



## PenCC Newsletter

### Greetings!

The weather's been great for cycling and everyone's getting out of the winter doldrums. The Bouquet Canyon ride was very successful (see article), and there's a lot of exciting events coming up.

## Velodrome Club Day Recap

Saturday, March 12

PenCC was out in force on Saturday at the [Home Depot Center Velodrome](#). Twenty-two PenCC attendees seeking track certification included



Photo courtesy Mike Piper

Francisco Figueroa, Jim Torii, Chris Wheeler, Ann Vasey, Russ Hamilton, Doug Patterson, Rochelle Tomic, Jeff Tomic, Mark Budds,

Simone Bittenbinder Budds, Tony Jabuka, Steve Skale, Jenny Enriquez, Mike Strauchman, John Aunedi, Ken Blanks, Edgardo Potes, Francisco Gonzalez, Steve Higgins, Steve Higgins Jr., Jay Lariviere, and Mark Abercrombie.

Both Bob Applegate and Mike Piper took photos. Mike's images are available from him at no charge via email, or you may purchase prints directly from Mike. Go to his [Printroom link](#) to view the images, note the file name, then send Mike an [email](#) letting him know if you'd like the free file emailed to you or you'd like to buy a print. Use Printroom only for image viewing, not for print purchase, please (you'll save money this way).



Bob's photos are available for [viewing and download](#) here.

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### PenCC Sponsor Highlight: Teresa Steele



Teresa Steele is much more than your average insurance salesperson: she's an active PenCC rider, club sponsor and **four-time** California State cycling champion!

[Teresa's office](#) in Torrance sells Farmers insurance products such as auto, home, business, renter's and life, so we're sure that she'd be glad to hear from you if you're looking to change insurance providers. Teresa reminded us that many insurance carriers limit the dollar amount paid on claims for bicycles (i.e. \$1000). This could be a big issue for most of us who ride bikes valued much higher than this. Farmers has no such limit.

Teresa also noted that it's important to keep receipts for all bike components as adjusters can be very picky when paying on claims. The more you have to prove the value of your bike the faster the claims process and the happier you'll be with the settlement.



## Bouquet Canyon Ride Recap

Weather Great, Good Turnout



The Bouquet Canyon ride proved to be quite a success - 17 riders showed up on a beautiful day (70°) to enjoy the three different course options. Jay LaRiviere took some video and the clips may be found [here](#). It did get fairly windy as can be seen in the video. The group seen in the video took the 75 mile loop.

## Club Dues Overdue!

Payable Now

A final reminder to those of you either dragging your feet, or just slow with administrative details: your club dues are overdue! Our bylaws require us to remove you from the club's membership if you are not paid up by Friday, April 29, 2011.



## Join the Lunch Rush!

Every Wednesday

You're all invited to the weekly Lunch Rush ride, Wednesdays at noon. Meet up at The Bike Palace (1600 S. Pacific Ave.) at 11:55AM, or meet us at the Cabrillo Marina ([22nd St. and Via Cabrillo-Marina](#)) at noon.



Those of you seeking a fast workout will not be disappointed, while slower riders are always welcome (the course is only 1.2 mi., so if you fall off the back of the pack, you can always get back on the next time around, or ride at your own pace)! Sixteen laps in 50 minutes. Here you'll find images of the [Lunch Rush](#).

## Gear Review: ROTOR Q-Rings

Take a close look at the chainring photo on the right. Does it look a little "different?"



A number of club members (Tony Jabuka, Brad House, Leo and Randy Longo, Mike Pentecost, Bryan Brusick, among others) have discovered the advantages of the new ROTOR Q-Ring chainrings. The revolutionary oval design helps avoid "dead zones" in a cyclist's stroke. Instead of the consistent power created by standard round chainrings, the Q-Ring applies more power at the peak of the cyclist's stroke (at about 3:30, if you think of the chainring like the face of a clock). Alternatively, it produces less power during the weaker portion of the cycle. It's essentially a variable-sized chainring, much like a car's automatic transmission, as the pedal of the power stroke to apply more power as the pedal is pushed down.

Studies suggest that the Q-Rings can improve performance by as much as 4%. Tony says that "they have definitely given me more power, improving my performance in the hills and on the flats. The Q-Rings can be adjusted to match any type of rider (spinner, masher or tri-racer)."

Check them out at our [online store](#).

## Torrance Crit Update

Sunday, July 31



The Torrance Criterium is our fundraising race of the year. The end of July might seem a long way off, but there's still much to do! The course is 1/2 mile long.

For those of you interested in helping out, but leery of committing to a year-long club position, here's your chance! Race day volunteers and sponsors are also needed. To join the Torrance Criterium committee contact [jay.lariviere@hotmail.com](mailto:jay.lariviere@hotmail.com).

## Off the Back

If you haven't been riding, get out and ride! The weather's been great. What's your excuse?

Thanks,

[The Bike Palace](#)  
 1600 S. Pacific Ave.  
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 310-832-1966

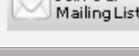


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### Date That Jersey



This classic PenCC jersey dates back to 1996-1998, according to Brad House. You can see an array of nine jerseys [here](#). We're still missing the 1994 "Smiths" jersey, so if you have one, please give us chance to photograph it.



Mark Abercrombie at the 2009 Torrance Criterium.

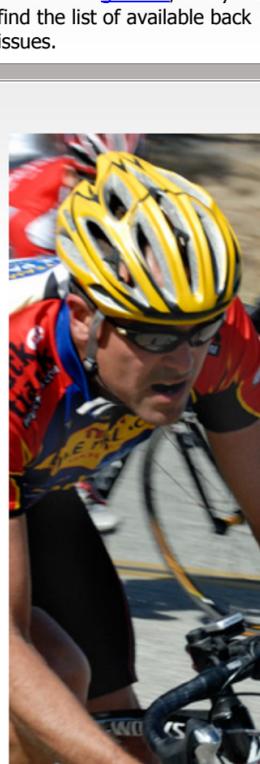
### Our Sponsors

Please remember to thank our sponsors, who support Peninsula Cycle Club:

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### Newsletter Archives

We now have an online archive of recent PenCC and The Bike Palace newsletters. Want to try it out? Just [go here](#), and you'll find the list of available back issues.



Brad House in the thick of it at the 2009 Torrance Criterium.