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Wheelmen Tracks

November 2007

Sports Medicine Tips from an Expert

By Fred Matheny for www.RoadBikeRider.com

Andy Pruitt's name has become synonymous with sports medicine for cycling. As director of the Boulder Center for Sports Medicine in Boulder, CO, Pruitt has made a career out of treating world-class riders such as Lance Armstrong and George Hincapie. In 1996, Pruitt served as chief medical officer for the U.S. Olympic Cycling Team.

Pruitt is an elite athlete in his own right, too. He lost his lower leg in a hunting accident at age 14 but still wrestled and participated in track, eventually winning 12 high school varsity letters. When he took up cycling he earned a category 2 ranking in able-bodied racing and was twice a world champion in disabled cycling.

But the Boulder Center isn't reserved for elite clients. Pruitt wanted to develop a sports medicine center equal to any university or Olympic training facility but available to recreational athletes of any age. That's what he has accomplished

Here's a sampling of Pruitt's sports medicine wisdom.

- **Floating Pedals.** "In the late eighties, the cycling injury rate soared due to step-in pedals. The old, slotted cleats and soft leather cycling shoes allowed feet quite a bit of movement, but the newer step-in

cleats and more rigid shoes with a heel counter locked feet in one position. Now the injury rate has gone way down due to cleats that float, allowing each foot to find its best position on the pedal."

- **Bike Fit.** "I've done thousands of bike fits. Much is made of saddle height and saddle fore-and-aft position. It's true—they're important. But the reach to the handlebar along with the height difference between the bar and the saddle are the two most personal aspects of bike fit. If they aren't right, you'll be miserable. We're seeing more riders who want to raise their handlebars for increased comfort."

- **Chondromalacia.** "When cyclists have chondromalacia (pain under the kneecap) it's not good medical advice to keep them off the bike. They need to ride. The knee likes motion and riders want to be on their bikes. So we check saddle height and other bike fit factors like cleat position and let them ride. Most chondromalacia sufferers can ride at some level no matter how severe the degeneration. I've seen riders with a back of the kneecap that was full of gouges. It looked like one of those rural road signs peppered with bullet holes. But they can still ride without pain."

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Minutes

The October meeting of the Lorain Wheelmen was called to order by President John Bachman at 7:40p.m.. There were 9 members present. The usual motion was made and seconded to approve last month's minutes as written in the newsletter. The motion passed by show of hands. Louise read the Treasurer's Report which was also approved by the show of hands.

Road Captain report:

Ron stated that the evening rides are coming to a close. October will be the last month for them. The out of town rides are coming to a close also. Let him know how you enjoyed this years different rides.

Red Flannel Report:

Clyde has been busy putting the final touches on this year's ride. He has been in touch with the Milan trustees and Wakeman trustees and also Mill Hollow. He read off the list of people that have volunteered to serve where needed. The more help that we have, the better it is for everyone. Ralph will buy some more paint to mark the roads. Carl has been in touch with the bike shops for prizes and also with Road ID for the numbers (which are already here). The Oberlin Community Center has been contacted also which will be our starting and ending point for everything. There has been some 20+ Pre-Reg. so far received. Also Port-A-Potty has been booked for Wakeman. Like always, please remember to bake the "cookies". The ride is known for the homemade cookies. The more we have the better it is.

Unfinished Business:

A motion was made and seconded to have winter rides starting around 1:00p.m. The


starting point will be the back of Oberlin Inn. It is a good place to start, easy to get to and close to town for a cup of hot coffee or chocolate. (there's some question as to just where the start point was. For the time being, the ride will start the SAME place as the AM ride - Ed).

New Business:

A motion was also brought up about a message board for the ones that would like to go riding on short notice. A main starting point was also kicked around but never landed. With the days getting shorter and the weather so iffy, many people that have the time would like to ride but not by themselves. The motion was tabled for the time being. Someone will check out how the message board can be used to the club's advantage.

The next meeting will be on November 8th at the Depot. The Apple-Walnut Ring Cake was taste tested and passed.



<i>WHEELMAN</i>		LORAIN WHEELMEN
<hr/>		
	<i>TRACKS</i>	
President	John Bachman	
Vice Pres	Clyde Hohn	
Secretary/ Treasurer	Louise Page	
Road Capt.	Ron Cicerchi	
Editor	Dave Krebs	
For ride info, call 967-8580		



Medicine

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- **Patellar Tendinitis.** “Strain of the tendons around the knee often happens in the early season when riders get caught out in the cold and wind and decide to get home fast. They push a big gear, maybe they aren’t wearing leg warmers, and the next morning they have an ominous twinge. The problem is that in the early season, your muscles can bear a lot more strain than your connective tissue.”
- **Saddle Position.** “Greg LeMond has extremely long femurs. His kneecaps are slightly above his ankles. So for him a bike with a slack seat tube angle, a long top tube, and the saddle jammed all the way back is appropriate. But most people aren’t built that way. For example, Ron Kiefel moved his saddle back when a famous pro he admired told him he’d be faster if he did. Ron didn’t get faster, instead he got severe back pain and missed several weeks of racing. The moral of this story: Let your femur length determine your saddle position, not your hero.”

Receive a FREE copy of the eBook “29 Pro Cycling Secrets for Roadies” by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

Body Mechanic

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When your oversized plate arrives, decide how much of this meal will make a good lunch or dinner tomorrow.

With that in mind, eat what’s left and box the rest.



Cateye Totals

Rider	September	YTD
Maddock, Daniel	1,007	6,611
Cicerchi, Ron	763	5,684
Panek, Carl	600	5,188
Scheef, Mark	370	5,087
Ballard, Ralph	638	4,542
Paslowski, Peter	602	4,106
Maddock, Tina	760	4,031
Hohn, Clyde	-	3,829
Panek, Carol	650	3,127
Petro, Arthur	225	2,845
Haun, Mike	297	2,760
Krebs, Dave	290	2,592
Conklin, Dolores	-	2,279
Wood, Ed	411	2,178
Ivan Greive	-	1,781
Sloane, Ken	-	1,741
Shomo, Lisa	-	1,741
Conklin, Randy	-	1,580
Bachman, John W.	102	1,068
Deucher, David A.	215	769
Blake, Tracy	-	434
Seman, Thomas	-	346
Moennich, Jim	90	319
Linneman, Ray	-	303
Moennich, Debbie	90	279
Deucher, Peter	215	272
Wilbur, Frank	-	160
Hubbard, Dennis	-	165
Linn, Ron	-	87
de la Porte, Herb	-	60
Pauley, Jr., Stephen G.	-	32
Heritage, Wayne	-	22
Totals	7,325	66,018

Red Flannel Stuff

Here are the work assignments so far. We have plenty of flexibility, so let me know if you want changed.

Registration: Be there at 7:30. Louise Page, Dave Krebs, Carole Panek, Tom Seman, Dave and Diane Riggs, Jim Moennich. I may need Dave, Diane, or Jim to staff a food stop after the rush.

Mill Hollow Food Stop: Denny Hubbard (health permitting), Dan and Tina Maddock, Ron Cicerchi, Glen Carruthers, Ed Wood.

Milan Food Stop: Ralph Ballard, Pete Paslawski, Jim Moennich, Mary Conklin, Debby Moennich

Wakeman Food Stop: John Bachman, Lynn Keiser, Arthur Petro, Sheila DelaPorte, Wayne Heritage, Mark Scheef, Frank Wilbur. John and Lynn are stuck there all day, but maybe we could divide up the rest of the crew: Sheila and her chili, and Arthur early, and Wayne, Mark, and Frank relieving at noon.

Food Buying: John and Lynn

Arrow Painting: Ralph

Door Prizes: Carl Panek

Parking Arrangements: Ken Sloane

Sag: Clyde Hohn, Ken Sloane (long route, till noon), Randy Conklin (short route till noon) Herb DelaPorte (afternoon, sweep long route, then short). Take a floor pump, a spare tube and some tools. An old tire if you have one might be good. Get a map on Sunday AM.

Hot Food: Clyde Black bean soup-Milan; Debbie M. chili -Milan, Mary Conklin chicken noodle soup-Milan, Sheila D. chili Wakeman, Ed Wood hot dogs-Wakeman, Dan and Tina pancakes-Mill Hollow

We need food stop people at the Comm.Ctr. to load the crates and food. Mill Hollow and Wakeman probably need to load at 7:30. Milan could wait till 8:00. I'll take my van to Milan with the crates and tables. Mary and Deb can go directly from home. Be there by 9:00.

Dave has put cell phone numbers in the member roster/data base but we are missing numbers for these members: Glenn, Sheila, Denny, Pete, Arthur, both Dave and Diane Riggs, and Ed Wood. E-mail Dave Krebs dkrebs@centurytel.net with the missing numbers. I'll print a few rosters so each site will have a paper reference.

Ralph and I painted the long route today, so we are ready for the Club ride on Sunday. Linda Arbogast says we can move in Sat. (11/3) afternoon, to make Sunday less hectic.

We need another bucket of soup or chili for Wakeman. If you want to volunteer, let me know.



We need a batch of cookies from everyone (chili and soup people excepted). We do a great job on food, because it's obvious that our food is home made. **BAKE COOKIES**

Clyde Hohn
chohn@oberlin.net
440-775-1501



Calendar

Date	Starting Point	Destination	Miles	The etc's
11/04	Oberlin Community Center	Red Flannel @ 9:00 EST	62 34	Invitational - metric and ½ metric routes
11/08	Nordson Depot	Meeting	7:30 PM	Some business
11/11	Amherst	U-Show	30-40	It'll still be nice!
11/12	Amherst	U-Show	25ish	Veteran's Day ride
11/18	Oberlin Inn	U-Show	30-40	It's NOT winter yet
11/22	Amherst	U-Show	25-30	Thanksgiving Day ride
11/23	Oberlin Inn	U-Show	25ish	Ride off the turkey
11/24	Oberlin	Regular route	32	The regular SAT ride
11/25	Amherst	U-Show	30-40	It's still turkey weekend
12/02	Oberlin Inn	U-Show	30-40	Ring in a mild DEC
12/09	Amherst	U-Show	30-40	If the roads are dry
12/13	Nordson Depot	Meeting	7:30 PM	Maybe some business
12/16	Oberlin Inn	U-Show	30-40	Winter is almost here
12/23	Amherst	U-Show	30-40	It's here!
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12/30	Oberlin Inn	U-Show	30-40	The last one of 2007
1/1/08	??	U-Show	25ish	A 9:00 AM ride
	Medina	ABCDEFGHJIJ	24	A noon start on the square

New (Winter) Sunday Ride times

There will be a second ride on Sundays! We'll have the customary **9:00 AM** (not on Nov 4th) ride from either Oberlin or Amherst followed by another ride **1:00 PM EST** starting from the SAME location. It'll be another U-Show ride in the 25-30 mile range.

Starting Times and Locations

Sunday ride times are **9:00AM & 1:00 PM, EST**

Holiday ride times are **9:00 AM**

Amherst:

The Amherst start is the City parking area 3 located between Tenney & Park Avenues just east of Church Street. From SR-58, go west on Park Avenue. When you get to the bowling alley, look to the left ... that's the lot! We meet on the south end near Tenney.

Oberlin:

The Oberlin start is in the Oberlin Inn parking lot located in the rear of the Inn.

Other ride starting times:

Saturday Morning rides will start from Oberlin (Prospect School) at 9:00 AM.

Evening rides:

Evenings are kaput for the season! They'll begin next year when Daylight Savings returns. In the meantime, there may be some pick-up ride on really nice afternoons. Check with Ron to see if one is happening. Eastern Standard Time returns on Sunday, November 4th.

<http://www.lorainwheelmen.org>
rides@lorainwheelmen.org

From Road Bike Rider

Body Mechanic

by BRAD COOPER

Last week, breakfast. This week, the meal we eat out most often.

Due to business meetings, travel, tight schedules or a spouse who's tired of cooking, many of us are eating dinner at restaurants more frequently. And because of it, we're in danger of packing on extra pounds.

Keep the following in mind and you'll be ahead of the game:

- Start with water. The first question from a wait person when you sit down is, "What can I bring you to drink?" There's nothing wrong with a beer or a glass of wine, but two or three with every dinner adds up quickly. Start with water to quench your thirst and enjoy the other options with dinner.

- Skip the appetizer. It's the secret hiding place for calories.
- Order a salad. Ask for low-cal dressing on the side, and then use it sparingly. One way is to dip the tip of your fork into the dressing before spearing each bite. Eat salad first to take the edge off your appetite.
- Consider the cooking. Fried? Next.
- Limit the starches. A selection of veggies is more nutritious and has fewer calories than bread and a potato with the works. Here's a good rule: "The more color on your plate, the better."
- Be a boxer. One restaurant meal can easily make one (or two) more meals at home. Plan for tomorrow.

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Lorain Wheelmen Membership Form

New Renewal

Name _____ Age _____ Other Family Members _____

Address _____ Age _____

City _____ ST _____ ZIP _____ Age _____

Phone () _____ Cell Ph () _____ e-mail _____

Dues (due March 1st) Schedule (1/2 after Oct 1st for **NEW** membership)

Adult/Family \$15.00
(includes CrankMail)

Return To:

Lorain Wheelmen
P.O. Box 102
Amherst OH 44001-0102

Waiver

In signing this release for myself or the named member (when the member is under 18), I understand the intent of this release and agree to absolve all of the sponsors, or organizers and associated entities be they individuals or organizations, singly and collectively of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any Lorain Wheelmen Bicycle Club ride or in connection with any activity associated with or related to said organization. If the member is 18 or over, he/she signs for self. If not, then the parent or legal guardian must sign below.

Date _____
Signature of member or parent/guardian _____