

in this issue

Clinic: Team Tactics

10 Tips to help in the Peloton

Gravel Ride/Race Schedule

Road Ride/Race Schedule

Ask the Experts



Latitude **Racing**

current topics

Team Tactics and Motor Pacing

We had our first clinic on June 4th to practice echelon formation. The turnout was perfect. We had riders from all levels attend.

Many riders in the peloton do not understand when riding there are tactics that benefit the team. Making sure that every pedal is intentional is key to a successful ride or race. The process takes practice. We spent an hour practicing the echelon formation. This is a foundational piece that will be continuous.

For more information go to

<https://www.cyclist.co.uk/news/1455/how-does-an-echelon-work>

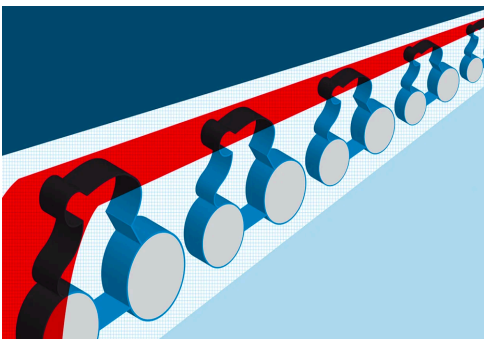


Photo from <https://www.cyclist.co.uk/news/1455/how-does-an-echelon-work>

Meeting **Minutes** From our May

We were so happy to have a great first time meeting. Thank you to all those who spent a few minutes with us. We were excited to share our vision with you.

Meet and Greet: Latitude Racing wanted to spend a little time getting to know our current riders. Although we had some who could not attend, we think the evening went well. The diversity of racers in the group was amazing to see. We had some runners, tri athletes, mountain bike riders, and road riders.

Informational: The management team discussed Latitude Racing's mission and vision. We provided the group with a slideshow. Members who missed the meeting will be able to find a recap on our website. Please visit the site to review our slides. Go to www.latituderacing.com

Community Projects: Latitude Racing is currently responsible for portions of the Odessa Mountain Bike trails. Once a month we will clean up sections 3 and 4 of the park. John Cornejo will lead us out with the clean up.

To Do List: Members would like a calendar created with rides, races, and community service dates. John Cornejo will assist with making sure we get a calendar added to the website.

Gravel Race/ Ride Calendar



- **VIP shakeout ride with Ted King** Sweetwater, TX -June 17, 2022
- **Rattlesnake Gravel Grind** Sweetwater, TX -June 17-18, 2022
- **Mcdade Night Raid: Dublin** TBA **July 1, 2022**
- **Eddie's Hell of the South (EHOTS)** McAllen, TX- July 3, 2022
- **Texas Gravel Championship** NAPAUSED
- **Wild and Free on 83** TBATBA
- **Grand Slam Poker Run** Hico, TX -July 16 , 2022
- **TXGT Castroville Texas Gravel: Dublin** Castroville, TX- August 2022 (unconfirmed)
- **Ranchland Grind** Moore, TX -September 10, 2022
- **Greenville Night Grinder** Greenville, TX -September 17, 2022
- **Autumn In Bonham 100 – Bikes, Brews & Brats**
- Bonham, TX -September 24, 2022

Next up>>>



Road Race/Ride Calendar 2022



- Hotter n Hell Wichita TX August 26
- Cycle Fest Fort Davis TX September 17-18
- Marfa 100 Marfa Tx October 15
- Tour de Gap Abilene Tx July 23-24

Essential Tips for Riding in the Peloton

Riding in a group may seem easy as pie. But the truth is, riding in a peloton is an art all on its own. Being part of a peloton is super important to riders on the road. No one wants to be the rider that everyone moves away from due to lack of control or knowledge, right? Here are some basic tips we found online. For a more in depth read go to <https://www.active.com/cycling/articles/10-secrets-for-riding-in-a-peloton>



Whatever your skill level, you can learn to ride in a peloton.

1. Relax-

Chill in the moment. Like anything, if you are amped up and nervous accidents are more likely to happen. So bring it down, don't hold your breath. Exhale and relax.

2. Stay up front-

This may be a task especially if you are new to riding in a peloton. But avoid the back at all cost. If you have to stay in the back, be very aware of who is riding in front of you.

Crashing can be part of the sport. Preventing accidents is something you can control.

3. Watch other riders-

If you see someone out of control, or not holding their line try and move away. Do so carefully because you don't want to be part of the problem.

4. Eyes up-

Keep your eyes up. Look ahead. At any speed things can go wrong in the peloton. So, be ready. One needs to have good reaction time when things go bad. So stay alert. Look around for dogs, or debris and be sure to communicate to other riders when you see something wrong.

4. Respect-

Respect other riders on the road. That means making sure you're alert, aware when you are riding in the peloton. If you want to be part of the group, you have to do the work. Showing your fellow riders you are confident and knowledgeable about riding is essential.

How
can
I
treat
saddle
sores?

Soak in the bath

Spend some time in a bath. Make it a nice hot bath and soak a couple of times in the day. Those pesky little sores need to drain and the bath will help.

the experts say >>>

Q: Can saddle sore be prevented?
A: YES! Here is how.

Be sure your saddle is fitted for you. If you are not on the bike correctly, it can cause these annoying little sores. Your shorts or padding needs to be on point. Make sure you don't cut corners on shorts. A good and dependable brand makes all the difference. Do NOT wear your shorts for extended periods of time. Shower and clean all your essential parts.

Ointment

I like to use Neosporin when I get saddle sores. Rub the cream after a nice bath. Make sure the area is dry. No need to rub the area dry, a simple pat with the towel will do. Apply the cream a couple times a day.



*final***thoughts**

Next Generation

Our focus this summer is to recruit and build our Juniors Riding Division. That means the we need recruit and seek out potential young riders in our community. Being able to pass on the experience of riding to our next generation is essential. Giving young riders the education, and knowledge will only make them strong on the road or in racing. Our community leaders need to know that we are here to stay. We need to develop good habits and a preventable mindset not only with our athletes but with drivers on the road.

Latitude will be meeting with MC, and UTPB to possibly partner up with building a platform for young riders. If any of our members want to help with the Junior Division, please let us know. We need so many hands on deck moving forward.

In closing, I will never forget what my young son said when he road his bike on the road for the first time. He said, "I just felt so free when I was out there on my bike."

Contact us at **432-557-8103**

www.latituderacing.com

Representing Areas:
Midland, Texas
Austin, Texas



Latitude Racing



coming soon

In The Next

Clinics: Changing Tires

MS Ride

Hotter N Hell

Training

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