



# COVID-19 Response Manual

The Sum of All Gears											
Team	Team Rank	Team Points	Team 7 for 7	Team Elevation	Team Bingo	Team Fore!	Nelldrai Points	Rider	7 for 7	Mtms of Miser	Bingo Fore!
Chafing the Dream	1st	365.8	89.3	97.3	86.1	93.0	10	Craig Tyndall	7	3,520	9 16
Gears for Beers	2nd	358.7					50	Rich Williams	7	2,258	4 9
								Diana Knight	5	1,198	9 10
								Rob Tracogna	6	2,158	9 5
								Alex Versluis	6	2,286	9 8
Our Lady of Blessed Acceleration	3rd							John Marshall	4	2,654	9 9
								Craig Tyndall	6	1,137	9 5
								Craig Tyndall	5	3,307	9 14
								Craig Tyndall	2	2,779	9 14
The Chain Stays	4th							Craig Tyndall	5	3,384	9 21
								Craig Tyndall	5	1,085	9 8
								Craig Tyndall	2	569	9 0
								Craig Tyndall		1,262	9 5
Carpe Diem Cyclists	5th							Craig Tyndall		673	9 8
								Craig Tyndall		842	9 3
								Craig Tyndall		1,611	9 2
								Craig Tyndall		828	9 7
Killer Orange	6th							Craig Tyndall	5	970	9 4
								Craig Tyndall	3	786	9 2
								Craig Tyndall	2	641	9 8
								Craig Tyndall	1	-	9 0
NUCLEAR BREW	7th	207.2	42.9					Craig Tyndall	1	911	2 0
								Craig Tyndall	2	729	9 13
								Craig Tyndall	5	2,927	6 13
								Craig Tyndall	2	1,118	9 4
Potato Power	8th	195.6	42.9	37.6	50.0	65.1		Craig Tyndall	4	1,236	9 5
								Craig Tyndall	3	634	2 2
								Craig Tyndall	3	2,553	2 8
								Craig Tyndall	4	284	9 7
Roxy Foxies	9th	139.0	46.4	35.5	22.2	34.9		Craig Tyndall	1	138	4 4
								Craig Tyndall	4	1,050	3 7
								Craig Tyndall	3	2,061	2 10
								Craig Tyndall	4	359	1 8
Roxy Foxies	9th	139.0	46.4	35.5	22.2	34.9		Craig Tyndall	5	81	3 1
								Craig Tyndall	3	2,890	3 2
								Craig Tyndall	1	-	1 4
								Craig Tyndall			

By SirVelo

Velominati Printing  
Toronto, Canada



## ***Dedication***

*‘Twas the Spring, Summer, Fall of... 2020? Or was it even longer than that? A group of cyclists got together and made a pact... they vowed to stay sane, stay healthy, and have fun. And that, we did. What follows, is a random collection of advice, rules, recipes and photos that helped us through toughish times...*

*Need some music while you cook? <https://spoti.fi/3n4ew8Q>*

*NOTE: Preparation times, cooking times and serving sizes are completely inaccurate... the rest of the information contained herein is also questionable*

*Rule #1: Obey The Rules.*

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# ROASTED RED PEPPER TOMATO SOUP



## TIME TO PREPARE

5 minutes



## COOK TIME

60 minutes



## SERVING

4 People



## PREPARED BY

Alex Versluis

AKA Barnacle

## Ingredients

3 ripe, vine ripened tomatoes  
3 cloves garlic  
1/2 large yellow onion  
1 medium red pepper  
1 Tbsp extra virgin olive oil  
1 28-oz. can peeled, whole plum tomatoes (I used San Marzano)  
3-4 Tbsp tomato paste  
Sea salt and black pepper  
1 cup low-sodium veggie broth  
1/2 cup plain almond milk

## Steps to Cook

01. Preheat oven to 350 degrees F (176 C).
02. Cut tomatoes and onions into wedges and remove some of the tomato seeds with your fingers. Remove seeds from red pepper and cut into even slices.
03. Place all of the veggies, including the garlic, on a baking sheet, drizzle with olive oil, a generous pinch of sea salt and black pepper and toss. Roast for 40-45 minutes, or until the veggies are tender, lightly browned and close to half their original size. Remove from oven and set aside.
04. In a large pot over medium to medium-high heat, add canned tomatoes, veggie broth, tomato paste, the slightly-drained vine-ripened tomatoes and the roasted veggies. Add another pinch of salt and pepper, stir and bring to a low boil.
05. Reduce heat and simmer for 10 minutes. Then use an immersion blender, food processor or blender to puree your soup (leave some whole veggies if you prefer more texture).
06. Return to pot and add plain almond milk (and more broth if it's too thick for your liking). You can also sub cream or regular milk.



07. Cook for 5-10 minutes more on medium to medium-low heat and serve warm.
08. Optional garnishes: pesto, oregano, parsley, roasted red pepper flake, vegan parmesan cheese, basil, garlic croutons. Will keep in the fridge for several days.

## Pro Tips

*Check your tire pressure  
before EVERY ride!!*

*Find your fuel and eat  
regularly. If you start to bonk,  
a can of classic Coca Cola, its  
a power-up, like hardlining  
sugar and helps to pull you  
back from the brink.*

*Leave your ego at home*

*Tuck behind the big guys and  
stay in the middle of the  
peloton!*



Rule #2: Lead by example. It is forbidden for someone familiar with The Rules to knowingly assist another person to breach them.

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## BEARNAISE



### TIME TO PREPARE

60 minutes



### COOK TIME

45 minutes



### SERVING

6 People



### PREPARED BY

Sebastien Piller-Tahy  
AKA Seb

## Ingredients

2 tbsp coarsely chopped fresh tarragon

2 tbsp coarsly chopped fresh chervil (optional)

2 tbsp tarragon vinegar

150 ml dry white wine

1 tbsp finely chopped shallots or white part of spring onion

1 tsp black peppercorns, coarsely crushed

3 (size 2) egg yolks

Salt

175g/6 oz butter, diced small

.

## Steps to Cook

01. Put the first six ingredients into a small pan and boil until reduced to 2 tbsp. Set aside.
02. Put the yolks, 1 tbsp cold water and a pinch of salt in the top of a double boiler over simmering – not boiling – water: the water must not touch the top pan.
03. Whisk the yolks until combined, then strain in the reduced wine.
04. Whisk in the first piece of butter. When it has been absorbed, add the next. Continue whisking and adding butter, being careful to whisk over the bottom and around the sides of the pan regularly. When all the butter has been absorbed and the sauce is thick and fluffy, check the seasonings and serve.
05. Serve with roast fillet of beef or grilled sirloin steak.
06. For roast lamb or grilled tournedos, add 1 tbsp tomato puree with the reduced wine – this is Sauce Choron.

Rule #3: Guide the uninitiated. No matter how good you think your reason is to knowingly breach The Rules, it is never good enough.

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## BEER CAN CHICKEN RUB



**TIME TO PREPARE**  
5 mins



**COOK TIME**  
N/A



**SERVING**  
N/A



**PREPARED BY**  
Russel Kroll  
AKA Russ

### Ingredients

2 tbsp smoked paprika  
2 tbsp salt  
2 tbsp onion powder  
1 tbsp cayenne pepper  
1 tbsp ground cumin  
2 tsp dried thyme  
2 tsp dried oregano  
2 tsp black pepper  
2 tsp garlic powder

### Steps to Cook

01. This is an easy rub (that's what she said). It came from a beer can chicken recipe, but I've found its good on all types of chicken. Easy choice when I'm not sure what to make for dinner.

Rule #4: It's all about the bike. It is, absolutely, without question, unequivocally, about the bike. Anyone who says otherwise is obviously a twatwaffle.

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## BLACK BEAN MANGO SALAD



### TIME TO PREPARE

15 minutes



### COOK TIME

0 minutes



### SERVING

4 People



### PREPARED BY

Diana Knight  
AKA The Rookie

### Ingredients

2 medium mangoes, peeled and cubed (I use frozen).  
1 cup canned black beans, rinsed and drained  
1/4 cup finely chopped red pepper  
2 tablespoons finely chopped red onion  
2 tablespoons minced fresh cilantro  
2 tablespoon finely chopped jalapeno pepper  
1 tablespoon lime juice  
1/8 teaspoon ground cumin  
Dash of salt

### Steps to Cook

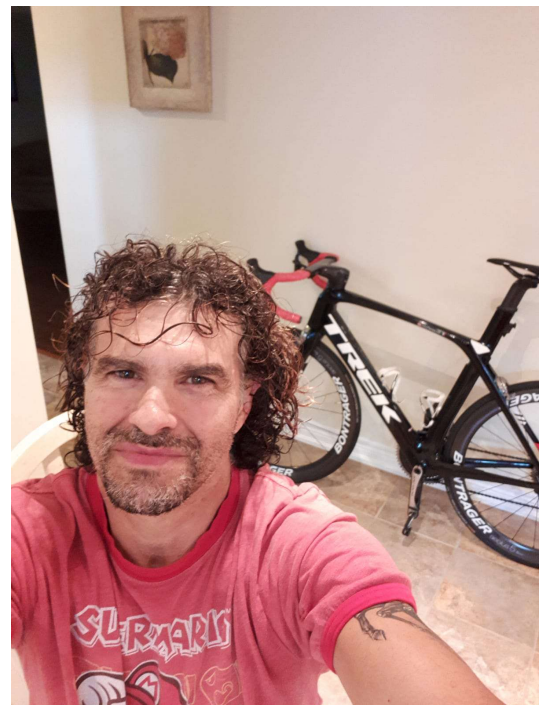
01. Combine all ingredients, and you're done!



## Pro Tips

*Spend good money on any part of your body that touches the bike, as well as your helmet.*

*Ride with a rear view mirror. In addition to always riding with bright lights, the one piece of kit that helps to keep me safe on the bike is a rear view mirror. I've lost count at the number of times the mirror has made me aware of an aggressive driver that wasn't ready to share the road. The mirror weighs less than a couple of gels, so no excuse not to have one on the bike.*





## YOSHINOYA BEEF BOWL



### TIME TO PREPARE

10 minutes



### COOK TIME

20 minutes



### SERVING

4 Cyclists



### PREPARED BY

Craig Tyndall

AKA Sir Velo

### Ingredients

1 onion  
1 green onion/scallion  
3/4 cup dashi (180 ml)  
1.5 Tbsp sake  
3 Tbsp mirin  
1.5 Tbsp sugar  
3 Tbsp soy sauce  
¾ lb thinly sliced beef (chuck  
or rib eye) (12 oz, 340 g)  
[Try Sandown Market in  
Etobicoke]  
3 Tbsp pickled red ginger (beni  
shoga or kizami beni shoga)

### Steps to Cook

02. Gather all the ingredients.
03. If you cannot find sliced beef in your local grocery store, freeze a block of fresh chuck or rib eye for 1-2 hours and slice. See this post for detailed instructions. After you slice, if the piece is too large then cut them in half. I use "Komagire cut" from my local market and I cut them further into smaller pieces.
04. Cut the onion into thinly slices and chop the green onion. Set aside.
05. Heat a large frying pan over medium-high heat and add dashi, sake, sugar, mirin and soy sauce.
06. Cover the lid and bring the sauce to boil. Once the sauce is boiling, add the sliced onions and spread them out. Cover to cook until tender (if you don't cover, the sauce will evaporate, so make sure you cover the lid).
07. When the onion is tender, add the beef and cook until no longer pink. Skim the foam or fat with a fine mesh sieve.

08. Serve the meat and sauce over steamed rice.
09. Top with chopped green onion and pickled red ginger.
10. If you like to add an egg, serve with Onsen Tamago.  
Alternatively, you can pour beaten egg over the meat when it's almost finished cooking in the pan.

## Pro Tips

### *Keep pedaling.*

*There is no bigger thrill than riding in a group that is working well together.*

*Part of that thrill is riding as close to the wheel in front of you as it is safe to do so because you trust that rider.*

*A key part of that trust comes from them being predictable and a lot of that has to do with how they manage their speed. A key part of keeping a consistent speed is to keep pedaling – sounds obvious, right? Well, many people ride like they drive, meaning they are on full gas, off the gas or on the brakes – a light touch on the gas allows you to feather the throttle and manage your speed much more precisely.*

*The same thing applies to group riding – if you see the group slowing a tad (you aren't just staring at the wheel in front of you, are you? Of course you aren't), don't come right off the gas and freewheel – pedal lightly. This way, you won't suddenly dump speed and force the person behind you to do the same. When you need to pick up speed, just pedal a little bit harder – voila! When the whole group does it, it's sublime and is part of the joy of riding.*



Rule #7: Tan lines should be cultivated and kept razor sharp. Under no circumstances should one be rolling up their sleeves or shorts in an effort to somehow diminish one's tan lines. Sleeveless jerseys are under no circumstances to be employed.

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## GRILLED ZUCCHINI



### TIME TO PREPARE

60 minutes



### COOK TIME

45 minutes



### SERVING

6 People



### PREPARED BY

Jane Mathews

### Ingredients

Zucchini  
Salt  
Fresh Dill  
Extra Virgin Olive Oil  
Freshly grated Parmesan

### Steps to Cook

01. Slice zucchini lengthwise and slit them diagonally.
02. Brush your grill and the inside of the zucchini with EVO.
03. Throw them on the barbie until they're almost soft and flip them over to get grill lines on them.
04. Top with salt, fresh dill and Parmesan.
05. You can freeze them separately to bring summer memories back in the dead of winter.



Rule #9: If you are out riding in bad weather, it means you are a badass. Period.

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## EGGPLANT ALLA PARMIGIANA



### TIME TO PREPARE

30 minutes



### COOK TIME

30 minutes



### SERVING

6 People



### PREPARED BY

Luca D'Aprile  
AKA Nona's secret  
recipe

### Ingredients

Sicilian Eggplant  
Eggs  
Flour  
Cooking Oil  
Tomato Sauce  
Grated parmigiana  
Mozzarella

### Steps to Cook

01. Peel the eggplants then slice them (half inch thick), salt them, let them sit
02. Coat the sliced eggplant in egg and flour
03. Pan fry until dark golden brown
04. [for Italians [[Buco]].... at this point, make a sandwich with a few slices ... just to make sure ....]
05. Let the eggplant cool down and then layer them in a casserole tray - cover each layer with some grated parmigiana and mozzarella
06. Bake in the oven 400 .... let cool down..... buon appetito

Rule #10: It never gets easier, you just go faster.

## AVOCADO DIP



### TIME TO PREPARE

15 minutes



### COOK TIME

None



### SERVING

4-6 People



### PREPARED BY

Robert Lendvai

AKA Lendvai

AKA LP

### Ingredients

2 avocados  
Juice of ½ lemon  
½ tsp vegetable bouillon powder  
1 tbsp whole-egg mayonnaise  
5 hard boiled eggs, peeled  
Sweet paprika to sprinkle  
Extra virgin olive oil for drizzling  
Toasted bread, to serve

### Steps to Cook

01. Cut the avocados in half, remove the seeds and scoop out the flesh using a large spoon. Combine the avocado flesh and lemon juice in a bowl and using a fork, mash together well.
02. Stir in the garlic powder, bouillon powder and mayonnaise.
03. Finely chop the eggs and stir them in the avocado mixture, taking care not to over-mix. The dip should not be too smooth.
04. Season to taste with sea salt and freshly ground black pepper, then transfer to a serving bowl.
05. Sprinkle with sweet paprika to taste and drizzle with olive oil. Serve with toast.
06. Post pics on Instagram, facebook, twitter, strava, whatsapp, myspace, google+, linked in and more...

Rule #12: The correct number of bikes to own is  $n+1$ . While the minimum number of bikes one should own is three, the correct number is  $n+1$ , where  $n$  is the number of bikes currently owned. This equation may also be re-written as  $s-1$ , where  $s$  is the number of bikes owned that would result in separation from your partner.

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## SLOW COOKER BEEF STEW



### TIME TO PREPARE

20 minutes



### COOK TIME

7-8 hours



### SERVING

8 People



### PREPARED BY

Anabel Meade

### Ingredients

2 tablespoons olive oil  
2 pounds stew meat, cut into  
1-inch cubes  
Kosher salt and freshly ground  
black pepper, to taste  
1 pound baby red potatoes,  
quartered  
4 carrots, cut diagonally into  
1/2-inch-thick slices  
1 onion, diced

### Steps to Cook

01. Heat olive oil in a large skillet over medium heat.
02. Season beef with salt and pepper, to taste. Add beef to the skillet and cook until evenly browned, about 2-3 minutes.
03. Place beef, potatoes, carrots, onion and garlic into a 6-qt slow cooker. Stir in beef broth, tomato paste, Worcestershire, thyme, rosemary, paprika, caraway seeds and bay leaves until well combined; season with salt and pepper, to taste.
04. Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.



3 cloves garlic, minced  
3 cups beef broth  
2 tablespoons tomato paste  
1 tablespoon Worcestershire sauce  
1 teaspoon dried thyme  
1 teaspoon dried rosemary  
1 teaspoon smoked paprika  
1 teaspoon caraway seeds, optional  
2 bay leaves  
1/4 cup all-purpose flour  
2 tablespoons chopped fresh parsley leaves

05. In a small bowl, whisk together flour and 1/2 cup stew broth. Stir in flour mixture into the slow cooker. Cover and cook on high heat for an additional 30 minutes, or until thickened.
06. Serve immediately, garnished with parsley, if desired.

### Pro Tips

About the chamois...

- bib shorts - once you go bib you'll never go back (even the ladies!)
- no underwear under the shorts
- for long or sore rides... go like the pros and apply chamois cream on the entire chamois (not your skin)
- for even longer rides or really sore skin, double up your shorts.



Rule #17: Team kit is for members of the team. Wearing Pro team kit is also questionable if you're not paid to wear it.

# KOREAN BEEF SHORT RIBS



**TIME TO PREPARE**  
20 minutes



**COOK TIME**  
3 hours



**SERVING**  
4 People



**PREPARED BY**  
Robert Tracogna  
AKA RTD  
AKA Covid Rob

## Ingredients

Beef short ribs  
1 ½ cups Beef broth  
Korean BBQ sauce from World  
of Sauces( get it at Costco)

## Steps to Cook

01. Get someone to braise the beef short ribs in an iron skillet
02. Get someone to place them in a roasting pan.
03. Get someone to fill pan with beef broth and a jar of Korean BBQ sauce
04. Get someone to cover and bake at 350 degrees for 3 hours.
05. Get someone to remove ribs and skim fat off of sauce and pour sauce over ribs.
06. Meat will fall off the bone

## Pro Tips

Happy bike, happy life (that's the line, right?) Make sure your bike is ready to ride before riding. Air pressure, oiled chain etc.

Getting old has meant two changes in my riding over the years...it's taking longer to warm up and I therefore always start a group ride at the back. It's also taking me longer to recover, and therefore I avoid consecutive days of riding.

### Potato Power



### OUR LADY OF BLESSED ACCELERATION





Rule #22: Cycling caps are for cycling. Cycling caps can be worn under helmets, but never when not riding, no matter how hip you think you look. This will render one a douche, and should result in public berating or beating.

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## MARIO'S GNOCHI



### TIME TO PREPARE

60 minutes



### COOK TIME

45 minutes



### SERVING

6 People



### PREPARED BY

Mario Moscati

AKA Super Mario

## Ingredients

2 lbs russet  
potatoes  
2 cups all-  
purpose flour  
3 tbsp salt for  
water

## Steps to Cook

01. Boil potatoes with peels on, cook until easily pierced with fork
02. Let cool just long enough to handle and peel.
03. Mash potatoes by hand.
04. Add mashed potatoes to lightly floured surface + add  $\frac{1}{2}$  of the flour
05. Knead until sticky mass is formed
06. keep adding flour a bit at a time until dough is smooth
07. Cut dough into smaller sections and roll into  $\frac{1}{2}$ " diameter cylinders, cut to  $\frac{3}{4}$ " long pieces.
08. Bring large pot of salted water to a boil.
09. Shape gnocchi by pressing each piece between thumb and tines of a fork, creating ridges using a slight rolling motion.
10. Drop gnocchi into boiling water for about 2 minutes or until they float to top, skim them out.
11. Drain gnocchi well + serve immediately, top with sauce and parmesan cheese

Rule #25: The bikes on top of your car should be worth more than the car.

## GRILLED FLANK STEAK



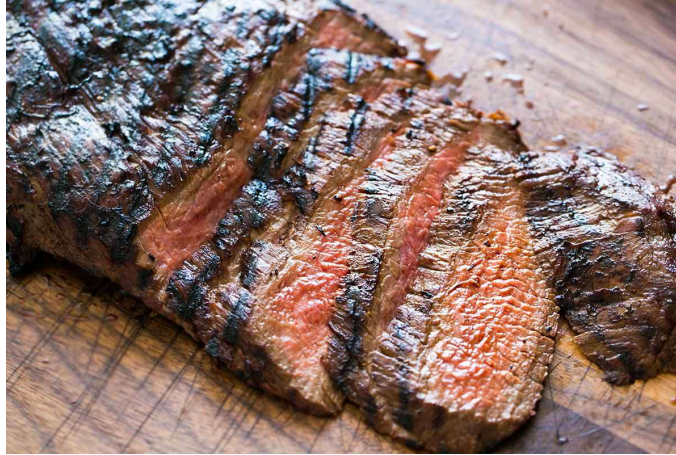
### TIME TO PREPARE

30 minutes



### COOK TIME

10 minutes



### SERVING

4-6 People



### PREPARED BY

Rich Martyn

AKA Rich 2

### Ingredients

2 Large flank steaks  
Olive oil  
Lime juice  
Chopped cilantro  
2 tbsp Chili Powder  
1 tbsp Cumin  
1 tsp Smoked Paprika  
Salt & Pepper  
And Salt & Pepper  
(Yeah, I wrote it twice)

### Steps to Cook

01. Marinate steaks in olive oil, lime juice and a bunch of chopped cilantro - 2 to 12 hours, the longer the better
02. Grill steaks at high heat for 3-5 minutes per side.
03. Set steaks aside to rest for 15 minutes (this is the key to the whole thing).
04. Slice across the grain (another key).
05. Serve with grilled corn on the cob, topped with Mexican cheese and oiled cilantro, and some baby roasted potatoes.
06. Enjoy the silence of your family. A meal this good shuts them up.

Rule #30: No frame-mounted pumps. Either Co2 canisters or mini-pumps should be carried in jersey pockets (See Rule #31).

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## OATMEAL PANCAKES



### TIME TO PREPARE

20 minutes



### COOK TIME

20 minutes



### SERVING

14 4" pancakes



### PREPARED BY

Rob Marshall  
AKA RTT

## Ingredients

1.5 cups rolled oats  
2 cups buttermilk  
2 eggs  
1 tsp vanilla  
2 tbsp brown sugar or maple  
syrup  
¼ cup canola oil  
¾ cup flour  
½ tsp baking soda  
½ tsp salt  
¼ tsp nutmeg

## Steps to Cook

01. Combine the oats and buttermilk and leave for 20 mins
02. Meanwhile, whisk together eggs, vanilla, sugar or syrup and oil in one bowl, and flour, baking soda, salt and nutmeg in another bowl.
03. Add the soaked oats to the wet mixture, then gradually stir in the dry mixture.
04. Warm the frying pan or griddle over medium-low heat. When hot, pour ¼ cup of batter for each pancake. Cook slowly until holes cover the top, then turn and cook the other side.

Rule #31: Spare tubes, multi-tools and repair kits should be stored in jersey pockets. If absolutely necessary, in a converted bidon in a cage on bike.

## REVERSE SEAR BEEF TENDERLOIN



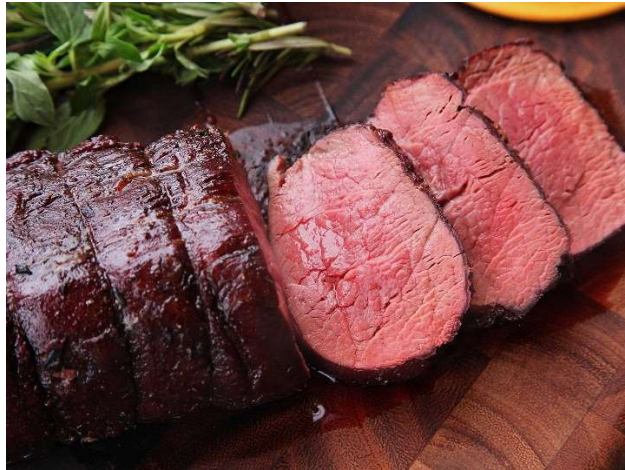
### TIME TO PREPARE

60 minutes



### COOK TIME

45 minutes



### SERVING

6 People



### PREPARED BY

Chris Ellison

### Ingredients

1 Tenderloin (trimmed)  
Kosher Salt

### Steps to Cook

Background: Tenderloin aka Filet Mignon aka Backstrap (for all you hunters/farm to table types) is the best cut of meat and is best enjoyed medium rare to rare, however most people cook it on high heat (from outside-in) to get the Centre to the correct temperature. The drawback to this method is that your grill/oven has to be set on very high heat so you end up with an overcooked outside to get the perfect inside. Enter the reverse sear, where you “bake” the tenderloin at a low temp for a longer cook time (low and slow) until the meat reaches the desired temp (or just below). You then remove the meat and crank the grill to 500-600 degrees and then apply a short, hot sear to caramelize the outside. This can be done in the oven (if you must), but it is heavenly on a Big Green Egg per recipe below:

01. Directions:



02. Remove tenderloin from fridge at least 1 hour before cooking to let it warm up to room temp
03. Tie it with butchers string
04. Salt it with Kosher salt
05. Get egg (or oven) to 240F
06. If using Egg, insert plate setter to ensure indirect heat
07. Cook until internal temp reaches 120, then remove (should take 30 mins)
08. While meat is resting, remove plate setter and crank Egg to 500-600
09. Sear briefly 1 minute per side (cross-hatch for bonus points)
10. Remove and let rest for 5 minutes before carving

### Pro Tips

*All Limits are Self Imposed*

*Change your gear, let it sink in then get your cadence up.*



Rule #32: Humps are for camels: no hydration packs. Hydration packs are never to be seen on a road rider's body.

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## AGLIO E OLIO



**TIME TO PREPARE**

60 minutes



**COOK TIME**

45 minutes



**SERVING**

6 People



**PREPARED BY**

Hanif Mawji

### Ingredients

Spaghetti  
Olive oil  
Garlic (Lots!)  
Freshly grated Parmigiano  
reggiano  
hot peppers

### Steps to Cook

01. Cook spaghetti as per directions
02. Fry garlic in olive oil separately fried till slightly crisp
03. Mix together with olive oil and spaghetti.
04. Top with lots of parmigiano reggiano and hot peppers

Rule #33: Shave your guns. Legs are to be carefully shaved at all times. If, for some reason, your legs are to be left hairy, make sure you can dish out plenty of hurt to shaved riders, or be considered a hippie douche on your way to a Critical Mass.

## FRESH PEPPERCORN FETTUCINE WITH BEEF TENDERLOIN



### TIME TO PREPARE

10 minutes



### COOK TIME

20 minutes



### SERVING

2 People



### PREPARED BY

Jost Rittershaus

### Ingredients

1 cup mixed wild mushroom  
(any kind you like but not  
Portobello)

2 tbsp unsalted butter

6 shallots, peeled and finely  
chopped

1 oz garlic finely chopped

1/4 cup Madeira

1/4 cup port wine

1/2 cup cream

1/2 cup demi glaze

### Steps to Cook

The peppercorn fettuccine is best made fresh, it is a basic pasta dough recipe just add fresh cracked peppercorn. A normal dry pasta can be substituted and will do the trick. Just add a bit more cracked black pepper into the sauce.

01. For the Madeira Cream Sauce.... In a medium sauce pan cook mushrooms in butter with shallots and garlic over low heat until ingredients soften (cook 4 -5 min)
02. Add Madeira and Port wine and bring to a boil (simmer 3 min)
03. Add cream and bring to boil (simmer 1 min)
04. Add Demiglace and bring to boil, let simmer until the sauce has reduced by half

2 tbsp chopped chives and  
tarragon

Pepper to season

Shaved Parmesan

Toasted pine nuts

~

2 - 8 oz Grilled Beef  
Tenderloins

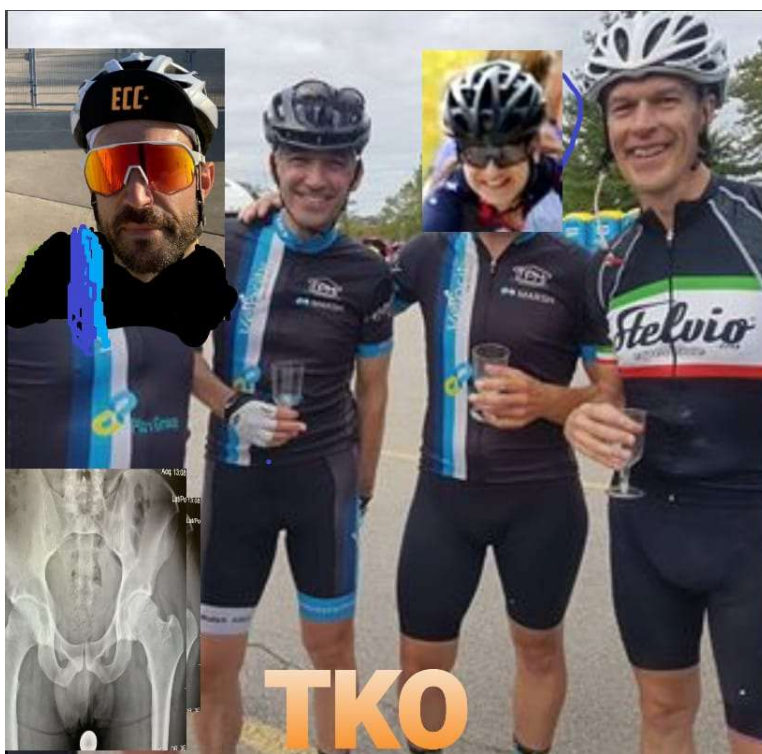
05. Add the fresh chives and tarragon. Add pepper to taste
06. Plate pasta, place beef on top and spoon sauce over beef
07. Garnish with Parmesan cheese and toasted Pine nuts

## Pro Tips

Momentum. When I first started riding the best advice I received was never stop pedaling. Kind of a life metaphor as well.

Use the rythem method: You know... it's all about cadence and keeping your mind moving through the ride.

If you go on a long ride you should be stopping to pee. If you don't, you are not drinking enough. How to know you are hydrated? Aim for lemonade coloured pee. Look in the bowl. Not lemonade? Drink more, and add an electrolyte to keep it in. This applies to all except your morning pee.





Rule #36: Eyewear shall be cycling specific. No Aviator shades, blue blockers, or clip-on covers for eye glasses.

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## ORECCHIETTE CON RAPINI



### TIME TO PREPARE

15 minutes



### COOK TIME

15 minutes



### SERVING

4 People



### PREPARED BY

Alessandro Bonciani

AKA Alex

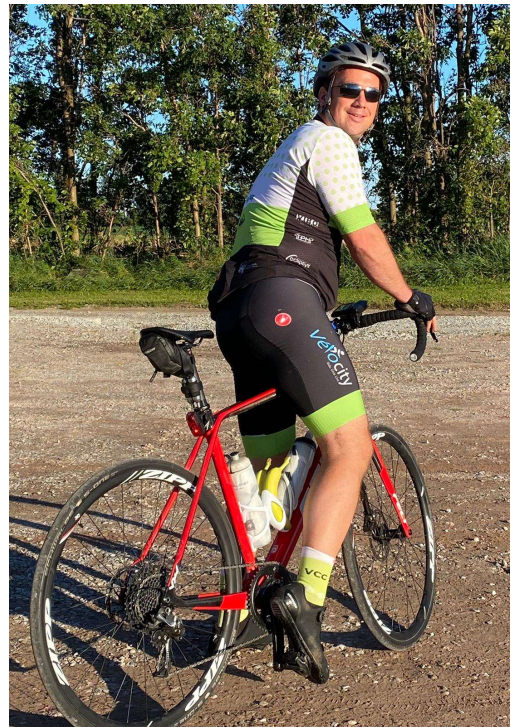
### Ingredients

Orecchiette  
Rapini  
Olive oil  
Garlic  
Pepperoncino  
Pecorino or parmigiano.

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### Steps to Cook

08. Boil Orecchiette according to packing directions....
09. Fry up rapini in some olive oil and Garlic (until Rapini softens)
10. Add pepperoncino if you like it spicy 🌶️...
11. Put it all together in a pan to mix it...
12. Shave some pecorino slices or parmigiano on top! Easy Peasy!





Rule #37: The arms of the eyewear shall always be placed over the helmet straps. No exceptions.

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## BREAKFAST OF (CHAMPION) CYCLISTS



### TIME TO PREPARE

60 minutes



### COOK TIME

45 minutes



### SERVING

1 Person



### PREPARED BY

Carey Low

### Ingredients

Eggs

Bread

Sliced cheese

1 Cup milk

2 heaping spoonful Greek  
yogurt

Fresh fruit

Banana

1 tbsp orange juice

1 scoop protein powder

### Steps to Cook

01. One or two fried eggs. Break the Yolks on the flip.
02. Chill for a bit
03. Toast some nice bread, top with cheese and fried eggs
04. Relax.... Take a load off

01. To blender, add all smoothie ingredients. Blend well.
02. Ease in to your day

Rule #49: Keep the rubber side down. It is completely unacceptable to intentionally turn one's steed upside down for any reason under any circumstances. Besides the risk of scratching the saddle, levers and stem, it is unprofessional and a disgrace to your loyal steed. The risk of the bike falling over is increased, wheel removal

## CHOCOLATE ZUCCHINI BREAD



### TIME TO PREPARE

20 minutes



### COOK TIME

60 minutes



### SERVING

One 8-1/2 x 4-1/2-inch loaf



### PREPARED BY

Dana Molcokvsky

## Ingredients

1 stick (1/2 cup) unsalted butter  
3/4 cup plus 2 tablespoons light brown sugar, packed  
2 large eggs  
1 teaspoon vanilla extract  
1-2/3 cups all-purpose flour, spooned into measuring cup and leveled off with a knife  
1/3 cup Dutch-process cocoa powder (ok to substitute natural cocoa powder)  
3/4 teaspoon salt  
1/2 teaspoon baking powder

## Steps to Cook

01. Preheat the oven to 350 F degrees and grease an 8-1/2 x 4-1/2-inch loaf pan with nonstick cooking spray.
02. Place the butter in a large microwave-safe mixing bowl and microwave for one minute, or until just melted. Stir in the brown sugar until completely smooth. Add the eggs and vanilla and stir until incorporated. (Be sure to add the eggs after the brown sugar is mixed in, as the hot butter alone could cook the eggs.)
03. Whisk together the flour, cocoa powder, salt, baking powder, baking soda and instant coffee (if using) in a medium bowl. Add to the butter mixture and stir until well combined. It will be very thick.
04. Stir in the shredded zucchini and chocolate chips. (It will still be thick -- that's okay.)



1/2 teaspoon baking soda  
1/2 teaspoon espresso powder  
or instant coffee (optional)  
2 cups shredded zucchini,  
gently packed (you'll need  
about 2 medium zucchinis; do  
not wring out the liquid)  
1 cup semi-sweet chocolate  
chips

05. Spoon the batter into the prepared loaf pan and spread evenly. Bake for 60-65 minutes, or until a toothpick or cake tester inserted into the center comes out clean (save for perhaps a smear from the melted chocolate chips). Let the loaf cool on a rack for about 10 minutes before turning out onto a rack to cool completely.
06. Freezer-Friendly Instructions: The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

## Pro Tips

*Join a club. Riding a bike is great, but being part of something is even greater, meeting new people, being part of something is wonderful.*

*When new to a group - hang at the back for a bit and watch how the group rides - watch for the little things - pace, acceleration, holding the line, calling out stuff on the road, how they are talking (looking ahead, turning to speak), how they handle intersections, how they rotate - just be an observer.*

*The secret to exercise is to change your clothes: After all, you're not going to sit on the sofa in your cycling kit watching TV and eating chips. Changing your clothes sends a message to yourself that you're gearing up. And it sends a message to my family to leave me alone - Mommy/Daddy needs some Me Time.*



Rule #54: No aerobars on road bikes. Aerobars or other clip-on attachments are under no circumstances to be employed on your road bike. The only exception to this is if you are competing in a mountain time trial.

## ANGRY MUSSELS



### TIME TO PREPARE

10 minutes



### COOK TIME

30 minutes



### SERVING

4 People



### PREPARED BY

Rob Givens

AKA Red

## Ingredients

1 kg Mussels  
1 package Fresh linguini (dry  
is ok too but you'll need to  
adjust timing)  
2 tbsp olive oil  
1 Thai Chili, chopped  
1/2 tsp of pepperoncino flakes  
1 large clove of garlic diced  
1 cup of good white wine  
Parmesan cheese

## Steps to Cook

01. Bring large pot of salted water to a boil.
02. Wash and clean mussels.
03. In a cold large deep frying pan (you'll need a lid later) add olive oil, chili, pepperoncino flakes and garlic (this will infuse the oil). Bring temperature up to medium high, when garlic turns golden brown add mussels and wine and cover.
04. Next drop the pasta into the boiling water.
05. When the mussels open up around 6-8 minutes (toss any that don't open), transfer the pasta and a half cup of the pasta water into the frying pan with the mussels. Let the mussels get to know the linguini a minute or two and serve. Generally cheese and seafood is a no-no, but a little Parmesan to season is ok.

Rule #59: Hold your line. Ride predictably, and don't make sudden movements. And, under no circumstances, are you to deviate from your line.

Rule #62: You shall not ride with earphones. Cycling is about getting outside and into the elements and you don't need to be listening to Queen or Slayer in order to experience that. Immerse yourself in the rhythm and pain, not in whatever 80's hair band you call "music". See Rule #5 and ride your bike.

## MAMA RICHARDSON’S CHRISTMAS PUDDING



**TIME TO PREPARE**  
60 minutes



**COOK TIME**  
45 minutes



**SERVING**  
4 People



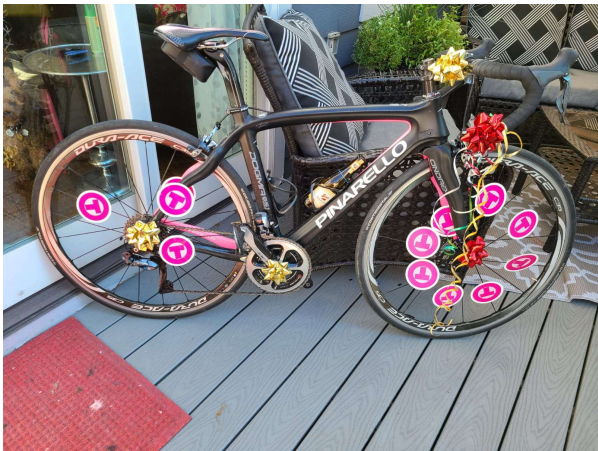
**PREPARED BY**  
Michael Richardson  
AKA Mad Dog

### Ingredients

- ½ cup soft butter
- 1 cup icing sugar
- ½ tsp vanilla or rum (use rum!)

### Steps to Cook

01. Add all ingredients to a bowl
02. Beat until fluffy
03. Chill one hour
04. Makes 1 cup



Rule #67: Do your time in the wind. Nobody likes a wheel sucker. You might think you're playing a smart tactical game by letting everyone else do the work while you sit on, but races (even Town Sign Sprints) are won through cooperation and spending time on the rivet, flogging yourself and taking risks. Riding wheels and jumping past at the end is one thing and one thing only: poor sportsmanship.

## SPANISH GAZPACHO



### TIME TO PREPARE

15 minutes



### COOK TIME

N/A



### SERVING

4 servings



### PREPARED BY

Katie Jessop

AKA KT

## Ingredients

2lbs Ripe red tomatoes, cored and roughly cut into chunks

1 Italian frying (cubanelle) pepper or another long, light green pepper, such as Anaheim, scored, seeded and roughly cut into chunks

1 cucumber, peeled and roughly cut into chunks

1 small mild onion (white or red), peeled and roughly cut into chunks

1 clove garlic

2 tsp sherry vinegar

Salt

½ cup extra virgin olive oil plus more for drizzling

## Steps to Cook

01. Add all the stuff to a blender, except the oil and 2 tsp salt.
02. Once blended, keep the blender running and add salt and oil.
03. The soup will change to a gorgeous pink or orange depending on your tomatoes. Refrigerate. Best the next day. Lasts a week.
04. Great first thing in the door recovery drink.



Rule #72: Legs speak louder than words. Unless you routinely demonstrate your riding superiority and the smoothness of your Stroke, refrain from discussing your power meter, heartrate, or any other riding data.

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## SCONES



### TIME TO PREPARE

15 minutes



### COOK TIME

15 minutes



### SERVING

12-15 Scones



### PREPARED BY

Rob Lunney

AKA Boston Rob

## Ingredients

2 cups all-purpose  
flour

3 tsps baking  
powder

½ teaspoon salt

2 tbsp sugar

1/4 cup butter or  
shortening

2 eggs

1/3 cup milk or  
thin cream

## Steps to Cook

01. Preheat oven to 450 degrees F
02. Stir flour, baking powder, salt and sugar together.
03. Cut in butter with 2 knives or pastry blender until mixture is the consistency of coarse cornmeal
04. Beat eggs until light, reserving a little of the egg whites to brush over tops of scones
05. Stir in milk
06. Make a well in center of dry ingredients
07. Add liquid slowly to make a soft dough
08. When all liquid has been added, stir dough rather vigorously until it comes freely from side of bowl.
09. Pat to 3/4 inch thickness
10. Cut in squares or triangles
11. Brush over with egg white and sprinkle with sugar
12. Bake on a greased cookie sheet in oven for 12-15 minutes

Rule #77: Respect the earth; don't litter. Cycling is not an excuse to litter. Do not throw your empty gel packets, energy bar wrappers or punctured tubes on the road or in the bush. Stuff 'em in your jersey pockets, and repair that tube when you get home.

## BARBECUED SPARERIBS



### TIME TO PREPARE

30 minutes



### COOK TIME

2 Hours



### SERVING

4 People



### PREPARED BY

Rich Williams

AKA Rich 1

### Ingredients

3lbs side rubs or 2lbs back ribs

2 tbsp brown sugar

1 ½ tsp dry mustard

½ to ¾ tsp chili powder (may omit)

1 tsp salt

1/8 tsp pepper

Garlic

Basil

Rosemary

1 ½ tbsp Worcestershire

3 tbsp vinegar

¾ cup finely chopped onion

3 cups tomato juice (Pros use V8)

### Steps to Cook

01. Sauce: In a small stove top pot, mix brown sugar and seasonings. Add remaining ingredients and mix. Simmer 10 minutes.
01. Ribs: Cut ribs in 3 inch pieces, 3 ribs each.
02. Place on rack in roasting pan
03. Bake in center of very hot oven (425F) for 15 minutes on each side.
04. Pour off fat.
05. Remove rack and cover with 3 cups sauce
06. Reduce oven temperature to 325F and continue baking 1 ½ hours
07. Baste several times with sauce

Rule #79: Fight for your town lines. Town lines must be contested or at least faked if you're not in to it or too shagged to do anything but pedal the bike.

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## PROSCIUTTO WRAPPED PEACHES



### TIME TO PREPARE

60 minutes



### COOK TIME

45 minutes



### SERVING

6 People



### PREPARED BY

Paul Martin

### Ingredients

8 thin slices of prosciutto,  
halved length wise  
2 medium peaches, halved,  
pitted and cut into 8 wedges  
each  
Salt and freshly ground  
pepper  
16 basil leaves, cut into strips  
1 tbsp. olive oil  
4 oz of creamy blue cheese,  
crumbled  
Aged balsamic vinegar, for  
drizzling

### Steps to Cook

08. Lay the prosciutto slices out on a work surface.
09. Set a peach wedge at the edge of each slice, season with salt and pepper and top with a basil strips (and optionally crumbled blue cheese).
10. Roll up the prosciutto to enclose the peaches.
11. Heat a grill over medium heat.
12. Brush the peaches lightly with olive oil.
13. Grill peaches turning occasionally, until the prosciutto is browned and crisp, about 4 minutes.
14. Transfer to a platter and lightly drizzle the peaches with aged balsamic vinegar and serve.

Rule #83: Be self-sufficient. Unless you are followed by a team car, you will repair your own punctures. You will do so expediently, employing your own skills, using your own equipment, and without complaining that your expensive tires are too tight for your puny thumbs to fit over your expensive rim.

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## ERIN'S SQUARES



### TIME TO PREPARE

15 minutes



### COOK TIME

15 minutes



### SERVING

1 8x8 Pan



### PREPARED BY

Erin Tito

## Ingredients

1 1/2 Cup Organic Rice Puff Cereal  
1/4 Cup Flax Seed Meal  
1/8 Cup Chia Seeds  
1/4 Cup Sunflower Seeds  
1/4 Cup Sesame Seeds  
1/3 Cup Pumpkin Seeds  
1/2 Cup Cashews  
1/2 Cup Almonds  
1/2 Cup Dried Fruit  
1/2 Cup Honey (or Agave Nectar)  
1/2 Cup Natural Peanut Butter (or any natural nut butter)

## Steps to Cook

01. Line an 8 x 8 pan with parchment paper.
02. Combine all dry ingredients in a bowl and set aside.
03. Over a double boiler (or place a large pyrex bowl over a pot of hot water) combine honey and natural peanut butter. Heat and stir until softened. Once softened, stir in dry ingredients into honey and peanut butter mixture and mix well. Press into 8 x 8 pan and refrigerate for at least 2 hours.
04. Cut into squares and enjoy!



Rule #86: Don't half-wheel. Never half-wheel your riding partners; it's terrible form – it is always the other guy who sets the pace. Unless, of course, you are on the rivet, in which case it's an excellent intimidation technique.

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## NAPA NOODLE SALAD



### TIME TO PREPARE

15 minutes



### COOK TIME

N/A



### SERVING

4-6 People



### PREPARED BY

Beth Tyndall

AKA Craig's Wife

## Ingredients

### Salad:

1 Small to medium Napa Cabbage, shredded (can also use Bok Choi)

½ Cup toasted sunflower seeds

1 Cup toasted almonds

3-4 Green onions, chopped

1 tbsp dried parsley

1 pkg Oriental noodles, crushed (from Mr Noodle Oriental Soup Mix)

½ lb bacon – cooked and crumbled

### Dressing:

2 tbsp white sugar --- 1 tsp salt

½ cup olive oil --- 3 tbsp white vinegar

½ or whole pkg of seasoning that comes with Mr Noodles

## Steps to Cook

01. Combine dressing ingredients.
02. Shake well, refrigerate
03. Keep all ingredients separated until just before serving.
04. Combine all salad ingredients. Pour dressing over.
05. Mix

Rule #87: The Ride Starts on Time. No exceptions. The upside of always leaving on time is considerable. Others will be late exactly once. You signal that the sanctity of this ride, like all rides, is not something with which you should muck. You demonstrate, not with words but with actions, your commitment. As a bonus, you make more time for post-ride espresso. “On Time”, of course, is taken to mean at V past the hour or half hour.





*Rule #88: Don't surge. When rolling onto the front to take your turn in the wind, see Rule #67, do not suddenly lift the pace unless trying to establish a break. The key to maintaining a high average speed is to work with your companions and allow no gaps to form in the line. It is permissible to lift the pace gradually and if this results in people being dropped then they have been ridden off your wheel and are of no use to the bunch anyway. If you are behind someone who jumps on the pedals when they hit the front do not reprimand the offender with cries of 'Don't Surge' unless the offender is a Frenchman named Serge.*



*Rule #1: Obey The Rules.*

