

# strada sempre duro

## **December News Letter**

*Editor: Joe Aspatore*

Greetings again fellow Duro's and Happy Holidays to all!

O.K. Business first, just wanted to remind everyone who hasn't done so, to please renew your club membership for 2006, go to:

<http://www.duro.org/Application.pdf>

We have renewal packages this year, see the application for full details:

- \$65.00 for jersey and renewal (\$95.00 value)
- \$135.00 for short sleeve jersey, bib shorts OR regular shorts, arm warmers and renewal (\$172.00 value)
- 165.00 for short sleeve jersey, bib shorts OR regular shorts, wind vest and renewal (\$210.00 value)

## **The new clothing has arrived!**

Contact Carol Stewart to arrange pick up.

E-mail is [heystewart@comcast.net](mailto:heystewart@comcast.net).

home phone 925-932-3724

Carole Foley-Stewart

There is extra clothing for sale as well:

- Men's short sleeve jerseys medium, large extra large and xxl
- Women's short sleeve jerseys size medium only
- Men's shorts size large and extra large
- Men's bib shorts size large and extra large
- Wind-vest size small and medium
- Arm-warmers small, med, large and extra large
- Wind-jackets size small only
- Women's shorts size medium only

**Winter has finally arrived**, yes the days are short, the nights are long and the air is cold!

No worries, just stay focused, you can easily carry a good amount of fitness into the winter with one 3 hour ride a week and a couple 1hour rides here and there. Winter is a great time to work on your weaknesses. Most people don't, just look at all the guys in gym's that work upper body and have skinny legs. Climb more if you need to work on that, sprint more, time trial, don't rest on your strengths.

Strength is important; weights are a supreme way of building it. Look into a program that suits your needs, a personal trainer is invaluable if you can afford it, even for 8 weeks, its well worth it!



*Greg Lemond Paris Roubaix 1985*

Most people are concerned with gaining weight in the winter, forget it! It's natural to gain a few pounds in the winter, don't panic, just don't park your ass in front of the T.V. every night with a bowl of Ben & Jerry's.

I stick to the old, "eat like a king in the morning, a prince at lunch and a pauper at night" adage. I start out with the big stuff, a smoothie sausage French toast, pancakes, eggs what ever, I eat a good lunch too, I'm always eating snacks as well, keeps the metabolic rate up, by the evening I'm ready for a lighter meal, which is when most people eat the heaviest and therefore why they gain weight.



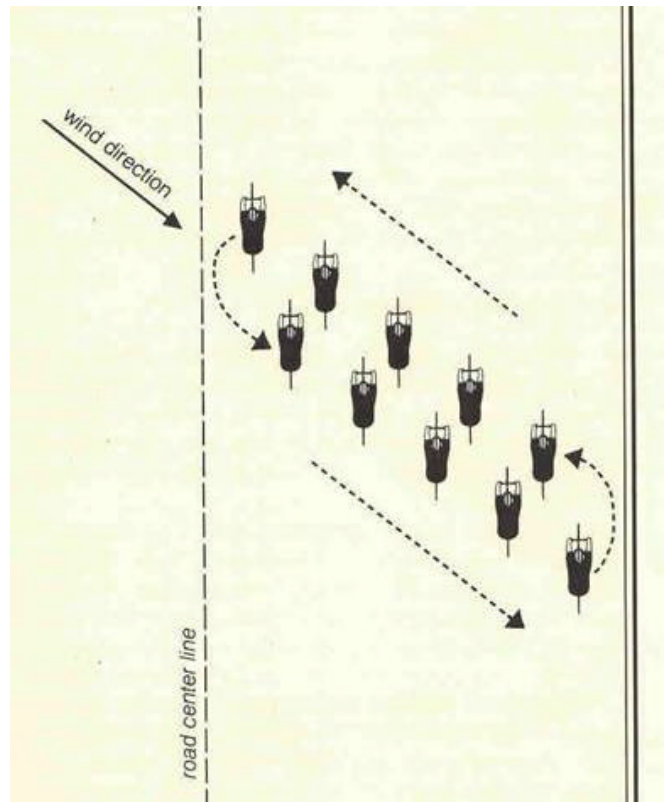
*Kurt Stockton  
Fat Tire  
Criterium  
1992*

Winter is also a good time to work on bike handling skills. In years gone by, road cyclists would ride

cyclocross in the winter to sharpen their handling skills and maintain anaerobic fitness and strength. I see very few riders today that have good bike handling skills. By this I mean are comfortable on their bike, can manage a slide, deal with sudden stops and can descend quickly and smoothly. Mountain biking will help. Practice doing what you don't have to so you can do it when you have to.

Good bike handling skills can keep you out of trouble can be a lot of fun and can even win races!

Another skill we all need constant work on and hence the reason for group riding is; pace line and echelon skills. Our rides like others I see are not that well versed in the discipline of pace lining. I would refer you all to an article written by Brad Dunbar regarding this.



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