



July/August 2001  
Volume 2, Issue 4

# Touring Notes

**The Newsletter of the Hill Country Bicycle Touring Club**  
A Recreational Club for Central Texas  
<http://members.aol.com/hcbtc/home.html> - [hcbtc@texas.net](mailto:hcbtc@texas.net)

## The Prez Sez

Summer is here, and many of us are doing lots of interesting bicycling trips. I've just returned from a tour in Northern Italy, and would be interested in hearing about trips other members have been doing. I encourage all of you to submit a report of your trip to Chris Marsh for publication in future newsletters. All of us would be interested in hearing about your adventures in cycling.

I want to thank all of you who wrote letters and e-mailed your State Senators and Representatives about the proposed legislation affecting bicycling this last legislative session. Our success in preventing Senator Wentworth's SB 238 from going to the floor for a vote was dependant on the opposition letters and testimony given. We can say that this battle is won, but I'm afraid that the war will continue. We, as cyclists, must be "on our toes" in presenting a positive image to motorists out there. We must remember to be courteous, observe traffic regulations, and continue to bicycle responsibly and predictably. We must also be vocal when we observe cyclists who are not doing so. Some of them may not even be aware of what they are doing.

I encourage everyone to join in on the fun scheduled July 4<sup>th</sup> – Vern Jeys' 70<sup>th</sup> Birthday Ride followed by the club picnic. See schedule for details.

Happy cycling, and I hope to see you soon on a club ride.

-- Pam Tucker, President

**Club Picnic, July 4th,  
11:00 AM at the home  
of Diane Sellers**

## Good News Times Two

The historic Matthew Brown Act (MBA), one of the most comprehensive bicycle safety bills ever attempted in the U.S., was passed in the Texas Legislature on May 28 and is going to the Governor for signature. Senate Bill 238, the heinous bill that would have severely curtailed the rights of cyclists in Texas, was left pending in committee for lack of votes to bring it to the Senate floor. The MBA creates a Safe Routes to Schools program in the Texas DOT that will help plan and implement changes to create safe ways for children to get to school on foot or by bike to increase youth fitness and reduce congestion. MBA also requires the Dept. of Public Safety to track bicycle accident reports that include death, injury or property damage to cyclists, and establishes several other important safety measures. Congratulations to the Texas Bicycle Coalition and bicyclists around the country! Your support for the Matthew Brown Act and opposition to SB238 made the difference! For more information, visit <http://www.biketexas.org>.



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## Club Activities

**Wednesday, July 4th, Vern's Birthday Ride.** Vern is 70. No gifts!!! Meet at 7:00 a.m. at the City Square across the street from the Catholic church in Castroville. Distance will be about 31 miles. There will be no maps. The ride will be followed by a Hill Country Bicycle Club picnic at Diane Sellers home after the ride. Ride leaders are Vernon & Jackie Jeys, (210)675-0538, v.jeys@worldnet.att.net.

**Wednesday, July 4th, Club Picnic and Meeting.** Meet 11:00 a.m. at the home of Diane Sellers. 2290 County Road 4713, La Coste, (830)985-3317, cycledi@aol.com. Jackie & Vern Jeys are supplying the meat. Please bring your food & drinks to share. No chips & dips. Diane Sellers is making 2 freezers of home made ice cream. Also, if you want to bring sodas, beer etc., Diane's husband will pick them up at the start of the ride, take them to their home & ice them down. There is a lot of shade at Diane's & a covered area if it should rain. Contact Vern Jeys at (210)675-0538, or v.jeys@worldnet.att.net if you are going to the picnic so he can have a head count.

**Saturday, July 7th, Open -** Watch the club web site for more information. Contact Vern Jeys (210)675-0538, v.jeys@worldnet.att.net, if you are interested in leading a ride on this date.

**Sunday, July 8th, Flat Ride.** Meet 8:00 a.m. at Taft High School on FM 471 just outside Loop 1604 for a flat 32 mile ride to Rio Medina and back. We will eat at Rudy's Bar B Q after the ride. Ride leaders are Chris & Jan Marsh, (210) 681-5768, cmarsh@texas.net.

**Saturday, July 14th, Helotes Ride.** Meet in Helotes at 8:00 a.m. north of the Dairy Queen on Bandera road just outside loop 1604 for a 28 mile ride.

Ride leader is Fernando Padilla, 674-5553.

**Sunday, July 15th, Castroville Ride.** Meet at the Park-n-Ride in Castroville on US 90 across from Sammy's at 8:00 a.m. and ride to Quihi and back. Ride Leader is Martha Espinoza (210) 521-3520.

**Saturday, July 21st, San Antonio Missions Ride.** Meet at the Spaghetti Warehouse at 8:00 a.m. for a 23 mile ride. The Spaghetti Warehouse is located in downtown San Antonio, east of Hwy 281 on Houston street. Ride leader is Debbie (210)522-0532 or Vern Jeys (210)675-0538.

**Sunday, July 22nd.** Meet at FM 3009 & IH-35 at 8:00 a.m. for a 30 mile ride. Take I H-35 north towards New Braunfels. Exit on FM 3009. Park in HEB parking lot on the northwest corner. Ride leader is Joyce Hartman, (210) 655-3055.

**Saturday, July 28th, Medina Apple Festival Ride.** Meet in Medina at 8:00 a.m. for a 30 mile ride. Medina is approximately 11 miles north of Bandera on hwy 16. Ride will be followed by lunch at the International Apple Festival. Get apple pie, apple cider, apple pizza, etc. Live entertainment and arts & crafts. Ride leaders are Chris & Jan Marsh, (210)681-5768 cmarsh@texas.net.

**Sunday, July 29th, Rudy's Ride.** Meet at Leon Springs' carpool parking lot at 8:00 am for 30 mile ride. Leon Springs is located northwest of Loop 1604 on I-10. Ride leaders are Vern & Jackie Jeys, (210)675-0538, v.jeys@worldnet.att.net.

**Saturday, August 4th, Promised Land Dairy Ride.** Meet at Promised land dairy at 8:00 a.m. for a 30 mile ride. Take Hwy 181 to Floresville. Stay on 181, (not business 181) to Hwy 97. Take a right on 97 & go 2-1/2 miles to Promised Land Dairy on right side of

highway. Ride leaders are Vern & Jackie Jeys, 675-0538 v.jeys@worldnet.att.net.

**Sunday, August 5th, Boerne Ride.** Meet at the Albertson's parking lot at 1604 and Bandera at 7:00 a.m. for a 50 mile ride followed by lunch. Help Chris and Jan get in shape for their tour down the west coast. Ride leaders Chris & Jan Marsh (210)681-5768 cmarsh@texas.net

**Saturday, August 11th, Comfort Ride.** Meet at the carpool parking lot in Comfort at 8:00 a.m. for a 34 mile ride. Take I-10 northwest, past Boerne to Comfort exit (TX 27). The carpool parking lot is at west end of Comfort on TX 27. Lunch spot to be determined on day of ride. Ride leader is Tommy Mc Millan, (210)674-1210.

**Sunday, August 12th, Open -** Watch the club web site for more information. Contact Vern Jeys (210)675-0538, v.jeys@worldnet.att.net, if you are interested in leading a ride on this date.

**Saturday, August 18th, Open -** Watch the club web site for more information. Contact Vern Jeys (210)675-0538, v.jeys@worldnet.att.net, if you are interested in leading a ride on this date.

**Sunday, August 19th, Open -** Watch the club web site for more information. Contact Vern Jeys (210)675-0538, v.jeys@worldnet.att.net, if you are interested in leading a ride on this date.

**Saturday, August 25th, Open -** Watch the club web site for more information. Contact Vern Jeys (210)675-0538, v.jeys@worldnet.att.net, if you are interested in leading a ride on this date.

**Sunday, August 26th, St. Louis Day's in Castroville, Texas.** Meet at the Park-n-Ride in Castroville on US 90 across from Sammy's at 8:00 a.m. and ride to Quihi and ride back to enjoy some German sausage and barbeque. Castroville will be celebrating its St. Louis Days with a fair. Lets ride and

support this town that we like to ride in. Ride Leader is Martha Espinoza (210) 521-3520.

**Saturday, September 1st, Devine Ride.** Meet at Triple C restaurant at 8:00 a.m. for 30 mile ride. Take I-35 south towards Laredo. Get off at the Devine exit across from Brown Chevrolet. Ride leaders are Vern & Jackie Jeys, 675-0538, v.jeys@worldnet.att.net.

**Sunday, September 2nd, Open -** Watch the club web site for more information. Contact Vern Jeys (210)675-0538, v.jeys@worldnet.att.net, if you are interested in leading a ride on this date.

**Monday, September 3rd, Mystery Ride.** Meet in Helotes on Old Bandera Rd across from the Helotes Bike Shop for a mystery ride less than 30 miles. We will eat at El Chaparral Restaurant after the ride. Ride leaders Chris & Jan Marsh, (210)681-5768, cmarsh@texas.net.

**Saturday, October 13th, The 2nd Annual Club Century.** Starts 7:30 a.m. at Sandra Day O'Connor High School, Helotes, TX (Off Leslie Rd and TX 16 just outside Loop 1604). More details in the next newsletter.

**Friday - Sunday, November 9th - 11th 2nd Fredericksburg Fall Foliage Frolic.** More details in the next newsletter. Cost will be around \$10.

## Recurring Rides

**Wednesday Night Dinner Ride.** (Through September). Meet at 6:30 p.m. in the Albertson's parking lot at 1604 and Bandera for a 20 mile ride. We will have dinner at a different restaurant every week after the ride. Note: **No ride on the 4th of July.** Call Chris or Jan Marsh (210)681-5768, cmarsh@texas.net for more information.

## Other Area Rides

**July 22, Katy Flatland Century.** 30,50,60 & 100 Miles. Flat, hot and potentially fast. Good for attempts at "personal bests". The number of riders has been fairly steady at about 2300 for several years. This makes the ride one of the largest annually in Texas. Sponsored by The Northwest Cycling Club.

**October 6th & 7th, MS 150 Bike to the Beach.** Are you ready for the beach? Join us as we pedal from San Antonio to Corpus Christi, Texas. The tour will start at Brooks Air Force Base with an overnight stay at Beeville, Tx. After a hearty breakfast its off to the beach. This ride is will supported with SAG wagons and plenty of rest stops along the way.

Multiple Sclerosis is a chronic, often disabling disease of the central nervous system. Your contribution allows us to increase our support for research into the cause and cure for multiple sclerosis. I am planning on riding this tour. It will be my third time. Hope you can join me in fighting this disease. Martha Espinoza email: mm\_espinoza@yahoo.com .

**October 13th, Hill Country River Region Classic.** Ride from Garner State Park. BBQ dinner on the Saturday night. Registration \$20.

**Saturday, October 20, Missions Tour de Goliad.** 100, 50, and 30 mile rides. Gently rolling hills of scenic farm and ranch country, ride past century old live oaks and through the beauty of rural country villages. A SAG vehicle will accompany each of the rides. \$20.00.

**Saturday, November 11th, Tour de Gruene.** No details for 2001 yet.

## Newsletter Info

Please submit items for publication in plain text with no formatting, to Editor Chris Marsh at our meetings, via email at [cmarsh@texas.net](mailto:cmarsh@texas.net), or by regular mail to Chris Marsh, 9835 Addersley, San Antonio, TX, 78254.

We welcome **paid advertisements**; please contact the editor for pricing and arrangements. Members may place a **classified ad** for free. All classified adds will run for one issue only, unless you make other arrangements.

The deadline for the next issue is **Tuesday, August 28th, 2001.** Touring Notes is created using Adobe PageMaker 6.5 and Adobe Acrobat 4.0.

## Ride Leaders Needed

Please contact Vern Jeys at (210) 675-0538, v.jeys@worldnet.att.net. if you wish to lead a ride.

## Club Jerseys

If anyone wants a club jersey please contact Mary Bowman 210 692-9099. We need 20 to make an order for short sleeved and 10 for long sleeved. The cost for short sleeved jerseys is \$46. Long sleeved jerseys will be more.

## New Members

*Bob Lindner  
Robert & Mary Siller  
Mark Schwartzman  
John Carley  
Julie Barnett  
George Canon  
Heidi Lynn  
Susan Sammens  
Julie LeBrun  
Deborah Bauml  
Wayne Ferguson  
Arlene Gomez  
Doug Rose  
Roger Harrison*

**Welcome!**

## Newsletter Advertizing rates

The Club has decided to sell advertizing in the newsletter. The rates are as follows:

	# of issues			
Size	1	2	3	6
1/8	\$10	\$17	\$25	\$45
1/4	\$17	\$30	\$45	\$75
1/2	\$30	\$50	\$75	\$125
FULL	\$50	\$90	\$125	\$200

Contact Editor Chris Marsh for more information.



### Club Officers

President: Pam Tucker  
ptucker@ctesc.net  
830-990-9261

Vice President: Jackie Jeys  
210-675-0538  
jackiejeys@yahoo.com

Treasurer: Jim Matthews  
210-690-3872  
jjmtnbkr@att.net

Secretary/Membership: Jan Marsh  
210-681-5768  
janism@texas.net

Ride Coordinator: Vern Jeys  
210-675-0538  
v.jeys@worldnet.att.net

Newsletter Editor: Chris Marsh  
210-691-5768  
cmarsh@texas.net

Web Site Editor: Fernando Galdos  
210-509-8619  
fgaldos@prodigy.net

## The Best of Western Ireland (part 2)

by Norman D. Ford  
(Continued for the last issue)

DAY 5: VIA GALWAY. Ballyvaghan to Spiddal 80 kms. Vast expanses of seaweed exposed at low tide lent a salty tang to the air as I pedalled around long sea inlets to Kinvara and Kilcogan. En route, I glimpsed Dungaigue Castle which is open to visitors. Then with the wind at my back, I raced north on the hard shoulder of N6 the entire way around busy, industrial Galway City and right into West Galway. Bike paths led on to the junction with R336, the road west to Spiddal. Despite the steady traffic, I watched other cyclists ride without hesitation on narrow R336. And indeed I cycled the entire 12 miles along the coast to Spiddal without any motorist honking or showing impatience. A popular small beach resort with a hoary stone church and colorful harbor, Spiddal is full of B&Bs, pubs and a small market. B&Bs. Ard Aiobhinn; or Inis Fail.

DAY 6: Spiddal to Clifden, 108 kms. Twenty kilometers west of Spiddal, R336 passes close to Rossaveel. If you came over on the ferry from Inishmore, this is where you link up with today's ride.

By now, traffic had dwindled and R336 headed into the bogs and mountains of Connemara. Far

ahead loomed the rounded peaks of the 12 Bens, a Connemara landmark. Wild primroses bloomed beside the road and black-faced Connemara sheep were everywhere, many with gambolling twin lambs that looked like stuffed toys. Off in the distance, I could hear the constant call of cuckoos while gray and black hooded crows soared overhead.

To avoid the main road, I forked left on R342 and continued through Cashel village and around the rocky coast to Roundstone. A working fishing village clustered around a boat-filled harbor, Roundstone is known for its Gaelic ambiance and friendly pubs. Here I stopped to visit the bodhran (Irish drum) workshop with its cassettes and CDs of traditional Irish music (all for sale, of course). After another two hours of cycling around the wrinkled coast, I rode into Clifden, a cheerful town with a choice of raucous pubs to enjoy craic (partying) and hear the jaunty Irish music. GHs: Waterloo House; or Smuggler's Lodge Hotel.

DAY 7: Clifden to Leenane, 72 kms. Michelin's #923 is the only map you need for cycling Ireland. It gives distances in both kilometers and miles and identifies all scenic roads with a green margin. Not surprisingly, almost all roads in Connemara are bordered in green on the map and none are more scenic than the narrow, twisting lanes that take you soaring hundreds of feet above the Atlantic over headlands and

*(continued on page 5)*



Enjoying a pint outside a pub in Clifden.

## Ireland (continued from page 4) capes.

Heading north from Clifden on N59, today's ride took me around three spectacular capes. First came Sky Road, with its plethora of marine panoramas. Next, I branched off N59 to ride around the Cleggan Peninsula and through Cleggan village with its workstained fishing harbor. Back on N59 again, it was just a few kilometers to Connemara National Park. Here the Visitor Center depicts early day life in the bogs and I hiked a trail towards the 12 Bens. Also beside N59 here is Kylemore Abbey which you can visit by self-guided tour.

For me, though, another great headland beckoned nearby: Rinivyle Point. The circular road to the point led past Lough Fee with a final 8 kilometer run between the mountains of Killary Harbor into Leenane. Ringed by steep, green mountains, this tiny village has several B&Bs and pubs and a tiny foodstore that sells Connemara wool socks at the lowest price I found in Ireland.

By now I was getting used to staying at B&Bs. Charging an average of \$28 for one person or \$40 for two, breakfast included (summer rates are higher), these exceptionally comfortable and modern accommodations all had private shower, toilet and heat. Guest houses were similar but are slightly more expensive. B&B. Avondale House. Book your room for two nights.

DAY 8: Joyce Country Loop Day Ride, Leenane to Leenane, 67 kms.

The Joyce Country Loop traverses miles of wild bog and mountain country on narrow, winding roads some of which don't even have numbers. From Leenane, you head southeast on R338 and take the first paved road on the left to Finny and Clonbur; then take a left on R345 to Maum, and return to Leenane on R338. Following this route, I began by climbing up a pass 300-meters high, then dropping down to Lough Nafaoey and cycling beside Lough Mask into the larger village of Clonbur for lunch (foodshop, pubs). Next, I cycled for an hour beside huge Lough Corrib before riding back across the moors to Leenane. Almost everywhere, traffic was light or nonexistent. Sheep and lambs wandered all over the roads and throughout the day, it was evident that this part of Ireland was little changed from Joyce's time.

DAY 9: Leenane to Westport, 58 kms. Today

opened with a magnificent ride around the shores of Killary Harbour, a fiordlike inlet cradled between steep, green mountains. Then R335 climbed steadily inland and across a low pass. Atop the pass, I stopped to view a rough-hewn stone monument dedicated to "the world's hungry poor and the march of the Irish hungry over the pass in 1849." From the pass, a long downhill run led into Louisburgh, a small town that seemed to have a pub on every corner and still others in the middle of each block. Here, R335 turned east and wound around the foot of Croagh Patrick, a mountain with a memorial to those who died in the potato famine. For the last few kilometers I rode along with a runner and called out his speed at intervals. Averaging 16 k.p.h. he was able to beat me uphill but I always caught up on the flat. Together, we entered Westport, a thriving town with busy traffic. B&Bs. Altamont; or Westwood (both near railway station).

ACHILL ISLAND: With a couple of extra days, you could--as I did--cycle north from Westport on N59 to Mulrany then head west on Atlantic Drive around the rugged, cliff-lined coast of the Corraun Peninsula to the village of Achill Sound on Achill Island. You need to stay here at least two nights (B&B. Rose Cottage). Next day, I biked on around the rest of the Atlantic Drive that hugs the shore of Achill Island. En route, I passed a church with mass graves of victims of the potato famine, a fishing harbor beside a castle, and miles of hillsides aflame with golden gorse and rhododendron. If you enjoy a good climb, take the backroad from Knockmore to Cashel. En route, you'll pass an incredibly steep (18% grade) paved road that soars skywards for several kilometers to Maumon Heights, a TV tower with a mind-blowing panorama of cliffs and seascapes. At 464 metres elevation, this is the second highest point in Ireland accessible by paved road. Another worthwhile ride takes you to the western tip of Achill where the road climbs over a high headland to a secluded bay with a coastguard lookout tower.

The road soars over this headland on Achill Island.

DAY 10: Westport to Killarney, by train. Ianrod Eireann (Irish Railways <[www.irishrail.ie/ttable/index.html](http://www.irishrail.ie/ttable/index.html)>) operates comfortable, modern trains and most carry a full-sized baggage car (guard's van) capable of carrying a dozen or more bikes. These were train times as this was written (they may vary on weekends).

Westport dep 0720 Dublin arr 1105

Dublin dep 1125 Mallow arr 1338

Mallow dep 1405 Killarney arr 1523

It may be possible to change at Portarlinton instead of Dublin. For anyone wanting a ten day bike tour, it is also possible to leave Westport on the 0720 and reach Limerick at 1307 with one change en route. When traveling by train, I always remove everything from the bike and carry the handlebar bag along with the pump, waterbottles, computer etc in a shopping bag. That leaves two panniers to carry and a backpack, which I wear. I also carry a piece of cord to secure the bike in the baggage car. Find out in advance where the baggage car will stop and be there with your bike when the train pulls in.

There's no shortage of places to stay in Killarney, especially along Muckcross Road. If you decide to layover here an extra day, consider biking over the Gap of Dunloe.

DAY 11: Killarney to Waterville, 82 kms. Killarney is starting point for the famous Ring of Kerry, a two-day bike ride around one of Ireland's most scenic, popular and touristed peninsulas. Which means you're apt to meet more rental cars and tour buses than in most other places. The 4-cyclists found that most tour buses appear to travel counter-clockwise, hence Ed advises cycling clockwise around the Ring.

Starting out on N71, the 4-cyclists climbed steeply through Killarney National Park to Ladies View, a belvedere with far-flung views of the Killarney Valley. From the heights of Moll's Gap, they sped downhill on R568 (not used by tour buses) into Sneem then it was up and down all the way to Caherdaniel. Here they stopped to visit Derrynane National Historic Park, the home of Daniel O'Connell. A stiff climb followed to the heights of Coomakista Pass (208 m), with its gorgeous views of cliffs and islands scattered below. N70 then drops down through the pass with vast panoramas of Ballinskelligs Bay and Waterville. Waterville is a pleasant resort with plenty of accommodations, pubs and restaurants. B&B. Ashling House, Main St.

--- *To be continued in the September/October issue.*

## Classified Adds

Shoes - Cannondale C-400 (SPD) tan M 9.5 \$12.50, Nike Gabuche (Look, SPD) blk M 11.5 \$30.00, Nike Gabuche (Look, SPD) gry M 10.0 \$30.00, Nike Gabuche (Look, SPD) gry M 9.5 \$30.00, Nike Gabuche (Look, SPD) gry M 12.0 \$30.00.

Shorts - Nashbar 6 pnl HFS blk W XL \$14.75, Perf Supplex lycrablk W XL \$19.99, Bellwether Dervish (no pad) blk W XL \$12.99.

Jerseys - Perf Wicktek LS nvy W XL \$19.99, Bellwether SS Vert Riser bly M XL \$24.99, Bellwether Tink Tank pur W XL \$19.99, Nashbar SS Coolmax Raglan red M XL \$15.00, Pearl Izumi Approach Top pur W XL \$19.75, Danskin SS Classic Softec grn W XL \$10.99, Danskin SS Classic Softec ora W XL \$10.99, Nashbar SS Akwatek wht W XL \$15.00, Nashbar SS Akwatek yel W XL \$7.50, cyclepathic Jersey M XL \$16.50, Nashbar SS Airloft blu M L \$18.00, Nashbar SS Evapr8 blu W XL \$12.50, Nashbar Alta sleeveless pch W XL \$15.00, Perf SS Coolmax Classic ora XL \$19.99, Perf Coolmax mesh tank wht XL \$14.99, Perf Windbloc vest blk L \$29.99.

Call Mike Paese (210)698-6625 [topdog@stic.net](mailto:topdog@stic.net) if you are interested.

## 100th Member Joins Club

On June 9th at the Utopia ride the Hill Country Bicycle Touring Club had it's 100th member join. Julie LeBrun joined the club to become member 100. Currently we are at member number 106 and growing. While a few members didn't rene, we still have over 100 current members. This makes our club one of the largest in Central Texas. All this is in less than a year an a half!

## League Notes: News from the League of American Bicyclists

### League to Sponsor Bicycle Education Leaders Conference in 2002

The League will hold the first Bicycle Education Leaders Conference in Madison, WI, June 2-5, 2002. The conference will convene leaders in bicycle safety education to discuss best practices, opportunities and challenges, and will aim to establish an improved network for coordinating services. It will be held in conjunction with the annual conference of the Wisconsin Governor's Bicycle Council.

"The bicycling education community has never been more diverse, driven or focused" said the League's Executive Director Elissa Margolin. "The 2002 Bicycle Education Leaders Conference will allow this group to exchange information, report on progress and setbacks, and discuss further goals." League Program Director Michael Klasmeier said, "This conference is open to anyone interested in bicycle safety education. It will be a chance to bring together many of our League Cycling instructors, youth cycling program staff, bicycle safety scholars, and government officials from all levels working on bicycle safety. We're very excited about this opportunity to exchange information and improve the effectiveness of bicycle safety education across the country." For more information, contact Anthony Yoder at (202)822-1333.

### New Website Provides Expert Advice for Road Cyclists

<http://www.RoadBikeRider.com> concentrates on road riding, the resurgent side of cycling that has been on the back burner in the traditional bikemedia. It is the product of Ed Pavelka and Fred Matheny, life-long cycling writers and holders of a number of cycling records.

Their site and publishing company specialize in expert "how to" advice for road cyclists. To open the flow of technique and training advice, the RoadBikeRider.com website presents numerous "how to" articles and other helpful information.

Site visitors are encouraged to cut and paste these expert articles to their club newsletters and websites free of charge. In addition, the website offers free individualized answers to training and technique questions.

### Growth in Popularity of Cycling

The National Sporting Goods Association (NSGA) Sports Participation in 2000 report shows a slight increase in participant numbers in bicycle riding, from 42.4 million in 1999 to 42.5 million Americans in 2000, growth of 0.3%, after a decline of 2.6% from 43.5 million in 1998. NSGA figures on cycling correspond with Bureau of Transportation Statistics Omnibus Household Survey findings (visit <http://www.bts.gov> and press Omnibus). The NSGA report found participation in off-road mountain biking rose 4.0% from 6.8 to 7.1 million cyclists (after plummeting 21.2% in 1999 from 8.6 million in 1998). On-road mountain biking dropped 5.6% from 15.1 to 14.3 million people, after slipping 0.9% in 1999 from 15.3 million in 1998. Bicycling was the fifth most popular of 62 sports, recreation and fitness activities surveyed by NSGA.

NSGA is the world's largest sporting goods trade association. Its survey is conducted in two parts. Series 1 is based on a sampling of 15,000 U.S. households; Series 2 which covers activities with lower rates of participation, uses a sampling of 20,000 U.S. households. A participant is defined as an individual seven years of age or older who participates in a sport more than once a year for all sports except aerobic exercising, bicycle riding, calisthenics, exercising with equipment, running/jogging, step aerobics and swimming.

**Hill Country Bicycle Touring Club**  
**A Recreational Bicycle Club for Central Texas**  
<http://members.aol.com/hcbtc/home.html> - [hcbtc@texas.net](mailto:hcbtc@texas.net)  
**Membership Application**

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**Come Join Us**

This is not a racing club. This is a recreational club for all abilities. Most of our rides are leader led where we stay together in groups. Maps may be available for riders who want to ride at their own pace. In addition to rides, we have meetings, parties, picnics, overnight events, an on-line newsletter and email notices of the latest news and information. For more information, contact Pam Tucker [ptucker@ctesc.net](mailto:ptucker@ctesc.net), (830) 990-9261 for more information.



**Yes, sign me up today!**

In submitting this application, I hereby make known that I will hold blameless in the case of accident, injury or damage of any kind, the Hill Country Bicycle Touring Club, its officers, members and volunteers. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that all rides are on public roads and that I ride at my own risk. I further recognize that safety is a personal responsibility, and I agree to participate in keeping all Hill Country Bicycle Touring Club rides safe. Although bicyclists are not required by law to wear helmets, I understand that the Hill Country Bicycle Touring Club encourage the use of ANSI/SNELL approved helmets and that wearing such a helmet can greatly reduce my risk of serious and/or permanent injury.

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

I want to help. I can \_\_\_\_\_

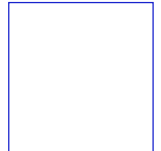
[Lead a ride, host a meeting or party, be an officer, etc.]

Membership is only \$5 per household. Send checks to: Jan Marsh, 9835 Addersley, San Antonio, TX 78254. Make checks payable to Hill Country Bicycle Touring Club.





Chris Marsh  
9835 Addersley  
San Antonio, TX 78254



## Member Discounts

The following Bicycle Shops offer members of the HCBTC a 10% discount:

**B & J Bicycles**, 8800 Broadway, 826-0177

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

**Britton's Cycles**, 4109 Naco Perrin, 656-1655 and 803 E. Blanco, Boerne, 830 816-2305

**Pit Stop Bike Shop**, 6501 Bandera Rd, 521-2453

**Ride Away Bicycles**, 8830 Huebner, 696-9925

A big thanks for their support to our club.

## July 4th, Club Picnic & Meeting

Meet 11:00 AM at the home of Diane Sellers [2290 County Road 4713, La Coste, cycledi@aol.com, (830) 985-3317]. Come out and join us for the fun!

## **League of American Bicyclists**

This club is affiliated with the League of American Bicyclists, founded in 1880 as the League of American Wheelmen.

**Check out our club website for more news and information:**

<http://members.aol.com/hcbtc/home.html>