



Life Behind Bars

Newsletter of the Premier Bicycle Club of Western Pennsylvania

Spring, 2017

Vol. 1, No. 1

President's Message

Dear Fellow Members,

It is my great pleasure to welcome you to the Premier Bicycle Club of Western Pennsylvania. I would like to thank all of the officers and our Board of Directors who chose to put their time and effort into the launch of this new club. I want to also thank all of our members. We very much appreciate your support. Although the Premier Bicycle Club is the youngest bicycle club in Western Pennsylvania, our foundation is grounded on decades of cycling knowledge and experience.

When I reflect on the founding of the Premier Bicycle Club, I am reminded of the diverse group of individuals who came together to establish an organization that can now be built upon by others with varying backgrounds, different skills, and creativity to make this club a place for cyclists of all levels who enjoy cycling as part of a healthy lifestyle.

Since our birth only a few months ago, we've accomplished a lot. I'd like to point out to you some of them.

We've created a fantastic [website](#). We've had hundreds of visitors to [our Facebook page](#). We've already had fun on several club rides, thanks to mild winter weather. We've also planned and organized our Kick-Off Party, arranged for club discounts with local retailers, developed marketing materials, developed our first "Life Behind Bars" Newsletter, started to organize our [Ride MS: Escape to the Lake team](#), grew our membership roster to over 100 members, have our first club jersey in production, taught our first Ride Leader Training Class, and our first Rules of the Ride 101 class. Additionally, we started the process of organizing road rides, as well as summer rails-to-trails riding experiences. We also received our official 501(c)(3) tax exempt status as a non-profit organization...and countless other smaller tasks have been completed to make this club what we see today.

I know what you're thinking...that's a lot done in such a short period of time. If it weren't for the understanding and commitment from each of the officers and board members, including their commitment to timely feedback and sharing of their ideas, PBC

would not have launched so successfully, if at all. Again, I thank each and every one of them for their friendship and their leadership.

It doesn't stop here though. We can do more and accomplish more with your help. We want to grow our membership so we can do more for you. By increasing the club's membership, we'll be able to offer you more opportunities to ride, to learn more, to socialize more with others, to make new friends, and to give back to the community in other ways.

We ask that you help us by spreading the word to your families, friends, and business associates that the Premier Bicycle Club is here and excited to meet them and ride with them. If you know a business owner who desires to [support the club](#), please refer them to us so we can fill them in on all the details of being one of our sponsors. And if you or someone you know wants to be one of our Founding Members, which offers you a lifetime membership and includes our new club jersey as part of your membership, you can upgrade by [letting us know](#). New members can choose that option when they [join the club](#).

Finally, if you have special skills or ideas you want to share with the club as a volunteer, please [reach out to us](#). We offer opportunities to lead rides, plan events, teach classes, write articles, or just lend a helping hand at club events. We'd love to have your experience in making this club the best it can be.

On a personal note, please feel free to email or call me with any concerns or suggestions. I hope to see each and every one of you "behind bars" in 2017.

Sincerely,
Robert J. Vano
President



From the Editors

It is indeed our pleasure to welcome you to the inaugural issue of the "Life Behind Bars" Newsletter. First and foremost, we are deeply indebted to the club's president Bob Vano for his vision, enthusiasm, and tireless efforts in launching the Premier Bicycle Club (PBC). We'd also like to second Bob in our appreciation for the time and efforts of our Board of Directors.

Our goals for this newsletter are many: (1) we have numerous experienced and talented riders as members and hope to tap their expertise, as we have already done in this first issue. Rest assured that we'll be contacting you for future articles, or better yet why not volunteer to write one. (2) What makes cycling both exciting

and sometimes challenging is the diversity of skills required to do it well, that is, to live well "behind the handlebars." We plan to cover many of these topics, as well as guide you to web and printed materials to help you become a better rider, regardless of your current skill level. (3) In addition to our club's website, we want to use this newsletter to inform you about important special events and riding opportunities in our area and beyond so that you can make plans in advance. (4) We want to give you "news reports" about club events that have already occurred to keep you informed in case you missed them, and to let you know about special future club events that may be of interest to you.

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From the Editors

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In this issue you'll find important training topics related to strength training, a good way to start the cycling season. If you're new or just returning to cycling, get some practical advice and help. Learn how the genius of Albert Einstein helps you ride. PBC is big on nutritional issues related to cycling. In this issue learn how to fuel your longer rides. Perhaps like most of us you did a DIY bike fit and just can't get comfortable on your bike; learn about the advantages of having a professional bike fit. Many riders get psyched out riding Western PA hills, no problem the doctor is in. Climb on the couch and we'll talk about the psychology of hill climbing, how to manage your anxiety, and overcome that negative voice inside. Plus read about important club activities and area events, all in this first issue.

Please enjoy!
Tom Rudy
Olivia Wiest



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