

# VELOCLUES

## THE NEWSLETTER OF THE RENO WHEELMEN

Members,

What I've witnessed so far with the new board members has been very exciting. It's inspiring to see the involvement that this board does for our cycling community. The website, our new race director, and the race calendar, are just a few examples.

As a group we decided to focus on better ways to communicate. Communicate better on social media, on our website, emailing, and through the newsletter that Amy does for us. We felt this was an area to improve so that was one of our goals. If you, as a member, have any suggestions, please feel free to reach out.

There are already talk about the race calendar this year. The board scored big time when Scot Breithaupt showed up and kindly volunteered to take over the race calendar as well as being the race director. What about this? Scot is also heading up the MTB series as well. The man has got his S#\$T together!! He brings an amazing resume. You'll see! More to come from our man Scot!! Thanks Scot! Rik Eckert will be our CX race director. Rick has done a great job these past few years, and is getting some help and ideas from Scot. Thanks Rik.

A big shout out to our past race director Rich Paul. That dude put many hours into our club. When you see him at our events please take a few minutes and thank him for all of those years he dedicated to our club. Thank You Rich!

Typical Reno weather, but when it warms up The Wheelmen have put some new kinda LOVE in this year's events. There is always a need for volunteers, if you have the time we will use it. Thank You in advance

See you on the road! Ride fast. Take Chances

Bubba

LETTER FROM THE PRESIDENT

### TWILIGHT ROAD

Welcome Scot Breithaupt, our new director.

Races start 4/19



### TWILIGHT MOUNTAIN

Welcome Scot Breithaupt, our new director.

## MEET YOUR RWM BOARD, SCOT BREITHAUPT

Scot is a new Reno/Sparks native, based out of the Kiley Ranch area for the past year and a half. Originally from Long Beach, CA, Scot made the move to Reno to enjoy the outdoors 24/7. A retired competitive runner, he's been gravel cycling since 2019 to get in his endurance fix. He's also been an event producer since 2007, working on small events like the Seal Beach Turkey Trot and as large as the Nike Women's Marathon SF & DC. He's excited to bring his expertise to the Reno Wheelmen events this year as Rich Paul is passing the torch after 17 successful years of managing the Twilight Road & Mountain Bike Series. Good luck Rich. Thanks for all the dedication and races through the years.

This year we're kicking off our first race on April 19, a time trial in Franktown, followed by our famous Aircenter Criterium races on April 26. We'll be hosting races almost weekly on Tuesday evenings with a few multi-day events throughout the year. These events give pros and newbies alike a chance to test their fitness and sharpen their competitive skills weekly. We're excited to share these with you, all info on them can be found here:

<https://www.renowheelmen.org/race-series/>



<https://www.facebook.com/RenoWheelmen>



<https://www.instagram.com/renowheelmen/>

### Board Meeting Calendar

May 2nd, Eclipse Pizza  
June 6th, Eclipse Pizza  
July 11th, Eclipse Pizza  
August 2nd, Eclipse Pizza  
September 12th, Eclipse Pizza

Board Meetings are open to all members.  
On the first Monday of every month we meet at Eclipse Pizza and start at 6:00 pm.  
Come and join us!

## RACE NEWS: RENO TWILIGHT SERIES, 2022

### 2022 Reno Twilight Road Series- It's Back Baby! Tuesday Nights

After 2 years of Covid and wildfire hazards our beloved Tuesday Twilight Road Race Series is back in earnest. Dust off the bike, start riding with us on Wednesday nights and come get your race on! We have a new race director, (welcome Scot Breithaupt) and lots of great energy buzzing on the board- it is a welcome return. Kicking off the season is the Franktown TT; a good baseline. After the series follows the familiar pattern of alternating race types: TT, Aircenter Criterium, Boca Road Race, repeat. If you are new to Reno, we welcome you! If you are new to racing, this is a great place to start. Please visit this website for some tips on Crit racing:

<https://www.bicycling.com/to-summer-crits/>

[culture/a27683936/the-ultimate-guide-to-summer-crits/](https://www.bicycling.com/culture/a27683936/the-ultimate-guide-to-summer-crits/)



### 2022 Wednesdays -Verdi out and back

Whether recovering, training or just socializing, come join us. Each group will start out together at their social pace. The way back will remain the same - some may choose to hammer back/treat it as a drop ride, while others may choose to stick together and continue their social pace.

Meet: 1185 California Ave (in the parking lot front of Mia's Professional Dry Cleaners)

Time: A's - 5:00pm, B's - 5:05pm, C's - 5:10

Re-group locations: 1) Top of Mogul hill (at the beginning of the bike path). 2)Verdi Elementary Please ride safe, follow road rules, represent, and have fun!!!

For those interested in more social activity, we'll be grabbing pizza and beer at Eclipse Pizza at 3950 Mayberry Lane, Reno 89519  
<https://eclipsepizza.net>



**TWILIGHT RACE NEWS CAN BE FOUND AT:**

[HTTPS://WWW.RENOWHEELMEN.ORG/RACE-SERIES/](https://www.renowheelmen.org/race-series/)

**ALL EVENTS CAN BE FOUND AT:**

[HTTPS://WWW.RENOWHEELMEN.ORG/EVENTS/](https://www.renowheelmen.org/events/)



## SPONSOR SPOTLIGHT: JAKROO CLOTHING

### A CONVERSATION WITH MICHEAL HERNADEZ



#### Who is Jakroo?

We create custom performance clothing for cycling, triathlon, nordic, and other active sports. Our normal delivery time is 14 days - and we can produce 1 item, or 1000. Please check out [Jakroo.com](https://www.jakroo.com). We have a cool Design-It-Yourself Tool; and, a Pro Design Service (where we take your mockups/ideas/inspirations and create a professional design for you). We're proud to provide quality, custom gear to folks FAST. JAKROO was founded by Wayne Du, in 1996. Wayne lives a few miles away from our home office in NorCal (Pleasanton CA), where most of our US based staff live, but we've also got folks living around the US, and in Canada, Australia, and of course China - where our home factory is. Our factory is the jewel of our company - we take a lot of pride in the work every one of us to do for Jakroo.

#### Why support the Wheelmen?

"I personally have a longtime relationship with Reno and will never stop supporting the club!! But in a more serious vein, RW is a legendary club in the US, one of the oldest, and we are honored to be a part of the club!!" said Michael Hernandez, Jakroo Director of Sales & former RW Board member, race director, and Cat 1 racer.

We are honored and grateful to spotlight **Jakroo** in Volume 4 of Velo Clues!

#### Reno Wheelmen Support

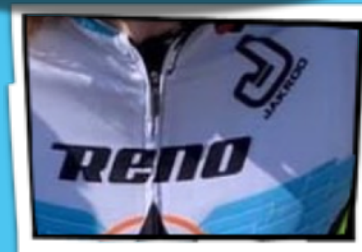
*Substantial discounts on our clothing. Up to 40% off their listed prices!*

<https://www.renowheelmen.org/products-page/>

#### FOR MORE DETAILED INFORMATION:

Please contact us for any and all customer service needs! Using our Chat system is awesome to get quick service, and you can also directly contact [Michael@JakrooUSA.com](mailto:Michael@JakrooUSA.com) at any time for assistance. And just a reminder, we provide a guaranteed size recommendation service for folks via completing the link at the top of the Reno Wheelmen store:

<https://jakroo.com/store-front?storeId=rkBb5G3W9>



## A BONE TO PICK WITH CYCLING

Note: Space isn't available for a rigorous article with adequate supporting citations. And this definitely is not medical advice. Please consider this food for thought and a starting place for further research.

Can cycling diminish bone density? Probably. Exercise is generally considered the best way to increase bone density, which decreases risk of osteopenia, osteoporosis, and associated frailty later in life. However, road cycling (and swimming) are implicated in decreasing bone density. Cycling seems to work in the opposite direction of weight bearing exercises: Increasing duration and intensity of cycling seems to decrease both bone mineral content (BMC) and bone mineral density (BMD), whereas increasing duration and intensity of weight bearing exercise seems to increase BMD and BMC. The studies cited below show that lumbar and femoral bone density is lower in professional and elite amateur cyclists (compared to active controls in one study and sedentary controls in the other). Note that mountain biking shows a similar BMD and BMC as other weight bearing exercises and that calcium supplementation did not seem to improve BMD or BMC for the cyclists studied.

TLDR: While the health benefits of cycling clearly outweigh the risks of decreased bone density, especially in the category of all causes of mortality, consider including some weight bearing exercise with your cycling. Additionally, calcium from food does not seem to increase coronary heart disease risk, while calcium in the form of supplements may. Consulting with your physician before taking calcium supplements, and most other supplements, is wise.

- Bone Status in Professional Cyclists: Int J Sports Med 2010; 31(7): 511-515 <https://pubmed.ncbi.nlm.nih.gov/20432201/>
- Low bone mineral density and calcium intake in elite cyclists: J Sports Med Phys Fitness. 2009 Mar; 49(1): 44-53. [https://pubmed.ncbi.nlm.nih.gov/19188895/#:~:text=Results%3A%20Daily%20calcium%20intake%20estimated,0.137%3B%20P%3C0.003\).](https://pubmed.ncbi.nlm.nih.gov/19188895/#:~:text=Results%3A%20Daily%20calcium%20intake%20estimated,0.137%3B%20P%3C0.003).)
- Health benefits of cycling: a systematic review: Scandinavian Journal of Medicine and Science in Sports: <https://onlinelibrary.wiley.com/doi/10.1111/j.1600-0838.2011.01299.x>
- Calcium Supplements and Risk of Cardiovascular Disease: A Meta-Analysis of Clinical Trials: [Atherosclerosis. 2020 Mar;296:68-73 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7276095/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7276095/)

### VOLUNTEERS NEEDED

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



Our first podium  
of the season!  
Kirsten Hudson  
at Sea Otter,  
taking bronze.  
LaGravilla 40k



## WHITE RIM TRAIL, CANYONLANDS NATIONAL PARK

[HTTPS://WWW.NPS.GOV/CANY/PLANYOURVISIT/  
WHITERIMROAD.HTM](https://www.nps.gov/cany/planyourvisit/whiterimroad.htm)



Photo: Joshua Young

**Day 1:** We drove and parked inside Canyonlands. Even the drive in is pretty spectacular. Rock formations which open up to open grasslands on top of the mesa. It was a perfect day for riding and we didn't have too far to go. "Airport 1", our first campsite, was 22 miles in. Riding ability was varied and we all rode versions of mountain bikes: 3 full suspension, 1 hardtail and 1 a burly, custom made, Falconer bike packing bike (Yup-Kurstins). The drop in to the Canyons was exciting and the ride only got better. Wind and water are the architects here, exposing and sculpting layers of millions-year old rock into the rugged landscape of colorful canyons, mesas, buttes, fins, arches, and spires. As I rode, I exalted at the scenery while feeling my insignificance at the same time.

During March vacation, board member Christine Anderson, put together a multi day bike tour around the iconic White Rim Road in Canyonlands National Park, in southern Utah. The 100-mile White Rim Road loops around and below the Island in the Sky mesa-top and provides expansive views of the surrounding area. I have wanted to ride this for a very long time, so I jumped when Christine proposed this trip. We were not disappointed- It is a fantastic, dramatic and challenging-enough ride. From our original group of 14, only Christine, Lauren Michaelyn, Kurstin and I were riding. Jason and Josh supported us with their trucks. We would be riding the whole trail, but we were camping in style. However, because bike-packing extraordinaire Kurstin Graham was going (check out <https://bikepackingnv.blog> to see his amazing trips), I asked him to outfit my bike so I could try bike camping.



Photo: Amy Chatowsky

Photo: Amy Chatowsky



Photo: Joshua Young



The Reno Wheelmen [board@renowheelmen.org](mailto:board@renowheelmen.org)



Photo: Jason Young



## WHITE RIM TRAIL, CANYONLANDS NATIONAL PARK

[HTTPS://WWW.NPS.GOV/CANY/PLANYOURVISIT/  
WHITERIMROAD.HTM](https://www.nps.gov/cany/planyourvisit/whiterimroad.htm)



Photo: Amy Chatowsky

**Day 2:** As the wind picked up we left *AirPort 1* to ride out to *White Crack* (yes lots of jokes followed). It was 25 miles to go. We ran into some weather while riding, it was misty and raining for part of the ride, a bit windy all day. The day had rollers throughout but nothing too dramatic either way. Except for the scenery-again! To reach camp, we turned 1 mile off the main route and dead-ended into camp. It was located on the edge of, YES! a giant, miles-long crack with a white edge. Simply stunning. We could see the storm coming across the desert so dinner was quick. And in she came, howling winds, thunder, whipping rain. Not much sleep that night.

**Day 3:** We woke to a cold clear morning. Our next camp was 33 miles to go. There was more climbing and challenging riding conditions in this portion. Murphy Hogback and Hardscrabble Hill were both hike a bike sections for me- very tight switchbacks and rock edges in the road. The drop off the road was incredible- I was so glad to be on my bike and NOT driving. Our stop was at *Hardscrabble A*, a beautiful camp along the Green River.

**Day 4:** The ride out, sadly. We were all feeling a bit tired, but energized too with the good company, great riding, laughs and inspiring landscape. The climb out was no joke- 2800 feet of elevation in 2 miles. Once out- it was a grind to the cars. The ravens, wind, and rolling grasslands kept us company.

Photo: Kurstin Graham



Nothing to do but ride your bike all day in a gorgeous and wild setting?  
Outfitted by Kurstin...  
One happy bike camper!

Photo: Kurstin Graham



# THE RENO WHEELMEN: 1896-1909



The following is an excerpt from "the Reno Wheelmen, Part One", printed in the Washoe Rambler in 1981  
Part 4

## THE WHEELMEN'S ATHLETIC PROGRAM, cont.

The end of championship cycling competition for the Wheelmen seemed to be a debilitating factor in the history of the club. Membership began to fall off after 1905 and by the sponge of 1907, some two to three hundred members were reported to be delinquent in their dues. Maintenance on the club's facilities was being progressively neglected due to lack of funds and the swimming pool was said to be particularly in need of repairs. Trainer Roger Cornell was let go during the summer of 1907, allegedly for lack of funds today his salary, although club officials claimed his

poor performance was the cause for his dismissal.

The Wheelmen's mounting financial problems finalized the decision of club officials to fight of September, 1906, renewed rent out the gym for roller skating but the cost of repairing the floor and the fees involved in the law suit to collect damages and back rent left the books well in the red in the final accounting.

In April of 1907, dues were raised to 1.00 a month from the traditional .50 cents in effect since the founding of the club and a series of "Shirtsleeves Dances" are put on that summer to try to raise funds to hold the floundering organization together and stave off bankruptcy.

The decision to rent out the gym hurt the club's boxing program because the former banquet room could not seat enough spectators to make the matches profitable. The winds of popular fancy seemed also to have shifted away from the fist arts during the middle years of the decade and are not to revive until the Gans- Nelson fight of

1906, renewed interest in the sport. Trainer Cornell, who came to the club in December of that year, was not the inspired and inspiring leader the program needed just at that point and his departure in July of 1907 and replacement with Eugene J. Phillips in September boded nothing but good for the future of the sport at the Wheelmen's.

Several enjoyable and profitable evenings of boxing were subsequently held at the Hall, but interest again tapered off in the spring of 1908 and club officials announced in March that boxing was being dropped from the athletic program. The Wheelmen were getting stiff competition from the Aetna Athletic Club and the boxing card of the Grand Theatre and it was decided that the road to financial salvation lay in the direction of turning the Hall into a theatre to accommodate traveling drama companies.



**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/>

**JOIN THE RENO WHEELMEN'S RICH AND STORIED CYCLING COMMUNITY TODAY!**

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