

Special Rides and Events in November

DAY	TIME	LOCATION	ROUTE	PACE	MILES	CONTACT
SATURDAY 5th	9:00AM	Popi's III	Terra Ceia	10-12	20	John J 813-951-2348
				12-14	22	Pam 941-351-6388
				14-16	25	Colin 941-355-6159
				16-18	40	ClareM 941-447-0201
	9:00AM	Fire House	Fruitville Loop	16-18	35	Bud G 941-232-5678 David L 412-610-0815
SUNDAY 6th	6:30AM	Main Street	Cycle Fest		15 /	David H 941-927-5936
					35 /	
					62 /	
					100	
WEDNESDAY 9th	6:30PM	Sun 'n Fun	GENERAL MEETING			Chris P 941-773-9395
SATURDAY 12th	9:00AM	Cattleman	East Sarasota	16-18	40	Mike P 941-953-4903
	9:00AM	Tatum Ridge	East Sarasota	12-14	23	Dave C 941-776-769
				14-16	27	Colin 941-355-6159
	9:00AM	Winn-Dixie	Simmons Park	14-16	28	JimW 813-774-9940
SATURDAY 19th	9:00AM	Bicycles International	Manasota Key	11-13		Dave C 941-776-2769
				14-16		Colin 941-355-6159
				17-19		David H 941-927-5936
SUNDAY 20th	9:00AM	NE Shop Center	Mote Ranch Meander	16-18	48	MikeP 941-953-4903
WEDNESDAY 23rd	8:00AM	SA Park & RR Ave	San Antonio	16-18	40	Bud G 941-232-5678
SATURDAY 26th	9:00AM	Cattleman	East Sarasota	16-18	35	Mike 941-953-4903
	9:00AM	Tatum Ridge	East Sarasota	12-14	23	Dave C 941-776-769
				14-16	26	Florian Z 941-377-3525
	9:00AM	Winn-Dixie	Simmons Park	14-16	28	Jim W 813-774-9940



Cycle Off Belly Fat

Cycling stops a build-up of internal fat, also called visceral or "deep belly" fat.

Whereas sub-cutaneous fat lies just below the skin and is noticeable, visceral fat lies under the abdominal muscles and can surround the vital organs.

The more visceral fat you have, the greater the risk of heart disease and diabetes.

A study published in the Journal of Physiology showed that cycling at a moderate to high intensity for at least 20 miles a week led to a 7% drop in visceral fat and a 7% drop in fat around the waistline after 8 months.

In contrast, visceral fat levels rose by 9% in a sedentary group and remained the same in a group that did the equivalent of 12 miles of gentle walking a week.