

Downers Grove Bicycle Club

Minutes June 12, 2007

- I. **Welcome** Ron Girard – welcomed the Club back to the room in which the first meeting took place a year ago. Among those attending one was a new member.

II. Committee and Officer updates

- A. Treasurer: Income of \$1124.60 from jersey sales, donations, memberships. Expenses of \$200 for gifts. Balance: \$3855.86
- B. Membership: The membership renewal deadline has passed. 69 original members did not re-up. We do have 176 paid members plus a few not yet processed. Also....waivers are still needed from a few members.
- C. Ride: 1. Ride tracking software up and running. Sign the sign-in sheets legibly. 2. May and June were busy months. July and August need weekend rides....take the plunge and lead your own. 3. Ride *ISSUES*-no drop means no drop...please observe this policy. Some rides have drawn large numbers of riders which poses the problem of trying to stay together...solution, split into two groups, 4. Bruce and Susan Mittle are planning a ride the last weekend in August in West Lafayette (go Boilermakers) IN....the Wabash River Ride...see the ride calendar. 5. Weekend after Labor Day...Door County Century. 6. Bob and Lou ...Michiana Amish Ride.
- D. Social: The Dance with the Stars event was a great success and will be repeated this fall. The Club Picnic is on for Saturday July 21 at the Channahon State Park featuring two road rides and a trail ride as well as brats and burgers, condiments and soda provided by the Club. And the Games. Ah yes. Doug and Barb have the various preparations divided up for club members to help out....many hands, light work etc. The picnic was a big hit last summer.
- E. Apparel: Deadline for new orders for DGBC jerseys due, like, Friday the 15th. These will include the logos of our sponsors. Order form to Jeff Bolam.

- II. **Program:** Dr. Ross McKay D.C., C.C.S.P of McKay Chiropractic and Sports Therapy spoke about Injury Prevention. He has practiced in this area for 11 years with his primary focus on sports injuries and ice hockey injuries in particular. He discussed ways to avoid problems arising from long rides or multiple short rides.

NECK: discomfort from bending forward and pinching nerves in the neck resulting in headaches

3 stretches – seated, hold bottom of seat and lean head the opposite direction pulling up

- roll head forward
- tuck and roll head forward (looking downward and creating two chins) then slide head forward and backward

WRISTS: strain on wrists

- hold arm forward, elbow straight, wrist neutral (not bent), splay fingers and pull them up and backward with other hand
- while riding you can (for English majors, one can) splay your (one's) fingers in a stretch to relieve numbness.

- KNEES:** pain may result from the seat being positioned incorrectly. The thigh has 4 muscles, hence the name quads. Inside and outside muscles should be equally developed to avoid having one muscle pull the knee cap to one side resulting in patellar tendinitis (lunges and squats with toes slightly pointed outward can strengthen inside muscle.) Three remedies: ice, anti-inflammatory, stretching.
- Stabilize yourself and, holding your foot, bend you leg at the knee and lift back and up.

- Aids include kinesio tape, a specially-designed heat-sensitive tape that offers athletes (and DGBCers) extra support and stability. Dr. McKay demonstrated applying the tape in a way which would keep the knee cap centered. Cho-pats dual action knee pads perform similarly.

Next a device that looks like a small diameter rolling pin with multiple rings is used by several club members. Roll it up and back about twenty times to relieve soreness.

Remember: hydrate and stretch after riding. On the Web: www.mckaychiropractic.com

Thank you for an enjoyable and helpful program!

III. New Business

Sponsors names now on club banners.

The club presented Dennis Van Dam and Jeff Bolam with gift certificates to the Trek Bicycle Store in order to recognize their extraordinary service to the club in creating the web site and providing technical services. The club is fortunate to have benefitted from their expertise and generous donation of time.

Sponsors news: Trek Bicycle Store is redesigning the “discount” program. Detail to follow. Contact Chuck Keenley with any concerns.

Trek Bicycle Store is presenting Emergency Road Repairs on Thursday, June 21st at 7:30 PM. RSVP at www.abfbike@abike.com or 630-971-8877.

MS-150 80 riders are part of the the DGBC Crusin’ for a Cure team. Following the Sunday ride Ron gathers the carb depleted at the Carb Tent for liquid carbs.

Heritage Fest occurs the same weekend as the MS-150. The club will have club fliers and cards at the Trek Bicycle Store booth.

The meeting adjourned at 8:43 PM and a number of folks stepped around to Ballydoyle.

Respectfully, Bill Chalberg