



WCCC News - February 2018

Wacky Winter Continues! Ride when you can – whether zero or 60 Fahrenheit. Chances are you'll see both extremes continue for a few more months! At least the days are becoming noticeably longer!!

Our artist of the month is comedian **Chris Coccia** and our Sponsors Spotlight this month is on **Benchmark Federal Credit Union**.

February Events & Organized Rides

Our next big event is a social. It's scheduled for **Thursday, March 1st, at 6PM at GreshFit**. Like in previous years, this social is our annual public meeting (when the Club is presented the slate of proposed board members to vote on for the coming year). The social is also for members who purchased clothing and asked that they be "shipped to coordinator". This will be clothing pickup time! Like the fall social, expect food, drink, plenty of parking and much more. See Extras below for more info...

I'm also pleased to announce that our annual "**Donate My Rebate**" campaign is now officially open. The list of charities is similar to past years – all worthy causes. Like in the past, this is an opportunity for renewing members who are eligible for a \$25 rebate to donate that money. If you are a new member or a member who is not eligible for the rebate, this won't apply to you, but feel free to donate directly to any of the causes. The link is: <https://goo.gl/forms/LnGmCXAmrYNkuBsN2>

Here are the charities:

- BVHAC Challenge for Cancer and the Chester County Hospital
- Pedaling4Paws and the Chester County SPCA
- Cinco de Mayo and the PA Center for Adapted Sport
- Ride Ataxia and the Friederich's Ataxia Research Alliance
- Domestic Violence Center of Chester County

Sponsor GreshFit recently announced free Sober Cycling classes. See "Extras" below for more info.

Safety

See the [Riding Safety Tips](#) on the WCCC [Rides](#) page for more safety tips.

This month's topic – **Riding in Cold Weather**

Last month was snow and ice, so this is a continuation of sorts. Go back to January's newsletter for ice/slippery roads, layers, hand and/or toe warmers, mittens and even water bottles. This month is about the actual ride. Cold weather forces our bodies to generate heat to stay warm, so expect your performance to decline and expect to feel like you are working harder because of the cold and because you're wearing more clothing and the clothing itself constrains your movement. Many ride leaders talk about "winter pace". This is generally slower than other seasons. Some riders choose indoor cycling (on a trainer/smart-trainer in their home or in organized sessions at GreshFit or their local gyms). Some put their bikes away for the winter or head south and ride there. Regardless of your choice, just think about winter as a series of recovery rides rather than an attempt to jolt your muscles and body into peak performance simply because you can. No need to risk injury because you are over eager! Dress in layers, keep rest stops short (so your body doesn't cool down too much), ride with puncture resistant tires (Continental Gatorskins or Hardshells come to mind) and enjoy. The great things about winter riding: no bugs, you can see through trees and notice things usually hidden in other seasons, you can ride slower, you can justify buying all sorts of additional cycling clothing and items and finally, it still feels great!

Keep accident free and stay in control. Make it your responsibility to be a safe and courteous cyclist every time you ride.

Extras

As mentioned above, the WCCC Social is on March 1, 2018 at 6PM at GreshFit (780 Miles Rd, West Chester, PA 19380). Plan to join us if you ordered WCCC clothing with "Ship to Coordinator". We'll have it waiting for you.

Sober Cycling: In collaboration with In The Saddle Philly, GreshFit is offering free bi-weekly indoor group training workouts for sober cyclists. Classes meet every other Friday at 6:30pm starting February 9. The workout is 60-75 minutes long and includes a variety of intervals for cycling performance. This class is meant to build a strong community of cyclists who use the bike as a way to help their recovery, and develop positive relationships with fellow cyclists. Sign-up at: training.greshfit.com or email Tim at info@greshfit.com if you have questions.

You can also learn more about In The Saddle Philly at: <http://www.inthesaddlephilly.org>

WCCC's Member Spotlight for February 2018

Chris Coccia (Comedian)

Since Chris was a kid he loved bikes starting with the Raleigh Record he bought with his own money in JR High. He stopped riding for a while as he worked to get into comedy but the late night eating and drinking put on the pounds so he pulled out the trusty steed to help keep him out of stretch pants. By the time Chris and his wife Jacqui moved to Central Jersey, cycling was an everyday thing. Joining the Somerset Wheelmen took it to the next level. He rode and raced with Somerset until his family moved back to Wayne to raise their daughter Emily.



After Chris moved to Paoli he found the WCCC. He joined in 2009 and says he has "enjoyed riding with you guys ever since. I love the camaraderie of cycling and the way a great ride can clear my head of chaos, helping me be more creative and forgetting about the stress of work, even if it's only until I look at my phone again."

For those who want to see Chris perform live, he is often in West Chester and in Phoenixville. The poster on the left was from a weekend of comedy where Chris was the headliner. Several Club members saw his shows (two nights of performances) and there was plenty of laughter!

Want to see a preview? Check out [YouTube](#), follow him on [Facebook](#), or check out his [bio](#). He's performed on Comedy Central, XM Radio and on Philly radio stations. He really is an excellent comedian and a great guy!

Enjoy and keep letting [me](#) know about fellow WCCC artists and their incredible talents!!

WCCC's Sponsor Spotlight for February 2018

Benchmark Federal Credit Union

Please welcome the newest WCCC sponsor - Benchmark! You can read all about their services at their website (<https://www.benchmarkfcu.org/>) but I want to give you my impressions. For a relatively small financial institution, Benchmark jumped into our cycling community in a big way. They became main sponsor of the Twilight Criterium

last year. We are discussing how to get involved in bike donations in our community and other activities and “benefits” that they are interested in sharing with the WCCC. Now they are officially sponsors of the WCCC. If there is a definition to jumping in with both feet, I'd say this is a great example. Special thanks to Rebecca Worthington at the bank for being such a dynamic individual and for bringing Benchmark into the WCCC family!



Sponsors previously highlighted: Iron Hill Brewery & Restaurant (April), Design 6 Degrees (May), Stillman Volvo (May), McElree Harvey (June), Naturescapes (June), M2VP (July), Chester County Eye Care (July). Benchmark Twilight Criterium (August), Jester Family Chiropractic (August), Haverford (September) and Mauger Mechanical (September), The Whip Tavern (October) Farmers – JC Allred Agency (October), Loweriders Bikes & Boards (November) and First Resource Bank (November), Exton Bikes (December), Keller Williams Real Estate (December), Freedom Massage (January), Timberline Bike & Hike Adventures (January).

That's if for this month folks – Have Fun and Ride Safely!