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April Issue 2008

Dallas, Texas

CYCLING WORKSHOP WITH USA CYCLING COACH

For the third consecutive year, CitiSlickers will benefit from the expertise of professional cycling coach Richard Wharton. On April 19, Coach Wharton will lead us in a cycling workshop at the Texas Motor Speedway. The all-day event will involve safety, bike handling skills, advanced road techniques, and a no-drop ride. Riders will be divided into beginner and advanced groups based on experience.

Coach Wharton is a USA Cycling Elite Level Coach and certified ACSM Health Fitness Instructor. He holds

an MBA in Sports Management and has been coaching cyclists since 1994. He is Director of Development at the Frisco Superdome and is actively involved in promoting cycling as a safe, healthy and effective mode of transportation and sport. Coach Wharton was also involved in creating the iBike Power Meter, a product that uses a novel approach toward measuring a cyclist's power output.

Join your teammates on April 19 for this unique cycling experience. Check the website Calendar for updates and further details.



USA Cycling Coach Richard Wharton will educate CitiSlickers riders in an all-day cycling workshop on April 19 that will feature a no-drop road ride.

WHAT DO YOU KNOW ABOUT JUVENILE DIABETES? by Gary Coleman

Diabetes is a chronic, debilitating disease affecting every organ system. There are two major types: Type 1 (an autoimmune disease also known as juvenile diabetes because it often develops in children, adolescents and young adults) and Type 2 (a metabolic disorder called adult onset diabetes).

In diabetics, the pancreas has stopped producing insulin, the hormone that changes glucose from food and drink into energy. An oversupply of glucose in

the blood causes hyperglycemia and can cause "ketoacidosis." This condition, if left untreated, can lead to coma and death. The reverse is also possible in that too much insulin can cause hypoglycemia and going too far down can induce a diabetic coma.

The long term effects of diabetes are wide ranging. The most common are blindness, damage to internal organs and neuropathy, or nerve damage to extremities.

Type 1 (juvenile) diabe-

tes strikes children suddenly, makes them dependent on injected or pumped insulin for life, and carries the constant threat of devastating complications. It has been estimated that the life span of a Type 1 Diabetic is 19 years less than the national average.

The Juvenile Diabetes Research Foundation ("JDRF") is the leading charitable funder and advocate of juvenile diabetes research worldwide. JDRF is dedicated to finding a cure

(Continued on page 3)

APRIL RIDES REVIEWS

By James Herrod, Roads Director

The first full rally month of the year starts off with the **Tour Dallas**, a good ride for beginners as it has flat routes of 8, 20 and 30 miles with a start and finish at the American Airlines Center. The long route takes you through downtown Dallas and around White Rock Lake. With the route being mostly flat, you can concentrate on building your skills, such as how to learn to ride in groups. This ride is NOT a race. There will be many of new riders out so use the cycling skills and safety training you have been taught.

The **Lancaster Country Ride** is a fun romp through the Ellis County

countryside, though it was very cold and windy last year which made for some tough riding. The ride has three medium length routes of 23, 42, and 63 miles through scenic rolling hills and well-supported rest stops. It's a good time to start to really push yourself and see if you can go a longer distance, as there is only about a half a month left until the Big Ride!

I call this **Mr. Richard's Wild Ride**, an all day biking education workshop with Coach Richard Wharton. This is for all level of riders. You will learn some very valuable skills on how to maneuver, emergency brake, ride in groups and how to draft, which can come

in very handy later on. Come and learn the ABC's of cycling. See the featured story on page one for more details on this unique riding opportunity.

There is no better way to test your MS 150 readiness than the **Muenster Germanfest Bicycle Rally**. Challenging routes of 22, 40 and 63 miles, with lots of hills on the last two distances in the beautiful countryside around Muenster, north of Dallas. The best part is every rider receives a free ticket to the Germanfest held after the ride PLUS two free tickets for beer or coca-cola products. So come and ride hard then relax afterward with good German food and beer with your teammates.

April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Tour Dallas Board Meeting
6	7	8	9	10	11	12 Lancaster BP Houston to Austin
13 BP Houston to Austin	14	15	16	17	18	19 Cycling Workshop
20	21	22	23	24	25	26 Muenster Germanfest Rally
27	28	29	30			

Schedule of Events

- April 5. Tour Dallas to benefit the Juvenile Diabetes Research Foundation.
- April 5. BOARD MEETING. Check the website calendar for details.
- April 12. Lancaster Ride for training and practice..
- April 12-13 BP Houston to Austin. Good luck to all team members riding those 180 miles to the state capitol.
- April 19. Cycling Workshop with Coach Richard Wharton for both beginners and advanced riders.
- April 26. Muenster Germanfest Bike Rally to benefit the local community and hill training.

JUVENILE DIABETES RESEARCH FOUNDATION, *continued from page 1*

for the disease and its complications through the support of research. There are many ways in which CitiSlickers riders and volunteers can support the efforts of the JDRF.

Tour Dallas. This is the signature cycling ride for the JDRF in Dallas. This year it takes place on April 5 with varying routes around White Rock Lake and parts of Turtle Creek. <http://www.tourdallas.org>.

JDRF Ride for a Cure. During the more temperate months, the JDRF organizes long bike tours through scenic parts of the United States in order to raise funds. This year fea-

tures four 100-mile rides staged in Asheville, North Carolina; Whitefish, Montana; Sonoma, California; and Death Valley, California. www.ride.jdrf.org.



Rebekah Coleman, the inspiration behind Rebekah's Roundup

Rebekah's Roundup. This golf tournament for lousy players is aimed at raising money for the JDRF. www.therebekahroundup.com. (Note from Saddle Source editor: Team member Gary Coleman runs this event which was the sec-

ond highest family fundraiser in the JDRF Collin County chapter.)

Walk for a Cure. This is a 5K walk around the American Airlines Center and Granite Park in Plano in late September. Visit www.walk.jdrf.org for more information.

CitiSlickers Rider Gary Coleman started Rebekah's Roundup in honor of his daughter who was diagnosed with juvenile diabetes several years ago. Gary will be taking part in the Ride for a Cure in Whitefish, Montana, in August and he invites any interested CitiSlickers to join him in the fight to cure juvenile diabetes.

The 3rd Annual Rebekah's Roundup

Date: April 26, 2008

Time: Noon, shotgun start

Location: Indian Creek Golf Course

Perks: Lunch and snacks provided

Charity: Juvenile Diabetes Research Foundation

Website: www.the-rebekahroundup.com

CALORIE MATHEMATICS FOR CYCLISTS *by Andrew Vidales*

If you missed the opportunity to enjoy the meal and camaraderie at the March team meeting, let me give a quick synopsis. In essence, we talked about calories in, calories out. The two topics which apply to calories out are:

- (1) Resting Metabolic Rate
- (2) Calculating Cycling Calorie Expenditure

Why do you need to know these things? Calculating resting metabolic rate gives you an idea of how many calories you use WITHOUT your cycling expenditure. Unless you wear an instrument that measures calorie expenditure while cycling, you won't have the vaguest idea of your calorie expenditure.

The formula for cycling

calorie expenditure is: Gross METS - Resting MET = METS x 3.5 (1MET) X BW (body weight in kg.) / 200 = kcal per min. I know this is Greek to most people, but, as an example, if I were to cycle at 10-11.9 mph that equates to around 6 METS. My body weight is 190 lbs. or 86.36 kgs (190/2.2 = 86.36). So 6 METS (Gross MET) - 1 MET (resting MET) = 5 METS x 3.5 (1 MET) x 86.36/200 = 7.56 kcal per minute.

If I were to do a 60 minute ride at this pace I would burn approximately 454 calories. If you need further clarification you can Google metabolic equivalents and get more detailed information.

Tracking your calorie intake is beneficial in that

it could help identify why you either felt good or weak during your ride. If you're weight conscious like many of us it will also help you count calories on a daily basis.

And now is not the time to start one of the new fad diets. If you're training for the MS150, you're probably training 3-5 days per week until the week of the ride, so don't short yourself on meals or one nutrient over another.

Contact a board member for a copy of the nutrition handouts from the meeting or a copy of the Ride Plan that I devised for cycling. Next month I'll be writing about ride recovery and carb loading in preparation for long endurance rides like the MS 150.



Andrew Vidales is our team's Education Coordinator for cycling nutrition and exercise fitness. He holds a B.S. in Kinesiology and has worked in exercise research at The Cooper Institute for four years. He started riding 11 years ago and recently achieved his USA Cycling coaching certification.

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a nonprofit 501c3
organization

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We're on the Web!
www.citislickers.org

EDITORIAL BOARD

No one*

* Not one person wants to admit contributing to this publication.

Our mission is to put the "FUN" back into FUNdraising.

The CitiSlickers Cycling Team is a 501(c)(3) nonprofit community open to all levels of cyclists, volunteers, and virtual riders seeking FUN for the purpose of Fitness, Friends, and Fundraising. We are a young team focused on education, safety, and support through our meetings and great members. The membership is free but our desire to help others is priceless. We are always looking for new friends to join our family.

Contact our Team Captain at captain@citislickers.org for more information.

ELIZABETH K. SCHOPMEYER, CFP



FRIENDS OF CITISLICKERS

David and Jana Diminnie
Keith Hollar

Pearl City Glass Shop
Jane Schopmeyer (our Best Friend)

FROM THE HORSE'S MOUTH

CONGRATULATIONS

Laurie Guzman (Rider) and Albert Garza (Volunteer) were married on March 22.

Brandon Proctor got married on March 15.

Andrew Vidales received his USA Cycling coaching certification.

THINKING OF YOU

Riders who did not register for the MS 150 before the registration fee went up on April 1.

Team members who did not reserve a comfy hotel room at the DFW Marriott (formerly the Doral Tesoro) for the MS 150 in May.

James Herrod bit the road on the team training ride in March.

Debbie Hines for those bumps and bruises from multiple falls due to an inability to clip into her pedals.

Crash, who no one will be surprised to learn, rode straight through a barbed wire fence during the Hill Country Easter Classic.

THANK YOU

Jana Diminnie, James Herrod, Debbie Hines, Stephanie Hudson, Lanny Norman, Beth Paul, Elizabeth Schopmeyer, and Javier Torres for braving near freezing temperatures to

participate in the MS 150 kickoff ride at the TMS.

Cindy Ramon for coordinating our Houston rides for the MS 150.

Andrew Vidales for leading an informative session on cycling nutrition at the March team meeting.

Bryan Wharton for offering those Sunday morning rides and helping with the March training ride.

WELCOME ABOARD!

David Fain (Rider)
Jason Jacobus (Rider)
Art Quitevis (Rider)
Debbie Schwartz (Rider)
Victoria Wegwert (Rider)