



COVID-19 Cases Worldwide (3 June 2020)

COVID-19 ([CDC-Cases in the US](#) as of June 2, 2020).

The COVID-19 Pandemic, Mental Health and Exercise

by *Craig O. Olsen, M.D.*

The COVID-19 pandemic has certainly affected our lives. In just over four months since the first recorded case in the United States occurred January 20, 2020, in Washington State, there have been 1.80 million cases reported in the United States with over 105,000 deaths related to

Here in Idaho, a major outbreak of COVID-19 began in Blaine County in mid March. It caught nearly 700 of the National Brotherhood of Skiers attending their annual summit March 1-7 in Sun Valley unaware with at least 126 of them subsequently developing COVID-19 symptoms, resulting in hospitalizations and several deaths ([The New Yorker, April 3, 2020](#)). In short time Blaine County became one of the hottest spots for COVID-19 per capita in the nation, and other ski resort areas also experienced high rates of infection ([Adventure Journal, April 1, 2020](#)). Major ski resorts throughout the West closed their operations on March 15-16 due to COVID-19. Bogus Basin, Brundage Mountain and Tamarack followed suit on March 17, and our ski season was cut short.

Shortly afterwards, Governor Brad Little signed an extreme emergency declaration on March 25 issuing a statewide stay-home order [strategically to flatten the curve](#) by slowing down the spread of the COVID-19 virus during this pandemic. Fortunately, this strategy appears to be working here in Idaho as well as globally with a reduction in the rate of new COVID-19 cases and deaths.



While the major efforts globally have been focused on dealing with the medical aspects of this pandemic (diagnosis, treatment and prevention), there is beginning to be an increasing awareness of its impact on the [mental health to the general population](#), especially [among health care workers](#). Preliminary surveys show a significant increase in the rates of anxiety and depression in the general population due the ongoing pandemic, compounded by the enforced social isolation necessary to help prevent its spread.

As we begin to emerge from the initial stages of stricter isolation, it is important to keep in mind that exercise is an [effective treatment for mild to moderate anxiety and depression](#). While the relationship

between exercise and improved mental health is well recognized, the mechanism for this relationship is not as well understood. One hypothesis is that [exercise releases endorphins and serotonin](#), which are targets of psychiatric medications to treat depression and regulate happiness and mood. While the physiologic benefits of regular exercise have been discussed in a previous issue of this publication ([Mogul, July 2019](#)), there are significant cognitive benefits from regular exercise in reducing the incidence of [dementia](#) and [Alzheimer's disease](#) as we age.

Though this pandemic is far from over, as we hopefully begin to emerge from the worst part of it, it is time for us to get back into regular exercise. Regular physical exercise will not only benefit us physically and mentally, it will help us get into shape for the coming ski season. While there are many good forms of regular aerobic exercise that will benefit us both physically and mentally, two that I would like to highlight are cycling and walking/hiking.

Some of the [health related benefits of cycling](#) (stationary and road or mountain biking) include:

1. Weight reduction and management.
2. Improved leg strength.
3. Easy for beginners.
4. Core strengthening workout.
5. Boosts mental health.
6. Can help with cancer (prevention and treatment).
7. Positive start to your morning.
8. Prevents and manages medical conditions.
9. Environmentally friendly.
10. Improves balance, posture and coordination.
11. Low impact option.



2019 BBSC Bike & Wine Tour

Beneficial [effects of hiking](#) (walking may also be included, but not to the same degree) include:

1. Increased fitness.
2. Take control of your workout.
3. Tones the whole body.
4. Helps prevent and control diabetes.
5. Lowers blood pressure and cholesterol.
6. Hiking heals (increased anti oxidative capacity).
7. Social activity.
8. Increases creativity.
9. Increased happiness level and curbs depression.
10. Commune with nature.



Camel's Back Park.

Bike Maintenance Safety and Repair Checklist

by Ken Snider

Before getting on your bike in the Spring, or anytime; it is important to make sure it is safe to ride. These quick checks will ensure you have a happy ride.

1. Everything is tightened properly.

Check your quick release levers or axle nuts to make sure the wheels are secured properly. Twist and push down on the saddle to make sure it doesn't move in any direction. Twist at and push down on the handlebars to make sure the stem bolts are properly tightened.



Commuter Bike

2. Bearing surfaces are adjusted properly.

a. Wheels:

Pick up the bike and spin each wheel one at a time. The wheel should spin freely without binding or making a grinding noise. With the wheels stopped, wiggle them from side-to-side, the hub bearings should not allow play in the axle. If the wheel is hitting either your brake pads in one place, or stopping prematurely, check your spokes to make sure none of them are bent or broken. If your wheel doesn't roll straight or has a broken spoke, you will need a mechanic to fix your wheels.

b. Headset:

Grab the front brake lever and push the bike forward and back. The headset bearings should not allow the fork steerer tube to jiggle inside of the head tube. Pick-up the front end and turn the bars side-to-side. The headset should feel smooth.

c. Bottom Bracket:

Pull the crank arm side-to-side. The bottom bracket bearings should not allow play in the cranks. Spin the crankset backward. The bottom bracket bearings should allow the cranks to spin smoothly.

3. Brakes are adjusted and brake pads still have life.

When you squeeze your brake levers, they should go 1/2 to 3/4 of the way to the grips. If your lever pulls all of the way to the grip, your brake cable will need adjustment. Look at the brake pads. You should see wear indicator slots in the pads. If those slots are gone, if the pad is worn down to the metal holder, or if you can see any of the interior metal showing through the surface of the pad, they are too worn and need to be replaced.

4. Tires are properly inflated.

Each tire has a different maximum PSI. You can find your tire's max PSI on the side of your tire. For the least resistance and fastest ride, pump your tires up to the max PSI. If you ride on uneven surfaces, you may find that a slightly lower PSI will make for a softer ride. Keep in mind that if you can easily push in the tire with your thumb, it is too soft and should be inflated to avoid pinch flats.

5. Clean your bike.

A little soap and water with a towel dry allows you to inspect the frame and components for wear or damage. Solvents can be used on the chain, however it must be completely dried before applying lubrication. Many chain and gear lubricants can clean and lubricate simply by applying and then wiping frequently (before and after each ride). Don't over apply lubricant, as it attracts dirt and can get quite messy. Clean machinery always works better.

6. Test ride.

Make sure the bike feels and behaves normally before setting out on a ride. If not, contact a capable repair technician and have the problems corrected.

RIDER CHECKLIST

Helmet - Always

Eyewear - To protect from the elements

Cycling shorts - They normally have padding and wicking properties to keep you dry and comfortable.

Hydration - Carry enough fluids to last beyond the amount of time you anticipate to be riding.

Sunscreen - To protect from sunburn and risk from potential skin cancer.

Appropriate clothing - Include a jacket, you may encounter inclement weather along the way, thunderstorms, etc.



Typical Bike Helmet

Additional Outstanding Members Honored with Lifetime BBSC Memberships

by Craig O. Olsen

In the [April issue](#) we highlighted thirteen outstanding members of our club who have been honored with lifetime **BBSC** membership. Credit for much of the information in that article goes to Fred Uranga, our club historian. Due to his diligent research, we have found two additional outstanding club members who have been awarded lifetime BBSC membership, and they are included here. We believe that this completes the list.



Robert Franklin Holdren, M.D. - While teaching organic chemistry at Tulane University in New Orleans, Robert entered medical school and graduated in 1951 with his MD degree. He married Mary Louise Hinson in 1951 and served as a captain in the Army Medical Corps prior to moving to Boise in about 1959. At that time, he was the first thoracic surgeon in Boise and started the first intensive care unit in Boise. He was instrumental in persuading Rodney Herr, M.D. to come to Boise in 1968 to establish the first open heart surgery program in Idaho. He stopped his surgical practice about 1986, but continued a solo private practice until 1996 when he retired from medicine altogether.

Robert took up skiing in 1968 at the age of 50 and became passionate about the sport. At the age of 78, one year after his own quadruple coronary artery bypass surgery, he took up snow boarding, which he continued until age 83. He was a long time member of **BBSC** and served on the board of directors for a period of time prior to becoming president of the club for three consecutive years (1995-1997). In 1996 he was awarded the Old Boot (Legacy) Award. At one time many, many years ago when **BBSC** was in financial ruin, Robert generously used his own funds to bail the club out and keep it going. He received a lifetime **BBSC** membership for his magnanimous efforts, the first outstanding club member to receive this distinction. Robert passed away on April 23, 2009, just three months short of his 91st birthday.

Ila Howard - Ila joined the St. Luke's Hospital staff as a radiologic technologist in 1949, and in 1968 was awarded the Jean Machacek Memorial Award by the Idaho Society of Radiologic Technologists. She remained active in the Society of Radiologic Technologists on a local, state and national level and served more that 15 years as St. Luke's Chief Technologist before finishing her career at Mountain State Tumor Institute.

Ila joined **BBSC** in the 1990s and subsequently served on the board of directors as social director and later as purchasing director, a position she assumed from Robert F. Holdren, M.D. She was awarded the Old Boot (Legacy) Award in 1998. In 2002 she was awarded the distinction of lifetime **BBSC** membership and became the Club historian, a position she held until she suffered a stroke in 2004, at which time Fred Uranga took her place as Club historian. Ila's participation in **BBSC** over the next decade was significantly impacted by her stroke, and she passed away October 5, 2014, at age 90.

