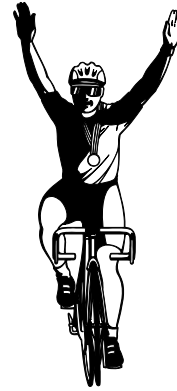


Pedalin' Times



*Official Journal
of the Columbia
Bicycle Club*

**October
2020**

*If you're looking for someone to ride with,
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BikeClub@columbiabikeclub.com.*



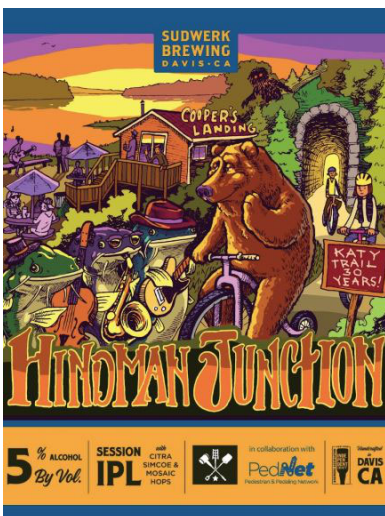
We are a Small Business of the Year Finalist!

We are so thrilled to be selected!



PedNet is one of five Small Business of the Year finalists!

PedNet also received a Climate Protection award from City



PedNet has posters
Our Hindman Junction Session IPL posters feature the artwork from the cans on an 18" x 24" poster, delivered to you for just \$25!

Here's What the Old Farmer's Almanac Predicts for Your Winter Riding Weather

By Rebecca Norris Bicycling

If you're dreading ditching your warm-weather road rides for trainer sessions to avoid cold and snowy rides, you may be in luck. If the Old Farmer's Almanac has anything to say about it, this year you might be able to ride outside longer.

Thanks to rising temperature trends across the world, the age-old weather prediction publication anticipates a less harsh winter than past years.

"For the United States, we predict that recent warming trends will dominate in the eastern and northern parts of the United States in the coming winter, with below-normal average temperatures limited to the western portion of the nation," they divulged in their 2021 Winter Weather Forecast, which went live on August 18. "Most of Canada will have a cold and snowy winter. However, rising temperature trends mean that the winter will not bring extreme cold; instead, it will be closer to normal."



Additionally, the experts pointed out that the coldest temperatures will occur largely just in the "western states and northeastern New

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Pedalin' Times

Pedalin' Times is the official publication of the Columbia Bicycle Club, P.O.Box 110, Columbia, MO 65205-0110, a not-for-profit corporation for the promotion of biking.

Pedalin' Times is published monthly.

Deadline for submissions is the second Tuesday of the month.

Pedalin' Times welcomes articles that would be of interest to the membership. We prefer that submitted articles be either typewritten or submitted as an electronic file. Articles & letters for publication may be mailed to the editor at P.O.Box 110, Columbia, MO 65205-0110, or e-mailed to:

rcsmith1961@cs.com

Articles may be edited for grammar, clarity, and good taste. The editor reserves the right to refuse publication of any item.

Annual dues for the Columbia Bicycle Club are \$20.00 (US) per household.

If you move, please let us know by sending a notice to the address listed above. We really do want you to get your copy of the newsletter.

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Bob Smith

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Pedalers

Needed

Again about ten of us meet at the outside tables at Shakespeare's swapping tales of the road and life on ZOOM

Treasure's Report: Current Balance Totals \$2,429.52

Old Business: None

New Business: None

Ride Reports: Several of our members did the Boonville Festival Ride, it was a sweet ride on a new route but had a few potholes to dodge. There was no group start and individuals were encouraged to show up and go.

There was a discussion of the recent car break-ins at the trail

It was reported that the new roundabouts on West Nifong Road has improved biking in that area.

Upcoming Rides: Just individual Rides

Pizza was enjoyed by all The meeting adjourned at 9:05

Weather (Con't fm pg 1)

England," with mostly "wet" precipitation rather than snow across the majority of the country.

"On the precipitation side of things, expect 'wet' to be a wintertime constant, with rain or average to below-average snowfall to be the standard throughout most of the country."

However, a few areas of the United States will in fact experience some heavier-than-usual snow: "Snowfall will be greater than normal in the Northeast, Wisconsin, Upper Michigan, the High Plains, and northern Alaska and below normal in most other areas that receive snow."

In case you forgot, The Old Farmer's Almanac, which was founded in 1792, has been releasing weather predictions since George Washington was president. Each year, the authors of the Almanac go back to see just how accurate their predictions were for the previous year. When it comes to the 2019-2020 winter season, they found that they were 80.5 percent accurate, which is just above their typical 80 percent.

All this is to say, even in the middle of a pandemic, we might actually have something to look forward to this winter!

Bicycling

**I NEVER WANT TO ABANDON MY BIKE.
I SEE MY GRANDFATHER, NOW IN HIS SEVENTIES
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-STEPHEN ROCHE

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2021 USA Cycling National Championships schedule

While 2020 has been a difficult year for competition, USA Cycling is looking ahead to 2021 to continue its history of providing great National Championships across all cycling disciplines. With a priority on the safety of all involved at our Nationals Championships, all dates and locations will be subject to change dependent on the status of the COVID pandemic.

Mountain Bike Nationals will return for a second year to Winter Park Resort, July 9-18, with an expanded schedule to include the inaugural High School Bike Festival, High School Mountain Bike National Championship races, and a Collegiate Fair. Collegiate Mountain Bike Nationals will take place in Durango, Colo. at Purgatory Resort, the host of the first Mountain Bike World Championships, on October 14-17. Marathon Mountain Bike will be held in early September at a soon to be announced location.

Collegiate Road Nationals returns for a second year to the Peach State in Augusta, Ga, home to many past USA Cycling National Championships, on May 7-9. USA Cycling returns to Knoxville, TN for a third year for Pro Road Nationals where racers will face the podium defining hills in the criterium, road race, and time trial on June 17-20. Amateur Road Nationals will head for the first time to Clay County, FL on June 24-27. Para Road Nationals will take place in Boise, ID in a partnership between Boise Development Cycling and Challenged Athletes Foundation on July 8-11. Gran Fondo Nationals will return to the previously scheduled location of Asheville, NC on July 18. Masters Road Nationals are currently slated for early August with a location to be finalized and announced shortly.

Elite, Junior, and Para Track Nationals will head to Carson, CA at the Dignity Sports Park VELO Center, July 1-7. Collegiate Track Nationals will be held at the Major Taylor Velodrome in Indianapolis, Ind., home of Marian University, September 9-11. Masters Track Nationals will round out track Nationals with a return to Valley Preferred Cycling Center in Breinigsville, Pa. on September 14-19.

In partnership with USA BMX the Elite BMX, Collegiate BMX, and Freestyle National Championships will be announced at a later date.

The 2021 National Championship schedule will close with **Cyclocross Nationals**, taking place in December, at a location which will be announced later this year.

How Cycling Can Keep You Young

By Selene Yeager Bicycling



»»Adults over the age of 65 who ride at least 30 minutes, three times a week are less likely to experience age-related decline in walking efficiency, compared to adults who walk for exercise, according to Humboldt State University researchers.

»»Decline in walking ability has been linked to poorer health in older adults.

»»Older adults who cycle for exercise had walking efficiency similar to adults in their twenties, according to the study published in the Journal of Aging and Physical Activity

It's well known that cycling provides you with tons of health benefits. Your time in the saddle can also make you fitter (and younger!) on your feet, according to new research.

A study published in the Journal of Aging and Physical Activity finds older cyclists maintain a walking efficiency similar to adults who are decades younger. Good walking efficiency means you don't expend a ton of energy to walk at a given pace, which allows you to move more briskly and not tire as easily. It has been linked to vitality and longevity.

For the study, the researchers recruited 33 adults over 65 who either walked or biked for exercise. The volunteers walked at speeds ranging from 1.7 mph to 3.9 mph on a treadmill while they measured their oxygen consumption and carbon dioxide production to measure how much energy they were expending while walking.

They discovered that the participants who rode at least 30 minutes, three times a week were less likely to experience age-related physical decline in walking efficiency than those who simply walked the same amount for exercise. The study also found that the older cyclists were nine to 17 percent more efficient at walking than those who didn't ride a bicycle.

“What we found is that older adults who regularly participate in high aerobic activities—bicycling in

Continued on Page 5

Please be Courteous of Bicyclists

By Dianne Sudbrock, Editor Boone Country Connection

A local resident was recently struck twice by motorists on local county roads. Once the rider was clipped by a mirror as a vehicle passed going the same direction. Another time, the rider was almost hit head-on in an “S” curve as a northbound truck cut the curve - all the way into the oncoming traffic lane!

The driver’s side mirror struck the southbound bike rider’s shoulder, and the back wheel of the truck struck the back wheel of the bike, throwing the rider into the ditch! Amazingly, and fortunately, the bicyclist suffered relatively minor injuries.

By Missouri state and local law, bicyclists are allowed to use the road. Bicyclists have the same rights and duties as other vehicle drivers. When passing cyclists, common sense and standard traffic law dictate that “Drivers shall pass at a safe distance.” Squeezing past is simply unsafe — no matter if you are passing a bicycle, a pedestrian, or a motorcycle. Speed is also an issue. The speed limit on county roads in our area is 35 mph!

Please! Slow down. Obey the laws, and respect human life!

Could Taking Long Naps Regularly Be Detrimental to Your Health?

By Elizabeth Millard Bicycling from Runner's World us

⇒According to new research presented at the 2020 European Society of Cardiology conference, taking naps longer than 60 minutes on a regular basis could lead to early death and a higher risk of cardiovascular disease.

⇒However, naps that are 60 minutes or shorter taken once or twice per week may actually be beneficial for your heart health.

Taking a long, luxurious nap—especially after a taxing morning ride—seems like it would help with any potential sleep deficits that you may have after waking up early, but new research suggests too many of them might actually shorten your lifespan.

A meta-analysis of 20 studies—totaling more than 300,000 participants, presented at the 2020 European Society of Cardiology conference—looked at how often and how long people nap for, along with any associations with negative health outcomes.

Researchers found that 39 percent of participants took

Continued on Page 5

What Should Your Ideal Cycling Cadence Really Be?

By Selene Yeager Bicycling

⇒According to research published in *Medicine & Science in Sports & Exercise* in 2019, pedaling at a cadence of about 80 rpm lets riders produce high amounts of power without losing efficiency, which they often do at higher cadences.

⇒Ideal cadence is highly variable, however, and depends on muscle fiber type, cycling experience, and cardiovascular fitness.

⇒Training yourself to be more comfortable at higher cadences can help spare muscle glycogen and prevent fatigue during longer rides.

The act of pedaling a bike is really pretty simple. Figuring out the ideal cycling cadence for peak performance? Far less so, if the ever-growing body of research on pedaling cadence is any indication.

In 2019, a team of British researchers found that amateur riders don’t get any added benefit from high cadence cycling. In fact, they found the opposite: Forcing their legs to spin artificially rapid circles made their heart rate soar and efficiency drop. They were just wasting energy.

Now, in research published in *Medicine & Science in Sports & Exercise*, scientists at the University of Queensland in Australia set out to determine the most efficient cadence—where the cycling muscles are producing high, sustainable power—for amateur riders.

To do so, they had 14 recreational riders pedal at constant power output of 2.5 watts per kilogram, about 183 watts on average, at cadences of 40, 60, 80, 100 and then at the cadence of their choosing, while the researchers measured what muscles were being used, how hard they were working, and how many calories the riders were burning (a.k.a. metabolic cost).

In the end, the volunteers used the least energy pedaling at 60 rpm, but preferred an average cadence of 81 rpm. A cadence of about 80 rpm also appeared to be the sweet spot where their vastus lateralis—one of the primary cycling quadriceps muscles—produced maximum power without wasting energy, making it an efficient, sustainable cadence.

So is 80 the new optimum cycling cadence? Maybe for pedaling in the lab with a bunch of sensors attached to

Continued on Page 6

Ride when you can



ONGOING REGULAR RIDES

Speed & Difficulty indicated by the number of bicycles.

Daylight Savings has resumed and will end Nov 1, 2020

Weather permitting



In order to be more responsive to changing preferences for riding, we are changing the format for how we post rides. Instead of fixed days, times and routes, we are asking our riding friends to post a ride they plan to do as an invitation for others to join them. You can post a planned ride on either the Columbia Bicycle Club Facebook Page “Columbia Bike Club” ; Easy Riders Facebook Page “Columbia Easy Riders” or send your planned ride to “bikeclub@columbiabikeclub.com” And we will post it.

To list open rides that happen regularly,
Contact: Bob Smith at “rcsmith1961@cs.com”

RAGBRAI XLVIII has been postponed to July 25-31, 2021.

Rhett’s Run was held on Sunday Sept 20 with only about 23 riders this year. The NICA (high school mountain biking) parents really stepped up and manned the course.

Naps (Con’t fm Pg 4)
naps regularly, and in that group, sleeping more than 60 minutes was associated with a 30 percent greater risk of early death and a 34 percent higher likelihood of cardiovascular disease.

Does that mean the solution might be daily short naps? Maybe not. Another study, published last year in the journal Heart, found that a short-duration nap taken once or twice per week is actually beneficial for your heart health, but increasing that amount might nullify those benefits.

Cycling Can Keep You Young (Con’t fm pg 3)
particular—have what we call a lower metabolic cost of walking than older adults who walk for exercise,” researcher Justus Ortega, Ph.D., kinesiology professor at Humboldt State University said in a press release.

“In fact, their metabolic cost of walking is similar to young adults in their 20s,” Ortega said in the release.

Metabolic cost is the amount of energy we need to move. With age, it naturally increases. A high metabolic cost can make walking more difficult and tiring, which is why people sometimes slow down with age. A decline in walking ability has been linked to poor health in older adults, and research also shows that brisk walkers live longer.

It’s not clear exactly how cycling makes you a more efficient walker, but the researchers believe the answer may lie in your mitochondria—the energy producers in your cells. People who exercise vigorously have healthier mitochondria in their muscles, so therefore can generate energy more easily.

“The bottom line is that cycling keeps you younger, at least in terms of efficiency,” study co-author Daniel Aslan, a doctoral student at the University of Illinois Champaign, said in the release.

Earlier research found similar results among older adults who were runners. The team is planning future studies to examine whether other highly aerobic activities—such as swimming—may also mitigate age-related physical decline.



Naps (More)
According to Yue Leng, Ph.D., assistant professor of psychiatry at the University of California, San Francisco, and coauthor of an editorial on the above meta-analysis, naps seem like they’d have nothing but benefits, but some research suggests otherwise.

Continued on page 6

Cadence (Con't fm pg 4)

you. But not necessarily in the real world, where myriad factors determine your perfect pedaling pace, said Hunter Allen, Hunter Allen, CEO of Peaks Coaching Group, and author of *Training and Racing with a Power Meter*, who tracks this stuff for a living.

Cadence is largely dependent on two things: your main muscle fiber type and your level of cardiovascular cycling fitness, Hunter explained. The balance of those factors (which, of course, can change over time) determine your ideal cadence.

To find yours, start by determining your predominant muscle type and cycling fitness.

If your bulging quads make it hard to find pants and you gain muscle easily in the gym, you can expect to be more comfortable on the lower end of the cadence spectrum, because you have more muscle to push with. If you don't build muscle easily and/or are on the skinnier side, you'll prefer to pedal faster with less force per pedal stroke to do the same work.

If you're new to the sport or not in your best cycling shape right now, you will pedal more slowly because your cardiovascular system can't handle the higher heart rate that comes with high cadences, and will prefer to rely more on your muscle strength. As you get fitter, you will tend to shift the work to your cardiovascular system and therefore pedal more quickly, Hunter said.

"When my riders are peaking, they always pedal about 3 to 8 rpm faster than the rest of the year," he said.

Pulling it all together, the ideal pedaling cadences for each types of riders shake out like this, according to Hunter.

⇒Fast Twitch/Less Cycling Fit: Your preferred pedaling cadence is definitely slower, likely in the 75 to 85 rpm range.

⇒Fast Twitch/More Cycling Fit: You'll be more efficient at moderate cadence range, about 85 to 90 rpm.

⇒Slow Twitch/Less Cycling Fit: Your preferred cadence will be in the moderate range of 85 to 90 rpm.

⇒Slow Twitch/More Cycling Fit: You'll be more efficient at the higher end of the pedaling cadence spectrum: 95+ rpm.

As a living illustration of the fluidity of optimum cadence, Hunter points to Lance Armstrong, the rider who (aside from the PED scandals) ushered in the era of spinning high cadences in excess of 90 rpms.

"In Lance's case, what everyone overlooks is that before cancer, the dude had muscles. Just look at some pictures

of him before cancer," Hunter said. "He pedaled at 85 rpm a lot. He could muscle the gear and he had the cardiovascular system to handle the load. After cancer, he lost about 35 pounds of muscle. So he no longer had the muscles to push hard on the pedals, but still had the huge engine, so he had to pedal fast to generate power."

It's also important to remember that lower cadences—less than 85 rpm—require more force, which means your muscles may fatigue faster and you also use more glycogen, Hunter said.

So motoring along at 80 rpm is fine if you're doing shorter events of no more than about 2.5 hours. But if the events you like to do are longer than that, it's worth training yourself to pedal at a little higher cadence to help spare your glycogen stores and prevent your legs from fatiguing before you reach the end.

Naps (con't fm pg 5)

"They're much more complicated than previously believed, and unfortunately, we are only just starting to understand the health implications," she told *Runner's World*. "We simply don't know enough yet to recommend how often you should nap and for how long."

Part of the problem, she added, is that people tend to nap more when they have health issues, so there's a chicken-and-egg conundrum here. Do naps cause health difficulties, or are they merely an indication of an underlying condition or chronic sleep deprivation? Right now, the latter seems to be more likely, but as Leng noted, the research needs to catch up to conjecture.

With that said, if you're a fan of naps, you don't have to abandon them completely, according to W. Christopher Winter, M.D., president of Charlottesville Neurology and Sleep Medicine and author of *The Sleep Solution*. But you may want to be more strategic about the timing of them rather than hitting your bed whenever your energy lags.

Winter told *Runner's World* that if you do take a nap, napping in the late morning or early afternoon rather than closer to bedtime is best to prevent evening sleep disruption. He also recommended napping at about the same time during the day so your brain anticipates the sleep and relaxes in advance, and most of all, napping when you think you need one, not just because it's a habit. Limit your naps to once or twice a week, he added, and don't stress if you need another one occasionally.

Karen Bataille
Realtor®



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All Memberships expire in December
Membership Application Form (Please print)

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City: _____

State: _____ Zip: _____

Home phone: _____

E-mail: _____

Please check all that apply:

- recreation rider mountain biker
- racer road rider trail rider

Liability Waiver: Please read waiver and sign. I certify that I am (or that my child is) in sufficient condition to participate in the activities sponsored by this club, and that I will wear an approved bicycle helmet on all rides. I understand that there are risks inherent in bicycling. I here by hold harmless the Columbia Bicycle Club, its officers, and any event organizers or sponsors in the occurrence of my (or of my child's) personal injury.

Signature(parent or guardian if under 18) _____

Date _____



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Mon: 10:00am - 7:00pm
Tue - Fri: 10:00am - 6:00pm
Sat: 9:00am - 5:00pm
Sun: 12:00pm - 4:00pm

**The next meeting of the Columbia
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Tuesday, Oct 6, 2020**

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Enjoy great camaraderie and the good
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