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# FAB NEWS

The newsletter of the Falls Area Bicyclists

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## Region offers great off-road rides

Want to try a little off road riding? Here is a list of some of the trails in the area.

**Newton Hills State Park:** Six to seven miles of wider gravel trails that wind throughout the hilly state park. This trail is quite busy with horses on the weekends, but during the week it is nice and quiet. Easy trail with some difficult downhill sections. Six miles south of Canton. Thirty minute drive from Sioux Falls.

**Union Grove State Park:** Four to five miles of packed dirt, mostly single track. Becoming a popular biking trail. Shared trail with horses but is barely used and a great place to go on the weekend. Easy trail but

with some moderate sections. Ten miles south of Beresford. Forty-five minute drive from Sioux Falls.

**Big Sioux Recreation, Brandon, S.D.:** Three to four miles of trails, mostly wider, packed dirt/grass trails. Consisting of two different loops, it is a good ride that is close to Sioux Falls. Easy trail with some steep/difficult hills. West side of Brandon. Ten minute drive from Sioux Falls.

**Ponca State Park, Ponca Neb.:** Eighteen to 20 miles of dirt single track. This trail system is very hilly

and one of the the area's favorites. Easy to difficult trails shared only with a rare hiker or two. Four miles north of Ponca, Neb.

One and a half hour drive from Sioux Falls.

If you want to know more, visit the South Dakota and Nebraska state park Web sites:

[www.sdgfp.info/parks](http://www.sdgfp.info/parks)

and

[www.ngpc.state.ne.us](http://www.ngpc.state.ne.us)

or email me at [ross-](mailto:ross-sailor@hotmail.com)

[sailor@hotmail.com](mailto:ross-sailor@hotmail.com). Or if you're looking for a tour guide, let me know and I'll be glad to show you around. See you on the trails!

- Ross Sailor



# October 11

## Apple Orchard Ride

## and FAB Board Elections

### ***What's inside***

**MEMBER SPOTLIGHT:** FAB member Harold Christensen discusses his transition from commuter to recreationalist.

**FAB BLOGS:** Get a daily dose of members' ramblings.

**TINGLY FINGERS?:** Bill Soeffling, PhD, explains how cyclists can prevent why hands go numb and how cyclists can prevent it from happening.

**MESSAGE FROM THE PRESIDENT**  
**FALL RIDE CHANGES**

# FAB member spotlight

**Name:** Harold Christensen

**Age:** 64

**Your hometown:** Lived in Sioux Falls for 30 years.

**How long have you been a FAB member?** Joined this spring. My first activity was FABRAD, July 5. Turns out my daughter from Nebraska came, so I got to ride the 30 mile loop with my two adult children.

**How many bikes do you have?** Just one. You mean some people have two?

**Do you prefer a road bike, mountain bike, comfort bike, fixie, single speed, trike, recumbent, tandem?** Yes, yes, yes, yes, yes, yes, yes, and my bike is a 12 speed hybrid. Let me tell you a story, in 1992 while riding RAGBRAI, a young woman came up beside me and said, "We were just talking about how bicycle technology has changed. How old is your bicycle?" That bicycle was 5 years old, and I am still riding it.

**Why did you start riding bicycles?** Thirty years ago my family downsized including having just one car. I needed wheels, and I started riding my bicycle for commuting since then.

**What has been your longest ride?** I rode RAGBRAI two times. I made one of the already-long days into century ride.

**Your most memorable bike adventure?** This is a hard one. Maybe falling off my bicycle, hitting my head, and losing my memory. Maybe my ride in 1963, Sioux Falls to Vermillion and back (on I29 before it was finished). Maybe RAGBRAI, riding two times with my adult children. Maybe a Red Cross Ride to Canton with my son,

Mike, which I marked my recreational riding debut. Maybe the time my son took me mountain biking at Hill City where he followed me down the hill yelling "be careful, be careful"!

**How many miles do you ride in a week?** I am breaking records this year with 55 miles per week since January 1. I got new equipment last fall so I rode a lot through the winter.

**Are you a recreational biker, commuter, long distance rider or racer?** I am a commuter who has learned recreational riding from my son.

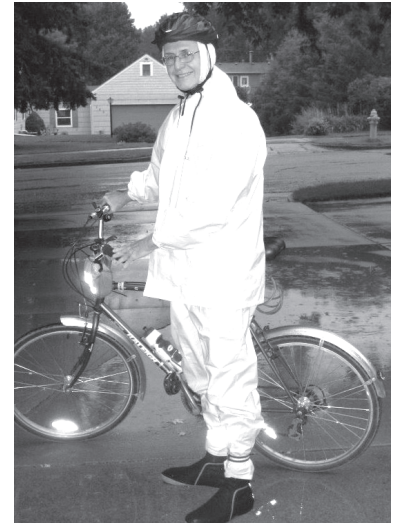
**What is your favorite drink / food while riding?** I drink water. I'd choose a banana to eat if it was available.

**What is your favorite recovery drink / food?** I think I said I drink a lot of water. I could live on ice cream.

**What kind of music do you enjoy?** I call myself a music consumer (and not a producer). My wife is a professional musician, and has much broader tastes than I. I admit to being a music snob, and I only listen to classical – or Prairie Home Companion.

**Do you prefer lycra, baggy touring or normal (jean, kaki, nylon, mesh) shorts when biking?** Nylon shorts (running shorts) with a lining is my favorite. I am not sure my favorites are not swimming shorts.

**Describe the ultimate bicycling day for you:** My perfect day has me riding to work, home for dinner, back to work, and then, getting onto the bike trail (near work) and riding home via Falls Park. That makes a 13 mile day, and I do that often.



Maybe you mean the ultimate bicycling day that I've never done. I was on an adventure in Ulaanbaatar, Mongolia (without a bicycle). While there, James and Anika, from Sweden came through on their bicycles. They had started a year before, and had had to stop in Paris to work and save money for the rest of their trip. They had visa trouble in Mongolia, and on the morning I saw them off, they had two days to cross a major part of the Gobi to get into China. Anybody interested in an eco-tour by bicycle across Mongolia? I have some contacts.

**Why did you join FAB?** I joined FAB because the club is an active inclusive club working to improve biking in Sioux Falls and in South Dakota. I want to support and be identified with that effort.

## ABOUT THE FALLS AREA BICYCLISTS

### MISSION STATEMENT:

The mission of the Falls Area Bicyclists is to promote bicycling in all of its forms and skill levels including transportation, recreation, fitness, sport, and social interaction.

### BOARD OF DIRECTORS:

Here are the FAB board members and their email addresses. Contact any of the board with questions or suggestions.

### President

Kirk Wursher, [president@clubfab.org](mailto:president@clubfab.org)

### Vice President,

Matt Helling, [vpresident@clubfab.org](mailto:vpresident@clubfab.org)

### Secretary

DyAnn Wentler, [secretary@clubfab.org](mailto:secretary@clubfab.org)

### Treasurer

Michael Christensen, [treasurer@clubfab.org](mailto:treasurer@clubfab.org)

### Communications Director

Darren Weisz, [communications@clubfab.org](mailto:communications@clubfab.org)

### Development Director

Cassie Soeffing, [development@clubfab.org](mailto:development@clubfab.org)

### Ride Director

Brian Beilke, [rides@clubfab.org](mailto:rides@clubfab.org)

### Member at Large

Ross Sailor, [ross@clubfab.org](mailto:ross@clubfab.org)

### Member at Large

Ben Blomberg, [ben@clubfab.org](mailto:ben@clubfab.org)

### Webmaster

Mark Emry, [webmaster@clubfab.org](mailto:webmaster@clubfab.org)

# How to handle handlebars

By Bill Soeffing, PhD

Hand placement on the handlebars is as important to bicycling comfort as the placement of the foot on the pedal.

All of us have experienced the “pins and needles” from gripping our bicycle handlebars. This agonizing sensation, paresthesia, most likely occurs as the result of compression distress to nerves and/or blood vessels in the palm and base of the hand. Through understanding the hand’s “internal” anatomy, appropriate care may be taken to produce a more comfortable grip and reduce the potential for injury.

The relaxed hand takes on a concave shape that “cups” the central region of the palm. There’s a reason for this ... the anatomy of the hand is intricate with most structures being held in place or attached by expansive sheets and sheaths of a fibrous connective tissue. These tissues both compartmentalize, as well as, stabilize the internal structures of the hand—making the hand a most amazing gripping anatomical structure. Continuing from the “root” of the thumb and along the base of the hand is a prominent ridge of muscles, blood vessels and nerves. A similar ridge extends from the base of the little finger along the edge of the hand.

Respectively, these ridges would intersect at a right angle if they were not separated by an intervening gap that is aligned with the middle of the wrist. This gap, represented superficially by a depression between these ridges, is a space through which nerves, tendons and blood vessels of the forearm enter the palm of the hand.

Compression of these ridges, or the depression between them, directly transfers pressure to the nerves and blood vessels coursing adjacent to or through these structures. That pressure can directly interfere with nerve conduction or with the supply of blood to the hand, causing paresthesia.

Additionally, just beyond the base of the hand is an artery that arches across the palm, periodically branching into blood vessels that will radiate toward each finger. Coursing with these vessels are branches of the median and ulnar nerves. This arterial arch and radiating

vascular and nerve branches are almost immediately beneath a crease that traverses the palm. Once again, compression of the soft tissues of the palm along this crease compromises the functions of the nerves and blood vessels, leading to paresthesia.

The blood vessels and nerves that serve specific areas of the hands parallel one another such that the “common patterns of paresthesia” will indicate where you are placing the most compressive pressure. The median nerve serves the “thumb-side” of the hand while the ulnar nerve serves the “little finger-side” of the hand. If the paresthesia is principally localized in the ring and little fingers, too much pressure is being exerted on the little-finger eminence. Should the thumb be principally affected, too much pressure is being exerted on the thumb eminence.

A diffuse paresthesia throughout the hand is more likely a compression of the palmar arch artery and its branches as well as nerves radiating from both the median and ulnar nerves towards the fingers.



Repeated aggravation of these vascular and nervous structures does not “toughen them up.” Rather the resulting paresthesia is the body’s way of warning you that your practice may lead to permanent damage and deficit.

The best solution is avoidance—to be aware of your “hot spots” that give rise to paresthesia and guard against its production.

Wearing cycling gloves that are appropriately fitted and have strategically placed pads will help. However, all cycling gloves are not created equal.

Padding should cover the thumb and little-finger eminences as well as the gap between the two at the mid-wrist. Pads along the base of each finger where they meet the palm will also relieve some pressure and subsequent aggravation. The latter is especially crucial to comfort since the extensive and protective connective tissue sheets of the palm are interrupted in this area.

The most common grips for riding road bike handlebar are not always the most conducive to reducing paresthesia; therefore, it is also beneficial to change your grip frequently, extending and flexing your hands to regain circulation and decompress the nerve sheaths.

## FAB member blogs

With so many members taking to the blogosphere, FAB could also be an acronym for “Falls Area Bloggers.”

Here’s a selection of some of the club’s most prodigious postings:

**Road Legs:** <http://roadlegs.blogspot.com/>

**Life with Tony (Elkton, SD):** <http://lifewithtony.blogspot.com/>

**Simple Perspectives:** <http://simpleperspectives.blogspot.com/>

**Biking in/around SF SD:** <http://cyclesd.blogspot.com/index.html>

**Bikes bowling booze:** <http://dirkbikes.blogspot.com>

**Chainring chronicles:** <http://thechainringchronicles.blogspot.com>

**Hellimatt's biking running swimming:**

<http://hellimatbikes.blogspot.com/>

**Hooterville Mayor:** <http://www.hootervillemayor.blogspot.com/>

**City Billy North:** <http://citybillynorth.blogspot.com/>

**Everyday Rider:** <http://www.desmoinesregister.com/apps/pbcs.dll/section?>

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**Crank Weekly:** <http://www.spoke-n-sport.blogspot.com/>

**Minuscar Project:** <http://minuscar.blogspot.com/>

**Journey, Not Destination:** <http://teztourney.blogspot.com/>

# Apple Orchard ride is Oct. 11

The second summer of FAB rides is almost over. Did you get out on all the rides you wanted to? Did the club take on some of the advocacy issues you wanted to see discussed? Did you have a fun summer on your bike? Will you be with us in the future and support the mission of the Falls Area Bicyclists? I hope the answer to all is YES!

In its second year, the Falls Area Bicyclists, has seen another successful summer. We had a full schedule of club rides that were well attended. FAB members also rode in the Tour de Kota, RAGBRAI, MS-Pedal the

Plains, the Tour de Corn, and many other rides in the area. We raised awareness of the condition of the bike trail, need for bike lanes, and the overall need for bicycle awareness in Sioux Falls.

Most of all, I hope everyone had a lot of FUN on the rides. Club rides, or rides on your own, it doesn't matter. What is important is that you ride your bike, get some exercise, and have a good time. The Falls Area Bicyclists has a lot of great people that are fun to ride with.

Watch for the meeting and Apple Orchard ride on October 11. This meeting is an important one.



FAB PRESIDENT

We will be electing our board members for the next year. This is your chance to be a voice in FAB. Come to the meeting and vote.

If you would like to be on the ballot for a board position, please email me at [president@clubfab.org](mailto:president@clubfab.org).

Don't worry, we will not run any nasty ads or dig into your personal life before the election.

- Kirk

## Autumn FAB ride schedule changes

September was the last month for the full ride schedule.

The following rides are still active.

**Something For Everyone**, a road ride of varying distance through the country-

side, will run through October or until the snow flies.

**The Starlight Ride**, a ride around the bike trail, and the **Coffee & Donut Ride**, an urban ride, will continue throughout

the year, but changes will be posted in case of very bad weather.

For a complete list of rides and descriptions, visit the FAB Web site at [www.clubfab.org](http://www.clubfab.org).



Falls Area Bicyclists

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