

# Downers Grove Bicycle Club

**Minutes**  
**November 14, 2006**

- Welcome: Debbie Wesley introduced Larry Love, certified personal trainer from Good Samaritan Health and Wellness Center.
- Program: Larry Love followed Ron Girard as the club's second program. He spoke on the broad topic of training for cycling.  
He defined some terms (sprain = over stretching a ligament / strain = sore muscle) and talked about the stress cycling places on the body. It was recommended to hold a stretch for a short period. Contrast therapy...ice during first 48 hours, heat after that...heat helps blood flow and loosen muscles.  
Core Training Important...posture prepares muscle systems to be more effective.  
Off season training, the time to work on weak areas, endurance and strength...upper body strength – leg raises, knee to chest exercises – torso rotation, obliques – transverse abdominals, plank exercises – back extension.  
Heart rate training discussed.  
Pre-season...its time to fine tune  
Questions and answers followed.  
Larry's presentation was informative and appreciated. The club presented an honorarium.
- Membership: 178 members: 53 family and 59 individual
- Treasury: \$2252.75: received 283.5 for our support of the Criterium, spent 100, a contribution to the Bonfield Express
- Ride  
Committee: Check web-site, rides continue
- Newsletter: Articles due...looking toward early December publication.
- Apparel: Vote for club jersey at the web-site.
- Social: Holiday party scheduled for January 28 at Ballydoyle...\$20.00 per head.  
  
Bike 355: the club is waiting and seeing with regard to participating in a possible ride commemorating the opening of the I-355 extension.  
  
17.5 mile Family Ride for DG's 175 anniversary. Scheduled for June 3<sup>rd</sup>, 2007. Planning has begun.
- New  
Business: Joanne Dybala showed a piece of equipment for use inside a helmet during cold weather...check out [www.vmuffs.com](http://www.vmuffs.com).

Meeting adjourned at 8:35PM.

Bill Chalberg