

Welcome to the Q4 Newsletter for 2017! Hard to believe but 2018 is just days away. Where did the time go? Remember to ride with lights if you are out on the road either early morning or late afternoon. Ride safe!

2018 Ride of Silence:

**Save the date
Wednesday,
May 16**



Information about a trainer from a Trainer: Chris Gescheidle—Athletic Volition

Cold, darkness, and weather—or all three—can force many of us inside and onto stationary trainers to maintain some fitness over the winter months. Few of us truly look forward to these rides, but they can be more comfortable, not to mention more effective, with a few strategic moves. Try to keep in mind some important steps.

- ⇒ Some trainers come with front wheel blocks. Make sure your setup on the bike is level to get the same height as the rear wheel. Even a few degrees' change in saddle angle can make a difference.
- ⇒ Don't forget the fan! Set your trainer up in a cool area of the house like the basement or garage.
- ⇒ Fight trainer boredom with—entertainment (TV/movie); set a goal; have a structured workout; and try Zwift to virtually ride or compete against others.

No matter what, stay active in this winter season. Come spring, you'll be ready to take on the competition

Upcoming 2018 Rides & Events:

- January 1st—Annual ride up Steamboat Mtn—*weather permitting*
- February 24/25—Pace Bend Road Race—Spicewood
- March 2/4—La Primavera @ Lago Vista
- March ?? - Steam-n- Wheels—Abilene
- March 24—11th Annual LBJ 100 Bicycle Tour—Stonewall
- **April 28—Beat the Street—Sweetwater**
- **May 16—Ride of Silence—McMurry 7 pm**
- **July 28/29—Tour de Gap**

Source: Wheel Brothers/TxBRA/USA Cycling

WEST TECHS



Tamenie Gilliam
972-207-9065

**Here are our 2017 club sponsors!
Be sure and thank these businesses
for their support & be sure and
support them as well!**

You can renew your Steamboat Cycling Club dues for the 2018 year for \$35. PayPal invoice for renewal membership will be sent out by email in January.

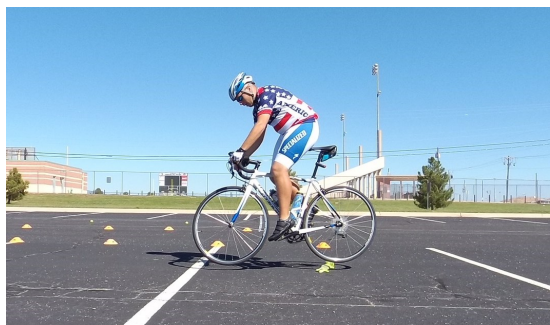
A View on the Road!



Another great cycling clinic—October 7th!
(L-R: Cara, Julia, Susie, Ryan, Chris, Tracey, Deona,
Kathy, & Anne)



Chris demonstrates cycling skills to the class



Ryan Carter demonstrates his “bunny hop” skills



Kathy & Tracey listening in at the clinic



Mike checking out a new road off
of CR150



Another trip to Ranger Peak



Drafting behind a tractor on CR127!



Can you name the place?

AWACC group out for a ride!

