



shifting
gears

NO. 45

September - August '2007

Shifting Gears

171 pier ave. # 243
santa monica, ca 90405

310. 401-3051

www.shiftinggearsbicycling.com

shifting gears recreational cycling club

Mid-Week Morning Ride

Every **TUESDAY** meet @ PEET'S COFFEE & TEA

2439 Main St. Santa Monica

leave: 6:30am sharp! mileage: 15 mile / less then 1 hour

Informal ride – no route map – same route every Tuesday & Friday

Ride through the Marina Peninsula to the bridge in Marina Del Rey, Return for one more lap!

Upcoming Events

Annual Tour de Palm Springs

February 8th & 9th 2008

**25, 55 & 100 mile fun ride
to register www.active.com**



Celebrating Women on Bikes

Join us for an interactive & informative day
planned for women of all cycling abilities.

More information coming in January 2008



Save the Date

THE SANTA BARBARA RIDE

April 26th & 27th 2008

shifting gears annual 200 mile ride from
Santa Monica to Santa Barbra and back

Look for more information soon!



Check out

I MARTIN BICYCLES blog at
imartinbikes.blogspot.com

Mid-Week Ride

SHIFTING GEARS "EAST SIDE POSSE"

Join the "East Side Posse" every **Thursday**
morning for a short warm up thru
Griffith Park followed by a climb up "Garbage Hill"

Ride time: 1 hour.

Moderate with a 2.5 mile climb

meet: COFFEE BEAN & TEA LEAF in LOS FELIZ
(the corner of Hillhurst & Ambrose)

leave: 6:45am SHARP! - every Thursday
please arrive before 6:45am

COMING SOON

shifting gears

ALL NEW WEB SITE!

Same web address - new look!

- * Sign up to receive e-mails from our **NEW** e-group
- * Member Networking page
- * Bulletin Board - Blog
- * Events and Community Support page
- * New Supporters and Sponsors
- * New Shifting Gears jersey and apparel

www.shiftinggearsbicycling.com

310. 401-3051



A friendly reminder if you
have not renewed your
Shifting Gears membership
please go to

www.shiftinggearsbicycling.com



NOVEMBER Ride Schedule

Please be prepared for your rides. Make sure tires are inflated & you have tubes, water & energy bars.

Helmets are required on all rides! **Rain Cancels Ride!** ***Please check location of ride!***

SUNDAY 4th SEPULVEDA VALLEY RIDE

approx. 32 MODERATE w/climbing

MEET: HELEN'S Cycles - Santa Monica/ 2501 Broadway -parking on the street

TIME: 8:00 am LEAVE: 8:30 am ROUTE: We'll take a quick warm up before we start our climb up Sepulveda. Optional route will take us over Sepulveda to Whole Foods in Sherman Oaks.
Be ready for some good climbing! Bring plenty of Water & Electrolytes with you!

SUNDAY 11th MALAGA COVE RIDE

approx. 40 miles MODERATE w/a hill

MEET: HELEN'S Cycles - Santa Monica/ 2501 Broadway -parking on the street

TIME: 8:00 am LEAVE: 8:30 am

ROUTE: Join us as we take a spin through the beach area before we make our way to Malaga Cove in Palos Verdes. This route is mostly a flat ride with one steep hill before Malaga Cove.

SUNDAY 18th I MARTIN CITY - BEACH RIDE

approx. 30-38 miles MODERATE

MEET: **I MARTIN**– 8330 Beverly Blvd. / 323. 653-6900 -parking available on the street

DIRECTIONS: from the 10 freeway: La Cienega north to Beverly. Right on Beverly. I Martin will be on the right

TIME: 8:00 am LEAVE: 8:30 am

ROUTE: We'll take a nice ride through the city down to Santa Monica with an optional climb up Bundy. Our return route will take us back through the city to I Martin Bicycles.

I Martin is offering 20% off to all participants (discount excludes sale items, bicycles, components and service)

SUNDAY 25th THANKSGIVING CALORIE BURNING RIDE

approx. 28 miles EASY

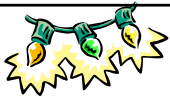
MEET: HELEN'S Cycles - Santa Monica/ 2501 Broadway - parking on the street

TIME: 8:00 am LEAVE: 8:30 am

ROUTE: It's time to burn some of those Thanksgiving calories. We'll take a nice spin through Marina Del Rey and then into Playa Del Rey. We'll return to PEET'S Coffee on Main Street for a cup of coffee before we return back to Helen's. **HAPPY THANKSGIVING to everyone!**

THANK YOU to our Sponsors





DECEMBER Ride Schedule

Please be prepared for your rides. Make sure tires are inflated & you have tubes, water & energy bars.

Helmets are required on all rides! Rain Cancels Ride! 🚲 *Please check location of ride!*

SUNDAY 2nd 🚲 GOLF COURSE RIDE

approx. 38 miles MODERATE

PANERA Bread in Marina Del Rey

MEET: PANERA BREAD - 4730 Lincoln Blvd - please park near US BANK

TIME: 8:00 am LEAVE: 8:30 am

ROUTE: Join us for a nice flat warm up though the South Bay beach area before we make our way to Palos Verdes Golf Course. Expect a few climbs and rolling hills.

PANERA Bread is offering us a free cup of coffee. Please mention that you are part of SHIFTING GEARS.

SUNDAY 9th CROSS CREEK - TRANCAS RIDE

approx. 30 - 50 miles MODERATE w/hills

MEET: HELEN'S Cycles - Santa Monica/ 2501 Broadway -parking on the street

TIME: 8:00 am LEAVE: 8:30 am

ROUTE: Take a flat spin up the coast on PCH to Cross Creek in Malibu. One small hill on our return. Longer option will continue up the coast to HOW'S MARKET in TRANCAS

USE GREAT CAUTION when riding on PCH! PCH is Dangerous.

SUNDAY 16th 🚲 SAN PEDRO RIDE

approx. 18 - 48 miles EASY-MODERATE w/hills

MEET: **HELEN'S Cycles- Manhattan Beach** / 1570-C Rosecrans Ave. / 310. 643-9140

DIRECTIONS: 405 fwy South to Rosecrans - right. Continue to Market Street- make a left @ the signal (Bristol Farms Shopping Center) **Please park behind Helen's Cycles on the street**

TIME: 8:00 am LEAVE: 8:30 am

ROUTE: **EASY OPTION - 18 miles:** Ride to Malaga Cove in Palos Verdes. One short but steep hill to climb

SECOND OPTION - 48 miles: we'll continue with a loop around SAN PEDRO returning through ROLLING HILLS Estates on our way back to Helen's. Rolling hills and a few climbs on this ride!

SUNDAY 23rd 🚲 I MARTIN HOLIDAY RIDE

approx. 30-38 miles MODERATE

MEET: **I MARTIN BICYCLES** - 8330 Beverly Blvd. / 323. 653-6900 - parking available on the street

DIRECTIONS: from the 10 freeway: La Cienega north to Beverly. Right on Beverly. I Martin will be on the right

TIME: 8:00 am LEAVE: 8:30 am

ROUTE: We'll take a nice ride through the city down to Santa Monica with an optional climb up Bundy. Our return route will take us back through the city to I Martin Bicycles. The majority of this ride is flat.

I Martin is offering 20% off to all participants (discount excludes sale items, bicycles, components and service)

h a p p y h o l i d a y s t o e v e r y o n e !

JANUARY Preview Ride

SUNDAY 6th GOOD STUFF BREAKFAST RIDE

approx. 30 miles EASY

MEET: HELEN'S Cycles - Santa Monica/ 2501 Broadway - parking on the street

TIME: 8:00 am LEAVE: 8:30 am ROUTE: Join us for a nice ride down to Hermosa Beach for breakfast at GOOD STUFF restaurant. *This is our greet & meet ride to start the New Year.*



AIDSLIFECYCLE 7

How many experiences do you remember for a lifetime?

Register now for ALC7!

Call us, register online, or join us in person at one of our information Meetings or special events.

Find out what all the buzz is about and get involved today with this life-changing event!

Call 323.993.7483 or visit www.aidslifecycle.org



shifting gears

TEAM 100

is forming for a new team for AIDSLIFECYCLE 7

for more info go to

www.shiftinggearsteam100.com

call 310. 401-3051 or email us at info@shiftinggearsteam100.com

Thank You to Steph Sklar for all her hard work creating TEAM 100's web site

ATHLETICAMPS
CYCLING COACH &
BIKE FIT SPECIALIST

NATE LOYAL

USA cycling licensed coach

For more information
contact Nate at

nate@nateloyal.com

310. 927-62283

www.athleticamps.com

*check out I MARTIN Bicycles Blog
imartinbikes.blogspot.com*

function
DRINKS

Function Drinks is a line of beverages created by UCLA physician, Dr. Alex Hughes.

Each drink is scientifically formulated to serve a specific function. Cyclists get back on the road faster with Shock Sports, designed to inhibit cortisol build-up and soothe sore muscles and joints.

Alternative Energy is many athletes' secret weapon - the time-release formula provides a stable energy platform for up to 6 hours. And Urban Detox clears airborne pollutants from your lungs and sinuses, great for those who cycle in LA.

What's your Function?