

## TEAM BIKE PALACE

SAN PEDRO

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# The Bike Palace Newsletter

South Bay Bicycle News  
March, 2011

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This Month's Tip

### Climb Like a Tour Rider!



There are two kind of stages that will likely determine the general

classification of this year's Tour de France-hills and time trials. Let's take a look at hills and what you can do to climb better.

#### Getting Your Mass Over the Pass

Hills determine the outcome of a road race more than any other course or weather element. Wind is a big challenge also, but a smart rider can hide from it. Corners may also produce the winning break, but, again, smarts combined with handling skills keeps the best riders near the front.

But you can't fake it on a hill. Either you can climb or you're dropped. That's it. Bottom line.

We all weren't meant to be climbers, however. Some of us are gravitationally challenged - too much mass to get over the pass fast.

#### Too Much Mass?

According to the dictionary, "mass is the physical volume or bulk of a solid body." This bulk is what holds you back when you ride uphill. Historically, the best hill climbers in the sport typically have had a small mass as they were shorter and lighter than the average for the peloton. Comparing height to weight is one way to express mass in a human. This can be done by dividing body weight in pounds by height in inches.

I've found that those with a mass of 2.0 pounds per inch of height tend to have the best potential for climbing, but they don't do well on windy, flat courses or, usually, in flat time trials. For these types of events it is better to be big since gravity plays a small role on a flat course. On the other end of the scale are the high-mass riders with a 2.5-inch weight-to-height ratio or greater. These riders usually are better in the wind, flat courses, time trials, and sprints. They generally avoid hills, and with good reason.

[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  
1600 B Pacific Avenue  
San Pedro, CA 90731  
310-832-1966

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Home of the Peninsula  
Cycle Club  
[www.peninsulacc.com](http://www.peninsulacc.com)

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Dear ,

Thanks to all the readers who gave us such encouraging feedback on February's edition of *The Bike Palace Newsletter*. Don't forget to let us know via [email](#) what you'd like to see in future issues.

**AND don't forget to scroll down to our \$20 savings coupon!**

### A Computer For Your Bike

These petite tools track your workout

Recent innovations in technology have made it easier than ever to track your workouts in impressive detail.

[The CatEye Strada Wireless](#)

(\$59.99), for example, is loaded with functions. It's

easy to read, and its interface allows you to switch among

seven modes by simply pressing the bottom of the

computer face. The mode content displays at the

bottom of the screen, while your current speed appears at

the top in huge, easy-to-read numerals. An up/down arrow tells you how your current speed

compares to your average speed.

The Strada Wireless also has elapsed time, trip distance, clock and odometer functions.

#### Additional Features

- New universal speed sensor
- Auto start/stop
- Pace arrow
- Auto power-saving mode

For riders seeking a more advanced option, there's the [Garmin Edge 500](#) (\$249.99), a lightweight

GPS-based cycling computer. The Edge 500

tracks your distance, speed, location and

elevation with high sensitivity GPS. You can

add an optional heart rate monitor, power meter,

or speed/cadence sensor for a finely-tuned analysis

of your ride.

The Edge 500 measures your speed, distance, time,

calories burned, altitude, climb and descent, and records this data for your

review. The Courses feature helps you compare successive rides over the same route. The unit also

has Auto Pause, Auto Lap and tracks temperature readings.

[Read on...](#)



[Read on...](#)

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Sincerely,

Tony Jabuka

The Bike Palace