

The Pedaler

President's Corner

Hello Fellow Wheelmen!

The Easter Hill Country Tour was a very successful event this year! Over 900 cyclists participated in one of the premier cycling weekends in Texas. On behalf of all the riders that participated, many thanks to Sara Reid, EHCT ride director, and to the volunteers who helped organize a successful tour. The weather was good, the routes were a lot of fun (particularly the Friday ride), and the Saturday evening festivities were a hit.

The Senate State Affairs committee met on Bill 238 on April 30th. SB 238 has been revised and Wentworth has proposed local county governments can determine which Texas roads are unsafe for cycling. This is not a good way to promote safe cycling and will burden all for us fighting off Garden Ridge-like anti-cycling ordinances and legislation all over the state.

Over 60 cyclists attended the hearing to speak against the SB 238. Only three people attending supported SB 238, with two of the three representing the opinions of the Farm Bureau. There were not enough Senate State Affairs Committee members present to vote, though. According to the Texas Bicycle Coalition web site, the committee can vote the bill forward or send it back to Senator Wentworth without any further public hearing. It may be worthwhile to write another letter to the Senate committee members that are hearing SB 238. The committee members and office addresses can be found at www.capital.state.tx.us, or at the Texas Bicycle Coalition website, www.biketexas.org

see *president*, page 2

Survey Says... by Dale H. Seiler, Editor

It's summer time!

Days are longer so you have more daylight in which to ride. Bike shops are running sales so you can save money on the next great gadget for your bike. The member survey is included in this issue of *The Pedaler* so the Wheelmen board can know what the members want out of a first-rate cycling organization.

Page 6 of this month's *Pedaler* contains a member survey, designed to, well, survey the members of the San Antonio Wheelmen and attempt to figure out what's fabulous and what's a flop. This includes many areas and benefits of membership, including this newsletter, the Wheelmen web site, www.sawheelmen.com, lead and leaderless rides, and the upcoming Wheelmen sponsored, American Diabetes Association Tour de Cure (see John's "President's Corner" for more on that one).

We are hoping to get as many members to fill out and send in the survey

so we can know what the majority of members want, not just a select few. We need to know what we're doing right, and what needs to be improved, changed, or flat-out done away with. And, of course, we need your help to do this.

As you have time in the next week or two, take a few moments to fill out the survey, in as much detail as you can, and get it back to us. You can do this by turning it in at the next group ride, be it the ride leader or any Wheelmen board member, or by mail. Sorry, but you'll need to pony up the thirty-four cents and provide the envelope.

We hope you enjoy your membership in the San Antonio Wheelmen, and that you enjoy the beautiful, albeit hot, weather Texas summers are famous for, especially by bicycle. Feel free to chat with any of us about what's on your mind at any of the group rides, or via email. Contact information for the board members can be found on page 4.

Cyclists Fare Best When They Act and are Treated as Drivers of Vehicles

Part 2 in a Series by
Dean Lewis, Member

Texas traffic laws require that we ride as far to the right as is practical. Where we ride on the road is determined in large part by the width of the lanes of the road. If the road has only one lane going in the direction we are riding, and the lane is wide enough for us to safely share it with a car, we are to ride about 2 - 3 feet from the right edge. If the lane is too narrow for us to safely share with a car, then we are to ride about 3 - 4 feet from the right edge. The reason we move farther *left* if the lane is narrower is we don't want a car trying to squeeze past us. It should be made clear to drivers they are expected to move into the other lane to pass us - just as they would if they were passing a motor vehicle.

Another exception to the rule of riding as far to the right as is practical is if the road has storm drains, debris, potholes, parked cars or any thing else that would be likely to cause us to be endangered. As is true for any other movement across a lane, it is necessary to look over your shoulder to make sure that the way is clear before swerving.

Since we make left turns in the same manner as cars, we must move to the rightmost lane that goes to the left. Sound confusing? Think of it this way: If you were in a car and you wanted to turn left you would get into the left turn lane. As vehicle

operators, we do the same thing; only we stay in the right-most portion of the left turn lane. If there is more than one left turn lane, we use the one furthest right, so we end up in the lane nearest the road edge after our turn.

If you think of yourself as a vehicle operator you will instinctively operate your bicycle in a way that motorists find predictable. This makes it easier for them to share the road with us and it makes our cycling safer and more enjoyable. That's the whole idea, isn't it?

Welcome New Members

Randell Buchanan
Dawn Carlson
AJ & Lorna Carr
Nancy Curry
Mary Florance
Shelly Gimpel
Kelly Harris
Dallas Hart
Bob Lindner
Alice Ewing Lovitt
Dennis & Christine Smith
Bill Tichy
Kevin Watassek

from *president*, page 1

Page 6 of this month's *Pedaler* is a membership survey. The Wheelmen board is very interested in your comments regarding organized and leaderless rides, *The Pedaler*, www.sawheelmen.com, and other key discussion topics. Please take the time to fill out the survey and mail it to: The San Antonio Wheelmen, PO Box 34208, San Antonio, Texas 78265. You may also turn it into a ride leader at the next Wheelmen ride you attend. A summary of the responses will be relayed in an upcoming *Pedaler*.

Back in January, during my first Wheelmen Board meeting, the board members committed to sponsor an annual charity ride beginning in 2002. We picked the American Diabetes Association's Tour De Cure because it was an established tour, and, more importantly, because diabetes is such an important health issue in San Antonio.

The ADA is the nation's leading voluntary health organization providing diabetes research, information, and advocacy. The mission of the ADA is critical – especially to the people of San Antonio, given the city's overwhelming diabetes problem. Incidences of diabetes in San Antonio are double the national average! Additionally, San Antonio is listed as third in the nation with the most obese population. With over 85% of diabetics being overweight or obese, you can see why San Antonio needs the ADA...and we need your personal commitment to help rally the cause!

The 2002 Tour De Cure will be a two-day, two-city event on May 18 and 19, 2002. Cyclists from San Antonio and Austin will ride to each others respective cities –either a two-day/one-way ride (like the MS150 rides) or a dual century ride – 100 miles on Saturday with a stay over in the host city and return 100 miles the next day to the city of origin. At certain points in the route, we hope to converge on both sides of the road to get lunch, snacks, or even entertainment. San Marcos, or some other town approximately halfway, would host both the Austin-to-San Antonio riders and San Antonio-to-Austin riders who are going the two-day/one-way routes. Alternative, shorter routes will be scheduled as well to get all level of riders involved.

I will tell you first hand that the American Diabetes Association is a first rate, well-organized charitable organization. The local ADA staff already has assembled a very comprehensive plan in order to help make this event a

success. I feel with the help of every Wheelmen member, and the assistance of community leaders, we can elevate the awareness of the diabetes problem in our community, raise a great deal of money for a very worthy *San Antonio* cause, promote the health benefits of cycling in South Texas, and most importantly, improve the quality of life for some San Antonio citizens along the way. There are several committee positions available, and I am requesting that the San Antonio Wheelmen membership fill many of the positions. If you are interested, or have any questions, email me at jpf34@earthlink.net with your name, phone number and email address. Feel free to call me at (210) 884-4029 in addition to or instead of sending email.

It's going to hot in June, so ride early and bring plenty of fluids. And remember: Everyday is a great day to ride your bike!

John Farugia
jpf34@earthlink.net

spinal dynamics

bike city

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

Ask the Physical Therapist

Julie Barnett, Member & Physical Therapist

Q: I recently fell and still have pain in my buttocks and down the back of my leg. There is some numbness and tingling after sitting for 20 min. The doctor says it is muscle spasm with some sciatic nerve irritation but not my disc. Do you think I could ride my trainer? What else would you recommend?

A: Make sure you are performing a gentle routine of floor stretches preceded by heat and finishing with ice. The heat serves as your muscle relaxant and increases blood flow to the area to help with healing. While lying on your back, perform single knee to chest stretches, and straight leg hamstring stretches. Hold 10-20 seconds; repeat 3 times for each leg. Finish with ice for 15-20 min as an anti-inflammatory. Do this every day for a week and ensure that the pain is improving before starting on your trainer. When you start on your trainer, begin in an upright sitting position instead of bent over on the grips; bending over increase nerve tension through the sciatic nerve. The upright posture does not. Start with 10-15 minutes and increase to 30 minutes over 1-2 weeks. After riding in the upright posture, test the drop position for 2-3 minutes to see if pain returns in your buttock or leg. If not, continue to increase your bent over position slowly. If the pain returns, re-consult with your doctor.

Q: Do rigid sole cycling shoes make much of a difference vs. riding in my tennis shoes? I'm new to cycling and have had shin splints before from running and thought cross training with cycling would be smart.

A: The foot and leg function best with a solid foundation. This means a solid, rigid shoe not a flexible sole as is often found with a lightweight tennis shoe. If you prefer to not use the rigid, cleat system as a new cyclist, you might consider placing an over the counter insert into your tennis shoe to offer more rigid support. Most cleat cycling shoes have rigid soles, which do offer an advantage with power and support through your arch and lower leg. They can also help prevent pronation, which is a common cause behind shin splints in runners. Practice with your new cleats on a trainer or in a safe area in your neighborhood. They take time to adjust to the release technique.

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.

Classifieds

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 F700 Mountain Bike, Headshock, Shimano XT. Medium size frame, purple. \$500. In good shape and ready to ride. 497-5940 or email tighe1@fastex.net for photos.

bj bicycle



TEXAS BICYCLE COALITION

True Bits from the Board

Doug Ashby, SAW Secretary

The San Antonio Wheelmen Board met on May 1st at the Brew Moon on Blanco Road.

Our SAW President, John Farugia, opened the meeting, and since there was no old business, the first item of discussion was the financial update, presented by our Treasurer, Steve Hale. The SAW is financially sound, particularly after hosting the very successful Easter Hill Country Tour this year. Speaking of the EHCT, that was the next item of business, presented by EHCT coordinator, Sara Reid. She indicated that there were 921 registrants, 650 of which were pre-registrants. Sara also commented that she received many very positive comments on the tour, including the routes, support, etc. Several SAW board members echoed the positive comments Sara received from EHCT participants. Laura Matthews, Past President, requested the Board send her their positive and negative feedback on the tour. These comments will be shared with the Lubbock Club, next years' EHCT host.

To show our gratitude for the terrific job she did coordinating this years' EHCT, the SAW Board presented Sara with a pair of Gucci wheels (Mavic Cosmos, in case you went looking for them); very light and attractive. Sara thanked everyone for the wheels and for the support the Board and other SAW members provided her in coordinating this very successful cycling event.

Next, the Board received an update on the web page from John Buntz, followed by a ride update from Roger Anderson. Roger discussed the May rides and the need for a letter to the Garden Ridge City Council to propose an exception to the restrictions in the new ordinance for the Pasta Pedal ride. The SAW Secretary (me), proposed that the first Saturday of the month ride start at Specht's Store, pending such an exception, emphasizing that we would have to comply with their parking rules, and that, in turn for their support of our monthly ride, SAW members would need to support Specht's business. It was indicated that during and after one of the recent rides at that location, several SAW members discussed the option of starting at Specht's versus Garden Ridge pending a more palatable agreement with the city. Another suggestion was to start the ride at Blanco Park, a few miles south of Specht's store on Old Blanco road. Although no vote was taken regarding these suggested alternatives, the consensus was that the letter to the Garden Ridge City Council would go forward.

The Board discussed the member survey (*see page 6 -Ed.*), and the need to provide the survey through several means in order to ensure maximum opportunity for members to participate, to include the SAW website and the annual picnic, in addition to *The Pedaler*.

The Executive VP, Carol Voges, described plans for the WORD-sponsored Canyon Lake/Guadalupe River Cycling Weekend (held this past May 4 & 5). This was followed by discussion of the (then) upcoming Bike-N-Hike Week.

John Farugia introduced the American Diabetes Association's Tour De Cure, scheduled for May 18 & 19, 2002, and the Wheelmen's role in this showcase cycling event. John announced that he will serve as the Chairman of the TdC, adding there would be two days of riding: San Antonio to Austin ride on the first day, and Austin to San Antonio ride on day two. Alternately, shorter distances will offered on both days. Kris Wilson, San Antonio District Director of the ADA, spoke and described the mission of the organization, and the importance of this cycling event as a fundraiser to support research for the prevention and treatment of diabetes. John then solicited the participation of the Board in helping to coordinate and support the tour.

Al Young, long-time Wheelmen member, presented the Board with his proposal for the SAW to participate in the "Adopt-A-

Highway" program. A list of unassigned highway stretches was presented and voted on, prioritizing the list by desirability and club visibility associated with each location. The Board agreed this was a positive, meaningful community project to become involved in that would yield positive public relations for the Wheelmen, and for cycling in general.

John Farugia led a discussion of the status of Senate Bill 238, mentioning what we still need to do to ensure our interests are preserved (*Keep those phone calls and letters going! -Ed.*)

The Board concluded the meeting with the decision to plan the annual picnic during the June Board meeting.

See you on the road!

Dear Fellow Wheelmen:

Thank you very much for your support, concern, and for the flower arrangement following my accident at the Easter Hill Country Tour. For the first time in my life, Friday the 13th was not a good day!

As many of you know, after I had ridden about 40 miles and was going down a hill, I crashed my bike and suffered a severe facial injury. I do not know what made me wreck, and I have a foggy memory until mid-day on Saturday, at University Hospital.

Fortunately I had no broken bones and a CT scan of my head was normal. I did lose 3-4 teeth, had many stitches on my face and inside my mouth, and had scrapes which I now know are called "road rash."

I am recovering but I am very disappointed that I cannot ride right now. Instead, I have started to walk in my neighborhood. My how life can change...

Again, I really appreciate all of your support and concern. I hope to see you all soon and be careful on the road!

Patti Pheister

Officers and Committees

General Club Correspondence to: P.O. Box 34208, SATX 78265
 President: John Farugia, (210) 493-9807 or jpf34@earthlink.net
 Executive Vice-President: Carol Voges, (830) 226-5225 or clvoges@gvtc.com
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 V.P. Newsletter: Dale Seiler, (210) 275-5571 or dseiler@off242.com
 Secretary: Doug Ashby, (210) 490-9294 or Doug.Ashby@amedd.army.mil
 Treasurer: Steve Hale, (210) 490-8905 or stevehale@amrtx.com
 Ride Committee Chairperson: Roger Anderson, (210) 877-1958 or Roger.R.Anderson@swf.usace.army.mil
 Web Site Editor: John Buntz, (830) 606-6657 or jbuntz@cqisol.com
 Past President: Laura Matthews (210) 656-6128 or lmatthew@trinity.edu
 Easter Hill Country Tour Director: Sara Reid, (210) 656-3759 or Easterbike2001@hotmail.com
 Bicycling Education: Dean Lewis, (210) 340-6111 & Stanley Kuenstler, (210) 824-6983

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

sa360.com

cycle logic

capparelli's



**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





2001 Member Survey

Please complete, detach and mail to San Antonio Wheelmen, PO Box 34208, San Antonio Texas, 78265. You may also turn into the Ride Leader on your next group ride or give to any San Antonio Wheelmen board member

Name _____

Number of Years as Member _____

Why did you join the San Antonio Wheelmen?

Rank on a scale of 1= Not Important, 5=Very Important Circle One

The Organized Group Rides	1	2	3	4	5
Camaraderie And Social Value	1	2	3	4	5
10% Discount At Local Bike Shops	1	2	3	4	5
<i>The Pedaler</i>	1	2	3	4	5
Wheelmen Web Site	1	2	3	4	5
Wheelmen's Cycling Advocacy	1	2	3	4	5
The \$20.00 Annual Dues	1	2	3	4	5
Other _____					

The Wheelmen provides high value given the \$20.00 Annual Fee

Rank on a scale of 1= Disagree, 5=Agree Circle One 1 2 3 4 5

What do you like about the monthly newsletter, *The Pedaler*?

Rank on a scale of 1= Not Important, 5=Very Important Circle One

Monthly Ride Sheet	1	2	3	4	5
Featured Member Articles	1	2	3	4	5
Organization Updates	1	2	3	4	5
Advertising	1	2	3	4	5
Classified Ads	1	2	3	4	5
"True Bits from the Board"	1	2	3	4	5
New Safety Articles	1	2	3	4	5
New Sports Medicine Articles	1	2	3	4	5

What would improve *The Pedaler*?

What do you like about the Wheelmen web site www.sawheelmen.com ?

Rank on a scale of 1= Not Important, 5=Very Important Circle One

Monthly Ride Sheet	1	2	3	4	5
Links	1	2	3	4	5
Wheelmen Organization Updates	1	2	3	4	5
Advertising	1	2	3	4	5
Events Page	1	2	3	4	5

What would improve [sawheelmen.com](http://www.sawheelmen.com)?

How often do you cycle?

_____ Daily _____ 3-6 Days per week _____ 1-2 Days per week
 _____ 3-5 days per month _____ Rarely _____ Never

How often do you participate in Wheelmen club rides?

_____ Daily _____ 3-6 Days per week _____ 1-2 Days per week
 _____ 3-5 days per month _____ Rarely _____ Never

Would you be interested in other than cycling social events (live music, dances, get-togethers etc.) on a quarterly Basis? Yes
 No

Ride Routes (- =Dislike, + =Really Like, 0 =Neutral, N =No Opinion)

Helotes South to Rio Medina	_____
Helotes North on Boerne Stage to Toutant Bouregard	_____
Devine Ride	_____
Rebecca Creek	_____
Boerne Ride	_____
Eisenhower-Toutant Bouregard	_____
Woman's Hollering	_____
Encino Park	_____
Taft High School	_____
Hardy Oak/Stone Oak	_____
Specht's Store	_____
PoPo's	_____
Caparelli's Pasta Pedal	_____
Willow City Loop	_____
Utopia—Vanderpool	_____
Leaderless Tuesday Evening from Taft	_____
Leaderless Wednesday Evening Ride from Eisenhower	_____
Leaderless Thursday Evening from Specht's	_____

Other areas (- =Dislike, + =Really Like, 0 =Neutral, N =No Opinion)

Each quarter The Wheelmen plan to have an all city ride (invite other bike clubs to participate) _____

The Wheelmen's organizing and sponsoring of the 2002 Tour de Cure for the American Diabetes Association. _____

On Sundays, The Wheelmen plan to have an organized ride in the morning and an afternoon leaderless ride. _____

Would you like to lead/start a ride? Yes No

Ride leader's responsibilities are to get release signatures, give out maps, and ride instructions. You are not responsible for actually "leading" anybody

How would you like the rides to start? (Circle One) At own pace
 In groups, according to speed

Thank you for your input!

safety bi ts

Dale H. Seiler, Editor

Bicycle and parts manufacturers are always coming up with new, often exotic, ways of shaving the pounds off of a bicycle, and like devoted American consumers, we will usually buy the hype – and often the product as well. For the most part, this is a good thing: a lighter bike means less weight to pedal up a hill or around the bend. Ti and carbon frames, and equally light components, are really nice, but none of them will do any good if you get a flat.

A myriad of manufacturers make saddle (or “blowout”) bags that can be neatly fastened beneath, well, a bicycle’s saddle. They come in all shapes and sizes, but will all do the same thing, which is to store your stuff. How much stuff, as well as what stuff, is up to you. Here are a few suggestions:

Tubes – two of them. Yes, I know the statistics for getting more than one flat on an outing are slim, but what if you happen to be that one in one billion chance (these aren’t the actual odds, by the way)? Or if you happen upon another rider whom has either gone through their only tube, or never had one to begin with? The little bit of weight and space two tubes take up is very easily transformed into gratitude and/or relief when you carry them.

So you’ve got the tubes, now you need something to get the tire off the rim. Hardcore cyclists will tell you to do it with your bare hands – which is perfectly acceptable, but having a set of tire levers on hand never hurt anyone, either. Levers also come in handy in getting a tire back on its rim – typically difficult to do with bare hands. Typically sold in a 3-pack, tire levers are also included with many styles of tool kits on the market.

Levers or no, a basic tool kit can be a real lifesaver should anything require a bit of tweaking on

your next ride. The essentials are metric hex wrenches (3, 4, 5 & 6mm will cover most any repair), but some nice extras include flat and/or Phillips screwdrivers, a spoke wrench, and a chain tool. You can, of course, add anything you want to a tool kit, but add too many things, and the question of weight re-enters the picture.

Outside the bag, think about a frame pump. They come in assorted sizes, but for the high PSI’s required by road tires, something a bit larger than a hand pump would be recommended. An alternate to this would be a cartridge pump, which isn’t a traditional pump, but instead uses CO cartridges for inflation. They’re fast, fairly inexpensive, and have only one downfall: once the cartridge is empty, the “pump” is useless. Regardless of what style pump you choose, make sure it has the right valve head on it (Presta or Schrader), though most will do both.

In all, these items should not add more than 2 – 2½ pounds to your bicycle’s weight, and should not cost more than \$50 or \$60 for everything depending on your choice of tool kit and frame pump. This is a small price to pay, especially if faced with the option of carrying an extra 2 pounds on your bicycle venture, or carrying a 20-pound bicycle on your next bicycle venture. Ride safely, ride smart.

The next

San Antonio Wheelmen Board Meeting

will be held on Monday, June 4th at
Demo's Greek Food
7115 Blanco Road, in San Antonio.
Meeting time is 7pm.

Wheelmen Members Win Big at SA Senior Olypmics Games

The 2001 San Antonio Senior Olympic Games were held on Sunday, April 29th, and Wheelmen members were there in force. Al Young, Al Romo, Bob Knight, Don Schwartz, Joanita Reed, Lee Wheeler, and Linda McClain all participated, with all but two qualifying to compete in the National Senior Games Finals to be held in Baton Rouge this September.

The Nationals are held every two years and participants must qualify at the state level, in the year preceding the year in which the event is held. The next qualifying year is 2002.

Make sure to congratulate these stellar senior athletes next time you see them, and wish those going on to the Nationals the best of luck.

Don Schwartz contributed to this article.

hujsak

San Antonio Wheelmen June 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

2 June (Saturday), 9am – Specht's (N) [R to H]. Rides are 10, 20, and 42 miles. Go north on Blanco Road from Loop 1604 about 8 miles and look for W. Specht's Road and "Specht's Store" sign and turn right. Go about two miles, and follow 90-degree turn. Park in open area across from Specht's Store. *Ride leader is Carol Voges, (830) 226-5225.*

3 June (Sunday), 9am – Devine (SW) [F to R]. Rides are 12, 21, and 40 miles. Meet at Park-n-Ride off Highway 90 in Castroville next to Sammy's Restaurant. Mild rolling terrain with some hills. *Ride leader is Norm Kelly, (830) 985-3816.*

3 June (Sunday), 8am – Commemorative TRIP 2000, Eisenhower Park (NE) [F to R]. In celebration of last year's walk, bike, hike journey across the US, which started on June 5th. Rides are 12, 25, 35, 50, and 70 miles. Meet at Eisenhower Park, 2 miles north of 1604 on NW Military Highway. *Ride Leaders are Julie Barnett, (210) 494-4344, and Janelle Fischer, (210) 520-1967.*

9 June (Saturday), 8am – Boerne (NNW) [H]. Rides are 25, 38, and 46 miles. Meet at the Benefit Planners Building in downtown Boerne for some very challenging rides with some very serious hills. Plan to have lunch after the ride at one of the many restaurants in Boerne. *Ride leader is John Yoggerst, (210) 524-9393 or (210) 710-8101.*

10 June (Sunday), 8am – Bullis County Park (N) [R to H]. Rides are 25, 40, and 50 miles. Bullis County Park is on Blanco Road at Borgfield, just before turning off to Specht's Store. Park only on paved parking areas at the park. If lot is full, park alongside the road. *Ride leader is John Farugia, (210) 493-9807.*

16 June (Saturday), 8am – Encino Park (N) [R to H]. Rides are 15, 35, and 45 miles. Meet at Encino Park Elementary School in Encino Park, located north of 1604 on 281. Turn right on Encino Rio (first light north of 1604). Elementary school is on right, one-to-two miles. *Ride starter is Don Schwarz, (210) 656-0745.*

17 June (Sunday), 8am – Rebecca Creek (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 is Chuck Brady, (210) 413-2357.*

17 June (Sunday), 2pm – Alternate Ride, Taft High School (NW) [R to F]. Rides are 28, 38, and 48 miles. Taft High School is one mile west of 1604 on Culebra/Highway 471. *Ride leader is Al Young, (210) 647-1503.*

23 June (Saturday), 8am – Woman Hollering Creek (E) [F to R]. Rides are 15, 26, 36, and 51 miles. Meet at Judson High School on FM78 & 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 John Buntz, (830) 606-6657.*

24 June (Sunday), 9am – Comfort (NW) [R to H]. Rides are 15, 30, and 40 miles. Take I10 West to Comfort, exit Highway 27 to Comfort and to Park-n-Ride. *Ride leader is Cheryl Walthour, (210) 650-0058.*

30 June (Saturday), 8am – North by Northwest (NW) [F to R]. Rides are 12, 26, and 58 miles. Meet at the Hickory Hut BBQ (by Helotes Bike Shop) on Old Bandera Road. Terrain is rolling on the short ride, hilly on the medium ride, and flat-to-rolling on the long ride. There is plenty of parking on the street, but do not park in front of the businesses in Helotes. After the ride, enjoy the fine food at the Hickory Hut. *Ride leader is Tommy McMillan, (210) 674-1210.*

1 July (Sunday), 9am – Devine (SW) [F to R]. Rides are 12, 21, and 40 miles. Meet at Park-n-Ride off Highway 90 in Castroville by Sammy's Restaurant. Mild rolling terrain with some hills. *Ride leader is Norm Kelly, (830) 985-3816.*



**Remember
to drink
plenty of
fluids
when
riding!**

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

**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
P.O. Box 34208
San Antonio, TX 78265

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