

TEAM BIKE PALACE

SAN PEDRO

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The Bike Palace Newsletter

South Bay Bicycle News

April, 2011

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This Month's Tip

Basic Training

Bicycling has long been recognized as one of the finest forms of exercise. Unlike running, aerobics, Tae-Bo and other fitness fads,

cycling is easy on the body because the bicycle supports your body weight so you don't have to. Plus, there's no impact on the body from pedaling.

These advantages make cycling an ideal way to get fit because the risk of injury is practically nil and the chance of success is excellent. Even better, compared with stuffy health clubs or boring jogging tracks, every ride offers adventure. You enjoy overlooks, spot wildlife, conquer climbs, surf tailwinds, getting fit while having the time of your life.

In fact, cycling is such great fun, it's possible to get carried away and ride too far or too hard, too soon. That's probably not a problem if you're just riding for fun. But, if you're pedaling for fitness, it's wiser to build strength gradually and consistently according to a plan. To help, we offer the following 7 guidelines:

Get A Check-Up

Before beginning a fitness program it's best to get checked by your physician to ensure that it's safe for you to begin cycling regularly. Additionally, you can discuss your fitness goal with your doctor for expert feedback. She may surprise you with some excellent training tips!

Set A Goal

The secret to being motivated to train is having something to look forward to. For many riders it's an event such as a summer century (a 60- to 100-mile supported ride) or a mountain-bike festival (being fit means being able to keep up with others and finish rides). But, you might have less lofty goals, such as being able to make it up that long fireroad climb someday without walking. Whatever -- the goal you pick isn't as important as making sure that it's doable. For example, shooting for an Olympic medal is probably a stretch and setting yourself up for failure at the outset. It's more constructive and more motivating to choose goals within your reach. And you can always up the ante as you progress.

Work Then Rest

The basic principle of exercise is stressing the body a certain amount and then letting it recover. During the recovery phase the body reacts to the work you did and actually gets stronger. And, over time, by gradually increasing the amount and intensity of the work and recovering carefully, you build fitness and improve. Keep this hard/easy principle in mind as you train and always remember that the easy part (rest) is just as important as the work part. Pay attention to how you feel after rides, to gauge your fatigue level and adjust your training accordingly to allow recovery.

[Read on...](#)

About Us



The Bike Palace is a special store, for a special community.

We've been selling bikes from the same location since 1973. Our experienced, dedicated staff is here to help you - regardless of your skill level. We're patient enough to help beginners, and experienced enough to advise advanced riders.

The Bike Palace
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Home of the Peninsula
Cycle Club
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Archives



The latest editions of *The Bike Palace Newsletter* and the *Peninsula Cycle Club Newsletter* are now archived for your convenience. Check 'em out [here!](#)

Dear ,

This month we're announcing our latest efforts to bring you the best in cycling news, innovations and tips by launching our new *Ask the Mechanic* blog.

ATM includes exclusive video and print articles guiding you through maintaining your bike, but will also include gear reviews and training tips.

Don't forget to let us know via [email](#) what you'd like to see in future issues of *ATM*.

Ask the Mechanic

Our New Blog Helps You Out!



Tony Jabuka as seen in the *How to Fix a Flat* video.

We'd like to announce the launch of our latest blog [Ask the Mechanic](#). This blog is designed to help our customers to understand the service needs of their bikes, and to service their bikes themselves, if necessary. *ATM* will also include articles on the latest trends in bicycle gear and training tips, etc. The blog will use videos in presenting this information. Our first video is *How to Fix a Flat*, starring Tony Jabuka. Visitors to the site will also find an accompanying written procedure, which they can download, should they wish to fix a flat at home (we don't expect you to carry our procedure with you while you ride).

A second video *Cycling Tips From State Champion Teresa Steele* has just been uploaded. Upcoming video topics include our own Jose Carlos presenting on how to bleed your mountain bike's hydraulic brake system.

[Read on...](#)

Gear Review: ROTOR Q-Ring Redux

We're so enthusiastic about the Q-Ring chainring from ROTOR that we're doing TWO articles on them (check out the first article in the *Peninsula Cycle Club Newsletter* in our [archives](#))!



ROTOR Q_Rings have caused quite a stir in the cycling world since their release.

The Q-Rings are being adopted by many riders in the PenCC. The chain rings provide extra power (up to 4%) to the rider due to their innovative oval shape, allowing the rider to generate more power during the "power" portion of the stroke (as the pedal is pushed downward towards the bottom of the bike).

Beyond their unconventional oval shape, you can fine-tune your Q-Rings, choosing from an array of settings within the small, crucial range of useful orientations. Why? Because everyone has a different riding style, bike setup and pedaling style. The ROTOR system enables you to optimize the chainrings to work best for you, with *your* riding style, *your* bike and the terrain *you're* dealing with. [Check them out at our online store.](#)

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Test the Best

"Try before you buy" bargain

One of the many advantages of doing business with a local retailer is the ability to try your bike out before you buy it. We go one step further. Not only do we encourage you to ride any bike that you're thinking of buying, we have dedicated test bikes that you can take out for the day. The Specialized Tarmac and Roubaix road bikes are available for only \$75 per day and even this is refundable if upon returning the test bike you buy any bike from The Bike Palace! There are also two mountain bikes available at the same price, the Specialized Camber and Enduro. These are all high quality bikes that you should take out for a day to appreciate! [See the test bikes here.](#)



Just one of four test bikes available at The Bike Palace.

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Free Water Bottle

(\$3.99 Value)



This coupon good for a free large The Bike Palace water bottle (retail value \$3.99), with the purchase of any product or service over \$30 at The Bike Palace. Buy one of our fine Forzza carbon water bottle cages (saving precious ounces, thus enabling you to win one of the mountain stages of the Tour de France), for example, and we'll include a free TBP water bottle with your purchase. You don't even need to print this coupon (we'd prefer that you spend your hard-earned cash here, rather than on ink and paper), but you must mention the coupon in person. Cannot be combined with any other offer or discount. Limit one per customer.

Offer Expires: April 30, 2011



Try it FREE today.