PENVELO SUMMIT BICYCLES

Newsletter – November 2018

Volume 1, Issue 11

Meet Erik Salander

. . . caretaker of the uniform inventory.

I'm a runner turned bike rider. I did my first rec bike ride on July 4th weekend in '98 after relenting to my runner-turned-rider friends. In '99 I moved from North Carolina to California and my conversion to a bike rider shifted into a higher gear. In '00 I rode with the Western Wheelers, our group had four future racers. In '01 I joined Pen Velo, did all the EB's in January and my first official race at Snelling in the howling wind and rain. I have never raced in worse weather conditions.

Nine short years later I upgraded to cat 3. '10 was a very enjoyable year, not so much for personal results but from a team perspective. PV won the E3 BAT contest. We had some strong finishers and a good support cast - we were engaged and racing all year long. Great fun.

I've always been drawn to being involved in biking organizations. Not sure where this comes from, wasn't the case in running. I was secretary of the NCNCA for two years, therefore on their Board. I was secretary and VP of PV for two years each, prior to being president for three years. For the last five years I've been the NCNCA series scorer and was Volunteer of the Year in '15.

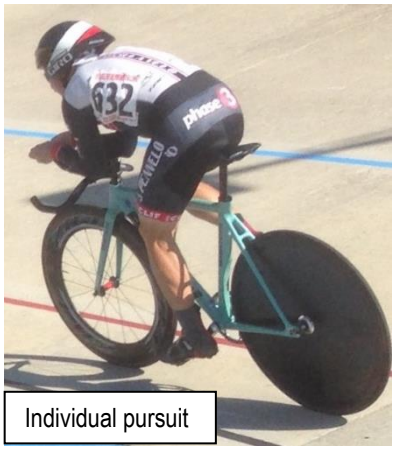
CX Nationals 2004

Along the way I've branched off into a couple other cycling disciplines to keep things fresh. I raced CX for 10 years and went to five CX Nationals with the PV team. In '14 I didn't race CX due to a late season road racing crash. The following year I started racing track and have been doing road and track racing since. I found I liked to have an off-season so no more CX racing.

In addition to representing PV at CX Nationals, I've also attended four Masters Road Nationals and most recently three Masters Track Nationals and two Masters Track Worlds.

As a cycle tourist I went on some bike tours in France in '02 to '04, during the USPS heyday, which coincided with the Tour de France. Two of the tours were in the French Alps, the last tour was in the Pyrenees. Our tour group always had a fair number of racers, so it was hard riding. I'm lucky to have done most of the climbs featured in the Tour de France, many of them in both directions. My favorite would be the Cormet de Roselend just east of Albertville.

Another nine years after upgrading and.... I'm *still* cat 3! I was able to win the 55+ BAR in '15 after finishing 2nd the year before. This year I was able to wrangle my first Nationals podium in the Points race at Masters Track Nationals. So those are my high points results-wise -- hoping for more in the near future.



Individual pursuit

Editor's note: Just in case you are not aware what Erik means when he says he is the "caretaker of the uniform inventory" – it means he spends countless hours organizing the uniforms, he gives up space in his garage to store our uniform inventory, and he invites all of us into to his home for multiple fit sessions every year. Thank you, Erik!

The Suffercave blog

- by Andrew Horvai

Part 1: Why?

After many exchanges on the PV discussion group, I thought it was time to put all my opinions about indoor training into a blog. You know what they say about opinions? This first installment includes my musings on the world of indoor training in general. Later posts will include hardware, software, setup and problems I encountered over the years.

A large volume of information and many product reviews for indoor training hardware and software is readily available on the internet. I constructed the below Q&A based on my experience with indoor training over the past 8 years to make some recommendations on what has worked for me. So, this is personal opinion. If you want a deeper dive including super detailed analysis on individual components, I suggest DCrainmaker's reviews: https://www.dcrainmaker.com/

With that out of the way, let's get down to business:

Q. Why should I train indoors? I live in California and can ride outside all year!

A. One word: efficiency. There is less setup time, minimal gear to put on and take off. You have an hour to train? Indoors you will get maximum bang for that hour. Minor advantages are riding in the dark safely, not being late to work because you got a flat on the early morning ride. Technically you're "at home" so you can be watching kids and performing other passive duties that can't be achieved while out on the road.

Q. Is indoor training more effective than outdoor training?

A. Yes. The training advantage indoors are **precision** and **control**, especially when it comes to interval training. Suppose you want to do 2 x 20 minutes @ FTP with 8 minutes rest at 45% FTP holding 92 rpm the entire time. Outdoors, you can achieve these AVERAGE numbers, but the tracing will be noisy due to traffic, intersections, wind, hills, other riders etc. Indoors, especially with a smart trainer, you can do those intervals exactly as prescribed: **precision**. At VO_2 and anaerobic efforts, as your output begins to fade, an indoor smart trainer will force you to maintain power. It will increase the resistance if you slow your cadence: **control**. You learn quickly not to let this happen because slower cadence means greater torque and that means more pain! Importantly, the advantage of higher precision is not just for hard efforts, it's great for rest intervals and recovery days. Outdoors, for the reasons listed above, you often ride TOO HARD when you are supposed to be taking it easy. Why is this bad? Without adequate recovery, when it's time to ride hard again, you can't go hard enough and so don't achieve the stimulus to get stronger.

…and No. No amount of indoor training, with currently available technology, will prepare you for the skills needed to ride in a group or on dirt, learn race tactics or provide the sensation of negotiating a switchback on a steep descent. Indoor riding is also mentally very taxing because there are fewer distractions from the pain so there is a greater tendency for burnout. For long slow distance (LSD), outdoor riding still reigns supreme.

Q. Tell me more about indoor training, what are my options?

A. This depends on how much you want to spend. I'm going to assume if you're reading this that you already own a bicycle and a power meter, but if you train with HR or PE then just substitute those metrics below.

1. A **basic** setup will include the bike, power meter and head unit you already own attached to a resistance trainer with a drum. You could also substitute rollers. You simply clamp your current bike into the trainer or hop on the rollers and ride around for an hour. You increase the training specificity by watching the bike's head unit to stay in the correct wattage for a set of intervals. You increase power by cadence and/or shifting to a higher gear.
2. An **advanced** setup will feature a dedicated bike permanently mounted to a direct drive smart trainer, a fan (or multiple fans), a PC and software (usually by monthly subscription) to control the trainer, a large display (or projector and screen) to watch while training, headphones and some input device for the PC. It doesn't end there. Wahoo makes units that automatically lift the front of the bike for hills, adjust fan speed based on virtual bike speed and several manufacturers are working on platforms under the trainer that allow the bike to swivel in 3 dimensions. VR goggles (e.g. Oculus Rift) are not quite ready for indoor training but might be some day. Stay tuned for equipment recommendations in future installments of this blog.

For pure interval training, an advanced setup will allow you to do intervals with very high precision for both wattage and time. With the some software (e.g. TrainerRoad) you can set a calendar of workouts months in advance and all you do is jump on the bike and pedal. The software picks the correct workout for the day, adjusts difficulty to your current FTP, and adjusts trainer resistance to force you to generate the prescribed power and interval durations. You watch and listen to whatever you want.

Alternatively, you can use software that simulates real outdoor rides (e.g. Cycleops Rouvy). Software shows prerecorded video of an actual road (e.g. Alpe d'Huez) while simultaneously changing resistance on the trainer to match slope.

Finally, on an advanced setup, you can simulate riding or racing in a virtual computer-generated world with other riders (e.g. Zwift). The software controls resistance to match slope and wind, including drafting behind other riders.

2018 PEN VELO AWARDS BANQUET

The annual Pen Velo awards banquet was held on Saturday, November 3, at Angelica's in Redwood City. A small but enthusiastic group celebrated the many accomplishments of Pen Velo this year. There were two co-winners of the Bill Fallis Award this year: Menko Johnson, who was unable to attend the dinner, and Norma Hilton. Here are just a few random shots of the celebration.

Swim Across America
By Cecily Majerus

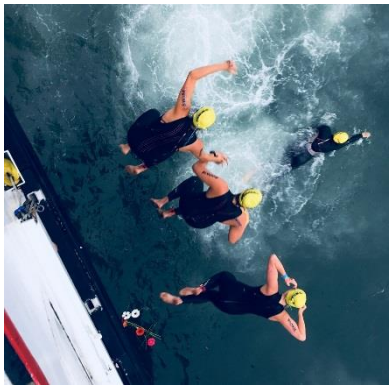
One downside to riding a bike is sometimes you feel like you are turning into a hunchback with big legs. To try and counter that crunched up feeling I head to the pool to stretch out and actually use my arms. I swim with a Masters Group which is a big help in making swimming not so boring. This way one avoids trying to come up with workouts on your own, and you get to catch up and chat while hanging out on the wall. It turns out, however, that pools are not the only place to swim. One of my swim teammates organizes San Francisco's Swim Across America, which raises money for cancer research. The last two years she has talked me into doing the swim.

The swim is from the Golden Gate Bridge to St. Francis Yacht Club, about 1.8 miles away. If you have ever wanted to see the

city and the Golden Gate bridge from the water level I highly recommend this swim. If you have ever wanted to be inspired by people who are doing incredible things, I highly recommend this swim. As an example, my friend who got me into this has beaten cancer three times.

On the boat ride out to the bridge, folks speak to why they are swimming. Many are swimming to honor people who have either died from cancer or are currently fighting it. Others are swimming because they have had cancer and are now well enough to do this swim. Some of these folks have just recently completed chemo treatment. So, if you think your tough for swimming in the bay, you are quickly humbled by your fellow swimmers. And if you think you are fast there are usually around 12 or more Olympians who do the swim. In addition, the two doctors who receive the funds from the swim are there, along with their research fellows, all working as volunteers. And for the final inspiration Cal's Women's Water Polo team does the swim while passing and batting their water polo ball around.

By the time the stories are done it is time to jump. The jump from the boat is not that high, so it is really just fun. When you



hit the water, it is a bit chilly, but that motivates you to get moving. It usually takes me a bunch of strokes before I can actually put my face into the cold water. But once I do its refreshing, and salty. The swim is very cool, pun intended. There are people all around, you can gaze up at the underside of the GG Bridge, you have a unique view of the City and Alcatraz, you can measure your progress as you cruise along the Presidio and Crissy field and you get to just enjoy the bay itself. And since this is not a race, you actually can stop and look around and take everything in. Eventually, usually long after you thought you should be seeing the finish line, you finally do. As you try and find your land legs to walk out, folks on the shoreline are cheering, clapping, dancing, and making it a real celebration. As you get out of the water you are handed a nice big towel to warm up with. After the swim there is food, more stories and lots of good cheer. It is a great way to swim in the bay, see the city from a very different angle, and help cure one nasty disease. So, if you are looking for a way to stretch out from being too bent over on your bike, I highly recommend joining me next year in Swim Across America.

NCNCA Awards Banquet

Pen Velo was rewarded for a season of hard work and accomplishment at the NCNCA Awards Banquet, held on Saturday, Oct. 20 at the Clif Bar offices in Emeryville. PV was awarded trophies in the BAT (Best All-around Team) competition for 1st place, M45+ Cat 4 and 3rd place overall behind perennial powerhouses Team Mike's Bikes and ThirstyBear Cycling. Congratulations to everyone who raced on the road this season for contributing to the team's success!

In addition, Yvonne Walbroehl was recognized by the NCNCA

Women's Committee for winning 1st place in the NCNCA Women's Series for W55+.

In addition to these awards, the following individual and team accomplishments are worthy of an honorable mention:
Indivduals:
Brian Kellison, E3 BAR (Spring), 10th place
James Dadula, E4 BAR (Summer), 3rd place
Barry O'Brien, M35+ Cat 4 BAR (Summer), 9th place
Andrew Horvai, M45+ Cat 4 BAR (Spring), 2nd place
Steve D'alencon, M45+ Cat 4 BAR (Summer), 5th place
Colleen Chew, W4 BAR (Spring), 9th place
Yvonne Walbroehl, W35+ 1/2/3 BAR, 8th place
Teams:
E3 BAT, 3rd place
E4 BAT, 7th place
35+ Cat 4 BAT, 10th place
M55+ 1/2/3/4 BAT, 6th place
W4 BAT, 6th place
W35+ BAT, 7th place

Photos and story courtesy of Yvonne Walbroehl

Bay Area Senior Encore Games

The “Encore Games” are a second chance to qualify for the 2019 National Senior Games to be to be held in Albuquerque next June. The first chance to qualify was earlier this summer in Long Beach, California. On October 24, 2018, a strong contingent of Pen Velo racers headed to Pescadero for the encore games. See the podium photos on the following pages.

Left to right: Yvonne Walbroehl, Norma Hilton, Cecily Majerus, Greg Bollella, Frank Masterson, John Behring
(not pictured: Glenn Fetsch)

Pen Velo at the Races!

Another successful month of racing for Pen Velo. See the podium photos on the following pages. Don't forget to submit your podium photos for the November newsletter. Please be sure to wear your current Pen Velo jersey when racing and on the podium. Podium photos do get sent to sponsors and are also included with other marketing content. It's a great way to showcase our team results and ensure visibility of the investment our sponsors have made in Pen Velo. Action shots and your personal stories are also welcome. Submit via email to: social@penvelo.org.

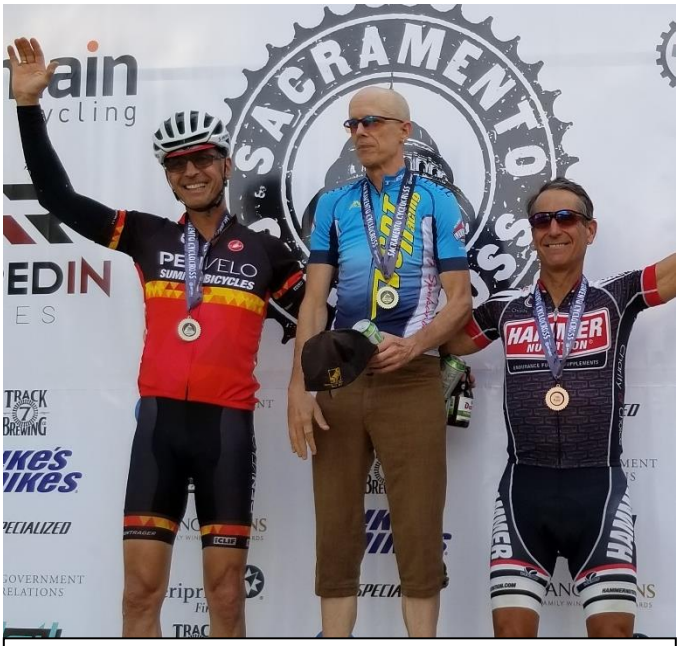
Masters Track Worlds - Carson, CA
October 10, 2018
Sara Stearns 3rd - MW65+ 500 Meter TT

Huntsman World Senior Games.
October 12, 2018 - Road Race
Frank Masterson - 3rd Place, Div 1, M65 - 69

SACRAMENTO CYCLOCROSS

October 20 - #2
Bill Harkola - 1st -- M60+ open

October 20 - #2
Mark Koenig - 2nd -- M55+ B



October 27 - #3
Bill Harkola – 2nd -- M60+ open

October 24, 2018
Time Trial

W60-64: Cecily Majerus, 1st

W55-59: Yvonne Walbroehl, 1st

W65-69: Norma Hilton, 1st

M60-64: Greg Bollella, 2nd

M55-59: John Behring, 3rd

M65-69: Frank Masterson, 3rd

October 24, 2018
Road Race

W60-64: Cecily Majerus, 1st

W65-69: Norma Hilton, 1st

W55-59: Yvonne Walbroehl, 2nd

M55-59: John Behring, 3rd

M65-69: Frank Masterson, 1st

M60-64: Greg Bollella, 3rd

Thank you to our sponsors!

Contact: social@penvelo.org