

The Cactus Hugger

Voice of the Cactus Huggers Bicycling Club

May 2009

Washington County, Utah www.cactushuggers.org

Ride Calendar For May 2009

All rides start Type to enter text promptly at designated time. Arrive early to leave with the group (10 minute rule is in effect). Safety helmet is recommended for all rides.

Mileage for each ride can vary from that listed depending on the ability of riders. We frequently meet for lunch at all local favorite eatery after each ride. Ride leaders will be designated the week of the ride or call Grant (415.244.1099)

Saturday, May 2, at 8:00 am. Johnson Canyon from Kanab (50 miles.)

Meet at Over the Edge Bike Shop in Hurricane (76 East 100 South),

Over the Edge has a great cup of coffee, to carpool to Kanab. Meet at Honeys Market in Kanab about 9:30 am. We will have lunch in Kanab after the ride.

Saturday, May 9, at 8:30 am. Gunlock Loop. (50 Miles)

This may be the last time to ride the Loop before the new chip seal is put down. If chip seal has been applied we will decide on another ride or do it on mountain



bikes. It is a 50 mile loop starting in Kayenta at Xetava at Coyote Gulch for civilized cup of coffee. We will ride from Kayenta through Gunlock to Veyo and back through the St. George “roller” bike trail and then back to Xetava. Maybe THE best ride in Washington County.

**Saturday, May 16, at 8:00 am:
Virgin to Zion Park (42 Miles)**

Meet at the Virgin Town Park for this all time favorite tour to one of the most beautiful national parks in the country. Lunch in Springdale after (TBD) Bring your national park pass.

Saturday, May 23 at 8:00 am: Zion to Mt. Carmel Junction. (50 Miles)

Meet at the parking lot at the gate to Zion National Park for this bicycling adventure. The plan is to ride from Zion to Mt. Carmel Junction for lunch, then ride back. For those who want to ride up the switchbacks, a shuttle through the tunnel will be provided. Riders who don't want to do the climb can drive to the other side of the tunnel and start riding there.



Saturday, May 30 at 9:00 am: Snow Canyon Loop (20-40 Miles)

Meet at the south end of Snow Canyon in Ivins, (or at 8:00 am in Kayenta at Xetava) and ride the 5 miles up Snow Canyon, down the Hwy 18-bike trail, then to Xetava for the extra miles an Iced Lemon Royden, Smoothie or Latte and socializing.

Peddling Through the Land of Sin

By Grant MacFarlane

Just wanted to update you that last weekend's Valley of the Fire - Red Rock Vegas ride was a blast. Ten riders showed up, all stayed overnight at the Red Rock Spa and Casino.

On Saturday we met for breakfast at the Casablanca Hotel in Mesquite and then drove to The Valley of Fire parking lot off of I-15. The ride leader Mac MacFarlane then took us a total on 43 miles into the park and back. The weather could not have been more accommodating and everyone had a fantastic time.

From there we drove to The Red Rock Spa and Casino in Las Vegas where we enjoyed the pool, spa, accommodations and wonderful Italian dinner in our own private dining room.

On Sunday morning we all met at Starbucks and led by Brook and Scott we broke into two groups, some doing the entire RR loop and others just trucking on to Blue Diamond and

back completing about 40 miles. Again, the weather gods were very kind.

Everyone agreed that it was a fantastic weekend of riding and we decided to make that the 1st Annual VOF-RR ride.

Hope to see everyone this Saturday for the Cactus Hugger Century Ride here in St George. We will be posting a calendar of upcoming rides in a few days. If you have a favorite ride please let me know.

Cactus Hugger Cycling Festival 2009

By Lucy Ormond, Director

Thanks to the great support of all our club members and community volunteers, our Cactus Hugger Cycling Festival was again a success. Ivins Park was a beehive of activity all morning from 6:00 am to 4:00 pm.

At 7:00 am two-hundred fifteen cyclists (mostly from out of town) made their through the balloon arch to ride along the beautiful back roads of Washington County through Bloomington, then over Utah Hill and back, then up to Gunlock and Veyo and finally returning to Ivins Park via the stunning Snow Canyon.

Those riding just the forty-two mile Gunlock-Veyo-Snow Canyon loop enjoyed mild temperatures and a tailwind,

returning to Ivins Park just before the weather changed. However, about noon a big black cloud came roaring out of the southwest bringing wind, rain, and snow. So the long distance cyclists got WET! But as the rain started, Phyllis Winkler, in her always positive way said, "Wow, everyone gets a free carwash today!"

As soon as the weather changed, I was amazed at how many people waiting at the park volunteered to go out on the road and help cyclists in who wanted a ride. All of the e-mails and comments I received after the event were from riders who were amazed at the great on road support they received during the event.

Back at the park during the morning club members and volunteers were busy with the kids events which make this festival a great family affair. The club purchased 150 new helmets which were given away to kids in the community. Volunteers helped fit the helmets and teach parents how to fit helmets correctly. At 10:00 am the kids and some parents did a five-mile family fun ride through Ivins. Aaron Metler of St. George City Leisure Services



planned and manned that event. The club provided ice cream for everyone when they returned to the park.

Sunday was a perfect cycling day for the sixty-two cyclists who participated in the ride from Virgin town park into Zion National Park. We set up a lunch stop at the park in Springdale where they finished up sandwiches, snacks and fruit left over from the Saturday lunch.

Our great volunteers are the backbone of the Cactus Hugger. It is only with their cheerful willingness to give freely of their time and energy that this club event continues to be successful every year. It took about fifty-seven volunteers to carry out the work of this year's festival. Words cannot adequately express my thanks to these people for stepping up to share the load this year:



On-line Registration Manager and Girl Friday: Alice Loeffler

Permit Procurement: Grant MacFarlane

Man Friday: Dave Ritch

Route Marking: Dave Ritch, John Higgins and Dennis Wignall

Packet Stuffing: Koni and Dave Ritch, Dave Poffenberger, Alice Loeffler, Susan Hedden, John Higgins, Marilyn and Leo Scott, Kim Mason and Dave Hanson.

Registration: Kai Reed, Susan Hedden, Bill Woodard, Patty and Gary Peterson.

Lunch Stop and purchase of all food: Phyllis Winkler.

Lunch and Rest stop volunteers: Carole Hewett, Kim Mason and Dave Hanson, Doug and Charlotte Aide, Ray and Darlene Olson, Susan Hedden, Alice Loeffler, Denise Purdue, Dave Poffenberger.

SAG Drivers: Koni Ritch, John Simpkins, Tim Tabor, John Reed

Mechanics: Mike Prouse, Sunset Cycles, Jared Parry, Redrock Bicycles Co., Kong Davis, Desert Cyclery.

Helmets for Kids: Marilyn and Leo Scott, Dave Poffenberger, Duke Breitenbach, Dave Ritch.

Dixie Amateur Radio Operators: Tom Smith and ten of his best friends.

Jersey Sales: John Henrie

Zion Ride Leader: Dennis Wignall

Route Flaggers: Fifteen volunteers from the Friends of Ivins Animal Shelter.

Looking back for the nine years that I have directed the Cactus Hugger, I can say it has been a joy for me to see the event grow from the first ride in 2001 when we had only seventeen cyclists and twenty-six volunteers and we went in the hole \$400! Now it is time to turn the reins over to the club board of directors and infuse new ideas into the event for the future.

Maybe next year I'll ride!

AVOIDING THE BICYCLE BONK!

By Lucy Ormond

What is the Bonk?

The “BONK” is when your body is so depleted of energy it cannot keep you on your bike—your legs feel like concrete, your mind gets fuzzy, you feel anxious, you may feel nauseated, you may develop a headache—you just shut down. The “BONK” is an exercise-induced lobotomy which may last into the next day.

Energy is manufactured in the muscle cells from sugar (glucose), water and electrolytes: Sugar + water + electrolytes = ENERGY . If you run out of any one of these necessary elements, you BONK~

Three Types of Bonk

1. Glycogen Bonk. This begins when your blood sugar and the glycogen stored in your muscles and liver are gone due to exercise. When carbed to the max, you have a 15-minute supply of blood sugar (glucose) and a two-hour supply of glycogen (a complex form of sugar which the body changes into glucose.) When you have used all the blood sugar and glycogen stored, the body tries to burn fat, but cannot turn it to fuel quickly enough to fuel hungry muscle cells. Hence, you BONK!

2. Dehydration Bonk. This occurs when you do not drink enough fluid to supply muscles with water needed to facilitate the conversion of carbs into energy in the muscle cell. Without adequate water your muscles scream with pain known as the infamous “muscle cramp!” Remember that in addition to using water in the energy process, you deplete your supply through “insensible water loss” which occurs through sweating, breathing, and urine production, a byproduct of energy production in muscle cells.

3. Electrolyte Bonk. You may be drinking plenty of good old water and be “hydrated” producing urine that is “clear and copious” but through sweat and urine you lose a great deal of the body’s necessary minerals or electrolytes such as potassium and sodium. If you do not adequately replace these electrolytes while exercising, but continue drinking

plain water, you may develop “water intoxication.” Your heart beats irregularly and you may have a mineral taste in your mouth. Your mind becomes fuzzy, you feel weak, you may seizure, and your heart may stop.

Preventing the “BONK”

1. Before the ride. One-half your weight equals the number of grams of carbohydrate you should eat an hour before a race or big ride lasting longer than 2 hours. (1 gram = 4 calories). For a 120 lb woman this is 60 grams or 240 calories. This equals about 1 power bar or 1 glass of orange juice or a large bagel. Drink 16 oz of water two hours before a ride then another 8 oz if you do not need to urinate. Urine should be “copious and clear” all the time you are exercising.

2. During the ride. Drink 6-12 oz of water or sport drink every 20 minutes (about 100-130 calories or 25-30 grams of carbs. For rides longer than 1 hours, drink electrolyte replacement sport drinks and eat nutrient dense carbs (bars, bagels, fruit) to replace glycogen and maintain adequate blood sugar level. Eat salty foods to replace lost electrolytes. Again, urine should be “copious and clear.”

3. After the ride. Drink to replace your liquid loss until your urine is “copious and clear.” Eat 100 grams (400 calories) of chow within 30 minutes. This is refueling, not lunch or dinner. Eat a meal again later which is high in protein to supply amino acids necessary to rebuild muscle broken down by exercise.

4. Before, during and after the ride. Be cautious with the amount of caffeine,

condensed sugar and alcohol you consume.

- a. Caffeine is a diuretic which lead to dehydration of cells even though it gives you a boost.
- b. Alcohol is dehydrating. If you have 1 drink the night before a ride, drink at least 2 cups of water before retiring to bed.
- c. Condensed sugar such as in gel, goo, regular soda, full strength fruit juice draws water into the gut from the blood stream to dilute the concentrated sugar. This causes a physiologic dehydration of the vascular system. Sugar in less concentrated forms such as in sports drinks enhances absorption of water and delays muscle fatigue by maintaining normal levels of glucose in blood.
5. Filling Glycogen Stores for a big cycling event.
 - a. Increase your carbohydrate intake above the usual level 2-3 days prior to the event to insure that muscle glycogen levels will be high.
 - b. Eat more carbs than usual the day before the event (go easy on fatty foods.)
 - c. Have a carb breakfast 2-3 hours before the event.
 - d. Eat easily digested carbs during the event in the form of sport drink and nutrient dense foods such as bagels, sport bars, fruit, cookies, PB&J sandwiches.

In a nutshell, listen to your body. Learn how long you can ride before your glycogen, fluid and electrolyte stores need replacement. During a ride if you start to feel a “little goofy” ask yourself,

Did I not adequately hydrate this morning (lots of coffee, no water.)?

Did I not adequately fill my glycogen stores in the last 24-48 hours?

Am I failing to replace my electrolytes as I sweat and breath hard?

Fuel and hydrate wisely before, during and after your ride to enhance your performance on the bicycle and decrease your fatigue and length of recovery time after a long event.

AVOID THE DREADED BONK~

YOU ARE NEVER TOO OLD TO DREAM!

And you are never too old to turn those dreams into reality. My “dream” of cycling across America has been in the idea state ever since I began cycling eighteen years ago. About a year ago, my friend Barb Hanson and I actually looked each other in the eye and said, “Let’s do it!”

When I announced to my family my plans for this big adventure, the reactions ranged from “You better carry a gun~ to “Mom, I hope you don’t get lost!”

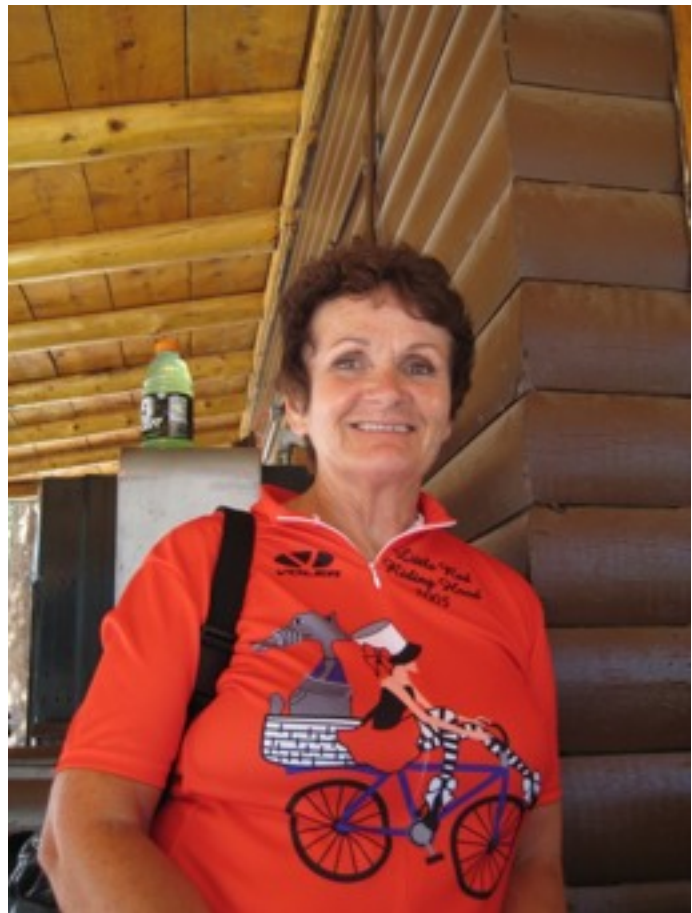
Barb and I have been both been bicycling for recreation and health for many years~Lucy 18 and Barb 12. Now with the luxury of time through retirement for both of us in the last year, we can set out on this great adventure, realizing our dream.

So June 13, 2009 we will begin pedaling our bicycles 4,200+ miles in three months across America. The route we will follow will take us along

the northern tier of states and into a bit of Canada.

At Bay View State Park north of Seattle, Washington we will begin the journey by dipping our back tires in the salty water and in mid-September we will end our journey by dipping our front in the Atlantic Ocean in Portland, Maine. We plan to cycle an average of fifty miles per day depending on terrain, wind, rain, and energy level.

This type of journey is fondly known in bicycling circles as a “self-contained tour.” We are each carrying our own tent, sleeping bag and mat, cooking gear, food,



clothing, tools, spare tubes and tires, maps, bug repellent, water, rain

gear~everything we each need to be self-sufficient on our touring bicycles for three months.

“I’ll be wearing the same t-shirt for dinner every night for three months but no one will know but Barb because we’ll be at a different table every night in a different town.” You would be surprised what you can get along without when you know you are limited by how much weight you can carry. We will take a day off from riding each week to rest, do laundry, restock supplies and sleep in a real bed in a motel or at the home of other cyclists along the route.

We hope to stay with other cyclists, club members and families and friends as we travel across America. I am a member of www.warmshowers.com which is a web based group for bicycling tourists who want to share their homes, a hot shower, and a meal with other cyclists passing through the area.

Thus far this spring I have had the privilege of hosting twelve “warm showers” cyclists: a French family of five touring the world; a French family of three touring the world; a Spanish family of two touring the world; a single cyclist from San Francisco and a single cyclist from Michigan. These people have such great stories to tell and have given me invaluable ideas for making my journey successful.

For me the inspiration for this trip comes from the Australian aboriginals who go on “walkabouts.” One of the purposes of their walkabout is to “sing nature back into existence.” “What a wonderful image.

My interpretation of this is that being one with my bicycle, one with the road, one with the earth and one with everything that lives while on this journey, I will listen to the voice of nature as it sings into existence around me.

For me this is the essence of peace and joy. So I am dedicating my journey to world peace which begins within self, within family, within community and within humanity. I’ll be listening for the voice of peace in nature and in the people with whom I touch shoulders all along the way, and spreading a little of my own peace. The joy will be in the journey each day.

If you are interested in taking my journey vicariously, check out my blog at www.clucygo.blogspot.com. I will update it as I find a computer at a library or internet café along the way. See you all in the fall ~~ Lucy Ormond