

TEAM BIKE PALACE

SAN PEDRO

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The Bike Palace Newsletter

South Bay Cycling News

May, 2011

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This Month's Tip

How to Hold Your Own on Fast Group Rides



The major activity of any cycling club, racing or touring, is the group ride. As a result, it's important to know how to hang tough on a given ride and make yourself welcome on the next one. Success is often due to more than fitness.

Here's a club cycling primer!

Know the group's traditions.

Some clubs like to start all rides, no matter how fast they'll eventually become, with 20 or 30 minutes of easy warm-up. If you're impatient early, you can cause hard feelings by chafing at the bit to go faster. When you know the pattern, it's easier to be patient.

Know what kind of ride is planned.

Will it be a fast training ride? A leisurely spin? Paceline practice? It's disruptive when most of the group is thinking one thing while one or two cyclists are on a different agenda. If an easy recovery ride is scheduled, but you're out for hard training, people are going to get angry. Be certain of the ride's goal before the start.

Don't be a loco locomotive.

If you're having trouble taking your pulls at the front, get off quickly and slide back to get maximum draft in the paceline. It's far better to sit on the back and let others do the work than to slow everyone with valiant but sluggish turns at the front.

Use a racing trick if you often get dropped on climbs.

As a climb begins, be nestled in the front third of the bunch. Get as much draft as possible. If you can't hold the pace, don't blow up trying. Let yourself slide back through the group but still be in contact at the top.

Accept help on hills.

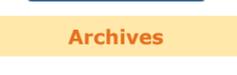
Stronger cyclists may give you a helpful push as they ride by. Don't be embarrassed by their help. They probably got towed up climbs when they were starting, too. A short push often allows you to regain your breathing and climbing rhythm so you can continue on your own.

Pick a strong rider to follow.

If you're really having difficulty keeping the pace, get on the wheel of a good rider and mirror his (or her) technique. Use the same gear, stand when he does, take a drink as soon as he reaches for his bottle, and so on. This teaches you good cycling habits. Plus, emulating his movements takes your mind off your own effort and helps you past the hard spots.

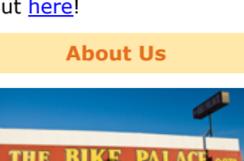
[Read on...](#)

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!](#)

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
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Home of the Peninsula
Cycle Club
www.peninsulacc.com

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Dear ,

Our "Tips" column has proven so popular, that we've included two of them this month! Also make sure you check out our couponless coupon for this month - **up to 40% off on The Bike Palace kit.**

Gear Review: Carry Kit

With cycling season now in full force, it's time to get back to basics and review our carry kits. We recommend that you carry a tire pump or CO2 inflator (saving a great deal of weight over a hand pump), tire irons, boot (more about this later) tube, patch kit, tire levers, energy snack, and a bag to stuff it all in.



Compact cartridge-based tire refill systems save space and weight.

In a hurry? Call ahead and we'll either gather your carry items together and have them ready for you to pick up at the shop, or we'll even place them in the bag for you!

[Read more...](#)

Bargain of the Month

Closeout Bargain on Specialized Epic Expert!

Specialized's Epic Expert can do it all: racing, epic rides and everything in between. It features Specialized's world-renowned



Brain-controlled FSR rear suspension that delivers hardtail-like efficiency on smooth sections and fully active, plush travel on technical terrain. Its RockShox SID fork boasts 100mm of trail-smoothing precision, while Avid's Elixir hydraulic discs slow the sweet DT Swiss wheels down with ease and the Shimano/SRAM drivetrain always gives you the perfect gear. **Reg: \$3,299.99, Closeout: \$2,599.99.**

[Check it out here.](#)

Another Tip of the Month

How To Survive Road Hazards!



Cycling is a unique sport because its arena is the open road. That's the same place frequented by traffic, potholes, snarling dogs and absentminded pedestrians.

But sometimes we're our own worst enemy. Inattention and poor technique can put us on the pavement as fast as any

hazard. Use these tips and you'll be less likely to take a tumble.

Always ride with your head up. While cruising along, it's tempting to stare at the whirling pattern of the front spokes or fixate on your cyclo-computer's numbers. A momentary downward glance that lasts just a second too long can mean riding into a problem that could easily have been avoided.

Focus. The smooth and rhythmic motion of pedaling can become hypnotic. Daydreaming cyclists have crashed into the back of parked cars, wandered far into the traffic lane or blithely ridden off the road. Don't let yourself be separated from the outside world by the vivid canvases created by your imagination. Keep your head in the game.

Keep your bike in top mechanical condition. Repair or replace faulty parts sooner rather than later. It's a loser's game to milk "just one more ride" out of worn brake pads, a frayed cable, or tires with a threadbare tread or bulging sidewall. Your first line of defense against the challenges of the real world is a bike with all parts in good working order. Bring your bike into our shop for a free estimate and expert repair.

Punctures

It's every rider's fate to flat. But it's relatively easy to limit the frequency.

Choose your line with care. The best way to avoid punctures is also the easiest: Steer around broken glass, road rubble and potholes.

Use tires with a Kevlar belt under the tread. Kevlar does a good job of stopping nasty things from penetrating. Inspect the tread after every ride for embedded debris. Remember, most punctures are caused by something sticking to the tread and working through during numerous wheel revolutions. Replace tires before they become so thin that they're virtually defenseless against pointy things.

Check inflation pressure every couple of days.

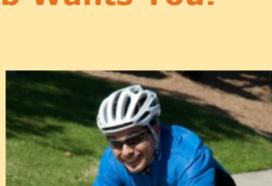
Tubes are slightly porous and may lose several pounds of pressure each day. Soft tires slow you down, corner poorly, wear fast, and don't protect your rims against metal-bending impacts.

[Read more...](#)

Peninsula Cycle Club Wants You!

All riders welcome!

The Bike Palace sponsors the [PenCC](#) and we want all of you to know that you're invited to join the club! We're not snobby; you don't have to be a racer, or even real fast on a bike (although if you are fast on a bike, we'd like you to join, too). We welcome all riders! You'll learn more about cycling and get out



on the bike more when you join us for club rides. The camaraderie of riding with other cyclists can't be beat!

Club members receive a number of benefits, such as buying club kits at cost, and getting a 20% store discount at The Bike Palace.

[Read more...](#)

Thanks once more for reading our newsletter. Now get out and ride, come down to the store, or visit us [online.](#)

Sincerely,

Tony Jabuka
The Bike Palace

Save

Up To 40%

Save up to 40% off the regular price for any items in The Bike Palace kit (as shown in the photo, right), including jerseys (now \$64.99), shorts (\$68.99), and bibs (\$78.99). No coupon required, just mention the deal at the time of purchase.



Offer Expires: June 30, 2011



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