



# VELOCLUES




## THE NEWSLETTER OF THE RENO WHEELMEN

### LETTER FROM THE PRESIDENT

Hello everyone,

Welcome to our first installment of the revival of the Velo Clues Newsletter. The board decided to get this up and running again so that we can get information out to the club membership (or any one else that wants it) regarding club news, events, historical information, ride and race reports, and any other fun tidbits we can come up with. At this time this will only be a quarterly newsletter.

One of the first things on the mind of a lot of people is when do we plan on the racing season returning. We expect to have some events starting in June. We will start off with some of the time trials and move into the road races and criteriums shortly afterwards. Registration information and logistical information will be forthcoming soon.

We are working on a mountain bike schedule as well but are in need of a race director for the Twilight Series. If you are interested please contact the club at [board@renowheelmen.org](mailto:board@renowheelmen.org). The same goes for cyclocross. We are working on dates and schedules for both and getting permits in place but need a race director in place to handle the promoting duties the day of the event.

Another question that comes up often is "Do the Wheelmen put on a group ride?" As with most other recurring activities we are in need of club members willing to take on the responsibility of organizing and leading group rides. Any regular schedule will help, weekly is preferred but we understand that can't always be committed to. If you can only do every other week, or monthly, we can work a schedule that will fit in with your availability or maybe partner you up with someone that can cover the weeks you can't. So, if you're interested and have the time to spare we could use your help. Same contact info as before: [board@renowheelmen.org](mailto:board@renowheelmen.org).

That's all I have for now, ride safely, stay safe, and most of all have fun.

Rich Paul  
President, Reno Wheelmen

### TWILIGHT ROAD

Races will start up in June. Registration and logistical info to come soon!

### TWILIGHT MOUNTAIN

We are in need of a race director!

### SAGEBRUSH XC

We are in need of a race director!

## LIFETIME MEMBERSHIP AWARDED TO DR. ANDY PASTERNAK

When it comes to defining who deserves the Reno Wheelmen's Lifetime Membership Award it is easy to think of Dr. Andy Pasternak. We don't think anyone who has lived and cycled in Reno can question the impact of his enduring support. "Andy has given generously to our club since 2007, 15 years as our title sponsor", says Jenny Frayer, Wheelmen Treasurer. With Andy's support, the Wheelmen have been able to provide opportunities for cyclists of all levels to compete, provide cycling scholarships to young riders, and build a development racing program that serves the entire Northern Nevada cycling community. We aren't his only sweethearts either. Pasternak is passionate about getting kids outdoors and active. Through his office, he supports the Reno Devo youth cycling developmental team, the Far West Nordic youth developmental team, Bike Like a Girl, and Girls on the Run. We are delighted to know him, so very grateful for his continual support and happy to award him a lifetime membership!



Silver Sage  
CENTER FOR FAMILY MEDICINE  
SPORTS AND FITNESS LAB

### Who are they?

Silver Sage promotes health and wellness in our community through cutting edge sports science for every athlete.

**Physiologic Testing** ● **Bio-mechanical Assessment**  
**Coaching & Training** ● **Return to Sport & Injury Prevention**

### Reno Wheelmen Support

Generous financial contribution to support club operations  
10% off for all active members on testing and coaching services.

**FOR MORE DETAILED INFORMATION VISIT:**

<https://www.renowheelmen.org/sponsors-4/>  
<http://silversagecenter.com>

## MEMBER SPOTLIGHT: JENNY FRAYER



Beautiful fall riding  
Tahoe Pyramid Bikeway, 2018

If you have ridden in Reno for any length of time, then you have seen board member Jenny Frayer out on a bike. Whether she is on her Colnago, Specialized eBike or rocking her hand-built "Frayer Flyer", Jenny has been riding in Reno since 1990, the year she joined the Wheelmen. You could say she is a club icon! After a skiing injury turned her to bikes, she started riding on a steel Eddie Merckx she bought from College Cyclery. "I loved that bike, rode it all over, even Europe and still have it to this day," About that time she started racing in the local Wheelmen races to hone her skills. She was often the only female in the sea of C racers. That's Jenny though.

Bike camps came next, starting with a camp run by Connie Carpenter, US Olympic medalist and husband pro cyclist Davis Phinney. And later, camps run by inaugural winner of RAAM, Lon Haldeman.

Local races led to bigger races. Her first CX race was Nats in 1993 held in Angels Camp, CA., where she placed 5<sup>th</sup> in her age group. On a Mtb, in pouring down rain, in the mud, with no brakes for the last 2 laps-That's Jenny!

She later went on to win age group District CX championships numerous times.

Her passion for cycling has taken her all over the world. Once, while training for the Nove Colli (a 128 mile, 12,600 ft of climbing Gran Fondo in Italy), her coach had her scheduled to do 8,000ft of climbing. Jenny decided to use Geiger as her hill repeat training- 4 of them in one day!

That's Jenny too!

The Reno Wheelmen have benefited from her dedication as well. For the last 20 years, she has worn almost every helmet for us: clothing orders, setting up races, registration, trail maintenance, and serving on the board. Her passion and dedication to cycling and the Reno Wheelmen have left a lasting impact on our local cycling scene.



Cret de Chatillon, France, 2016

### PHOTOS WANTED

Clothing will start arriving soon. Stylin' pictures? Send them to us at the board email.

### VOLUNTEERS NEEDED

Lead a ride? Run a race series? Register racers? Contribute to your community? Contact us at the board email.



## HOW TO FUEL FOR RIDES OF EVERY LENGTH

Have you ever experienced stomach trouble on long rides or felt you weren't fueling correctly? Selene Yeager (Bicycling Magazine) had this very conversation with her friend Dave, a 50yr. old who was training for an annual cycling weekend with friends.

The American College of Sports Medicine recommends 30-60g of carbs per hour of exercise. The average person can only process/oxidize and one gram of carbs per minute, regardless of how much is consumed. Therefore, consuming more carbs does not necessarily increase the absorption rate, but it can increase chances of an upset stomach. It's easier than you think to overload on carbs when consuming an energy bar (23g of carbs), one gel (27g of carbs), and a bottle of sports drink (about 50g of carbs)!

"One of the easiest ways to optimize your carbohydrate intake during rides is to drink a low-carb, electrolyte hydrating drink while you're eating light, digestible snacks, like fig bars and bananas" states Yeager. This combination typically provides 30-60g of carbs per hour while supplying adequate sodium and fluids. Research suggests that consuming a mix of sugars (i.e. glucose + fructose or glucose + maltodextrin) vs just one type of sugar helps the sugar leave your gut and enter your bloodstream faster making it more readily available for energy when you need it most.

### How to Fuel Short Rides:

Ride Duration: 1 hour or less

Primary Concern: Fluid replenishment

What to Drink: Plain water or a low-carb, electrolyte hydration drink

What to Eat: Just carry a banana in case you're out a little longer than expected or you start to fade.

### How to Fuel Medium Length Rides:

Ride Duration: 1-3 hours

Primary Concern: Carbohydrate replenishment

What to Drink: 2 bottles low-carb, electrolyte hydration drinks

What to Eat: 30-60g of carb per hour from food

Tip: Don't wait until your hungry or thirsty - take small nibbles and sips from the get-go!

### How to Fuel Long Rides:

Ride Duration: 3+ hours

Primary Concern: Carbohydrate and electrolyte replenishment

What to Drink: 2 bottles low-carb, electrolyte hydration drinks

What to Eat: 30-60g of carbs per hour, total. Digestion can get harder as rides get longer, so eat more solids at the beginning, switch to blocks/chews and other easily digestible foods during the final parts of the ride.

Tip: Supplement bars/gels with carb-rich/low protein/moderate-fat "real" foods. Don't worry about specific amounts of protein or fat - just eat what tastes good so you keep eating.

**-excerpt and edited from Bicycling Magazine, "A Quick Guide to Cyclist Nutrition: How to Fuel for Rides of Every Length" by Selene Yeager, March 24, 2021.**



## LOCAL TRAIL SPOTLIGHT: TAHOE-PYRAMID TRAIL

We are very fortunate to live in the Reno, Sparks, Lake Tahoe region. We have so many different options where one can ride a bike.

Gravel? Check.

Mountain? Check.

Road? Check.

All of the above? Yep that too.

For those in the Reno Sparks area, there is a trail that you may or may not have heard of that checks all of these boxes. Chances are you may have already ridden a section or 2 of it and did not know it. I am referring to the **Tahoe-Pyramid Trail** that spans from Lake Tahoe to Pyramid Lake.

A popular road ride in Reno, generally referred to as "the Verdi Loop", takes place on portions of the trail. Beyond this specific ride, there are many other options and trail segments that are suitable for a mountain bike ride or gravel bike ride.

I would strongly encourage anyone interested in learning more about this wonderful resource to go to <https://tahoe.pyramidtrail.org> to learn more about the trail including it's history, trail segments with descriptions, downloadable RideWithGPS and GPX options ride segments, mileage charts and even current active trail alerts.

Go explore!



### Reno Wheelman Board

Rich Paul, President  
 Rik Eckert, Vice President  
 Jenny Frayer, Treasurer  
 Lucie Oren, Secretary  
 Amy Chatowsky  
 Jonnie Diederich  
 Ron Patch  
 Coby Rowe  
 Blake Shane

### Board Meeting Calendar

May 3rd, Eclipse Pizza  
 June 7th, Eclipse Pizza  
 July 12th, Eclipse Pizza  
 (2nd Monday due to 4th holiday)  
 August 2nd, Eclipse Pizza  
 September 6th, Eclipse Pizza  
 October 4th, Eclipse Pizza



Board Meetings are open to all members and **we need you!** On the first Monday of every month we meet at Eclipse Pizza and start at 6:30 pm. During COVID, we have been meeting via Zoom. We need more participation from our members so please email the board for the Zoom link and ways you can volunteer!

# THE RENO WHEELMEN: 1896-1909

The following is an excerpt from "the Reno Wheelmen, Part One", printed in the Washoe Rambler in 1981

## Part 1

### THE WHEELMEN'S ATHLETIC PROGRAM

Although less publicized than their championship encounter, Reno's many matches with Carson speedsters provided much excitement for are cycle fans and livened up many an Independence Day celebrations. The club also took part in competition rides from VC, Verdi and Gardnerville on several occasions and traveled to the Comstock on others to mark the anniversary of the birth of a the nation with their presence in a parade and a display of their skill in a intra-club sprint races.

In September of 1900, shortly after the victory over the Olympics, several young Renoites organized the Boys' Junior Wheelmen and Athletic Club, but interest in the venture was fleeting at best and the club was disbanded within weeks of its formation. The wheelmen themselves later sponsored a second team made up of young boys who aspired to make the regular team and on one occasion by Carson's Capital Wheelmen. Individual members of the Wheelmen's racing team sometimes received regional acclaim

For the prowess on the ovals of the West, but only as a "Nick" Carter is remembered in the recede books. One August 3, 1905 he rode a three-mile sit-in on an Ogden, Utah board track and set a record of 5 minutes, 57 1/5 seconds, a mark which in 1960 still stood as the U.S. Amateur Record for that distance. Even though many Wheelmen lacked the stamina to engage in competition riding, they still felt very much at ease with their cycling fellows because of the

wide variety of athletic and recreational outlets afforded by the club. Both the quarters of the Byington Building and Chestnut (now Arlington Ave), into which the Wheelmen moved in March of 1903, were fitted out with billiard tables, body building equipment, tumbling mats and and other gymnastic apparatus. In addition, the First the later facilities at the corner of First and Chestnut quarters featured a heated swimming pool and outdoor courts for tennis and handball.



**LEARN MORE ABOUT THE RENO WHEELMEN'S RICH AND STORIED CYCLING HISTORY BY READING LEGACY BLOG POSTS BY BILL CLINE.**

<https://www.renowheelmen.org/about/>