

sTEAMBOAT CYCLING CLUB

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sTEAMboat Newsletter—Vol 3

Welcome to the final sTEAMboat Cycling Club newsletter for 2016. In this newsletter, a couple of our members look back and give us their thoughts from this past year and a winter cycling tip from Jim at Bike Town.

Deona Shake - Cycling for me was quite personal. It was healing, empowering, introspective, fun, social, and a reality check. I continue to deal with declining knees and I also lost my Mom in August to cancer, but cycling is always there for me. Exercise is a choice and cycling is probably my favorite way to burn calories. I love the freedom and escape it provides. Alone, I cycle to think, pray, and challenge myself. With others, I am strengthened and encouraged. I also appreciate the support via Steamboat Cycling Strava users following a ride. Even though I have disappeared from the group rides (*probably pride in knowing my knees don't let me ride like I used to*) I feel the love from the club. Keep pedaling!

Casey Gilliam - The thing that is fresh on my mind is how welcomed back to the group after being away with work and recovering from a ACL injury. The recovery has not been as fast as I would like and I have lost a bunch of strength. But I do feel love, understanding, and patience from the other riders as I build my strength back. It is a very humbling experience but the joy of riding is worth pedaling on and the sTEAMboat group makes it so much easier and fun!



Upcoming 2017 Rides & Events: (dates might be subject to change—except RofS)

- Jan 21—Megan Baab Memorial Race—Copperas Cove
- Feb 25—Bat City Classic—Rockdale (*formerly Walburg Classic*)
- March 18—Steam-n-Wheels—Abilene
- May 17—Ride of Silence—Abilene (*sponsored by Steamboat*)

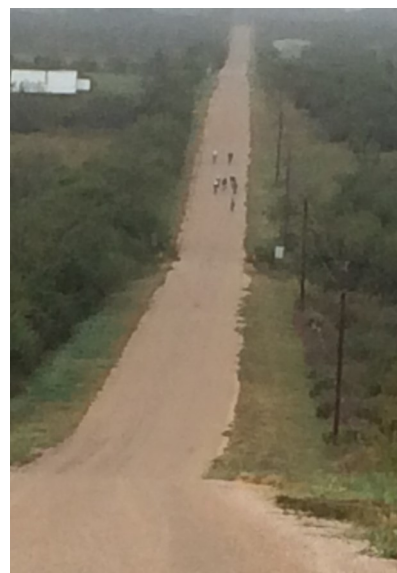
Support our sponsors!

WEST TECHS



Jim @ Bike Town -

Hey guys, winter is upon us and the days are shorter and getting cooler. We sure have been blessed by warmer temperatures this fall, but colder days are not far away. Now is the time to think about how to defeat those cold winter days. Try this little tip, spray some antiperspirant on those tootsies before you head out on the cold days. It will act to keep your feet drier which is the key to staying warm. Make sure you wash your feet good after the ride. It will dry and crack your skin if you don't. Keep Rolling!!



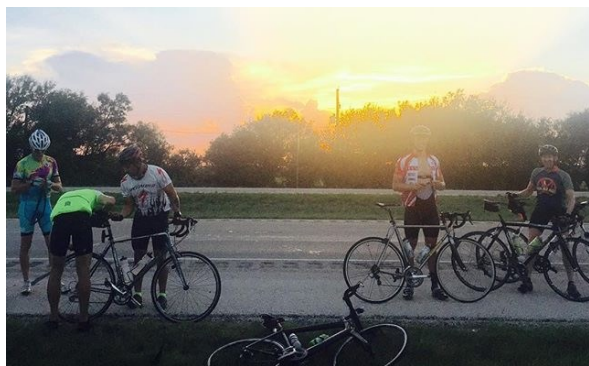
A View on the Road!



October 8 Advanced Cycling Clinic Class



October 8 Basic Cycling Clinic Class



Another Hwy 83/84 Flatt!!



Mike Taylor stirring up some dust at Homeplace!!



Ron—Shut up Legs!!!



Saturday morning Group Ride



E T..... Ride home!