



Official Newsletter  
July 2002  
Come Ride with Us

# Free Wheelin'



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## Ergogenic Aides: Achieving A Competitive Edge

By Jennifer Michela, R.D., L.D.N.

I am a Registered Dietitian living in Charlotte, North Carolina. I've taken an interest in sports nutrition and have crewed for RAAM during the last two summers.

I have talked to many riders who have had some kind of pill, shake or powder that they claim gives them energy, speeds their recovery time, or decreases muscle pain. Because athletes are often the target of advertising for nutritional supplements and ergogenic aides, I receive many questions about this topic. Recently, there has been some useful research done to guide athletes toward health and improved performance; however, there are several products that make claims that have not been proven. Do you know how to read the labels and decipher between useful supplements and those which are ineffective and possibly harmful?

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## New Meeting Location



### Next Membership Meeting

**7 pm, July 11, 2002**

**Rockridge Branch Library**

**5366 College Ave (at Manila)**

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My goal in writing this article is to provide you with an unbiased opinion about some of the supplements that I receive the most questions about. This information is basically an overview of scientific literature that was taken from studies performed at the University of Memphis, and Tufts University, and journals such as the International Journal of Sports Nutrition, the American Journal of Physiology, and the Journal of the American Dietetic Association.

First of all, what is an "ergogenic aide"? An ergogenic aide is a supplement which is taken to give you a "competitive edge" or improve your performance beyond your normal limits.

#### Creatine

Creatine has recently become one of the most popular ergogenic aides marketed to athletes. Creatine is an amino acid synthesized from three amino acids--glycine, arginine, and methionine. Humans require 2 grams of creatine per day, which is obtained through food, mainly meat and fish, or synthesized in the body. According to a University of Memphis study, short-term creatine supplementation (15 to 25 grams per day for 7 days) has been shown to increase total muscle creatine content by 15% to 30% and improve strength, sprint performance and endurance. Long-term supplementation (2 to 25 grams per day) has promoted significant gains in strength, performance and fat-free mass which is either due to increased muscle mass or water retention.

By ingesting a carbohydrate drink (fruit juice, non-diet cola, or sports drink) at the same time creatine is consumed, creatine accumulation in the muscle increases by up to 60%. By consuming creatine and carbohydrate at the same time, glycogen levels also increase, further enhancing athletic performance. Ingesting taurine and electrolytes in conjunction with creatine may also increase the ef-

fects of creatine.

While not all studies report ergogenic benefits, most studies indicate that creatine is safe. There are, however concerns about muscle cramping and increased muscle injuries as well as gastrointestinal distress. I do not advise any individuals with any kind of kidney problem or diabetes to use this supplement.

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## How to Contact Us



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## Caffeine

Caffeine is a stimulant that has well documented ergogenic effects. It has been shown to decrease marathon run times and cycling time trials. Caffeine affects the body in several different ways. One way caffeine improves performance is by affecting the central nervous system causing increased neuronal excitability, consequently reducing reaction time. Another theory about the way caffeine works is that it increases free fatty acid oxidation so that fatty acids are used for energy in place of glycogen (your body's main source of energy that is used during exercise). This allows glycogen levels to be maintained for a longer period of time, allowing you to ride longer.

Caffeine research has shown that consuming 3 to 6 milligrams of caffeine per kilogram body weight (or about 1.4-2.7 mg of caffeine per pound) can improve endurance by 20% to 50% without raising urinary caffeine levels above the International Olympic Committee limit of 1200 mg. Therefore, a 175 pound man will need 245 to 472 mg of caffeine. This level can be obtained by drinking 24 ounces of tea or 2 cups of coffee.

### Sources of Caffeine

#### Beverage (average caffeine in mg)

Coffee, 8 ounces brewed, drip method (165)

Coffee, 8 ounces instant (95)

Tea, 10 ounces brewed (80-120)

Iced tea, 12 ounces (70)

Hot Cocoa, 8 ounces (5)

Diet Pepsi (35)

Dr. Pepper (40)

Pepsi Cola (40)

Coca Cola (45)

Diet Coke (45)

Tab (45)

Mountain Dew (55)

#### Drug (average caffeine in mg)

Anacin, 2 tablets (32)



Excedrin, 1 tablet (65)

No Doz, 1 tablet (100)

Dexatrim, 1 tablet (100)

Vivarin, 1 tablet (200)

Possible side effects of caffeine use include dizziness, headache, insomnia, nausea, gastrointestinal distress, muscle tremors and palpitations. If you choose to use caffeine, try using it 1-2 weeks before an event to gauge its effectiveness. Regular caffeine intake will lessen its beneficial side effects due to the body's ability to develop a tolerance to it so to receive the maximum benefits of caffeine, I don't recommend using it daily. It is recommended that caffeine be consumed about one hour before an event. I have seen cyclists benefit from drinking defizzed sodas during their ride.

Because caffeine is a known diuretic, it is important to drink adequate fluid before, during and after exercise. The caffeine dose shouldn't pose a problem if you drink properly, however, caffeine increases urine production so you may want to avoid caffeinated beverages after exercise when you are trying to replace fluid losses.

### Vitamin And Mineral Supplements

Vitamin and mineral supplements have become very popular and are widely used among athletes. Surveys show that about 75%

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## 2002 Meeting Schedule

Membership meetings are on the second Thursday (unless otherwise noted in the newsletter) of every riding season month. Meetings are held at the Rockridge Branch of the Oakland Public Library, located at 5366 College Ave. (at Manila). Meetings start at 7:00 p.m.

**July 11th**  
**August 8th**  
**September 18th (Wednesday)**

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## 2002 Ride Schedule

**July 6 Lucas Valley Lighthouse option. - Pending Map Review**

**July 13 Three Bears & Some Redwoods 8 am** Local-Departs Fairyland parking lot at Lake Merritt. A challenging ride for Advanced and Intermediate riders with lots of vertical! Starting at the lake this ride goes up Broadway and then up Tunnel Road to Grizzly Peak; through Tilden Park on Wildcat Canyon Rd. to Inspiration Point descending and crossing San Pablo Dam Road to the 3

Bears loop. Once back on San Pablo Dam Road The next leg of the route is San Pablo Dam Road to Orinda and climb to Moraga. From Moraga the route is back to Oakland climbing Redwood Road and a quick descent on Joaquin Miller. Mileage approx 52 miles. Light Riders and Humane Intermediates will ride modified routes dictated by the ride coordinators.

**July 14 Oakland Grand Prix 8 am - 2 pm** Racing starts at 8 am with Senior 4/5's and continues through the day with races for women juniors, masters, local kids, and a team relay.

**July 20 Lake Sonoma 6:45 a.m.- Away Picnic Ride** Caravan from the Fairyland parking lot at 7:00 am from Lake Merritt to Lake Sonoma or meet at the start at 8:30 am.

Driving directions: (\$2.00 Bridge Toll). from the East Bay, take the Richmond/San Rafael Bridge to Highway 101 North. From SF Take the Golden Gate Bridge to Highway 101 North. Stay on 101 to Geyserville area. Exit 101 at Canyon Rd. Left on Canyon Rd. Right on Dry Creek Rd. Continue on Dry Creek Rd. to the Lake Sonoma Recreational Area Parking Lot.

This ride is in the beautiful wine country and forested coastal foothills of Northern California near Lake Sonoma and the Russian River in Sonoma County . The primary route is 56 miles. Light Rider and Humane Intermediate group leaders will lead modified routes appropriate to their groups skill level. The picnic is sponsored by the Light and Humane Intermediate Riders. The cost is \$???.?? for non-members. The cost includes sag support, extra water, snacks and a great lunch at the end of the ride.

**July 27 Fairfax, Mt. Tam. - Pending Map Review**

**August 3 Livermore - Pending Map Review**

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**August 10 Santa Cruz Mountain Option -**  
Pending Map Review

**August 17 New Crockett Loop 8 am -** Pending Map Review .

**August 24 Calaveras 8 a.m.** Local-Departs Fairyland parking lot at Lake Merritt....Get ready to ride! This ride starts at Lake Merritt, climbs up to Skyline via Joaquin Miller, down Redwood Rd to Castro Valley, up Dublin grade, South on Foothill Rd to Niles Canyon in Sunol, (Intermediate riders break off on Niles Canyon go to Fremont, and return to Oakland by a route designated by the ride coordinator), advanced continue South on Paloma, climb Calaveras Rd, down into Milpitas, return to Fremont and take Bart back to the lake. Approx 67 mile for the main route. Light Rider and Humane Intermediate group leaders will lead modified routes appropriate to their groups skill level.

**August 31 Newark/Union City Ride 8 a.m.** Departs Fairyland parking lot at Lake Merritt.. Flat and fast route The route goes South on E.12th St., crosses into Alameda on Fruitvale, continues South on Doolittle to San Leandro and then on Hesperian to Union City. Return on same route, approx 40 miles.

**September 7 Pacifica to Monterey -**  
Pending Map Review

**September 14 Tiburon Loop -7:30 a.m.** BART to start or caravan from the Fairyland parking lot at 7:30 a.m. or meet at Bryant and Main Street in San Francisco at 8:00a.m. in the parking lot across from Red's Java Hut. Ride departs from the start at 8:30 a.m. Route takes you from S. F. to Tiburon via the Golden Gate Bridge. Advanced and Adv. Intermediate riders will do the Marin Headland loop, Corte

Madera, the Tiburon Paradise Loop and return to S.F. over the G. Gate bridge. Intermediates skip the Marin Headland loop, ride on to Corte Madera, the Tiburon Paradise Loop and return to S.F. Light riders will ride directly to Tiburon and return by ferry. Route subject to modification by group ride leaders. Light riders 17 miles, Humane Intermediates 46.3 miles, Advanced Riders with Marin Headland loop, 53 miles

The Yellowjackets have a no drop policy and will leave no light or humane intermediate rider behind!

**REQUIRED:** Helmet, waiver, ID with emergency Info.

**RECOMMENDED:** Two bottles of water minimum, high energy food, pump, spare tubes, tools, patch kit, padded gloves, padded cycling shorts, protective eye wear, sun block.



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of all athletes take some type of vitamin supplement ranging from a simple one-a-day vitamin to a concoction of "miracle" pills. Vitamins are organic molecules that regulate biochemical reactions in your body. You must obtain vitamins through your diet because they cannot be manufactured in your body. You need adequate vitamins to function optimally, but there is no scientific evidence that proves that extra vitamins will give you a competitive edge. Vitamin and mineral sup-

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plements will not increase your strength or endurance, provide energy or build muscles.

For the most part, athletes do not have increased vitamin and mineral needs. This is because athletes consume more calories than inactive people and therefore consume more vitamins and minerals. Of course, you should try to get what you need from the food that you eat. Then, if you wish to take a supplement as "health insurance", take a one-a-day standard multivitamin. Remember, a supplement does not compensate for a high-fat, unbalanced diet.

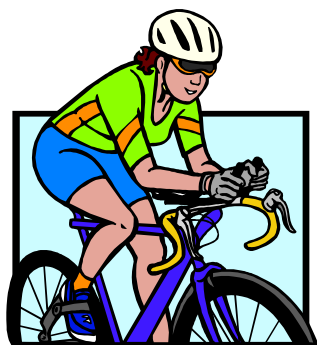
#### TIPS FOR CHOOSING A VITAMIN SUPPLEMENT

Select a broad-range multivitamin and mineral supplement that contains vitamin A, C, D, E, K and all of the B vitamins as well as important minerals such as iron, calcium, boron, chromium, copper, zinc, magnesium, manganese, and selenium.

Choose a supplement with vitamins and minerals close to 100% of the Daily values. (Calcium and magnesium will be less because they are too bulky to put in one pill.)

Don't buy supplements that contain excessive doses of vitamin and minerals. High doses of vitamins and minerals can produce toxic side effects.

Choose a supplement with beta-carotene, not vitamin A. Beta-carotene, the precursor to



vitamin A acts as an antioxidant.

To maximize absorption, take your supplement with or after a meal.

There is no proof that time-release or chelated vitamins (vitamins chemically bound to an amino acid) are better absorbed.

As a general rule, you can get the vitamins and minerals you need by eating a variety of wholesome foods, however iron can be an exception. Iron is a necessary component of hemoglobin, the protein that transports oxygen from the lungs to working muscles. If you fatigue easily, iron deficient anemia could be the reason; however, men are susceptible to iron overload because of low iron requirements, so be sure to check with your doctor before taking an iron supplement. Iron overload can cause damage to your liver, pancreas, or heart. Cyclists are at risk for iron deficiency, especially those of you who train in hot climates or ride in endurance races, because you may lose significant amounts of iron through heavy sweat losses. Those of you who are marathon runners may also lose iron by damaging red blood cells from pounding your feet on the ground during training. Vegetarians and athletes who don't eat red meat may not be getting enough iron. The best sources of iron are lean beef, lamb, pork, and the dark meat of skinless chicken or turkey. You can get additional iron by selecting breads and cereals with the words "iron-enriched" or "fortified" on the label. Eat these foods with a source of vitamin C such as orange juice with cereal or tomato on a sandwich to enhance iron absorption.

#### ANTIOXIDANTS

Strenuous exercise increases the production of free radicals which can cause muscle damage and increase muscle soreness as well as increase risk for heart disease and cancer. Riding in cities or smoggy areas also increases exposure to free radicals. Antioxi-

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dants such as vitamins C and E neutralize free radicals before they can cause damage so antioxidants may aid in muscle recovery. Regular exercise increases the efficiency of the antioxidant defense system, which decreases the need for increased antioxidant intake. The role of antioxidants in muscle recovery is not yet fully understood.

There are many supplements to choose from if you are seeking an extra edge, but before spending your money on an expensive supplement or gulping down a handful of pills, be sure to spend some time researching. A good place to start is on the Internet (be sure that the information is from reputable sources), or you can ask a Registered Dietitian or a nutritionally oriented physician. Always test new supplements during training--never during a race and remember that supplements are not a substitute for a healthy diet and training.

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## **From the Office of the President**

### **SAFETY IS NUMBER ONE**

In my last message, I indicated that riding safely is always our number one objective. To date we have done a great job of avoiding serious accidents, but we have had a few

fender benders, which resulted in scraps, bruises and even a trip in the red and white van. I implore you to continue to be a defensive rider, look out for others and pay attention to your surroundings. Bottom-line I don't want any member of our group to become a statistic.

### **THANK YOU -- THANK YOU**

Thanks are in order for all who supported, in both spirit and contributions, the many members of our club participating in the Aidsrides in both California and Washington DC. Both communities, I am sure are grateful for the much needed funds required to fight the disease and find a cure.

### **IMPORTANT --- LAKE SONOMA RIDE --- 7/20/02**

As a reminder, the Light and Humane Intermediate ride groups are responsible for supplying food in support of the ride. If you are a member of those groups you need to check with your ride coordinators, Al Bourges, Claudette Center and Al Joseph regarding what delicacy you will be responsible for. The Advance and Advance Intermediate groups fed us well at the Calistoga ride, but rumor has it that this will be a gourmet special. Look for one of Kathy's special flyers at a ride or an e-mail message regarding future details.

### **CLOTHING---**

Thanks to all of you who took the time to attend the fitting. Your orders have been placed and we are now at the mercy of the manufacturer as to the time of delivery. I have requested a speedy turn around, however as you know the goods are being made across the seas. They have given me a 30 plus days estimate, and I will keep you up to date as I get more information. By the way I ordered a few extras, so if you missed the initial round maybe one of them will fit your need.

# **Club Officers, Chairpersons, and Ride Coordinators**

## **Officers**

President: Al Joseph  
510-339-0454  
Vice President: Jim Collier  
510-526-0716  
Barbara Massey  
510-531-5899  
Secretary: Alice Ross Leon  
510-532-0606  
Treasurer: Sherry Bell-Perocier  
510-526-7987

## **Standing Committee Chairpersons**

Monterey Ride Committee: Kathy Starkey  
510-521-6235  
Map Committee: Fred Morgan  
510-278-7971  
Christmas Party Committee: Kathy Starkey  
510-521-6235

## **Ride Coordinators**

Advanced: Fred Morgan  
510-278-7971  
Josh Rodman  
510-521-8733  
Advanced Intermediates: Reginald Burrell  
415-586-3783  
Mark Rutta  
510-531-2111  
Humane Intermediates: Claudette Center  
209-858-2090  
Al Bourges  
510-530-7226  
Mary Dimitruk  
510-749-7134

Light: Al Joseph  
510-339-0454

Newsletter Editor: Jan Smith  
510-893-3374

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## **Basic Skills Clinic Offered in July**

This is to announce the scheduling of the basic skills clinic, it will be held on Sunday, July 21st. The clinic offers the same bike handling skills that have been covered in the past with a few new items. We cover emergency braking, how to ride in a straight while doing other things on the bike like drinking or looking behind you, and sweeping your tires for glass. Also, we teach two different styles of turning, one for dry pavement and one for icky conditions. Other skills will be how to protect yourself in case of incidental contact with another rider, and a couple of avoidance maneuvers that may help you avoid a crash.

We will meet at 9 AM at Miller-Knox Regional Park in Point Richmond. Take Hwy. 580 towards the Richmond/San Rafael Bridge and take the Canal Rd. Exit. Turn Left at the stop sign. Turn Right onto W. Cutting Blvd., Turn Left onto Garrard Rd. Go through the Ferry Tunnel and the clinic will be on your right about 1/2 mile down.

Prior sign up is essential because the last few clinics have filled up. Therefore, there will be no same day sign ups. I am an USAC Expert Licensed Cycling Coach. There is a \$20 fee and the clinic will last for 4-5 hours. To sign up, contact Mike Cox at [mjcox@aol.com](mailto:mjcox@aol.com) or 510-237-5265.