

RACE NEWS

TWILIGHT ROAD 2022 ROAD SEASON

We had an amazing return of the Twilight Road Race Series that saw us produce 19 events, with a total of 859 participants. We gave out a whopping \$5,355 in prize money throughout the season. With a ton of excitement, we have officially renamed our Summer Omnium Series the Rich Paul Summer Omnium in thanks for Rich's nearly two decades of service. Twilight Race Director Scot looks forward to continuing the Twilight Series and producing some of the best races yet for the Reno and local cycling communities in 2023.



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

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

Board Meeting Calendar, Eclipse Pizza

October 3, Eclipse Pizza
November 7 Eclipse Pizza
December 5, Eclipse Pizza
January 2, 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!

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The Sagebrush CX series is planning for a bigger season next year, this year will have seen two events. The first race already happened and was held on September 24th up at Sky Tavern and was a great success! The terrain offered racers variety and challenges including double and single track, deep grass, sand, and a small pump track for the kids. Brewer's Cabinet partnered with us which meant great podium prizes for the adults and Velo Reno donated lots of great prizes, as well.

Our second and last race is scheduled for October 16th at Hidden Valley. This venue is one of our favorites, year after year! The Wheelmen will be presenting a "Tree for Ron" - Ron Patch was an important part of our Wheelmen and Sagebrush CX family and we miss him dearly. Rik Eckert is heading up this project and will have the tree planted the night before the race. The "planting" ceremony and presentation will take place right after the kid's race.



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2022 WEDNESDAYS – VERDI OUT AND BACK

The Reno Wheelmen Club has a Wednesday night group ride that starts in the Spring and ends in the Fall. We have been rolling out from Idlewild Park, completing the very popular Verdi route. This route rolls out west towards California along the Truckee River and turns back east to Reno, which ends up being 23.5 miles with close to 1000' of elevation (some great variation of flats and hills). We generally split the group up in A/B and C levels of fitness. This is a social ride with 3 rest stops so the riders can regroup. However, on the return section (approximately the last 12 miles), it is hammer time! This is a great opportunity for the riders to work on their speed and improving fitness. Remember, fast is fun! This is where many of the riders form up in their own groups of fitness level.

This year we have seen many new faces and a lot of veteran locals, from as young as 14 years old to 74! Everyone is welcome! You do not have to be a club member to ride in this group! If you are looking to learn a popular local route, make new friends, and improve your fitness, this is the ride for you! Ride on!



Meet: In front of the California building inside Idlewild Park.

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>

ALL EVENTS CAN BE FOUND AT:

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

SPONSOR SPOTLIGHT: TEXMARKET

A CONVERSATION WITH JONI TAYLOR OF TEXMARKET

Who is Texmarket?

Texmarket is a south Tyrolean family business based in Bolzano Italy. We are a global manufacturer of sportswear, with an emphasis on cycling, running, and triathlon apparel. However, we also do ski, yoga, team sports, and more. Sublimation is our expertise and we produce for some of the biggest brands in cycling in private label. Our factories are in Romania and we operate a green facility with an emphasis on safe and generous working conditions conditions for all of our employees. We work with Italian and Swiss suppliers

and also produce fabric and trims under our own roof.

Cyclingtips did a great article about our company | 2014. Since then, we have grown quite a bit so there is an increase in the employees and our factories and pieces made, but here is the link.

[TEXmarket: the biggest cycling brand you've never heard of - CyclingTips](#)

Why support the Reno Wheelmen?

"Mike and I are both very active in the Reno Wheelmen community. Mike races most of the Twilight series and I have worked the events at registration for several years. We also join as often as possible the Wednesday night rides. We appreciate the community aspect of cycling and

love being part of the efforts to bring the cyclists together in our area

that the Reno Wheelmen do. We are launching new kits for the wheelmen this year and offering wholesale pricing to the club, while maintaining a high level of European quality. We are working with the RWM Board on the design and plan to have kits available for the end of the season party. We will be at the party with fit kits and samples of the new products. Any questions you have, we will be ready to answer."

We are honored and grateful to spotlight Joni and Mike of

Texmarket in Volume 5 of

Velo Clues!

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

FOR MORE DETAILED INFORMATION: email or call Joni
775.737.9501 & Joni@texmarket-usa.com

[HTTPS://TEXMARKETSPORTS.COM/#/](https://texmarketsports.com/#/)



TEXmarket
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PRODUCT REVIEW: TIFOLSI KILO FOTOTEC RIDING GLASSES BY AMY CHATOWSKY

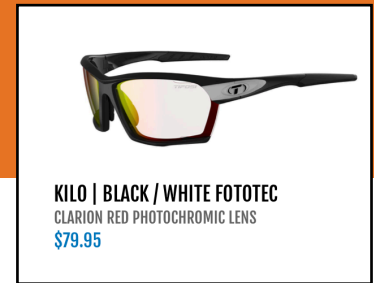


As an added feature this month, I decided to do a product review. I had recently gotten Tifolsi glasses so here we go. I bought my first Tifolsi glasses from Velo Reno, they were some cute, non-sporty glasses and I loved them. They were lightweight, stylish and provided good coverage. Also, not too expensive at \$25. (Good thing, as they too are somewhere in the universe...). When it came time to buy a new pair of riding glasses, I decided to go with the same brand. To keep it simple, I went with the Fototec lenses so I would only need one pair in the quiver. I wanted more overall coverage and always love a rose tinted view. On the website, there is a virtual try-on and after a few tries, I went with the Kilo. For my product testing I focused on 2 things: Comfort on longer rides, and Fototec changing times. I remember lag times in my last pair of light sensitive lenses.

As we know, blue skies and sunshine are abundant in N. Nevada. The glasses held up well in the sun, providing enough shade but not getting too dark. At 34g, they are lightweight and easy on the face. No trouble with the ears either. The comfort level is really good. During the summer, I was on a MTB and in and out of dark, mossy forests, country roads, full sun, filtered sun and swarms of bugs. There were a lot of testing variables! Everything was fine. On fast, bumpy descents, no problem- stayed on. There are 2 air vents and they provided enough airflow for cooling. Once or twice small bugs got through the vents, but only when riding through swarms by the river. The light sensitivity was unnoticeable. From split second changes light to shade or vice versa, the shade level adjusted and I didn't even



notice. They were light enough in the forests, filtered sunlight and full sun. All and all, these are a great pair of glasses. In a world of expensive everything- the \$80 was a great price for a really good product. Many styles to choose from as well. On a side note, I bought my son the Sledge pair last year and he uses them a lot for running, backcountry skiing and mountaineering.



[HTTPS://WWW.TIFOSIOPTICS.COM](https://www.tifosioptics.com)



PERFORMANCE ENHANCING SUPPLEMENTS

BY ANDY BOREN

Common supplements to enhance physical performance are: protein, essential amino acids, creatine, beta-alanine, caffeine, nitrates and L-citrulline. This article will consider beta-alanine. The other supplements will be considered in subsequent articles.

Beta-alanine is a non-essential amino acid, that has been relatively well researched when compared to other performance enhancing supplements. Non-essential means that your body makes it. It doesn't have to be taken in through food or supplementation. Supplementing beta-alanine however, has been shown increase carnosine levels, which in turn help to buffer muscle acidosis. Beta-alanine combines with the amino acid L-histidine to make carnosine (beta-alanyl-L-histidine). Beta-alanine supplementation has been shown to improve the ability to perform high intensity exercise lasting from 60 seconds up to 30 minutes in duration. It has not been well studied for exercise lasting longer than 30 minutes. Beta-alanine supplementation is thought to be especially helpful for vegetarians and vegans since animal foods are much richer sources of carnosine (which is broken down during digestion into beta-alanine and L-histidine) than are plant based foods.

Most studies recommend starting with 4-8 grams daily, divided into 2 doses, then 2-4 grams once per day. It can cause an uncomfortable skin tingling and dividing the dose into 2 can help to decrease the skin tingling symptoms. To be effective, beta-alanine must be taken consistently.

In general, supplements may provide small gains in performance, but they should be secondary to the fundamentals of training, exercise, sleep and recovery. Personally, I don't take any performance enhancing supplements since I haven't adequately addressed the low hanging fruit of training fundamentals. Also important, supplements are not regulated by the FDA and many studies have shown that a large proportion of supplements don't contain what they claim to contain, and at times, contain substances banned by WADA, the UCI and USADA as well as toxic substances such lead. Using a supplement certified by NSF International or informed sport helps to decrease those risks.

While beta-alanine supplements are generally considered to be safe, they are not necessarily without risk: this information is not medical advice. You should carefully research and consider obtaining medical advice before using any supplement.

Next topic: protein supplements

VOLUNTEERS NEEDED

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



2022 USA CYCLING MASTERS ROAD NATIONAL CHAMPIONSHIPS: INTERVIEW WITH BRENT DOUGLAS – BY MARYANN WALTERS

The 2022 USA Cycling Masters Road National Championships took place in Albuquerque, New Mexico this August. Several Reno locals participated, but I was most interested in hearing about the event from my friend, local racer and suffer-fest aficionado, Brent Douglas. Brent raced in the 70-74 age category in both the road race and criterium at Nationals this year.

Originally from Canada, Brent moved to Reno with his family when he was 4 years old and has been riding bikes for over 40 years. While Brent's pedigree as a local doesn't really need any polishing (ask him sometime about his youthful shenanigans with muscle cars and local law enforcement), he gained official RAF (Reno As Frick) status in my book when he told me he owned and operated the Starlite Bowling Center back in its 20th century heyday. Brent remembers when the National Bowling Stadium was built in 1995 but couldn't lure the league bowlers away from the Starlite - at the time, the only place in town that offered cosmic bowling and live music.

When I asked Brent why he decided to participate in Senior Nationals for the first time this year, he agreed it was partially because Albuquerque is comparatively close to Reno (1000 miles, but hey, #ourstatesarebigger), but mostly because he wanted to get out of town and his comfort zone to do something different.

Brent skipped the Time Trial to focus his energy on the crit and road race, which grouped all riders aged 70+ in the same race together, although the racers were picked separately in 4-year age increments. Brent said the 70+ field was equivalent to our stronger B Racers in the local RWM Twilight Road Race series. He reflected that although he knew he wasn't in peak condition this year, he was still a bit nonplussed at the speeds required to podium.



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Brent placed 16th in the Men's 70-74 age category in the 50K-ish Road Race, which he described as a combination of Boca and Geiger. The other competitors were Cat 3, 4 and 5 men, overwhelmingly from the Western US, and the winner of the 70-74 age category overall was a Cat 2. Having struggled more this year than normal with his fitness, he wasn't surprised to find the race tough. He was happy his group started at 8am, before the heat became much of a factor.

The crit was a different story. Having seen Brent sprint by me at the finish line at Air Center (our local criterium race course) as though I was standing still, I knew what Brent was capable of pulling off on a flat crit course. Unfortunately, the race was ultra competitive and Brent was squeezed to the curb halfway through. He recovered and pressed on, but the lap speeds were in excess of 23 mph and the extra work took its toll. Brent finished in 16th place in the crit without getting his chance to contest the field sprint.

I asked Brent if he would go back again. He said yes, but... only if he was able to train appropriately to be as competitive as the local B racers. He would do more intervals, focus on nutrition earlier in the year, try to ride with the fast guys more often and earlier.

In retrospect, though, I wonder... could it have more to do with motivation? Brent may not have been super motivated before Nationals, but he sure as heck was after they were over.

Since returning from Albuquerque, Brent has been killing it in the races and the group rides, unleashing a whole new wonderful world of hurt on his unsuspecting peers, encouraging us to keep going, to ride harder, longer and more frequently than we would have without his cheerful insistence.

Last night was the final crit race of the season, and our ragtag group of C racers went as fast as the main field in the Bs, averaging just under 25 mph for 31 minutes. It was hot, it was windy, and I was dying a slow and goosebumpy death after a little stint chasing the front group at a speed Garmin pegged at 37.6 mph. Meanwhile... Brent was 100% comfortable in that race, taking a prime and happily attacking the main field amongst the raging crosswinds and the sweet stink of jet fuel. He didn't win, but he might as well have from the smile on his face.

I didn't ask Brent at the time if going to Nationals was worth it, but after last night, I no longer need to ask the question.

Answer's yes.



THE RENO WHEELMEN: 1896-1909



The following is an excerpt from "the Reno Wheelmen, Part One", printed in the Washoe Rambler in 1981
Part 5

As club officials tried one thing after another to keep the Wheelmen afloat, other organizations were being formed to meet the community's continuing athletic and recreational needs. In September of 1906, the Twenty Odd Tennis Club was founded and Reno's first Young Men's Christian Association opened its offices and athletic facilities at its headquarters in the Odd Fellows Building as did the Reno Olympic which came into being in November of 1908 with a membership of over 200. In June of 1909 the Wheelmen's entire stock of gymnastic apparatus was sold to the Aetna Club whose membership already numbered 250, whose

Membership already numbered 250, with expectations of 500 or more on the rolls by mid-summer.

The number of Wheelmen who found their way into these new organizations cannot be known exactly, but it must have been considerable because their own club did little in the way athletic of any kind after March of 1908.

THE CULTURAL CONTRIBUTION OF THE WHEELMEN

From the day of its opening in March of 1903, the Wheelmen's Hall served every conceivable social and cultural purpose. In April of that year, less than a month after its opening, the lecture served as a forum for George E. Bigelow to expound upon the virtues of Socialism and the Club sponsored several speakers on the subject of road and street improvement later in the month. In March of 1904 the Hall again served as a meeting place for those interested in road and street legislation and the club members themselves, complaining that it was

Impossible to conduct a road race without injuries to the participants, got up a petition to Nevada's representative in Washington urging their support for a Good Roads measure then before Congress. The membership also voted to petition the Reno city council for a \$20,000 bond elevation to finance street and road improvement within the city.

Reno churches frequently made use the Hall for dances and benefit socials and the facilities were also made available to occasional lectures on religious subjects the wilds of the West for new proselytes.

Among the fondest memories of many older Renoites are the many dances held at the Wheelmen's in their youth. The annual New Years Ball was the highlight of the winter social seasons for many years, as was the dance later in the spring celebrating the founding of the club.



LEARN MORE ABOUT THE RENO WHEELMEN'S RICH AND STORIED CYCLING HISTORY BY READING LEGACY BLOG POSTS BY RUI

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

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

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