

The Pedaler

President's Corner

Hello Fellow Wheelmen!

The month of May will be another exciting cycling month! There are several organized rides for the month; the first organized event is an all city ride sponsored by W.O.R.D. (Water Oriented Recreation District Of Comal County), on May 5 & 6. During the weekend, enjoy two great SAG-supported rides along the Guadalupe River with free food on Saturday. The events are courtesy of the same folks who wanted to ban cyclists from River Road just a few months ago! Now *that's* progress!

Bike & Hike activities are planned throughout the month of May. The first two weeks (May 1st - 16th) are designated as Bike & Hike to Work/School days. Officially, Bike Week in San Antonio begins May 12th, and runs through the 19th. With all the publicity bicycling has received over the past few months, your participation in Bike & Hike activities is a great to show your support of bicycling to the city and citizens of San Antonio. See the article on page two for the full list of the week's activities.

Last for the month, on Memorial Day Weekend (May 26th), the San Antonio Wheelmen will host a SAG-supported century ride departing from PoPos at 8am.

see president, page 4

Riding the Ridge by Dale H. Seiler, Editor

It was the highpoint of the week for many of us over the past few years – the Thursday Night Ride (TNR) from Bracken, through Garden Ridge. It now appears to be extinct.

Most of you may have noticed this ride missing from our weeknight ride calendar (page 5), and for good reason: The City of Garden Ridge has passed their "traffic control ordinance," placing restrictions on acceptable numbers of anything except motorized vehicles that may pass through their city. This includes, but is not limited to, bicycles.

Paraphrasing the ordinance, eleven or more vehicles passing any given yet undefined point in the city

within a 10-minute period each will be subject to a \$500 fine, unless a permit is obtained through the city. Of course, there were considerably more than 11 cyclists on the TNR, so a permit would be necessary. But then, as some have pointed out, a permit would also be necessary for you to leave church, a little league game, or any other activity where there will be eleven or more vehicles. (The ordinance also includes "beasts of burden," so don't think you can get out of it by riding your horse or donkey). The only exceptions cited are special occasions, such as Christmas, Halloween, and funerals.

see ridge, page 3

Cyclists Fare Best When They Act and are Treated as Drivers of Vehicles by Dean Lewis, Member

Texas and all other states have adopted a standard traffic code recognizing bicycles as vehicles. We are subject to the same duties and responsibilities as all other vehicle operators. We are to ride as close to the right edge of the road as is *practicable*. Usually, this is understood to mean riding about two feet from the right-edge of the road. This puts us into a position where drivers can see us, and gives us some maneuvering room to avoid road hazards, such as storm drains, potholes, and debris. Sometimes the problem is one of deciding what the riding surface really is. If there is an improved road shoulder or a reasonably wide surface to the right of the white line, we should use it for our own safety. If there is no safe place to ride on a shoulder or road edge, we are to ride on the road. If we must ride on the road, we must decide if the lane is wide enough for us to

safely share it with a motor vehicle. If it is a wide lane, there should be no problem with a driver passing us in the lane. If the lane is not all too wide, we are to move just far enough to the right to ensure drivers do not cross into an opposing lane of traffic when passing us.

In a future issue, we will sort out some of the exceptions to the general rule of riding as far to the right as is practicable. Meanwhile, operate all of your vehicles safely, and have fun doing it.



Ask the Physical Therapist

Julie Barnett, Member & Physical Therapist

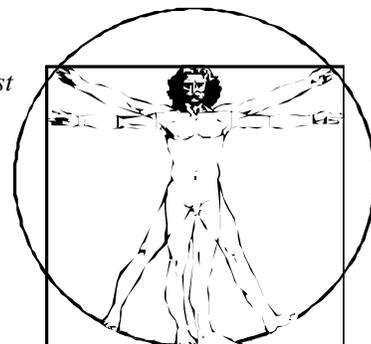
After completing my cross-country bike ride last summer, I decided as a member of the Wheelman and as a sports physical therapist, I would like to share with our cycling community. Thus was born the concept of *Ask the Physical Therapist*: a means to answer fitness and injury questions from the membership. My approach is based on my years as a sports physical therapist and cyclist, with a practical focus for simple, take-home tips.

Cycling is a great sport! The biomechanics of cycling are efficient, low impact, and powerful. Numerous types of bikes are available for all levels of interests and abilities - road, mountain, hybrid, trainer, upright, or recumbents. Advantages and disadvantages exist for each type of bike. That is why I am here - to answer your questions about problems or health questions you have about cycling and fitness in general. The good news is if you are

having pain, over 50% of cycling injuries can be self-treated and less than 25% require medical intervention.

Why choose cycling? The low impact is one good reason. Cycling on a level surface creates 1x your body weight of force through the leg, which is less than walking! Running creates anywhere from 3 to 5x more impact through the leg. Cycling, therefore, offers "relative rest" for your aching joints. But you must make sure your bike fits properly to your body type to achieve this resting zone. The most common bike fit error I see is seat height adjusted too low. You should have no more than a 35-degree knee angle when your foot is in the 6 o'clock position or you put yourself at risk for knee pain. Adjust your saddle height in quarter-inch increments for best results.

Julie Barnett has been a physical therapist (PT) for 16 yrs, in private practice for 11 yrs, is adjunct faculty for the UTHSC PT San Antonio School, and specializes in sport and spine musculoskeletal injuries. Write to her with your cycling and health related questions at JBBarnettPT@msn.com. Questions and answers will be chosen from your inquiries for the monthly Peddler's newsletter. Despite Julie's qualifications, she is not a medical doctor. Therefore, neither Julie nor SAW are deemed liable for advice or information given contrary to that of a certified medical doctor, or from damage incurred as a result of advice or information given herein.



Bike & Hike Week Activities

- May 8** Bexar County proclamation (9am) at Bexar County Commissioner's Court
- May 10** City of SA proclamation (1pm) at City Council Chambers
- May 12** Wildflower 100 (8am) at Rolling Oaks Mall
- May 18** Bike & Hike to Work (8am) at the downtown YMCA
- May 19** Bike & Hike Fest (8am - 1pm) at Travis Park



TEXAS BICYCLE COALITION

Free Wheelmen Membership!

Lead four or more rides during the year and a free membership is yours (\$20 value). To volunteer, contact the ride committee chairperson, Roger Anderson at (210) 877-1958.

CJ Bike Shop / Planet Bike

safety bits

Go on any group ride with us, and you will be awash in logos of cycling-related equipment: Sella, Campagnolo, Giro, Cannondale, just to name a few. These logos are easily recognizable identifying marks, and in the event of an accident, the responding paramedic would instantly be able to tell just how discerning a cyclist you are. They will not, however, know anything about you, your blood type, or if you are allergic to certain medications. You need to have your own ID.

A good ID can be simple or extravagant. It should be relatively small – about the size of a business card – with information typed or neatly printed.

Information should include your name and telephone number, emergency contact(s), medical insurance information (provider and policy number), blood type, and any other important medical information that might be needed in the event of an accident. A photograph is also a good idea, but not entirely necessary.

Once you have everything ready, take it down to Office Max or Kinko's and get it laminated. This will prevent tearing, smudging, and other potential damage from bouncing around inside your blowout bag.

Manufacturer's go to great lengths to inform others to ensure their longevity and survival. By carrying a detailed ID card, you give the necessary information to help ensure *your* longevity and survival.

spinal dynamics

from *ridge*, page 1

In the interest of the safety of our members, we have decided to nix the TNR from Bracken, and instead ride out from Specht's, north of Blanco & 1604. The terrain is far more challenging, and the atmosphere is far more friendly. The fate of the Pasta Pedal and other group rides through Garden Ridge will be decided at the next Wheelmen board meeting, and we will pass this on to you once we've had time for discussion.

Of course, you are still free to ride where you like, when you like. Just exercise caution and the good judgment cyclists are known for.

C l a s s i f i e d s

Copy must be received by the 10th of the month. Send to Editor, 916 Antler Drive, Schertz, TX 78154, or email dseiler@off242.com.

Lake CX-201 Road Shoe. \$60 OBO. Red mesh with black leather. Lace / Velcro closure system. Look, SPD, SPD-R compatible. Size 43. Also available: Nike Cypressa Road Shoe, size 44. \$40 OBO. Velcro closure system. Look, SPD compatible. Call (210) 275-5571 or email dseiler@off242.com.

Brikko Twinner Helmet. \$110. Red in color. Size M/L. Call (210) 275-5571 or email dseiler@off242.com.

Cannondale 48cm Touring Bike: RSX triple crank, 8-spd cassette, Ultegra brakes, Blackburn racks, et., etc., new tires. \$450. 654-3325 or email Paullowe@yahoo.com.

Pair of mountain bike wheels with tires and cassette (8 spd) \$45. 654-3325 or email Paullowe@yahoo.com.

Pair of Spinnergy Rev X wheels w/ Michelin Axial Pro tires, 9 speed cassette, \$250. 654-3325 or Paullowe@yahoo.com.

1985 Panasonic Touring Deluxe, 18 speed touring or road bike. Triple crank with great "granny" gear ratio! 56" frame, Shimano gears. Removable aero bars. Used for 3 touring vacations. Good condition, needs minor tune up. Good starter touring bike or road bike. \$150. Call 494-4344 after 6 p.m. or leave a message.

GT Road Tandem, Shimano LX with frame pump & computer. Large/medium frame. \$700. Plus...

Cannondale R800 Racing/Road Bike, 54cm frame in black. Shimano 105 group. \$750. Plus...

Cannondale F700 Mountain Bike, Headshock, Shimano XT. Medium size frame. \$600. All in good shape and ready to ride. 497-5940 or email tighe1@fastex.net for photos.

bj bicycle

from *president*, page 1

Other news:

Bike Lobby Day was held on April 9th. The Texas Bike Coalition organized Bike Lobby Day to meet with state legislators to promote bicycling safety and be heard on issues relevant to cycling. Martha Espinoza attended Bike Lobby Day and observed Senator Wentworth meeting with several cyclists from San Antonio. Martha commented Wentworth was "stone-faced" during the meetings. On the 10th, Wentworth was quoted saying he intends to revise SB 238 to leave it up to the local communities to pass legislation, as they deem necessary to promote bicycling safety. This is not a good approach, and will be even more difficult to monitor and control. We will keep you posted about the legislative activities of Mr. Wentworth. In the meantime, be sure to write your state senator and congresspersons to support the Matthew Brown Act, filed as HB 2203 and SB 1372, promoting cycling education and safety, as well as your opposition to any revision of SB 238. It is important to continue to show our vast network of support for good bicycle laws. For more details and the latest information on these bills, visit www.biketexas.org.

In Garden Ridge, the parade/crowd ordinance was

passed by the Garden Ridge city council on March 7th. The new ordinance defines the number of "vehicles" or "beasts of burden" to eleven or more; pedestrians, 25 or more. Passing an undefined point within a 10-minute period makes offending parties subject to a \$500 fine, unless a permit is first obtained from city hall. Exceptions to the ordinance include seasonal activates, such as Halloween and Christmas, and funerals. This ordinance will affect how we start the Caparelli's Pasta Pedal, or if the ride can even be held. In the next couple of weeks, we will communicate a ride proposal to Garden Ridge and determine if it is possible to have the Pasta Pedal without having to pay for a permit. Again, we will keep you posted. Please note the Thursday leaderless rides now start at Specht's Store at 6pm. As a group, we are not riding through Garden Ridge until we have had a chance to talk with them.

Visit the Texas Bicycle Coalition website, biketexas.org or the Wheelmen's, sawheelmen.com, for the latest news and ride calendars. Have a great cycling month in May and remember, 'Everyday is a great day to ride your bike'.

John Farugia
jpf34@earthlink.net



All-City Bike Ride

The Water Oriented Recreation District (WORD) of Comal County will sponsor an all-city bike ride on Saturday & Sunday, May 5th & 6th.

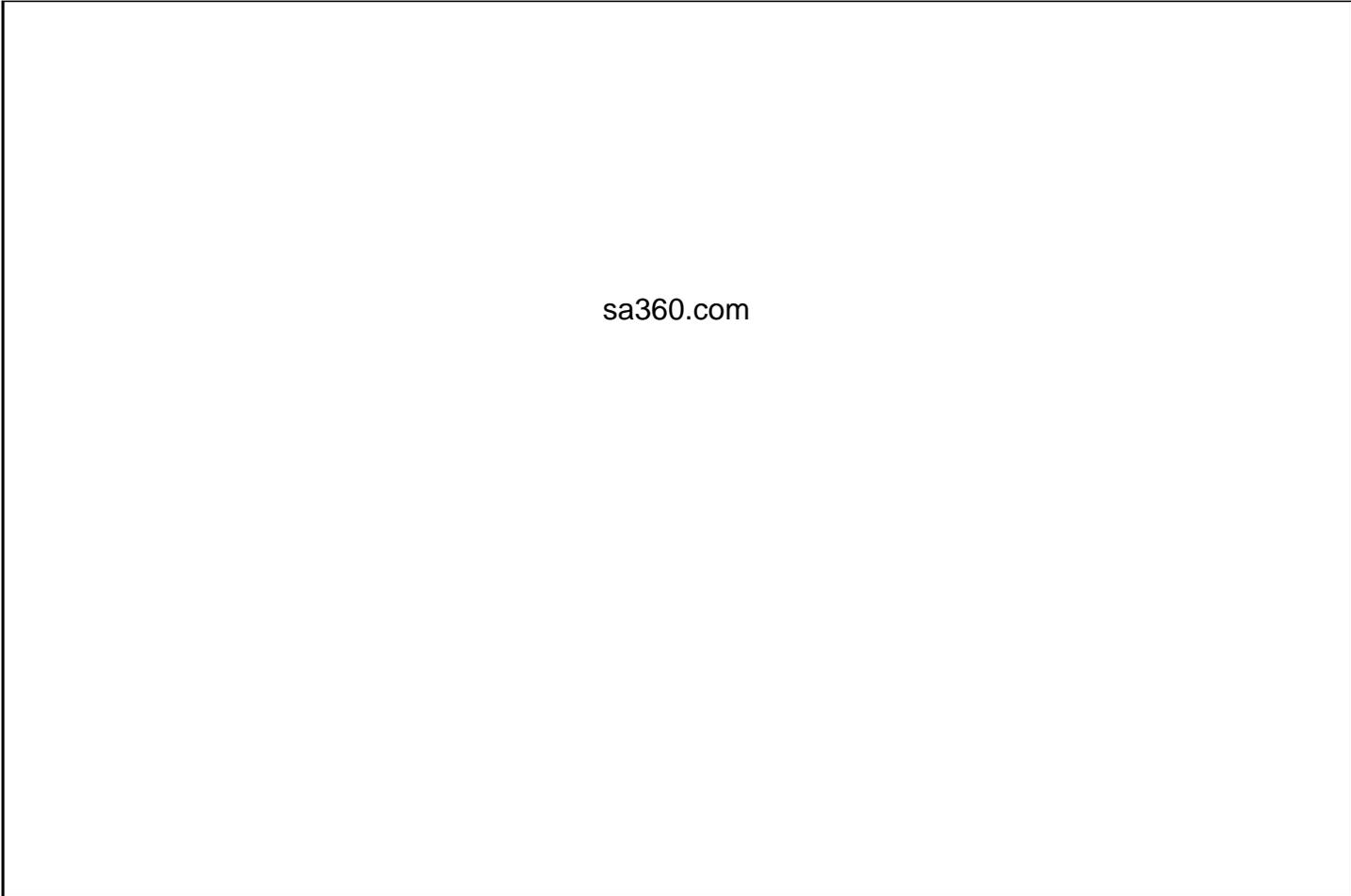
River Valley Resort / Rio Raft on River Road will be the host outfitter with all rides starting and ending at Rio Raft. A BBQ cookout will be held at 4pm on Saturday for all riders and their families. For camping, cabin, or RV info, call Rio Raft at (877) RIO-RAFT, or visit www.rivervalleyresort.net, or Canyon Lake Chamber of Commerce, (830) 528-2104) or www.canyonlakechamber.com. Gruene Bikewurks will provide SAG support. For additional info, call Carol Voges at (830) 226-5225, or Gruene Bikewurks, (830) 625-1711 or home.swbell.net/gruenebw.

cycle logic

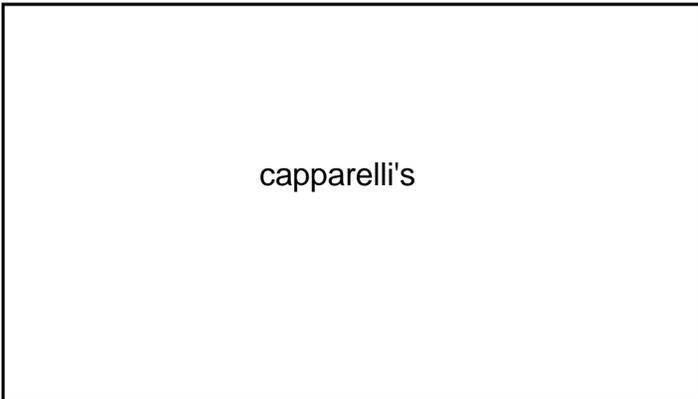
Officers and Committees

General Club Correspondence to: P.O. Box 34208, SATX 78265
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The Pedaler is published monthly by the San Antonio Wheelmen, and is available by membership. Check the address label for your membership expiration date for renewal purposes. Notify the V.P. Membership of address change(s). We welcome constructive letters and articles, and reserve the right to edit submissions. To be considered for publication, materials should be received by the 10th of the month. Electronic submissions (either on a disk or via email) are appreciated. Address editorial correspondence to 916 Antler Drive, Schertz, TX 78154



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capparelli's



bike city

**Leaderless Night Ride Schedule
Spring/Summer 2001**

- Monday:** Helotes (North by Northwest Map)
- Tuesday:** Taft (North by Northwest Map)
- Wednesday:** Eisenhower Park
- Thursday:** Specht's Store
- Friday:** Specht's Store



hujsak

San Antonio Wheelmen May Rides

Riders should have helmets, water bottles and tire repair tools. Arrive at start site 10-20 minutes before start time to sign-in, review map and prep bike. Ride Leaders check on new/slow riders and follow up on stragglers on the mapped route. Ride Starters only do sign-ins and hand out maps. If you are new, or want to ride with someone of similar ability, inform the Leader/Starter before the start of the ride and they'll try to introduce you to a suitable partner. Carry ID specifying emergency contact person, phone number, blood type, allergies, etcetera. All riders under the age of 18 must be accompanied by a parent or responsible adult.

Check start times carefully; start times vary

5-6 May, Saturday & Sunday, The Water Oriented Recreation District of Comal County (W.O.R.D.) Sponsored Canyon Lake / Guadalupe River Cycling weekend.

Saturday May 5 ride will start at 9:00 Distances of 30, 37, and 48
Sunday May 6 ride will start at 8:30 Distances of 27, 30, and 35
River Valley Resort / Rio Raft will be the host outfitter with all rides starting and finishing at Rio Raft. Greune Bikewurks of New Braunfels will be providing sag support and help organize a bar-b-que cookout at 4:00 Saturday and will be provided by W.O.R.D. for all riders and their families. Come and stay the weekend on the river for camping, cabin, or RV info. Call (877) RIO-RAFT or www.rivervalleyresort.net or call Canyon Lake Chamber of Commerce at (800) 528-2104 or www.canyonlakechamber.com. For cycling info call Carol Voges @ (830) 226-5225 or Greune Bikewurks @ (830) 625-1711. Everyone will be required to wear a helmet and obey all traffic laws.

12 May, Saturday, 8:00am. 23rd Annual Baptist Hospital Wildflower Bicycle Tour, 13-70 Miles, Rolling Oaks Mall, (210) 225-2647.

12 May, Saturday, 7:00am. 3rd Annual Shiner B.A.S.H., Kiwanis Clubs Fund Raiser. Riders From Austin, Houston, And San Antonio Ride From Their City To Shiner, (210) 349-8697.

13 May Sunday, 8:00am. Eisenhower Park (NW) [F, R to H]. Leaderless ride.

13 May, Sunday, 2:00pm. Toutant-Beauregard Ride (NW) [F, R to H] Rides are 25, 35, and 51 miles. Meet in Helotes off Highway 16 on Old Bandera Road across from the Helotes Bike Shop for rides that are easy to challenging. Plenty of parking on the street, but do not park in front of the businesses in Helotes. After your ride, enjoy the fine food at the Hickory Hut Barbeque. Ride starter is Roger Anderson, (210) 877-1958.

19 May, Saturday, 8:00am. Bike & Hike Fest 2001, Meet at Whole Foods at the Quarry or Mission San Juan for rides to Travis Park. Rides are SAPD escorted. At Travis Park riders will be treated to an awards ceremony, celebrity events, door prizes, musical entertainment, exhibits, and skill demonstrations. Free refreshments. Remember to wear your Wheelmen jersey. For more information call Roger Anderson, (210) 877-1958.

Leaderless night rides

See page 5 for locations, or visit the Wheelmen web site, www.sawheelmen.com. Maps also available via the Web.

20 May, Sunday, 9:00am. Woman Hollering Creek (E) [F to R] Rides are 15, 26, 36, 51, or 70 (70-mile route starts at 8am). Meet at Judson High School, on FM78 and FM1516 in Converse. This ride features the rolling farmland east of Bexar County, fresh hot pies at the stop in New Berlin and, of course, the famous Woman Hollering Creek. Ride leader is Don Schwartz (210) 656-0745.

26 May, Saturday, 8:00am. Memorial Day Century Ride: PoPo's Ride (NW)(R to H), 25, 38, 46, 100 miles. SAG support for the century route with water, sports drink, and snacks will be provided. Meet at PoPo's Restaurant north of Boerne in the beautiful hill country. Take I-10 west past Boerne to Exit 533 to Welfare. Park across from PoPo's. Ride starter is John Farugia. Century riders **RSVP John Farugia (210) 493-9807, email johnf34@earthlink.net or Roger Anderson (210) 877-1958, email Roger.R.Anderson@swf.usace.army.mil.**

27 May, Sunday, 9:00am. Rebecca Creek Ride (N) [R to H] Meet at Community Center for the spectacular Rebecca Creek Ride. Rides are 32 and 42 miles. Take US 281 north to FM1863/Bulverde Road (watch for overpass), left on FM 1863/Bulverde Road (2 miles to Center nest to Elementary School). Longer routes are hillier than many routes in the San Antonio area. Ride leader Chuck Brady (210) 616-5434.

28 May, Monday, Memorial Day, 9:00am. Leaderless ride from TAFT High School, one mile northwest of 1604 on Highway 471/ Culebra.

2 June, Saturday, 9:00a.m. Spechts Ride (N) [R to H], Rides are 10, 20, and 42. Go north on Blanco Road from Loop 1604 about 8 miles and look for W. Spechts Road and a small sign for the Spechts Store and turn right. Go about two miles, there is a 90-degree turn, and park in dirt/grass open area across from the Spechts Store. Ride leader is Carol Voges (830) 226-5225.

3 June, Sunday, 9:00am. Devine Ride (SW) (F to R) Rides are 12, 21, or 40 miles. Meet at Park-n-Ride off Hwy 90 in Castroville by Sammy's Restaurant. Mild rolling terrain with some hills. Ride leader is Norm Kelly. (830) 985-3816.

**Want to lead a ride?
Call Roger Anderson at
(210) 877-1958.**

Website: <http://www.sawheelmen.com>

Legend: N, E, S, W, etc. are general compass headings to help locate ride starting points
"F" means "mostly flat with some small hills." "R" means "rolling, including some big hills." "H" means "mostly big hills."

Sun and Ski Sports

**Bike shops listed below offer a 10 percent discount on parts and accessories.
Just show your current San Antonio Wheelmen membership card.**

Action Bikes, Inc. 8330 Pat Booker Road,
Universal City, 657-0155

B & J Bicycle Shop 8800 Broadway, 826-0177

Bike City 3122 West Ave., 308-0812

Bike World 5911 Broadway, 828-5558 *and*
Blanco at Lockhill Selma, 344-2303

Gruene Bikewurks 373 B Landa Street, New Braunfels
830-625-1711

Britton's Cycle 4230 Thousad Oaks, 656-1655 *and*
803 E. Blanco Street, Boerne, 830-816-2305

Broadway Bicycle Show 8306 Broadway, 805-0805

Charles A. James 329 N. Main Avenue, 226-7812

C & J Bike Shop 11781 West Ave., 349-0044

Cycle Logic 12319 Wetmore Road, 490-8251

Pit Stop Bike Shop 6501 Bandera Rd., 521-BIKE (521-2453)

Planet Bikes 5819 NW Loop 410 Suite 153 at Bandera,
682-2050

Ride Away 8830 Huebner Rd., 696-9925

Sun & Ski Sports 13411 San Pedro, 494-0429

The San Antonio Wheelmen
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May

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