



January/February  
2002  
Volume 3, Number 1

# Touring Notes

## The Newsletter of the Hill Country Bicycle Touring Club

A Recreational Club for Central Texas  
<http://www.hcbtc.org> - [mail@hcbtc.org](mailto:mail@hcbtc.org)

### President's Message Thanks!

We are going to try a few different ideas this year. I am going to lead a presidents ride on the first Saturday of each month. Vern is going to have an easy beginners ride the first Sunday.

Our January meeting will be held in my home. Future meetings will be held for the most part at restaurants, like Ryans or Hometown Buffet.

Chris is going to be busy, setting up a few weekend rides & a week long ride on the Katy trail in Missouri, which will be in June. If you are interested in the June ride, contact Chris Marsh at 210-681-5768. He is only going to take a maximum of 30 riders, so the sooner you sign up, the better.

If you would like to lead a ride, contact our new ride chair; Martha Espinoza. 521-3520 or [mm\\_espinoza@yahoo.com](mailto:mm_espinoza@yahoo.com)

I want to personally thank everyone who agreed to serve on the board for our club. The success of our club depends on it's membership. I look forward to a fun and productive year.

- Jackie Jeys

A big thanks to all the volunteers who have helped run this club over the past two years:

Vern & Jackie Jeys, Pam Tucker, Mike Paese, Jim Matthews, Fernando Galdos, Chris & Jan Marsh, Dick Mauldin, Martha Espinoza, Melinda Wasson, David Young, Tommy McMillian, Diane Sellers, Debbie Arriaga, Mary Bowman, David Luckenbach, Heidi Lynn, Mac McCormick, Fernando Padilla, Joyce Hartmann, George Cannon, Stan Kuentler, Pam Tucker, William Hudson & Sharon Issaac, Al Young, Donna & Murray Warner, Silvia Padila, Mickie Love, Manual Espinoza, Sam Guerrero, Norman Ford, Mary Bowman, Lawrence Walker, Roger Harrison, and Tom Sickman for his great publicity in the San Antonio Express News.

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## Club Activities

**Tuesday, January 1st, 2002 - New Year's Ride.** Meet at 10:00AM (starting time was originally scheduled for 9:30AM) at the *Leon Springs carpool parking lot* at Boerne stage rd & I H-10 (A block from *Rudy's*). The ride will be 30 miles & will take you through scenic Fair Oaks Ranch. At 12 miles the ride becomes hilly for about 5 miles. The last 4.5 miles are downhill. We will dine at one of three restaurants located in Leon Springs. I suspect there will be a home made cake for dessert after the ride. Ride leader Heidi Lynn 682-8107.

**Saturday, January 5th, Mission Ride.** Meet at 9:00AM at the San Jose Mission in the rear parking lot. San Jose mission is located on Roosevelt St. just North of SW Military. Lunch after ride. Ride is 29 miles Ride leader Jackie & Vern Jeys 675-0538 vjeys@satx.rr.com

**Sunday, January 6th, Vern's Beginners Ride.** Meet at the Walmart parking lot by the gas pumps at Loop 1604 & FM 471 at 9:00 AM.. Distance about 12 miles mostly a flat ride. Contact Vern at vjeys@satx.rr.com or 675-0538 for more information.

**Saturday, January 12th, Helotes Ride.** Join us for a 26 mile group ride starting in Helotes across from the Helotes Bike shop on Old Bandera Road. Group ride will be around 12 mph. Ride starts at 9:00 AM. Join us for lunch after the ride. . For more information contact Chris or Jan Marsh 210 681-5768, email cmarsh@texas.net.

**Saturday, January 12th, Monthly Club Meeting.** *Time:* 7:00PM. *Location:* 5559 Beech Valley. Since this will be my 1st club meeting, feel free to offer any suggestions you might have. *Directions.* Take loop 410 South (on the west side). Cross Hwy90 to Medina Base Road. Get off on Medina base Road & take a left. Take Medina Base Road to Yucca Valley Road. Approx. 2 miles. Go right on Yucca Valley to Beech Valley. Left on Beech Valley to 5559. Bring munchies to share. We will supply drinks. Jackie Jeys 675-0538, vjeys@satx.rr.com.

**Saturday, January 19th, Jackie's birthday (at Kirby) Ride.** Meet at 9:00AM at *Lupitas Mexican Cafe*. The Ride will start at Kirby. No gifts please. *Lupitas Mexican Cafe* is located at 4950 FM 78. Lunch will also be there. *Directions:* Go east towards Seguin on Hwy 10, take Exit 581 & go North on Loop 410. Take Exit 32 off 410 & go right when you come to FM 78. *Lupitas* is just beyond the Dairy Queen on FM 78. Ride will be approx. 33 miles with some shorter options for the less ambitious. Ride leader: Jackie Jeys 675-0538. vjeys@satx.rr.com Phone # for *Lupitas* is 666-6644 They open at 6:00AM.

**Saturday, January 26th, Castroville Ride.** Depart from Castroville, Park & Ride next to Sammy's at 9:30 a.m. for about 28 mile ride to Rio Medina and Lake Medina. Some hills but a looonnnnggg down hill on the way back. Will eat at Sammy's after the ride. Ride leader Heidi Lynn 210 682-8107, FLYNN@satx.rr.com.

**Saturday, February 2nd, President's Mission Ride.** Meet at 9:00 AM off Roosevelt & South-East Military Drive at San Jose Mission in parking lot behind the theater for a 30 mile ride. Mostly flat to rolling terrain. Lunch spot to be determined after the ride. Ride leader is Jackie Jeys vjeys@satx.rr.com or 675-0538

**Sunday, February 3rd, Vern's Beginners Ride.** Meet at 9:00 AM at the Walmart parking at Loop 1604 & FM 471 by the gas pumps. Distance about 12 miles. Mostly a flat ride. Contact Vern Jeys at vjeys@satx.rr.com or 675-0538

**February 9th – 10th, Goliad Weekend.** Join us for a weekend of riding in Historic Goliad. Rides will start at the town square at 9:00 AM each day and will range from 30 to 50 miles both days. Drive up for one day or stay overnight at one of the town's hotels - Antlers Inn, 1013 Highway 59 W, 361 645-8215, Budget Inn, 105 S Jefferson St, 361 645-3251. We will camp at Goliad State Historical Park, <http://www.tpwd.state.tx.us/park/goliad/goliad.htm> for reservations call 512 389-8900. The park is located on the San Antonio River and contains a refurbished replica of Mission Nuestra Senora del Espiritu Santo de Zuniga, reconstructed by the Civilian Conservation Corps (CCC) in the 1930s. For more information contact Chris or Jan Marsh 210 681-5768, email cmarsh@texas.net.

**Saturday, February 16th, Fredericksburg Ride.** Meet at 10:00AM on *Nimitz Parkway behind Courthouse* for easy 25 mile ride to River Road and

Morris Ranch Road. Eat at *Plateau Cafe* after the ride. (Directions: From IH-10 North towards El Paso take Hwy 87 North (Exit #523) towards Fredericksburg/San Angelo. In Fredericksburg, go left on San Antonio St, Right on S. Adams St, left on Nimitz Parkway.) Ride leader is Pam Tucker, 830-990-9261, ptucker@beecreek.net.

**Saturday, February 23rd Rudy's Ride.** Depart the Park & Ride across from Rudy's in Leon Springs at 9:30 a.m. for a 30 mile ride. Some hills. Down hill for the last 4.5 miles per Vern. We will eat at Macaroni's after the ride. Ride leader is Heidi Lynn, 210 682-8107, FLYNN@satx.rr.com.

**Sunday, February 24th, Helotes Ride.** Join us for a 42 mile group ride to Rio Medina starting in Helotes across from the Helotes Bike shop on Old Bandera Road. Group ride will be around 12 mph. Ride starts at 9:00 AM. Join us for lunch after the ride. For more information contact Chris or Jan Marsh 210 681-5768, email cmarsh@texas.net.

**Saturday, March 2nd, President's Mission Ride.** Meet at 9:00 AM off Roosevelt & South-East Military Drive at San Jose Mission in parking lot behind the theater for a 30 mile ride. Mostly flat to rolling terrain. Lunch spot to be determined after the ride. Ride leader is Jackie Jeys vjeys@satx.rr.com or 675-0538

**Sunday, March 3rd, Vern's Beginners Ride.** Meet at 9:00 AM at the Walmart parking at Loop 1604 & FM 471 by the gas pumps. Distance about 12 miles. Mostly a flat ride. Contact Vern

Jeys at vjeys@satx.rr.com or 675-0538

**Saturday, March 9th, Helotes Ride.** Join us for a 56 mile group ride to Castroville starting in Helotes across from the Helotes Bike shop on Old Bandera Road. Group ride will be around 12 mph. Ride starts at 9:00 AM. Join us for lunch after the ride. For more information contact Chris or Jan Marsh 210 681-5768, email cmarsh@texas.net.

**Sunday, March 17<sup>th</sup>, St. Patrick's Day Century.** Ride starts at O'Conner High School in Helotes just of TX 16 at 8:00 AM. 100 Ride goes to Castroville and Devine and back. Limited SAG support and rest stops. Shorter routes for more sane riders. For more information contact Chris or Jan Marsh 210 681-5768, email cmarsh@texas.net.

## Other Activities

**Saturday, February 16th, Jalapeno 100, Harlingen TX.** Ride cost \$20. 25, 50, 62.5, 100 mile routes. The start and finish will be at Valley Race Park. Take Expressway 77/83 in Harlingen to the Ed Carey Drive exit then go south on Ed Carey Drive about one mile, 2601 S. Ed Carey Drive. All riders will start no later than 8:00 a.m. See <<http://www.harlingen.com/Visitors/Jalapeno100.htm>> for more information.

**March 29th - 30th, Easter Hill Country Tour. Kerrville, TX.** Hosted by the Lubbock Bicycle Club. See <<http://www.lubbockbicycleclub.org/>> for more information.

**Saturday, April 6th, Annual Bluebonnet Bike Tour. Burnet, TX.**

**Saturday, April 6th, Hill Country Pedal Power Wildflower Ride. Stonewall, TX.**

**April 12th - 14th, Ride for the Roses Weekend. Austin, TX.** Ride benefits the Lance Armstrong Foundation. More than 7,000 participants in the 10 to 100-mile ride. For more information see <[http://www.laf.org/Events/Ride\\_Weekend/](http://www.laf.org/Events/Ride_Weekend/)>

**May 18-19, 2002, Tour De Cure. San Antonio to Austin.**

## Club News

New officers were elected at the club's December meeting. The new volunteers are: President- Jackie Jeys, Vice President- Heidi Lynn, Treasurer- Jim Matthews, Secretary/Membership- Jan Marsh, Ride Coordinator- Martha Espinoza., Beginner Rides- Vern Jeys, Newsletter Editor- Phyllis Terry, Tour Director- Chris Marsh, Web Site Editor- Fernando Galdos.

Membership: The club now has 125 members.

Treasurer: The club now has almost \$1000 in the bank.

### **Roger Moves Back to Dallas**

Active club member Roger Harrison has moved back to Dallas. He hopes to come down for the Easter Hill Country Tour. Roger's new address is 3621 Frankford Road #623, Dallas TX 75287

Home 972 306-8912. We will all miss him.

## **2002 Club Tour Katy Trail - Missouri June 15 – 22, 2002**

The 2002 club tour will be a joint tour with the Hill Country Bicycle Touring Club. The tour will be limited to 30 participants.

The Katy Trail State Park is built on the former corridor of the Missouri-Kansas-Texas Railroad (better known as the Katy). The park is open for 225 miles from St. Charles to Clinton and is operated by the Missouri Department of Natural Resources as part of the state park system.

The trail allows users to travel through some of the most scenic areas of the state. The majority of the trail closely follows the route of the Missouri River so hikers and bicyclists often find themselves with the river on one side and towering bluffs on the other. The trail travels through many types of landscapes including dense forests, wetlands, deep valleys, remnant prairies, open pastureland and gently rolling farm fields. In the spring, the trail is brightened with flowering dogwood and redbud, while the fall is colored with the rich reds and oranges of sugar maple, sumac and bittersweet.

The Katy Trail takes users through a slice of rural history as it meanders through the small towns that once thrived along the railroad corridor. From the area known as "Missouri's Rhineland" that portrays the heritage of the German migrants to the historic town of Rocheport that dates from before the Civil War, these towns reflect the rich heritage of

Missouri. These communities make great places to stop and explore during a ride on the trail.

### **Itinerary:**

June 15th, Travel to St Charles.

June 16th. Ride from St Charles to Washington (30 mi)

June 17th. Ride from Washington to Hermann (30 mi)

June 18th. Ride from Hermann to Jefferson City (40 mi)

June 19th, Ride from Jefferson City to Boonville (40 mi)

June 20th. Ride from Boonville to Sedalia (40 mi)

June 21st. Ride from Sedalia to Clinton (40 mi)

June 22nd. Train to St Louis.

June 23rd. Return home.

The cost is \$400 and includes seven nights accommodation (June 15th - 21st, double occupancy), daily breakfast and baggage transportation (van and driver), detailed daily route descriptions, and train transportation back to St Louis. Accommodations for the night of June 22nd and transportation to and from St Louis is not included in the tour price. A \$50 non-refundable deposit holds your space on the tour. To sign up for the tour send your name, address, phone, email and deposit to Chris Marsh, 9835 Addersley, San Antonio, TX 78254. Make checks payable to "Hill Country Bicycle Touring Club"

## **New Members**

Carlos or Therese Verdonk  
Brian and Kay Wright  
Mary and Dan Stich

David Dick  
Barbara Wills  
Ken & Matilda Kanagaki  
Suzanne Kott  
John & Judith Unger  
Chuck Duke  
Earl Venne

Welcome!

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## **My Bike Riding Formula: LOH = ERV**

I'm sure most of you have seen the movie "A Christmas Story", and remember the motherly BB gun warning: "You'll shoot your eye out." I can remember my own mother issuing that same admonition when I got my first BB gun at the age of 9. Mom was good with warnings and sound advice, and issued them freely, as moms are supposed to do. One I distinctly remember is: "Be sure and wait at least one hour after you eat before you go swimming". While the rule stood for a good reason, in the mind of a child, it just served to delay a fun time at the swimming hole. Typically, I ignored as many of these reminders as I could get away with. My wife of 38 years, who now provides said reproofs and advice, would say that this trait of ignoring good information is typical of the male gender. One of her cautions, that is now permanently burned into my brain, and which I will now always remember before a bike ride is: "You'd better take more water than you think you will need".

Four years ago, I didn't heed 'the water warning', and really paid the price. My wife and I were in

Silver City, New Mexico in late September. We had planned a 28 plus mile cross-country mountain bike ride thru a high desert area just south of the Gila Wilderness. As usual with mountain bike rides, we carried our 70-ounce water capacity CamelBaks and a 24-ounce bottle of Gatorade in our bike frame mounted bottle holders. I thought surely 94 ounces of liquid would be sufficient for the number of miles we planned to ride. My wife said, more than once, "It isn't gonna be enough Jimbo." As usual, I kinda didn't listen; I was just thinking about the ride. I didn't take the altitude, possible high 80-degree temperatures, and dry high desert location into consideration. An almost irreversible mistake on my part.

At 10:00 am, we headed off on a ride that consisted of singletrack winding thru areas of low to moderate hills, some sandy trail areas, and lots of clear open blue sky. Great scenery if you like high desert country. I had just taken a look at my bike computer that showed 18 miles traveled, when I took a pull on my hydration tube nozzle and discovered that my CamelBak was bone dry. It was around 1:30 pm when I ran out of water. We had already consumed the Gatorade when we stopped to eat a noon snack at a site designated "the worlds largest Juniper tree". (The tree is enormous and incredibly tall. I suspect the largest tree designation is correct.) When I realized that I was out of water and Gatorade, I started to get really concerned. My wife still had about 20 ounces of water in her CamelBak. We were at least 10 miles from the nearest potable source of water and the day continued to grow

hotter and hotter. Knowing that I could be in serious trouble in that kind of heat with no water, we turned around immediately and headed back down the trail toward what we hoped was a water source: an old Army fort.

We took a wrong turn on the trail and had to back track for a couple of miles, making a dire situation worse. My thirst was growing minute by minute and my anxiety was escalating. Even though my wife let me drink most of the remaining water in her CamelBak, my legs began cramping just about the time we got back on the right trail. According to the trail map, I knew we now had at least 4 or 5 miles to go before reaching water. The trail was difficult, with rough, technical terrain, which would have been a challenge even if one wasn't on the verge of collapse. We finally reached the old Army fort and – Hurray! – water was available, and not a moment too soon. I was definitely in trouble. My body was beginning to show signs of severe dehydration. I was suffering from nausea, and muscle cramps in my legs, upper arms, hands, and across my chest were so bad I could hardly move. I couldn't think clearly and my skin was totally dry; I had ceased to sweat.

My wife found a water fountain, and quickly filled up my CamelBak water reservoir. I hurriedly drank the 70 ounces of water and then spent an agonizing 30 minutes slowly drinking another 70 ounces. I refused to lie down for fear I would not be able to get up. I stood in the shade of an old cottonwood tree until my symptoms started to slightly abate. My wife suggested

that she ride for help, but I asked her to stay with me. Leave me alone, No Way!

After about 45 minutes, the muscle cramping began to lessen and I started feeling like I might be able to ride back to our vehicle. That ride back was the longest 5 miles I have ever ridden and it was on a paved surface. I suffered continued cramping in my legs. I had to stop and walk up the hills and then coast down the other side. We made it back to our vehicle sometime after 4:00 pm. My wife used her cell phone to call the emergency room at the local hospital, told them of my condition and my symptoms, and inquired as to what we should do next. The doctor on duty advised that I should drink as much Gatorade or other similar type liquids as I could during the next 24 hours. He also advised that I should come to the emergency room if my cramping and nausea did not subside in an hour or two. I learned later that I probably should have gone to the emergency room. We picked up a couple of jumbo bottles of Gatorade, and drove back to the bed and breakfast where we were staying. I laid down on the bed, and immediately fell asleep in my bike clothes. My wife awoke me periodically and made me drink more Gatorade. The next day, I felt like I had a severe case of the flu punctuated with periodic muscle spasms and joint aches. I felt absolutely terrible and could hardly get out of bed. I continued to experience the same symptoms for 3 days, which ruined the remainder of our biking vacation.

Since the incident, I can remember only one other time when I didn't heed my wife's advice to "take more water than

you think you will need". I ran out of water during the Easter Hill Country Tour road bike ride the next year. I experienced the leg cramping and some slight nausea, but luckily, we were only 3 miles from our vehicle when I ran out of water. I've since purchased 100-ounce CamelBak hydration systems for each of us, plus have two water bottle cages for each of our bikes if needed. Whether you ride with a CamelBak or with water bottles: Hydrate! Hydrate! Hydrate! Be aware of your hydration needs and plan accordingly.

The formula in the title of this article is something I think of often before long rides. It is also something I repeat frequently, like a mantra, right before a long ride: LOH = ERV; LOH = ERV; LOH = ERV which equates to "Lack of Hydration equals Emergency Room Visit."

- *Jim Matthews*

## **Recall of Bicycle "Aero Bars"**

Profile-Design LLC, of Long Beach Calif., is voluntarily recalling about 8,400 "aero bars" used on racing bicycles. The aero bars are handlebar extensions that either mount in the center of the handlebars or are sold as a complete handlebar and stem system. The aero bars allow riders to ride in an aerodynamic crouching position.

The brackets that attach the aero bars' forearm pads, where riders rest their arms, can loosen or separate during use, causing the rider to lose control and crash.

Profile-Design has received one report of a bracket on one of the aero bars loosening, resulting in a rider crashing and suffering a broken rib and abrasions.

The recall includes "Carbon X" TM and "Carbon Stryke" TM aero bars. The Carbon X aero bar is a complete bicycle. The aero bars allow riders to ride in an aerodynamic crouching position.

The brackets that attach the aero bars' forearm pads, where riders rest their arms, can loosen or separate during use, causing the rider to lose control and crash.

## **Performance Inc. Announce Recall of Bicycle Rims**

Performance Inc., of Chapel Hill, N.C., is voluntarily recalling 1,150 wheel rims on Performance Road bicycles. The rims can crack causing the rider to lose control of the bicycle, fall, and suffer injuries.

Performance has received two reports of rims failing, though no injuries have been reported.

The recalled rims were used on both the front and rear wheels of the 2001 Model bicycles (with the R-101 model name), Performance Forte/Forte SL rims, and Performance Forte SL road wheels. The silver or black rims have the above-mentioned brand and model names on the rim (i.e., "Forte Pro SL").

Performance Stores and the company's website sold these bicycle rims from February 2001 through October 2001 for \$600 for Performance bicycles and

between \$35 and \$130 for bicycle wheels with rims built on.

Consumers should stop using these bicycles immediately and return the wheels to a Performance Store for free replacement rims. Consumers also can call Performance at (800) 553-8324 between 9 a.m. and 6 p.m. ET

## **Club Volunteers**

President: Jackie Jeys  
210-675-0538  
v.jeys@worldnet.att.net

Vice President: Heidi Lynn  
210-682-8107  
FLYNN@satx.rr.com

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

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

Ride Coordinator:  
Martha Espinoza. 521-3520  
mm\_espinoza@yahoo.com

Beginner Rides:  
Vern Jeys, 210-675-0538  
v.jeys@worldnet.att.net

Newsletter Editor:  
Phyllis Terry  
Tapdancr09@aol.com

Tour Director: Chris Marsh  
210-681-5768  
cmarsh@texas.net

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

# **Hill Country Bicycle Touring Club**

## **A Recreational Bicycle Club for Central Texas**

*http://www.hcbtc.org - mail@hcbtc.org*

### **Membership Application**

#### **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@beecreek.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 78250

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## Member Discounts

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

Broadway Bicycle Show, 8306 Broadway, 210 805-0805.

BikeWorld, 5911 Broadway, 828-5558 and Blanco at Lockhill Selma 210 344-2303.

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

Hill Country Bicycle Works, 1412 Broadway, Kerrville, 830 896-6864 and 702 E Main, Fredericksburg, 830 990-2609.

Ride Away Bicycles, 8830 Huebner, 210 696-9925.

A big thanks for their support to our club.

## January Club Meeting

**Saturday, January 12th.** Time: 7:00PM. Location: 5559 Beech Valley. Directions. Take loop 410 South (on the west side). Cross Hwy90 to Medina Base Road. Get off on Medina base Road & take a left. Take Medina Base Road to Yucca Valley Road. Approx. 2 miles. Go right on Yucca Valley to Beech Valley. Left on Beech Valley to 5559. Bring munchies to share. We will supply drinks. Jackie Jeys 675-0538 vjeys@satx.rr.com

## February Club Meeting

To be announced, watch the club website for details.

## League of American Bicyclists

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

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**Check out our club website an more news information at <http://www.hcbtc.org>**