

MCBC

MAPLE CITY BICYCLING CLUB

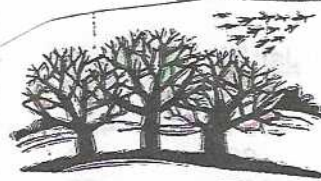


2024

Promoting Bicycling, Bicycling Safety

and Friendships

December



TIS' THE HOLIDAYS . . THAT BRING JOLLY-DAYS

November arrives as our Holiday Season begins. We have Veterans Day, Thanksgiving, Christmas and New Years coming in the next two months. It's a time for lots of celebration and merriment.

At our last meeting we discussed our T-Shirt design, which I feel is progressing nicely. We decided to again be in our Santa Parade which is Saturday, November 29th. Contact David Heinold for more information. (Meeting time 2:30 PM at State & Tipton St.) Decorating your bike, optional. Of course, Tree Lighting Ceremony follows the parade.

For our Thanksgiving Holiday, David Heinold has set up a Cranksgiving Food Drive on November 17th (Sunday). Registration is 1:00 to 1:30 PM at the Center Township Office, 1108 W. State Road #2. (This sounds like this could be lots of fun.)

Finally we talked about our Chili Bash, scheduled on Saturday, November 9th at the Church of the Brethren Fellowship Hall. Hopefully you can ride for a hour or so and enjoy chili at 4:00 PM. (This is a social event so invite some friends!)

Our next meeting will be Monday, November 18th at 7:00 PM at the LaPorte Church of the Brethren Fellowship Hall. Hopefully we can have the design for our T-Shirt and the cost. (**NO December Meeting!**)

Those wishing to get an early start in 2025, Jerry (Jackson) is planning a ride on New Year's Day. (Meet 10:00 AM at City Hall - depending on weather.) We will keep you posted on Facebook and Dave's Texts.

If you wish to ride during the months of November and/or December, be sure to wear bright clothing as well to 'bundle-up' to stay warm.

Be sure to know your conditions and surroundings when cycling. And let us honor our Veterans on Veterans Day. Thank You!

HAPPY THANKSGIVING
MERRY CHRISTMAS
And **HAPPY NEW YEAR**

- Dave Wolfe

Attention Members:

Please share input for County Trails
<https://laportecoplanning.com>

- David Heinold



Kindness is free
Sprinkle
It everywhere



Chili Bash

November 9th (Sat)
Church of the Brethren
Fellowship Hall

Ride and/or Fellowship at 3:00 PM
Eat at 4:00 PM

Come join us - Bring a friend

ENJOY



"Members' Mileage Chart"

2024

	Jan/May	June	July	Aug.	Sept.	Oct.	Total
Matt Amor	120	93	107	95	98	65	578
Tim Bates	1604	436	246	467	201	0	2954
Garry Bowers	80	10	32	15	0	28	165
Annette Clark	100	99	261	339	307	138	1244
Pam Creed	784	355	378	358	376	152	2403
Byron Fitzgerald	1928	369	364	676	465	376	4178
Richard Galloy	0	0					0
David Heinold	1300	550	500	400	350	360	3460
Tom Hilbish	793	357	310	390	340	307	2497
Tom Hughes	0	0	0		0		0
Jerry Jackson	730	387	343	244	324	185	2213
Vinnie Kuta	1545	479	683	718	666	604	4695
Lisa Marek	324	90	150	160	180	35	939
Luis Miramontes	318	63	72	204	0	220	877
Tina Miramontes	376	68	72	202	0	220	938
Mark Nagel	200	125	60	150	95	60	690
Lisa Novak	59	83	164	286	310	124	1026
Amy Pearson	16	14	46	20	20	0	116
Steve Pearson	375	79	123	75	136	38	826
John Phelan	1500	400	350	350	200	200	3000
Mike Sebella	35	85	0	0	0	0	120
Diane Szydal	154	43	60	12	19	25	313
Joe Szydal	793	160	209	215	203	146	1728
Dan Tannas	0	0	0	0	0	0	0
Dean Woodson	0	25	40	60	25	30	180
Bill Yoder	81	47	36	68	0	22	254
	<u>13,215</u>	<u>4417</u>	<u>4606</u>	<u>5504</u>	<u>4315</u>	<u>3335</u>	<u>35,392</u>

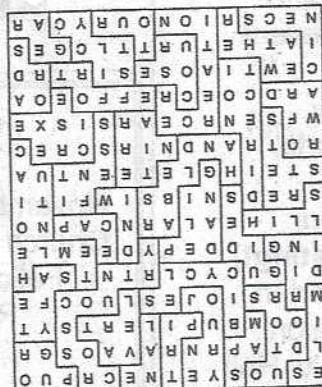
All Miles Count! Take Pride YOU Are Riding!!!

Foods That Help Prevent Blood Clots

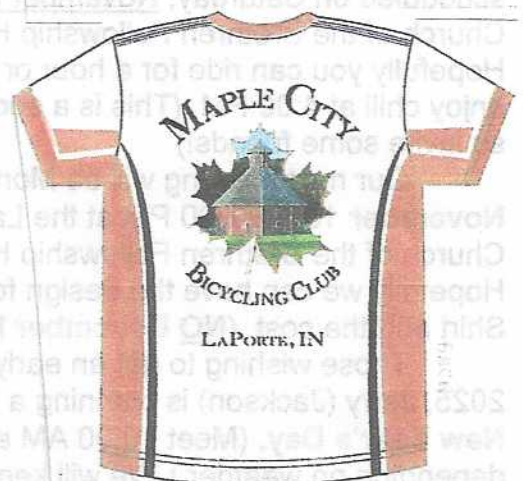
- Olive Oil
- Ginger
- Garlic
- Cinnamon
- Cayenne
- Turmeric
- Coffee
- Red Wine

7 Fruits and Vegetables You Should NEVER Peel

- 1) Potatoes
- 2) Citrus Fruit
- 3) Cucumbers
- 4) Eggplant
- 5) Mango
- 6) Carrots
- 7) Watermelon



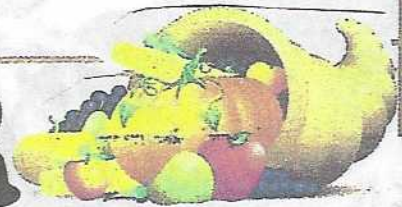
2024 O.C.T. T-SHIRT



For Sale - \$25.00

Have - 2 Large + 2 X-Large
- 3 2-Large

NOVEMBER



Birthdays - November

- 9 - Mark Nagel
- 11 - Lisa Marek
- 12 - Dixie Phelan
- 15 - Michael Thuman
- 19 - Sammy Smelser
- 21 - Scott Moller
- 22 - Chris Smelser
- 24 - Val Askew



IF I Missed someone - Please let me know !

THANKSGIVING

Thanksgiving flings brave banners
 out across the waiting earth,
 Across life's happiness and grief,
 life's love and death and birth;
 Thanksgiving wraps a prayer about
 the hearts that suffer pain,
 And with a blessing brings new peace
 when fields are glad with grain;
 Thanksgiving flings a challenge out
 across the dying year;
 Thanksgiving sings a splendid song
 that all of us can hear.

-Lakeview Baptist Church
Port Arthur, TX

- * Many people observe one Thanksgiving Day and 364 days of complaining. Perhaps we ought to reverse it, crowd all of our grumbling into one day, and celebrate 364 days of thanksgiving.

Thanksgiving proclamation

It has seemed to me fit and proper that God should be solemnly, reverently and gratefully acknowledged, as with one heart and one voice, by the whole American people. I do, therefore, invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November as a day of Thanksgiving and praise to our beneficent Father who dwelleth in the heavens.

-Abraham Lincoln, 1863

A stanza for Veterans Day

As we remember
 America's veterans on
 November 11, we
 would do well to read
 again the third stanza
 of Katherine Lee Bates' *America the Beautiful*:



O beautiful for heroes proved
 In liberating strife,
 Who more than self
 Their country loved,
 And mercy more than life!
 America! America!
 May God thy gold refine,
 Till all success be nobleness,
 And every gain divine!

A puzzling question

Question: How is a person who can vote, but who never takes time to do it, any better off than the person who is prevented from voting at all?

Priceless Gifts

To your enemy -- forgiveness
 To your opponent -- tolerance
 To your friends -- your heart
 To children -- a good example
 To yourself -- respect
 To everyone else -- charity

-Central Point Church of Christ
Central Point, OR



Illustration by [unreadable]



Veggie Chili with Pumpkin

Although it calls for maple syrup, bourbon, cinnamon and a full can of pumpkin, this nutritious, creamy-textured chili definitely eats savory, not sweet.

HANDS ON 20 MINUTES TOTAL 55 MINUTES

- 3 tablespoons vegetable oil or canola oil
- 2 bell peppers (any color), chopped (2 cups)
- 1 cup chopped yellow onion
- 1 jalapeño pepper, seeded and finely chopped
- 1 tablespoon chili powder
- 1 tablespoon tomato paste
- 3 cloves garlic, minced
- 1½ teaspoons ground cumin
- 1½ teaspoons kosher salt
- 1 teaspoon smoked paprika
- ½ teaspoon ground cinnamon
- 1 28-ounce can whole tomatoes, undrained
- 1 15-ounce can pumpkin
- ¼ cup bourbon (optional)
- 3 tablespoons pure maple syrup
- 1 15-ounce can pinto beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- 2 tablespoons unsweetened cocoa powder
- Toppers, such as chopped green onions, chopped avocado, chopped fresh cilantro and/or sour cream

1. In a large Dutch oven, heat oil over medium. Add bell peppers, onion and jalapeño; cook until tender, about 8 minutes.
2. Add chili powder, tomato paste, garlic, cumin, salt, smoked paprika and cinnamon; cook and stir 1 minute.
3. Add tomatoes, crushing them with your hands or the back of a wooden spoon. Stir in pumpkin, bourbon (if using) and maple syrup. (If mixture seems too thick, add up to ½ cup water.) Bring to a boil; reduce heat. Simmer, uncovered, until thickened, about 15 minutes.
4. Stir in pinto and kidney beans. Cover and simmer until heated through, about 10 minutes. Stir in cocoa powder. Taste for seasoning before serving. Top servings with desired toppers. **MAKES 6 SERVINGS.**

PER SERVING 264 cal, 9 g fat, 0 mg chol, 654 mg sodium, 42 g carbo, 8 g fiber, 14 g sugars, 9 g pro.



WINTER WORKOUTS

To stay warm during outdoor winter workouts, dress in layers: a T-shirt under a sweatshirt under a jacket. Not only do layers trap in body heat but also they are easy to pull off as your body warms up. Make use of outdoor apparel accessories. Cover your head and hands to prevent chapping. Use a scarf over your mouth to prevent loss of moisture from the lungs.



COFFEE!

350 mg: That's how much caffeine—just over two big cups' worth—has been shown to help reduce muscle soreness when taken before a workout.

Source: Journal of Strength and Conditioning Research

NINE CHALLENGING REMARKS

- Greatest Handicap - FEAR
- Best Day - TODAY
- Greatest Mistake - GIVING UP
- Greatest Stumbling Block - EGO
- Easiest To Do - FIND FAULT
- Top Comfort - WORK WELL DONE
- Greatest Need - COMMON SENSE
- Best Gift - FORGIVENESS
- Greatest Knowledge - GOD

Happy Holidays

Nothing in nature is more beautiful than a single snowflake, and nothing in nature is more rare.



Cross-Training Exercises for a Balanced Workout



Strength This seated chest press exercise helps to strengthen your shoulders, chest, and the backs of your upper arms (the triceps muscles). Sit in a chair, with your arms at your sides, elbows bent, and palms down. Inhale, and as you exhale, push your arms straight out in front of you. Keep your wrists level with your arms; don't lock your elbows. Return to the starting position. Repeat 8 to 12 times.

Flexibility This seated overhead stretch improves range of motion in your shoulders. Sit in a chair, with your arms at your sides, palms of your hands facing in.



Inhale; turn your palms outward, lift your arms out to the sides and up over your head; bring your palms together. Keep your shoulders relaxed and down and your chest lifted. Exhale and lower your arms to the starting position. Repeat 3 to 8 times.



Balance Heel-to-toe walking improves balance. Walk by putting one foot in front of the other, with the toes of the foot in back touching the heel of the foot in front. Stand next to a wall as you walk so you can put your hand out for support. Aim for 15 seconds, and slowly work up to 1-2 minutes. If you're too unsteady, start by simply walking like this but not trying to have the toes and heel actually touch each other.

Eternal light



Christmas occurred when God invaded Earth in a strange and marvelous way. A special child was born to improbable parents in an unlikely place at an inconvenient time and in an unwelcoming world. Yet heaven's light pierced the darkness and shone through the life of that unique baby. That light was and is an eternal light. God's light in Christ is a saving light that can keep the world from total destruction, from the ultimate darkness. The message is always true: "The light shines in the

darkness, and the darkness did not overcome it" (John 1:5, NRSV). And it never will.

—Charles Ferrell



Hooray for snow!



In a northern community, it snowed consistently for so long that the schools had to be closed for the better part of a week. When classes resumed, a teacher asked her students if they had used their free time constructively. One little girl said, "I did. I was enjoying my free time so much that I prayed for more snow."

DO YOU HEAR WHAT I HEAR?

Little Jamie, aged four, was heard going around the church singing his favorite Christmas carol: 'Slick the walls with bowls of jelly! Fa-la-la-la-la; la-la-la-la!'

Birthdays - DECEMBER

- 1 - Joe Szynal
- 2 - Adam Hay
- 11 - Michael F. Powell
- 16 - Jo Jensen
- 17 - John Penzoil
- 24 - Doris Wolfe
- 27 - Pam Creed
- 29 - Jade Moller



If I Missed Someone - Please let me Know!

A GIFT FOR THE KING

We all have gifts that we may bring. We all have songs that we may sing. We all have kind words we may say. We all have prayers that we may pray. We all have love and joy to give.

And what a joy life is to live

If we just scatter everywhere

These things God's given us to share:

- If you have a gift bring it.
- If you have a song sing it.
- If you have a talent use it.
- If you have love diffuse it.
- If you have sadness bear it.
- If you have gladness share it.
- If you have happiness give it.
- If you have faith live it.
- If you have a prayer pray it.

—Calvary Baptist Church
Kannapolis, NC

Preparing for Advent

The last Sunday of November will be the first Sunday of Advent, the day we prepare our hearts to remember the Incarnation. Some anonymous poet has a message for us in these words:

There's Christmas in the home and church,
There's Christmas in the mart,
But you'll not know what Christmas is,
Unless it's in your heart!



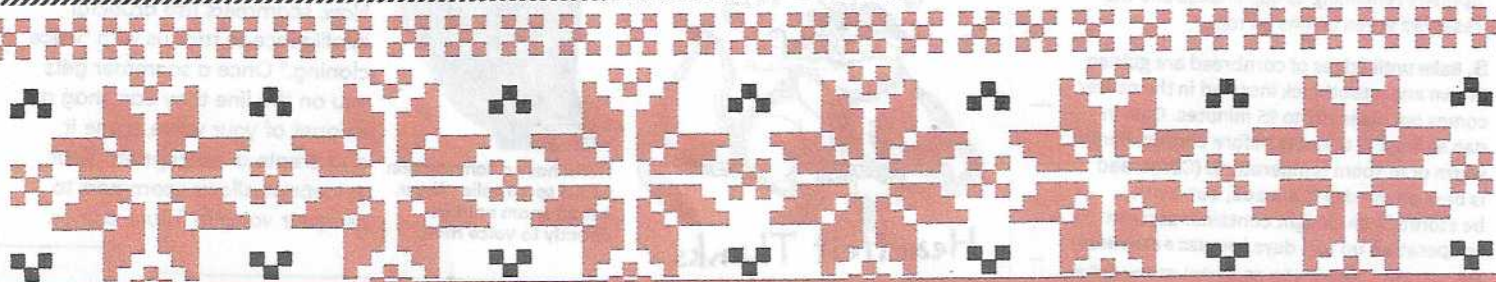
- The simple shepherds heard the voice of an angel and found their Lamb; the wise men saw the light of a star and found their wisdom.

Charlie Brown's question

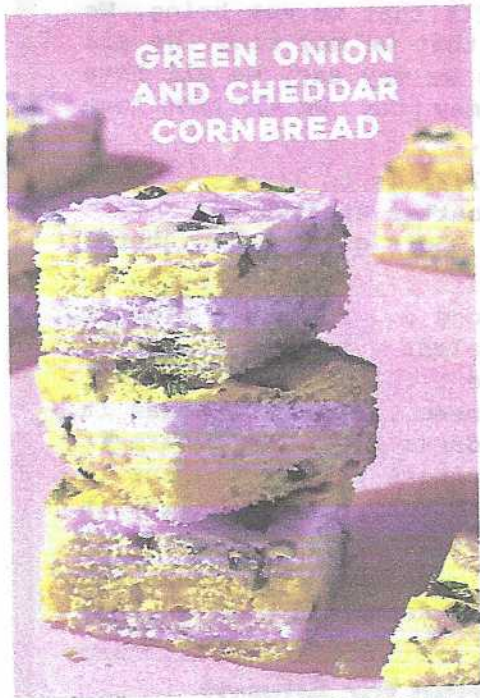
The late cartoonist, Charles Schulz, once had the trouble-making Lucy appear almost loving — at first. "Merry Christmas! Charlie Brown," Lucy says and follows up by saying, "At this time of year, I think we should put aside our differences and try to be kind."

But Charlie Brown asks a pertinent question. "Why does it have to be just this time of year? Why can't it be all year 'round?"

Then Lucy reverts to her true form. "What are you," she asks huffily, "some kind of fanatic or something?"



GREEN ONION AND CHEDDAR CORNBREAD



Green Onion and Cheddar Cornbread

Our testers especially enjoyed this moist, flavorful cornbread alongside the Light and Bright Chicken Chili and the Veggie Chili with Pumpkin.

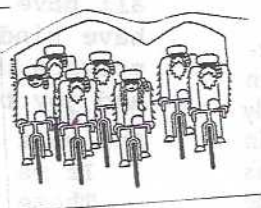
HANDS ON 15 MINUTES TOTAL 55 MINUTES

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup fine yellow cornmeal
- $\frac{1}{2}$ cup packed brown sugar
- 1 teaspoon fine sea salt
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 1 cup buttermilk
- $\frac{1}{2}$ cup butter, melted and cooled slightly
- 1 egg
- 3 tablespoons honey
- $1\frac{1}{2}$ cups shredded sharp cheddar cheese (6 ounces), divided
- 1 cup sliced green onions

1. Preheat oven to 400°. Grease a 9-inch square baking pan.
2. In a medium bowl, whisk together flour, cornmeal, brown sugar, salt, baking powder and baking soda. Make a well in the center.
3. In a small bowl, whisk together buttermilk, melted butter, egg and honey. Add to flour mixture. Gently stir together just until combined. (Do not overmix. A few dry patches are OK.)
4. Fold in 1 cup cheese and most of the green onions, reserving some of the dark green slices. Spread batter in prepared pan. Sprinkle remaining $\frac{1}{2}$ cup cheese and the reserved green onions on top.

5. Bake until edges of cornbread are golden brown and a toothpick inserted in the center comes out clean, 22 to 25 minutes. Cool in pan at least 15 minutes before cutting. Serve warm or at room temperature. (Cornbread is best on the day it is made, but it can be stored in an airtight container at room temperature up to 4 days.) **MAKES 9 SERVINGS.**

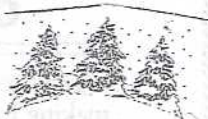
PER SERVING 338 cal, 17 g fat, 66 mg chol, 635 mg sodium, 38 g carbo, 2 g fiber, 16 g sugars, 8 g pro.



NOVEMBER



December




Heartfelt Thanks

Q How can I motivate myself to do the exercises I know I should be doing to stay fit and maintain my strength as I get older?

A Staying physically active is essential for overall health and to maintain function and mobility as we age. The benefits are clear. But just knowing the facts about the benefits of exercise—or a healthy diet or stress management or any lifestyle behavior—often isn't enough motivation. Even if you want to make changes, actually doing it can be daunting. It often requires establishing new habits, and old, ingrained habits are hard to change.

There are some strategies to help. They don't all work for everyone, so choose what works for you. Start by setting goals and writing them down. The act of writing specific, measurable and achievable goals increases the likelihood of carrying them out. Find enjoyable ways to achieve your goals, such as signing up for an exercise class, joining a walking group or exercising with friends or family. Choose activities that you enjoy, whether it's swimming, dancing, pickleball, even gardening. This increases the likelihood you will follow through. Remember, any exercise is better than no exercise. If you are unsure about how to get started, work with a trainer or physical therapist.

One way to establish healthy habits is to link a challenging activity to a pleasurable one. It can be as simple as linking completing an exercise session with having a cup of coffee (if you enjoy coffee). Also, set up cues for yourself. Putting on your sneakers means you're going to walk around the block or go to the gym. 



Never have a conversation with a spam caller. Never. Let all spam calls go directly to voice mail.

DO outwit scam callers

Now, scammers use artificial intelligence to trick us with "voice cloning." Once a scammer gets you on the line they can snag a snippet of your voice, clone it, and create a "voiceprint." That voiceprint allows scammers to use your voice in future crimes.



STOCK/GETTY IMAGES

Handy advice

Don't let winter take a toll on your hands and nails.

NO MATTER HOW COLD it is, your hands will look hot with these tips from Donna Perillo of the Sweet Lily Natural Nail Spa in New York City:

► Use all-natural humectant-based lotion every time after you wash your hands. "A humectant lotion typically contains lanolin, cocoa butter or shea butter. Because it's chemical-free, it is easily absorbed into the skin," Perillo says.

► Protect your hands when washing dishes by wearing snug, cotton-lined gloves that are sold in the supermarket.

► Lock in moisture and rehydrate your hands by slathering on cream and wearing cotton gloves for about an hour right before you go to bed.

Top color trends

The winter's must-have colors are chilly, winter bright — think of how a landscape looks after the first snow. The hot neutrals are moody pastels that are based on grays — light blue meets gunmetal, whispering beige blends with a smoke, and lavender mixes with slate. Perillo's personal favorite is Megan by Zoya, a taupe-gray. "These new chilly pastels look great on every skin tone, are pretty and still have a bit of an edge," she says. ▣

—Francesca Castagnoli

Practicing Mindfulness Around the Holidays

Learn ways to balance indulgence with well-being.

The holiday season can be both joyful and stressful. Mindfulness—often defined as paying attention to the present moment with intention and without judgment—can enhance the joy while helping you tend to your nutritional needs and overall well-being, which can reduce stress.

Mindfulness helps you be more aware of not just what's going on around you, but what's going on within you—your thoughts, feelings, emotions and body sensations. This can help you respond to those internal and external stimuli, rather than react. This makes it easier to unhook yourself from habitual but unhelpful patterns regarding food, alcohol, boundaries around your time and energy, and interactions with friends or family members.

How to Practice Mindfulness. Practicing mindfulness can strengthen your "mindfulness muscle" so this skill is more readily available to you whenever you need it. Almost anything can be a mindfulness practice if you're practicing nonjudgmental awareness of the present moment. Mindfulness meditation is an obvious example, but you can also practice mindfulness by paying attention to your posture or your movements when engaging in activities such as walking, brushing your teeth, or wrapping gifts.

Mindful eating is mindfulness applied to food and the act of eating. When you practice being present and attentive to your food, you're better able to notice the aromas, tastes, textures and temperatures. This helps you make better, more fulfilling food choices. If it's a holiday favorite food, eating it mindfully can enhance your pleasure. But if you picked up an hors d'oeuvre from the holiday buffet that turns out to be not so tasty, mindful eating allows you to pause so you can choose to stop eating or select something else.



© Ljupco/Getty Images

You can use mindfulness to enhance joy with family during the holidays.

Be Curious and Eat Mindfully. Not only can mindfulness and mindful eating help you get maximum enjoyment out of those holiday favorite foods you look forward to each year, but it can help you avoid the sort of "Last Supper" eating—the kind of eating that happens when you feel like this is your last chance to enjoy a tasty food.

When you are about to reach for food, ask yourself "Am I hungry?" and "Is this what I really want to be eating right now?" At the very least, asking yourself those two questions gives you a moment to make a conscious decision, rather than acting on autopilot. Being mindful can also help you notice—and get curious about—the thought that you want to go back for seconds even though you're starting to feel full. This allows you to pause and remind yourself that you'll have these foods to look forward to again, helping you appreciate the moment for what it is while walking away from the holiday table or party feeling good physically.

As with mindfulness itself, mindful eating promotes balance. It creates room to realize that while you really enjoy festive foods at holiday events, you also feel better when you're still including enough vegetables in your regular daily eating.

Final Thoughts. Mindfulness is a core component of self-compassion, so when you notice that you're feeling lonely, overstimulated, or overfull, you can show yourself kindness without judgment, and decide how to tend to your discomfort in a thoughtful way. ▣

—Carrie Dennett, MPH, RDN



PATCHWORDS

WORD SEEK 5

It's a crazy quilt and a Word Seek combined! Each of the words in the list can be found in a continuous line in an irregularly shaped patch in the puzzle diagram. Move from letter to letter vertically or horizontally, but not diagonally. Each letter in the diagram will be used once; the patches do not overlap. We have located one word to start you off.

BICYCLE TRIP

- | | |
|------------|------------|
| BICYCLES | LANE |
| CAUTION | MAPS |
| COURSE | MILES |
| CROSS- | OUTDOORS |
| COUNTRY | PACE |
| CYCLIST | PEDALING |
| DIRECTION | RECREATION |
| EFFORT | RIDING |
| EXERCISE | ROADS |
| FITNESS | SAFETY |
| FORWARD | SCENIC |
| GEAR | STREETS |
| GROUP | TERRAIN |
| GUIDES | TOUR |
| HANDLEBARS | TRAVEL |
| HELMET ✓ | TRIP |
| HILLS | WEATHER |
| JOURNEY | WIND |



Extra vitamin D may keep you mobile in later years

Older adults who don't get enough vitamin D, either from sun exposure or dietary sources, face higher risks of mobility problems, according to a new study in the *Journal of Gerontology*. The study found a 30% increased risk of mobility problems in subjects with the lowest blood vitamin D levels. Such a study does not prove that raising blood vitamin D levels would improve mobility, but that is a possibility. Vitamin D plays an important role in muscle function, so low levels may indicate decreased muscular strength and physical performance. Low vitamin D levels are also associated with cardiovascular disease and respiratory disease, which could further contribute to decreased mobility in later years. The researchers conducting the study recommend having your vitamin D levels checked and discussing dietary and supplementary help with your doctor to reach desired levels, particularly in winter, when sun exposure is limited.

Safety & Education

Off Season and Winter Riding

By Joe Hunter-Lattak, the Safety and Education Guy

By the time you read this, the 41st Hilly Hundred will be history, we'll be well into November and planning for Thanksgiving and Christmas will be approaching rapidly, in many cases too rapidly. More than likely, your bicycle riding likely will be cut way back or, for some, end completely until March rolls around again. For those not planning to ride much or at all, please do something to stay in shape and avoid the seasonal eats and temptations to become a couch spud. However, for those intending to ride a lot, just a little, or a combination of the two on a regular basis, a few "do's and don't's," cautions, suggestions and reminders come to mind that may be in order. Here are a few, in no particular order:

Less (and different) daylight.

We all know the days are shorter and twilight seems to creep up more quickly at this time of year. It is also a different kind of light. More days are cloudy than during prime riding season and this makes it more difficult for others to see you. The sun is also lower in the sky and the steeper angle of light striking the surface makes it less direct. Seeing is more difficult for everyone at this time of the year. Be sure you ride when you can see well and when others can also see you.

Use (more) lights more frequently.

In a previous column, I advocated using a headlight and flashing taillight even in the middle of the day when light is good, in order to draw attention to yourself and keep you from "blending into the background." Doing so at this time of the year is even more important, especially if you are riding shortly after sunrise and shortly before sunset. Spend

a few dollars, use a few batteries (recycle them at Batteries Plus) and be visible. In fact, consider putting on and using even a second headlight and taillight at this time of the year. This really draws attention and makes drivers even more alert and aware that you are there.

Wear bright colored clothing.

This is a good idea all the time. It is much more important at this time of year. And what you wear differs at different times of the year. Wear the earth tones "falling leaves" jersey when snow is on the ground, not when the leaves really are falling and you blend in instead of standing out. Wear white on those days instead. And wear several different bright colors so that if one does "blend in" in a particular setting, the other colors don't and you continue to stand out. Remember, being visible is the key and not necessarily adhering to fashion sense is permitted, especially when it makes sense.

Bundle up and be warm.

You are not riding at your best when you're uncomfortable. That goes for when it's warm but even more so when it's cold. If you are cold and uncomfortable, you will pay attention to that fact and not as much as you should to the business at hand and being safe. And make sure you use effective cold weather cycling gear, not the "civilian" stuff you drag out of the back of the closet. You can be warm but unsafe by wearing encumbering or inappropriate non-cycling apparel.

Don't ride alone.

This is good advice any time but particularly so in colder weather. If something happens when you are alone, you simply won't last as long in the cold as in warmer weather. There also won't

be as much vehicular, bicycle or foot traffic at this time of the year either and the chances of your being found go way down. Even if you have a cell phone, you might not be able to use it. Having a "buddy" along eliminates many of the potential downfalls of riding alone.

Don't ride beyond your seasonal capabilities.

Let's face it. No matter how much you ride at this time of the year, it is highly unlikely that you will be up to the distance, cadence or caliber of your warm-weather riding. Be realistic! Scale back to a reasonable level, acknowledging that you are still getting healthful exercise and are staying in some semblance of good riding shape. Along the same lines as not "outdriving your headlights" when operating a motor vehicle, you should not put yourself and possibly others in harm's way by trying to do more than you can or should and "biting off more than you can chew."

Don't ride in remote, out-of-the-way places.

This goes along with maintaining visibility in a general sense. Ride on routes that have some vehicular, bicycle or foot traffic. If something goes wrong out there in the "boonies," you'll be hard to find, even if you left an itinerary behind. Be sensible and don't push it.

There are probably others but you get the idea. Riding in the off-season takes more planning and has ramifications not usually found in warmer weather. You can still have fun by being careful and thinking about things before doing them.



MCBC Meeting



Monday, November 18, 2024
7:00 PM

at
La Porte Church of the Brethren
414 Hawthorne St. - La Porte

Refreshments & Fellowship

E-Mail

maplecitybicyclingclub@gmail.com

Affiliated with:



MCBC has Facebook Maple City Bicycling Club

Maple Leaf Logo

Website

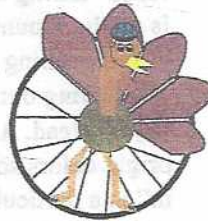
www.maplecitybicyclingclub.com

MCBC MEETING

NO Meeting - December

Next Meeting - January 20, 2025

CRANKSGIVING FOOD DRIVE



Cranksgiving Food Drive is November 17th (Sunday). Registration is 1:30 PM at the Center Township Trustee Office (1108 Hwy.#2 - West). You will have a number of stores where you go and purchase certain food items. You will return with the purchases and the receipts to determine the winners.

Maple City Bicycling Club
P. O. Box 55
LaPorte, IN 46352

