaintop finish! The Jungfrau Marathon is a point to point event that starts in Interlaken at 1,600 feet elevation and finishes at the ski resort of Kleine Scheidegg at 6,800 feet elevation, all in view of the famous peaks of the Jungfrau. How hard could this race be anyway since they attract over 4,000 runners?

Looking back, I now realize that this event was the "Death Ride" of running events except there were no downhill sections. Since the event was in September, I looked forward to training all summer for this once in a lifetime adventure. A week in Lake Tahoe for the elevation training, another week in southern California for the heat and humidity training, and the remainder of my miles out and about in the hills of the former Ft. Ord.

When I arrived in Switzerland, the awe inspiring views and natural splendor of the region made my decision seem like the right one even though all of the locals we talked to seemed incredulous that people could complete this event. But, the locals turn out to line the entire race course shouting, "hopp, hopp, hopp," which translates to go, go, go!

The race started in downtown Interlaken and proceeded into the countryside through some cute farming villages like

Bonigen and Wilderswil where the locals turned out in their regional dress costumes to cheer and play music for the runners. The course began to climb slowly toward the halfway mark in Lauterbrunnen, which was only a 1,000 foot climb in elevation over 13 miles...the worst was yet to come.

Leaving Lauterbrunnen was definitely a turning point in the race. The next small town was Wengen and in only 5 kilometers we climbed almost 1,500 feet in elevation...about an 11% average grade. The race course had switched over to a mixture of dirt paths and a bike path and would stay that way to the finish. This section of the region is not served by automobiles as there are no roadways. The residents travel only by narrow gauge railway and other creative means not involving cars.

As we left Wengen and headed to a ski station at Wixi, much of the next 10 kilometer trail section was actually runnable as the grade had leveled out to 6%. Just past the ski station at Wixi what we encountered next was just cruel. For approximately 2 kilometers, the trail turned skyward through a rocky and muddy pasture and was barely walkable at over a 15% grade. All of the runners were proceeding single file up this section and were greeted and helped over the top with a helping hand from a group of locals. The finish line was now visible and only a short jaunt to get there.

The finishing medal and event t-shirt were awarded to all of the runners as they crossed the finish line. This was the longest marathon by time that I had ever run but by far the most rewarding. Now it was time for the downhill section... but that was done on the Jungfrau Railway.

Remembering Don Bieber

Don Bieber Sr., 74, of Monterey, passed away at his home Friday, Oct. 2, 2009. He was born Sept. 13, 1935, in New York City. He, with his wife, Cindy and son, Don Jr., moved to Monterey in 1967. Hard work, healthy living, and a positive attitude was Don's motto. A wall placard at home stated much about Don Sr. and his family's belief, "Trimm dich, bleib fit!"

Don had many friends on the Monterey Peninsula especially among runners. He competed in 5ks, 10ks, and marathons in California, New York and Massachusetts.

He was dedicated to staying healthy during his life and when unable to continue running, he turned to biking and hiking. In the last two years of his life, he continued to maintain a daily routine which included a one hour walk around the beautiful streets of the Monterey Peninsula and if he got tired of the fog, he might "go out to the sun" behind Toro Estates or Carmel Valley to rejuvenate his spirit.

Don will be truly missed by all who crossed his path.

Such a Deal!

Please support your local bike shops. When you make a purchase, be sure to show your numbered Club membership card and you will be given generous discounts.

Look out for special promotions and sales. Support our local bike shops that support us.

WINNING WHEELS

(831) 375 4322
318 Grand Avenue
Pacific Grove, CA 93950

JOSELYN'S BICYCLES

(831) 649 8520
398 E Franklin
Monterey, CA 93940

SPORTS CENTER BICYCLES

(831) 899 1300
256 Del Monte Blvd
Seaside, CA 93940

BOBCAT BICYCLES

(831) 753 7433
141 Monterey Street
Salinas, CA 93921

AQUARIAN BICYCLES

(831) 375 2144
486 Washington Street
Monterey, CA 93940

FOREST HILL BIKE SHOP

(831) 644-0525
1173 Forest Ave
Pacific Grove, CA 93950

Contact

Velo Club Monterey
PO Box 1404
Monterey, CA 93942

Regular Local Rides

ROAD

SATURDAY: 7:00 AM

Meets at Monterey Plaza.

Fast pace south through PG and Pebble beach and back. This is Monterey's classic Saturday Morning Ride (SMR), always a good crowd of at least 20 and upwards of 50 riders on peak days. A challenging, fast and scenic 38 mile hilly ride through Pebble Beach and back to Monterey for coffee at East Village Coffeehouse (498 Washington Street).

SATURDAY: 7:30 AM

Meet at Monterey Plaza.

Moderate option to the 7am ride. Same distance and total climb as the 7am ride. The group varies from 10 to 25+. Same conclusion: East Village Coffeehouse in Monterey.

SATURDAY: 8:30 AM

Meet at parking lot behind movie theater in Pacific Grove (intersection of Laurel Ave and 15th St)

Essentially the same route as the 7:00am SMR (through Pebble Beach, back for coffee at Goodie's in PG @ 518 Lighthouse Ave). A slightly more mellow ride than the 7:00 and 7:30 rides, but still challenging, hilly and beautifully scenic.

SUNDAY: 8:00 AM

Meet at Portola Plaza.

Moderate pace; distance and destination determined on the spot.

SUNDAY: varied starting locations

Mellow Velo. Beginner and slower paced ride. 20-40 miles. Contact ride organizer at melo_velo@hotmail.com This e-mail address is being protected from spam-bots. You need JavaScript enabled to view it .

TUESDAY: 9:00 AM

Meet near the Custom House on Old Fisherman's Wharf

No Real Job Ride. Fisherman's Wharf. Hilly ride through former Fort Ord and Barloy Canyon, then to East Village Coffee Lounge, Monterey. 30mi. +/- Everybody welcome.

MOUNTAIN

SATURDAY: 2:30 PM

Meet at 8th and Gigling at Fort Ord

This ride is from our friends at MORCA - Monterey Off Road Cycling Association. The ride is usually a moderate pace depending on who shows. This is a no-drop ride with occasional rest breaks. Ride time is about 1.5 -2 hours. 5-10 people regularly show up.

DISCLAIMER: Bicycle riding is an inherently dangerous sport. The weekly rides are open to the public and Velo Club Monterey does not organize, sponsor, nor assume any liability for your participation in these rides.

Route maps can be found on the VCM website: www.vcmonterey.org.

JOIN VELO CLUB MONTEREY!

There has never been a better time to join VCM.

Members get a numbered membership card, entitling them to discounts at local bike shops and wonderful seasonal parties throughout the year.

Go to www.vcmonterey.org, click on join and submit your application TODAY!