



# NEWSLETTER –Nov 11, 2020

[www.gvrcycling.org](http://www.gvrcycling.org)

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### Annual Meeting Postponed But. . .

GVR bylaws require that all clubs hold their annual meeting in November. This requires a quorum of members where an election of officers takes place. At that meeting we would also confirm our dues level of \$10 per person per year. GVR has indicated that clubs can postpone their annual meetings due to the Covid-19 pandemic and the Cycling Club will wait to hold its annual meeting until early in 2021.

### December Online Program Planned

However, the club has scheduled a cycling safety education program to be conducted by Elaine Mariolle, Pima County Program Coordinator for Bicycle Safety. Ms Mariolle presented an exceptional program to one of the first cycling club meetings.

We are skipping the Zoom signup process -everyone is invited to join us using this LINK **[disabled for website posting]** from your device that is set up with the Zoom Cloud Meeting app. If you’re prompted, enter the passcode. If you need help getting set up with Zoom, send an email to [gvrcycling@gmail.com](mailto:gvrcycling@gmail.com)

and one of our techies will contact you. To save time you could copy and paste the following information into the notes area of your calendar appointment.

**Topic: GVR Cycling Program – Bicycle Safety** Time: December 16, 2020 3:00 PM Arizona time  
Link to join the Zoom Meeting: [removed for website posting; contact [gvr cycling@gmail.com](mailto:gvr cycling@gmail.com) if you need the link.]

We'll send a reminder note confirming the date, time, and Zoom Link on Monday, December 14.

### Recording of the Oct. 14 Member Meeting

Thanks for the great turnout for the member meeting on October 14. If you missed, you can find the recording at this link: <https://youtu.be/gXGI6fgIIHA> . Feedback on the meeting was positive, apparently, e-bikes are a hot topic. Many thanks to our e-bike panel: Dale Brokaw, Bob George, and Karen Rainford.

### Hank's Lamentations After Returning To Green Valley.

BY Hank Deutsch, President GVR Cycling Club

We recently returned to our Green Valley hideout from the Wisconsin's first descent into winter. The trip was uneventful but was full-on masking with little socialization. After our two weeks of self-imposed quasi- quarantine, I began to swim laps at the GVR Swim Club and begin my early morning rides.

I often ride the LaCanada to Camino Del Sol to Portillo loop and immediately began to notice an increasing number of cyclists. There were men and women riding bikes, Ebikes, recumbents, mountain bikes and tandems. All those newcomers are a welcome addition to our ranks and are cordially invited to join the GVR Cycling Club.

However as welcome all the new riders are, I began to notice a disturbing trend:

First, NO HELMETS. I learned the hard way why one wears a cycling helmet at all times. Everything you were, are today and will become is up there in your cranium - so it's only reasonable to wear an appropriate helmet. I noticed one rider who did a noble thing - her helmet was attached to her handle bar. Just think, she was willing to sacrifice her brain in order to protect her bicycle. Remember, brain injuries for seniors or riders of any age are a most lamentable event, so WEAR A HELMET

Second, PASSING. Lately, as I ride, I have been passed (and as I age I am passed more often) by cyclists with no warning or even a greeting. It may be coincidental but many of those passing faster and closer are riding Ebikes. All cyclists should practice accepted cycling courtesy by shouting out "passing" or "on your left" or even, "good morning/afternoon" and giving plenty of distance between the two bikes! One day, I lament, there will be a collision with the traumas that follow.

During this period of distancing, self-quarantines, solo-riding, and masking, let us commit ourselves to renewed virtues of our Nation. Support each other and on our bicycles practice our country's commons values of good citizenship, common courtesy and freedom for all.

## Regional Transit Authority Seeking Public Input

The Regional Transit Authority for Tucson and Pima County is seeking input on future road projects. This includes both bicycle and pedestrian projects. If you are interested in learning more what is being discussed or providing input go to:

[https://tucson.com/tucson-opinion-whats-your-local-transportation-priority-the-rta-wants-to-know/article\\_a96d32ba-4ee1-5efc-82fd-4bc3a75b0d90.html](https://tucson.com/tucson-opinion-whats-your-local-transportation-priority-the-rta-wants-to-know/article_a96d32ba-4ee1-5efc-82fd-4bc3a75b0d90.html)

## Bike Thefts Are on the Rise. Here's How to Fight Back

Regularly, more than 2 million bikes are stolen each year in North America—meaning every 30 seconds, someone's ride was going missing. And the problem has only been growing during the [coronavirus pandemic](#), when more people have [turned to bicycles as their main mode of transportation](#).

[According to CBS News](#), riders in New York have filed more than 4,000 stolen bike complaints to the New York City Police Department—a 28 percent jump from a year before. That's up nearly 28%, from 3,507 complaints over the same period a year earlier, according to the New York City Police Department. In other major cities like Denver, bike theft was up 23 percent year-over-year from January through September.

According to the research compiled by the [world's biggest bike registry](#), Project 529 Garage, bike theft across North America is a billion-dollar problem. Of the millions of bicycles stolen every year, police typically only recover several hundred thousand.

J Allard, the founder of Project 529, told *Bicycling* last year that those are pretty conservative estimates, too. They arrived at those figures after working with [countless cities](#) and police departments, [a survey](#) they put together, and by extrapolating FBI data.

In all, the best bet for recovering a stolen bike is by using the bike's serial number. If the owner knows the serial number and can share it with police, along with make, model, and images, police can then prove ownership.

So it's not necessarily the fault of police departments, as Allard said many assume. Instead, it's hard to reunite bikes with their proper owners largely because people don't know their serial number, don't register their bike, and don't report the theft to police.

In fact, according to the organization's data, only one in five bikes are ever reported as stolen, less than 20 percent of bike owners even know their bike's serial number, and only 1 percent of bike owners ever register their bikes with some kind of registry, like 529 Garage. With these bleak statistics, it's no wonder that only 5 percent of owners get their stolen bike back. Allard is aiming to have five million bikes registered in 529 Garage by 2022. Currently, they have over a million.

The whole idea for the company came from Allard's own run-in with a [bike thief](#). He thought his downhill bike would be safe [securely locked](#)—three times over—to his truck that was parked in a Seattle parking garage with security guards, cameras, and key fob entry.

Allard reported his stolen bike to police, and that was when he learned that he should've known its serial number. He spread word through the bike community and friends on social media, and 30 days later someone reported that they saw the bike on eBay, just seven minutes after it had been listed for sale

Thanks to his own sleuthing as well, the Seattle Police Department, and his bike sponsor [Santa Cruz](#)—who helped him figure out the serial number on the bike's fork—Allard was eventually reunited with his bike.

In the end, he said the entire process was exhausting and more than what most people would be willing to do to recover their bike. There just simply wasn't a good system in place. That's why Allard decided to start Project 529, to give bike owners, police departments, bike shops, and others a single, comprehensive tool to store critical information like serial numbers and to report stolen bikes.

Bike owners can [use the app](#) or go to [the website](#) to register their bike, which on average takes less than six minutes. If it's ever stolen, they can report it using the 529 Garage registry to alert other registry users in a 10-mile radius.

Bike owners will still have to report stolen bikes to the police, but the police will have the information they need through the registry. This is especially helpful for police, since most bike theft cases are cross-jurisdictional—meaning that multiple departments may find themselves having to work together to solve the case.

The more people that register their bikes, the better the system will work. A little bit of proactive work now could make all the difference for those who fall victim to bike theft in the future. "Criminals are the number one enemy, but the number two enemy is apathy," Allard said.

Project 529 has already proven its [merit in Vancouver](#), which Allard referred to as Canada's bike-theft capital. Since launching their campaign in 2015, which collected over 100,000 bike registrations, bike theft in Vancouver has gone down 30 percent.

"I'm the humble tool maker," he said. "The real power of the system comes from people coming together."

### [Joanie's Feed Zone - Rehydration in Cold Weather - You Betcha!](#)By Joanie Rogucki

Cold weather can and does happen in Green Valley. This article was written with our first freeze of the season behind us. This morning I was not thirsty as I performed yoga and ran outdoors in the freezing temps this morning. No surprise as the body had turned off the sensors and was sending other signals (including the increased need to "pee"). Studies also indicate that it may be related to my maturity (aging). Age Matters! Check out this article for more info:

<https://www.trainingpeaks.com/blog/3-ways-your-hydration-status-changes-as-you-age/?fbclid=IwAR19ZDWYa2awRnnScb7CuIBiHez9DjzamZJtVvJp9oGILsRULB8RM-useEk>



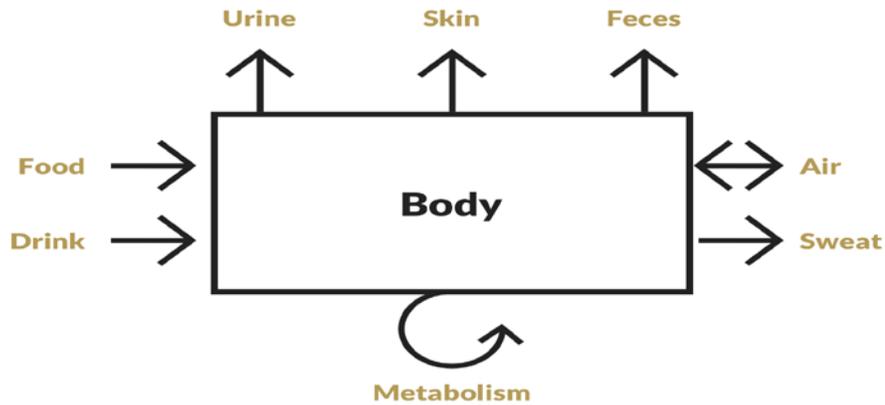


diagram to the left shows the ins and outs of fluids in our body. I found it was interesting that we lose a lot of fluids breathing when it is cold. The list abounds why and how we dehydrate in cold weather.

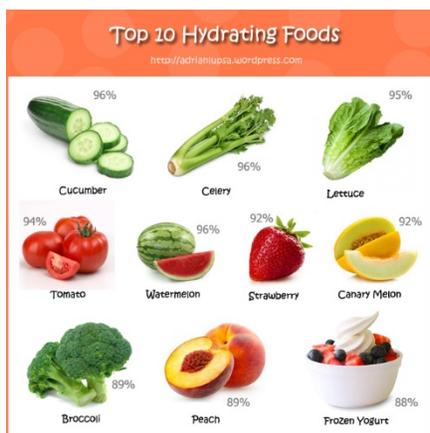
- Increased urine production and urination
- Increased metabolic rate leads to greater respiratory water loss
- Sweating brought on by wearing heavier clothing and the accompanying dampness
- Greater expenditure of energy for movement outdoors
- Reduced sensation of thirst

More info can be found at:

<https://www.thorne.com/take-5-daily/article/staying-hydrated-in-cold-weather-what-you-need-to-know>

<https://www.ncbi.nlm.nih.gov/books/NBK232870/>

What does this mean to me? Cycling in cold weather? Be sure to pre-hydrate and load the water bottle(s) on your bike? Pre-hydrate with foods that are high in fluids and drink water to top off your fluid stores.



Check out this link for good food choices and other cool info:

<https://muschealth.org/blog/2020/february/dehydration-in-cold-weather#:~:text=%20Listed%20are%20some%20ways%20to%20help%20reduce,other%20hydrating%20foods%3A%20Many%20fruits%20are...%20More%20>

Tired of drinking plain water try out this infused water? Try this recipe out



## Rosemary and Ginger Infused Water

★★★★★

*Aromatic and slightly spicy, this infused water is great for winter holidays and celebrations.*  
*James Schend, Taste of Home Deputy Editor*

**TOTAL TIME:** Prep: 5 min. + chilling  
**YIELD:** 8 servings (1 cup each).

### Ingredients

- 2 quarts water
- 3 fresh rosemary sprigs
- 1 tablespoon minced fresh gingerroot

### Directions

1. Combine all ingredients in a large glass carafe or pitcher. Cover and refrigerate 12-24 hours. Strain before serving.

Joanie's: Safe Recipe

Spiel:

Wash hands with soap and water.

Wash rosemary sprigs; blot dry.

Wash hands with soap and water prior to mincing/grating ginger.

*Ride Safe, Eat Right.*

## Warm-up On and Off the Bike - By Jay Tapper

Warm-up exercises are active range of motion exercises that can be specific to a particular activity or general in nature. An example of a specific warm-up would be easy pedaling prior to increasing cycling speed or climbing. Another example of a specific warm-up would be practicing golf swings before teeing off.

General warm-up are more like what was once called "Callisthenic Exercises." They are active movements in all planes of motion (See the ActivEdge Warm-Up Routine #1). They can be used prior to any physical activity like yard work, other favorite recreational activities and to offset prolonged sitting postures. The benefits of warm-up exercises are increased circulation, muscle strength, flexibility and a feeling of easier movement (Less Stiff and Sore). The exercises can also be used as a cool-down meaning that during the end of your ride ease the intensity and allow your body to remove some of the post ride muscle waste products. The worst thing you can do is to doing something physically vigorous and then sit down on the couch for a few hours. That will cause post activity stiffness and soreness. The body is made to move so use the warm-up exercises throughout the day to keep your body energized.

Start article here.

## News from BICAS

Bicas reports that two staff members were recently infected with COVID-19. As a precaution, Bicas staff are in quarantine from November 6 through November 20<sup>th</sup> and the building is closed. They will reopen on November 21 and be open November 25 and 26. They will be closed for the Thanksgiving holiday November 27-30. Their normal hours are Wednesday-Saturday, 10; 00 a.m. to 2:00 p.m.

Although the GVR Cycling Club had to cancel its Bike Drive back in March when the Covid pandemic hit, Cycling Club members and others in Green Valley have continued to donate bicycles and parts. More than a dozen bicycles have come in the past couple of months and have been transported to Tucson. Our

thanks go to all of our generous members and GV residents. If you or someone you know has a bicycle they are no longer using and wants to donate a bike or parts contact Tom Wilsted, 860-214-2822 or [tom.wilsted@uconn.edu](mailto:tom.wilsted@uconn.edu). He will be happy to pick up any donated items and make sure they reach Bicas.

## Links to Interesting Articles

### Chain Lubrication Basics

If you are a novice or an experienced rider who needs an introduction to an important area of bicycle maintenance, here is an article on chain lubrication - <https://www.roadbikerider.com/how-should-i-lube-my-chain-d1/>

### National Recognition for “The Loop”

*Fodor’s Travel Guide* listed Tucson’s own loop as one of the top 15 biking trails in America. It was ranked ninth coming behind trails in Hawaii, San Francisco and Maine so it is in very good company. If you are in the mood to add riding outstanding trails to your bucket list, go to:

<https://www.fodors.com/news/photos/the-15-best-bike-trails-in-america>.

### A Little Bicycle History - How Bicycles Changed Our World

If you are interested in bicycle history, you might be interested in this articles from *National Geographic* on how the bicycle has evolved and its impact on society over time -

<https://www.nationalgeographic.co.uk/history-and-civilisation/2020/06/how-bicycles-transformed-our-world>

### If Exercise Wasn’t Enough for You – 27 Reasons for Being on a Bicycle

*Bicycle Radar* has an article on how bicycling can “Boost Your Brainpower, Fitness, Bank Balance and More.” Who Knew? - <https://www.bikeradar.com/advice/fitness-and-training/30-great-benefits-of-cycling/>

### Unusual Facts about Cycling

World Cycle Tours has compiled a list of 22 unusual facts about cycling -

<https://www.worldcycletours.com/blog/2019/22-interesting-facts-about-cycling>

### Nostalgia Anyone

Are you still wishing you’d never sold that Harley Davidson motorcycle? Or have you always wanted a Harley but couldn’t afford one. Now there is one available at a price you can afford. Harley Davidson is now producing electric bikes and your dream can be complete -

<https://www.bicycling.com/news/a34522675/harley-davidson-e-bikes/>



# NEWSLETTER –Nov. 25, 2020

[www.gvrcycling.org](http://www.gvrcycling.org)

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## Upcoming GVR Cycling Club Zoom Meetings

Our next membership meeting via Zoom will be on December 16th from 3:00-4:00 p.m. The program is an update on Arizona cycling safety laws and regulations and development programs. It will be presented by Elaine Mariolle of the Pima County Health Department’s Bicycle Safety Program. A Zoom link will be sent to club members the week before the meeting date.

Looking Ahead – The club is planning Zoom meetings for the balance of the winter and into spring. These will be on the third Wednesday of each month.

- January 20: Adventure Cycling/Cycle Touring/Bike Packing presented by Campfire Cycling of Tucson.
- February 17: Cycling Club members will describe their favorite mountain cycling trails in the Green Valley area.
- March 17: Cycling Club members will describe their favorite road cycling routes in the Green Valley and some of the current riding groups.

- April 21. BICAS present a program on basic bicycle maintenance.
- Be Sure To Add These Dates to Your Calendar!

### Message from the Club President Hank Deutsch

One of the larger cycling clubs I once belonged to was the Memphis (Tennessee) Hightailers Bicycle Club in one of the south's major cities. A major club focus was rider health and safety. When I first lived there the city had a bad reputation for cycling. However, due to the Hightailers' promotional and safety efforts, Memphis is now a significant cycling destination.

From the beginning, the club had a list of checks to make before each ride to ensure your personal safety.

A... Check TIRES' air pressure and tread conditions.

B... Ensure that the BRAKES are working properly.

C... Test out the CRANK, CHAIN and COGS for safe shifting.

The club's motto was: Learn cycling courtesy, obey the rules of the road and always wear a Helmet. AND FINALLY. REMEMBER: "RIDERS AREN'T ALWAYS IN THE RIGHT, BUT THEY ARE ALWAYS FRAGILE!"  
Physicians Orthopedic Trauma Association.

### Joanie's Feed Zone – Souper Soup By Joanie Rogucki

I have fond memories of a bowl of hot soup during Michigan winters. This same fleeting memory feels the warmth of the soup as well as the delightful smell and taste. No matter what your memory detail is most likely the feeling of comfort follows.

This Martha Stewart article speaks to our memory and relationships. Soup may get part of this wrap because it is warm and oh so salty. <https://www.marthastewart.com/7618311/why-comfort-food-is-comforting>.



Thankfully, soup can also be nutrient dense and a great source of hydration. Soup can be cooked in a slow cooker in large batches and frozen. What is not to love? Easy, economical, dressed in high profile nutrients and yes best of all a plethora of recipes that will keep you enthralled with this warm cuppa.

<https://www.tasteofhome.com/collection/scrumptious-healthy-soups-from-your-slow-cooker/>

Keys for healthy and surprisingly delightful soups. Keep it easy, use your fresh vegetables you have on hand or fresh frozen. Have the time, make a broth from scratch. No time to make it scratch opt for a low sodium version canned or shelf stable carton.

### Joanie's Spiel

Safe recipe toolbox: go to your box before you start a new recipe, make sure you cover safe prep options. Go to: <https://www.fightbac.org/> Find out how to keep you and your family safe. See Figure 1 at the end of this newsletter for info on safe food preparation.

## Bike Shortage?

Have you been looking for a new bike or just upgrading some parts on your existing bike and found that what you wanted wasn't available or you had to wait longer than usual. Here is an explanation about what is behind the bike shortage: [https://www.bicycling.com/news/a34587945/coronavirus-bike-shortage/?source=nl&utm\\_source=nl\\_byc&utm\\_medium=email&date=111020&utm\\_campaign=nl21927278](https://www.bicycling.com/news/a34587945/coronavirus-bike-shortage/?source=nl&utm_source=nl_byc&utm_medium=email&date=111020&utm_campaign=nl21927278)

## Top of the Mind Awareness by Jay Tapper

Top of the Mind Awareness is putting something in a place that is so visible it is the first thing that comes to your mind. Usually it involves some type of advertisement, slogan or brand name. In this case it is a reminder for you to get up and stretch and move around so you're not in prolonged positions for too long. Below is an exercise routine that I recommend you print off and post in a visible place by your computer, fridge, TV remote and coffee table. Keep your movements off the bike "Top of The Mind Awareness" as it will keep you pedaling and give your body what it needs movement.

See Figure 2 and Figure 3 at the end of this newsletter for

## Links to Interesting Articles

### 10/25/40/20/50 Miles – What is the Perfect Ride Length?

Riding groups often argue about the perfect ride length. The more ambitious argue for longer, those with less stamina argue for shorter distances. Who is right or is there any right answer? In a recent article in Outside Online author Eban Weiss argues that 20 miles is the perfect length. He suggests that twenty miles gives you the experience and thrill of riding while not tiring you so much that you won't go out the next day or sometime soon. For more on his argument, go to:

<https://www.outsideonline.com/2419091/the-perfect-bike-ride-is-20-miles>. If your riding group is undecided about the perfect ride length, perhaps this article will get everyone on the same page.

### How Does Tucson Rank As a Bicycle City?

The organization People for Bikes carries out an annual survey of the best biking cities in North America. It ranks cities on the following five characteristics: ridership (# of people riding), safety (# of bike injuries and deaths), network (# of available bike routes), acceleration (# of people served by the bike network) and reach (speed of improving the bike network and increasing their use). Tucson rated #15 using these criteria. The top five cities were: San Luis Obispo, CA, Madison, WI, Toronto, Canada, Boulder, CO and Santa Barbara, CA. The website allows users to compare cities overall or based on the different categories. To learn more go to: <https://cityratings.peopleforbikes.org/>.

### Adamson-Catino Biking-Hiking Trail

Work continues on a hiking and biking trail that will link the Canoa Preserve Park and the Catino Softball Complex with the Anza Trail just south of the Abrego Trailhead. Both FICO and Pima County Parks and Recreation Commission are donating time, effort and equipment for the project with support of a grant from a Freeport/McMoRan Company. To complete the project, some help from hiking and biking volunteers will be needed with clearing debris along the trail. It is hoped that the trail will be open in January. For more details and to volunteer, contact Bill Adamson – [bill9399@gmail.com](mailto:bill9399@gmail.com).

### Looking in the Rear View Mirror

In its first issue of the year, Bicycling Adventures magazine provided a list of what they thought would be the ten most important changes and trends in the bicycling for 2020. An interesting read:

<https://bicyleadventures.com/blog/top-10-cycling-trends-for-2020/>

### Christmas/Hanukkah/Kwanzaa is Coming!

Are you wondering what to get for your bicycling spouse, son/daughter, granddaughter/grandson, friend? Here is an unusual choice: bicycle shaped pasta. Below is a short list of some on-line sites that offer a variety of interesting choices:

BICAS: [https://www.etsy.com/market/bicas\\_tucson](https://www.etsy.com/market/bicas_tucson)

Bicycle Gifts:

[https://bicyclegifts.com/?gclid=EAlaIqobChMIvten8OT67AIVdiCtBh1KeQkhEAAYASAAEgKXHPD\\_BwE](https://bicyclegifts.com/?gclid=EAlaIqobChMIvten8OT67AIVdiCtBh1KeQkhEAAYASAAEgKXHPD_BwE)

League of American Bicyclists: <https://bikeleague.myshopify.com/>

Cycling Books: <https://www.bikeradar.com/advice/buyers-guides/best-cycling-books/>

### Thinking/Dreaming About Future Travel?

Most of us are wondering if we will ever travel again - let alone leave the house. When we can start to plan our travel again, why not add a bicycle museum to your list of destinations. There are bicycle museums all around the world. Here is a list of museums organized by country:

[https://en.wikipedia.org/wiki/List\\_of\\_bicycle-\\_and\\_human-powered\\_vehicle\\_museums](https://en.wikipedia.org/wiki/List_of_bicycle-_and_human-powered_vehicle_museums)

### To Mask or Not To Mask?

While masks are not required while cycling, some people feel more comfortable wearing one given the current Corona-19 circumstances. If one is riding in a group, a mask may be a requirement if the group is large or is closely bunched together. Of course, there are reasons for not masking up – glasses that fog, heat on the face or fear that one is not getting enough oxygen. If the latter is a concern, a recent study was done on the impact of mask wearing. The study carried out at the University of Saskatchewan found there was no performance loss or lower oxygen levels when comparing masked to non-mask wearers. It also found the mask prevented the spread of human droplets that potentially carried Covid-19. If you want to know more go to: <https://www.bicycling.com/health-nutrition/a34659673/how-masks-affect-performance-study/>

### Numb Hands While Riding?

Getting numb hands while riding is a persistent problem for many cyclists. Below are a couple of articles that offer some solutions. <https://www.roadbikerider.com/avoid-hand-numbness-bicycle/> , <https://www.roadbikerider.com/more-on-numb-hands/>



**SAFE  
RECIPE  
STYLEGUIDE**

Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors. This style guide provides easy edits to any recipe to improve food safety practices.

[saferecipeguide.org](http://saferecipeguide.org)

	<b>TEMPERATURE</b>	Cook until internal temperature reaches XX <i>(fill in the blank and include chart with specific foods)</i> on food thermometer.
	<b>HAND WASHING</b>	Wash hands with soap and water. <i>(Include this at beginning of recipe and after each touch of raw meats, poultry, seafood or eggs)</i>
	<b>CROSS CONTAMINATION</b>	Wash <i>(insert cutting board, counter, utensil, serving plate)</i> after touching raw meats, poultry, seafood or eggs. Do not reuse marinades used on raw foods.
	<b>PRODUCE</b>	Gently rub produce under cold running water. Scrub firm produce with a clean vegetable brush under running water.



## WARM-UP ROUTINE #1

Warming up prepares the body for physical activity by increasing circulation and breathing. Warming up improves movement efficiency and prevents injuries. Slight perspiration or a "feeling" of easier movement is a sign of an adequate warm-up.

<p><b>HAND RANGE OF MOTION</b></p>	<p><b>ELBOW PRONATION/SUPINATION</b></p>	<p><b>SHOULDER ROLL</b></p>
<p><b>SHOULDER INTERNAL/EXTERNAL ROTATION</b></p>	<p><b>PUSH/PULL</b></p>	<p><b>SHOULDER MOVEMENT 2</b></p>
<p><b>SHOULDER MOVEMENT 3</b></p>	<p><b>LEG CURL</b></p>	<p><b>SINGLE LEG BALANCE (WITH ANKLE ROTATION)</b></p>

### WARM-UP GUIDELINES

- Maintain good posture (↑). Tighten abdominal muscles (●).
- Breathe normally.
- Perform 1 set of 10 repetitions.
- Contact your supervisor if you have questions regarding any of the exercises.