



# Something for Everyone

By Lee Borrowman

**T**here are many reasons to live in Lamorinda. We have the best weather, the best schools, a low crime rate and every visit to the grocery store or local eatery is an opportunity to run into someone you know. For some of us, another draw to this area is the outdoor life. From swim team to hiking trails, Lamorinda has it all. This month, cycling will have its moment in the spotlight as the Lafayette Criterium returns for its third year. Cycling has reached new heights of popularity in recent years, and hundreds of cyclists roll through Lamorinda every weekend.

Whether your idea of a Sunday afternoon bike ride is tooling around the Moraga Commons on a tricycle, taking in the views while cruising along Skyline/Grizzly Peak, riding the Lamorinda Bicycle Loop, building up a sweat climbing Mt. Diablo or getting dirty on a mountain bike at Redwood, if you live in Lamorinda and own a bike there is always somewhere to go and something to do.

If you're new to cycling or Lamorinda, a great place to start is your local bike shop. Go on a weekday if you can; weekends can be busy and the staff may not have time to give you the level of attention and service they would like to provide. There you can buy proper equipment, get maps, safety tips and recommendations for the best places to ride.

Another service a bike shop can offer is to put you in touch with local cycling clubs, which are a great resource for information; why reinvent the wheel when there are experienced cyclists out there who can tell you how to build it (or at least, how to change a tire)? And because there is safety in numbers, clubs provide opportunities for cyclists to ride in groups rather than hitting the streets alone.

Sharp Bicycle in Lafayette is a co-sponsor of the Lamorinda Cycling Club (LCC), which hit the Lamorinda cycling scene less than a year ago and has already

made a name for itself in local racing. Although LCC has been primarily focused on racing as the team developed, they are now ready to expand to include club, or recreational, cycling.

Long-time cyclist and LCC member Paige Youngman has stepped forward, along with Club VP Ben Inglis, to welcome new recreational cyclists to the club. With 35 years of cycling experience, Youngman is ready to put together riding groups based on skill level, provide information on basic bike maintenance, equipment and proper fit, diet and nutrition, and offer training tips to those with goals such as riding that first Century, whether it's a 100 miles or a 100 kilometers.

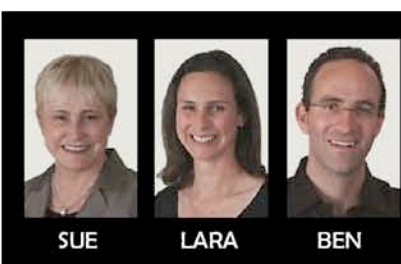
To reach the Lamorinda Cycling Club, go to <http://groups.yahoo.com/group/LamorindaCyclingClub/> or call Paige Youngman at 925-899-6506. Tell him what kind of cycling experience you are looking for, and let him know the Lamorinda Weekly sent you!



Ted Brooks, Lamorinda Cycling Club/Synergy; Photo by Mark Adkison, Ph.D., Hors Categorie Photography



Bob Miller and Ted Brooks roll into Sharp's



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