

Sacramento Triathlon Club January Newsletter



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It's 2011 and Sac Tri Club has a new look as we head into our second decade as a club. We're quickly rolling into the New Year with regular club rides and run workouts. It's also time to welcome back returning sponsors and meet new ones. Our web team is working hard on the club website, all members should use their logins to access information about workouts and events, as well as deals from sponsors.

In case you are new to our newsletter, it is sent in the middle of each month to members and non-members alike who are interested in triathlon related events and activities. Please use the "manage your subscription" link at the bottom of this email at any time to add, remove or update your subscription or email address.

Club News

Voler Apparel

New 2011 STC apparel is now available for members to order online from Voler. Members can find the order link in the [members only](#) section of the club website or in the Yahoo! Group. New members do not need to use this link to order their tri jersey, but are encouraged to purchase additional race and training apparel. The order deadline is January 31.

Do these shorts make my butt look big? The Smart Girls' Guide to Bicycling by Stephanie Denison



Cycling is a male dominated sport, leaving many women confused about gear and apparel. More and more women are getting into cycling, but figuring out what to wear or what not to wear can be tough when most bike shops are packed full of gear for men. Let's face it, the typical woman entering the realm of cycling isn't going to be comfortable asking a guy how to keep her girl parts comfortable.

The Basics

So maybe you made a New Year's resolution to get fit and decided to hop on that bike that's been collecting dust in the garage, or you decided to do a triathlon this year and bought a new road bike. Now you're out on the road, rolling along in a baggy t-shirt and exercise pants you bought at the big box discount store. If it hasn't happened yet, eventually those clothes are going to cause some unpleasant friction.

What is the bare minimum cycling apparel for the smart (and comfortable) female rider? Real padded bike shorts and cycling specific shoes. That's right, you need to go to a bike shop and buy a good quality pair of lycra/polyester shorts with a pad/chamois. Don't be vain or worry about showing off your rear end, keep riding and take pride in your powerful glutes and curvy posterior.

Some women wear men's shorts, but I think it's better to buy women's specific shorts. Men's chamois tend to be placed up higher in front; we don't need extra padding on the pubic bone. Women specific chamois are designed to protect our soft tissue, and there's nothing worse than a friction burn "down there." Try on different styles and sizes to find your perfect fit. Remember to bend over in the changing room and see how the shorts feel in a riding position.

More expensive shorts will usually have nicer stitching and chamois. The better chamois feel less

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Workouts

Looking for workouts? STC members can view full workout details on our site when logged into their accounts. We currently have nine workouts listed, including Mark Poole's famous Auburn training group and a run from new club sponsor Ikon Multisport.

Membership

Renew your membership now for maximum benefits. STC now has online registration on our site using PayPal, with no processing fees. New membership cards have been ordered and will be issued soon.

Correction

Lee Beebe pledged 1021 miles for May is Bike Month and rode 1801.

Swim Challenge

Thanks to Bob Foiles for heading our efforts in the [Swim Challenge](#) for cancer charities. Overall we ranked 13th as a team. We had a couple of swimmers who made outstanding efforts. Dave Campbell was our over all male leader logging four days, nine hours and three minutes of swimming from April through November. Our top female swimmer was Rebecca Reichardt who logged four days, one hour and twelve minutes. They will both be receiving gift certificates from Ikon Cycles for being our lead male and female swimmers. Thanks to all who participated.

like a diaper when you're wearing your shorts and are usually more anatomically correct. It's important not to have any seams in high friction areas when you're riding.

While you're at the bike shop looking for shorts, check out the shoes too. You must have cycling specific shoes. Most fitness shoes have flexible soles designed to move with your foot. Cycling shoes have stiff soles, which put more power into your pedals and protect your feet and joints from injury. Yes, cycling shoes are expensive, but they last for years. Think of them as an investment in your good health.

Make sure you get the right size; a good salesperson can help you with sizing. You should get shoes specific for your kind of cycling, road or mountain. Road shoes are lighter weight and have no tread; mountain shoes are more rugged and have a tread in case you need to hike over an obstacle. If you normally wear a women's shoe for running or other activities, you want one for cycling too. Don't settle for ill-fitting guy's gear just because it is easier to find. You can always order the right style and size for you if the shop doesn't have it in stock.

What else does the smart beginner need to know?

This applies to beginners regardless of gender - don't wear underwear. You must go commando under those bike shorts. Underwear has seams in places you don't want and that leads to saddle sores. Bike shorts are designed to transfer moisture away from the skin and most chamois have antibacterial properties, putting additional fabric between your skin and the shorts defeats the purpose.

If you feel like you need a little extra protection for your butt, there are tons of different chamois lubes on the market. Some are even specifically designed for women. Lubes offer skin protection and some have skin soothing or antibiotic ingredients. You typically put a thin layer of lube on your skin where your pressure points are located; you can also apply a thin layer of lube directly onto the chamois.

Don't wear cotton while exercising. Cotton retains sweat and can get heavy. Wet cotton is abrasive on your skin and can make you cold when you stop moving or in cold weather. Choose workout apparel in polyester blends or wool.

Do wear an exercise bra, one that isn't made of cotton, see above. The type of bra depends on the size of your girls. As a general rule for road riding a medium impact bra is good. If you plan to mountain bike you'll likely want a high impact bra to keep the girls from bouncing around too much.



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Now get out there and ride. Don't worry about how you look, enjoying being a fit woman, remember you're working on your strong, hot body while riding. Wear proper shorts and shoes and you'll soon be happily spinning away the miles. Have fun riding and please wear a helmet.

This is the first article in a series for female cyclists. If you have a question you would like answered, [email me](#).

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