



The Newsletter of the Hill Country Bicycle Touring Club

A Recreational Club for Central Texas
<http://www.hcbtc.org> - mail@hcbtc.org

July, August 2002

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PRESIDENT'S MESSAGE

Vern and I really enjoyed our Katy Trails Trip this month. There were 31 people that went. The weather up in Missouri was great. It was in the 70's most of the week, but by the end of the week it did get up in the 90's. We rode between 38 and 54 miles each day. Our starting point was in St. Charles. Some people finished the trail going to Clinton, but we took it easy one day. The trail for the most part was very nice to ride on. A lot of trees shaded a good majority of the trail. On day 2, a large tree had fallen down on the trail. Vern jokingly commented; "make sure there isn't a biker under the tree." We just had to go around that. The country was very scenic and there were wineries all along the trail. One day we had lunch at a bar in Steedman. The couple who owned the bar were very friendly and a lot of fun. On the rest room doors they had weiners for the men's and buns for the ladies. On the toilet seat it said "no diving". Our lunch was very inexpensive. There were places along the trails to rest, eat and drink. Everyone we encountered was very friendly. Vern and I made a point to stop at a winery in a town called Dutzow. We tasted a couple of wines and bought a bottle of a semi-sweet rose wine (very good). I believe that was the best wine ever. We had group get-togethers 3 evenings. One night we had a wine tasting, another night we had a pizza and beer party, and another night we had a group dinner. We stayed in very nice motels, like the Days Inn, Ramada Inn and Best Western among others.

After we left Boonville & were heading for Sedalia, we began to climb. Prior to that, the trail had been relatively level. I think Chris and Jan did a great job putting the tour together! Also Tom Cayley did a great job on the sag support. Thanks, Tom!

I signed up to do the MS150 in October. Martha Espinoza is our Hill Country Team Captain. Anyone planning to attend and want to be a part of our team contact Martha. (521-3520)

Our Fredericksurg Frolic is coming up in November. We have reserved a building at Lady Bird Municipal Park for registration and the Saturday picnic luncheon. We will have flyers ready real soon for anyone who is interested.

Vern and I are going to put together a weekend outing for our club this fall when it gets a little cooler. We are thinking of Marble Falls, or maybe Amarillo.

We are in need of ride leaders. Anyone interested contact Martha Espinoza ,our ride chair.

Chris Marsh is putting together some maps to go on the website. This should happen in the not too distant future. Hope to see you on a ride!

- Jackie Jeys

CLUB NEWS

KIDS BICYCLE SAFETY EVENT A HUGE SUCCESS

May was "National Bike Month", and HCBTC sponsored their first "Kids Bicycle Safety" event on Saturday May 18th, at Brauchle Elementary School. A San Antonio Bicycle Police officer spoke about bike safety, and demonstrated some biking skills to 50 plus children. Equipped with helmets and their bicycles, the children were able to take their newly acquired knowledge, using hand signals, identifying street signs, and riding skills onto 3 obstacle courses.

Our many Thanks go to our volunteers, teachers and parents who gave many hours of their time, Ride Away Bicycle and Cycle Logic for donating water bottles and bike helmets for the raffle. Our sincere appreciation goes to the principal Mrs. Ward of Brauchle Elementary School for the use of the school facilities.

- Martha Espinoza and Heidi Lynn

Fredericksburg Fall Foliage Frolic

The Hill Country Bicycle Touring Club will host the 3rd Fredericksburg Fall Foliage Frolic on November 9th and 10th. This year the registration will include two days of supported rides with maps, rest stops, sag support, Saturday picnic lunch and a ride souvenir. There will also be a Saturday night meal at Mr. Gatti's for an extra charge (pay at the door). The club has reserved Lady Bird Johnson Park three miles south of town on TX 16 to hold Saturday registration and the picnic lunch. Volunteers are needed to help provide rest stop support as well as sag support for both days. The registration cost for the event is only \$12.50 before October 25th. More information will be sent out to the membership in a few weeks. Contact Chris Marsh at (210) 681-5768 or cmarsh@texas.net for more information.

- Chris Marsh

CLUB RIDES

Every Tuesday Night, Rudy's Ride. Starting at 6:15 PM leaving from the Rudy's Bar B Q on TX-151 across from Sea World. Hope to see you there.

Every Thursday Night, Helotes Ride. Meet in Helotes on Old Bandera Rd across from the Helotes Bike Shop starting at 6:30 PM, Ride 10 – 20 miles and eat dinner afterwards. Leader is Chris Marsh 210-681-5768 or email cmarsh@texas.net.

Saturday, July 6th, Beginner's Ride. Meet at 8:00 AM at the Super Walmart off 1604 and FM 471 for a 12 mile fairly flat ride. Park by the gas pumps. Lunch spot will be determined after the ride. Ride leader Vern Jeys. 675-0538 or vjeys@satx.rr.com

Sunday, July 7th, President's Mission Ride. Meet at 8:00 AM at the San Jose Mission off Roosevelt and Napier Street, by the restrooms. Ride will be about 30 miles. Lunch spot to be determined after the ride. Ride leader Jackie Jeys 675-0538 or vjeys@satx.rr.com

Saturday, July 13th, Leon Springs to Boerne Ride. Meet at 7:30 AM in the Park and Ride lot at I-10 and Boerne Stage Road in Leon Springs for a 30 mile ride to Bourne and back. Group will ride around 12 mph. Eat after the ride. Leader is Chris Marsh 210 681-5768, cmarsh@texas.net.

Sunday, July 14th, Comfort Rides. Meet at 8:00 AM and pedal the "traditional" options to the west of Comfort. 22, 32 and 41 mile options. To get to the ride start: take I10 west/north to the Comfort/Highway 87 exit. Continue though Comfort and meet at the Park & Ride on the corner of RR473 & TX27 (Turkey Ridge Trading Company is across the street on TX 27). Park in the Park & Ride; if full, use the dentist's lot next door. Ride Starter: William Hudson, 210-824-7058 or 210-824-6910.

Sunday, July 21, Castroville Ride. Meet at 8:00 AM at Park & Ride across from Sammy's for about 28 miles to Quihi and back. Ride leader, Martha Espinoza, 210-521-3520 or mm_espinoza@yahoo.com.

Sunday, July 28th, North by Northwest. Meet at 8:00 AM across from the Helotes Bike Shop. Rides are 12, 26, or 58 miles. There is plenty of parking on the street, but please do not park in front of the business in Helotes. After your ride, enjoy the fine food at the Hickory Hut Barbeque. Joint ride with the San Antonio Wheelmen. Ride leader Martha Espinoza, 210-521-3520 or mm_espinoza@yahoo.com.

Saturday, August 3rd, Medina Apple Festival Ride. Meet at 7:30 AM at the roadside park on TX 16 around 3 miles north of Bandera (30 miles northwest of San Antonio). The park is just past the river on the right when going north on TX 16. This will be a 30 mile ride. Go to the Medina Apple Festival after the ride. For more on the Medina Apple Festival see <http://www.medinatexas.com/festival.htm> Leader is Chris Marsh 210 681-5768, cmarsh@texas.net.

Sunday, August 4th, Vern's Beginner Ride. Meet at 8:00 AM at the Super Wal-Mart at 1604 and FM 471 for a 12 mile, mostly flat ride. Contact Vern at 210-675-0538 or vjeys@satx.rr for more information.

MS 150 Training Rides

Saturday, August 17, San Jose Mission. Meet at 8:00 AM. Let's plan on a ride up to 40 miles. Bring plenty of water and sunscreen. Ride leader, Martha Espinoza, 210-521-3520 or mm_espinoza@yahoo.com

Saturday, August 24, Helotes Ride. Meet at 7:30 across the street from the bike shop in Helotes. Lets Plan on riding 40 plus miles. Bring water and sunscreen. Ride leader, Martha Espinoza, 210-521-3520 or mm_espinoza@yahoo.com

Saturday, August 31, San Jose Mission. Meet at 8:00 AM. Let's plan on a ride up to 40 miles. Bring plenty of water and sunscreen. Ride leader, Martha Espinoza, 210-521-3520 or mm_espinoza@yahoo.com

SUPPORT THE FIGHT AGAINST MULTIPLE SCLEROSIS

The MS Bike Tour, now marking its 22nd anniversary, is the largest organized cycling event in the United States. The first MS Bike Tour began in 1980 in Minnesota. Currently, over 75,000 cyclists participate annually in one or more of 106 tours offered in all 50 states, from the California wine country, to the Colorado Rockies, to the New England shoreline. Visit <http://www.nationalmssociety.org/MSBike-DearCyclist.asp>. (Bike to the Beach is October 5-6, 2002)

HEB MS 150 BIKE TO THE BEACH, OCTOBER 5 & 6 , 2002

What is MS?

Multiple sclerosis is a chronic, often disabling disease of the central nervous system. Symptoms may be mild, such as numbness in the limbs, or severe, such as paralysis or loss of vision. Most people with MS are diagnosed between the ages of 20 and 50, but the unpredictable physical and emotional effects can be lifelong.

The progress, severity, and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are giving hope to those affected by this disease.

What is the HEB MS 150 Bike To The Beach?

The MS 150® is a two-day non-competitive cycling adventure that challenges riders of all ages, levels and abilities. The purpose of the tour is to raise money to fight the devastating effects of multiple sclerosis (MS) and increase awareness of MS symptoms and the important new treatments now available. The MS 150® is not a race.

I encourage you to ride your bike and raise money to fund the research to find a cure to MS. The ride is well supported with frequent rest stops and local police departments helping with traffic. Saturday's night stay will be at Beeville College. You may camp out or sleep in the gym. If you want a hotel room I suggest you call Days Inn 361- 358-9999, or Best Western 361- 449-3300. Visit the web site for more information: www.ms150.org

I will be the team captain for the Hill Country Bicycle Touring Club. When you register, write our club's name down.

Start training for the MS Bike to the beach. Refer to the training schedule in CLUB RIDES. It's a lot of fun.
mm_espinoza@yahoo.com.

- Martha Espinoza

OPEN CALL FOR RIDE LEADERS

The Club needs Ride Leaders for the following dates: July 20 and July 27. If you can lead a ride, please call Martha Espinoza at 210-521-3520.

From the Adventure Cycling Association

This is the 56th issue of Bike Bits, Adventure Cycling's bi-weekly bicycle bulletin. Bike Bits is delivered to you because you've signed up for it at the Adventure Cycling Association website, <http://www.adventurecycling.org>. Bike Bits is delivered in text-only format for quick downloads and includes links for more information. We hope that it inspires you to dream, and to experience your own bicycle adventures.

TRAINS, PLANES, AND VELOCIPEDES

Travel With Bicycles is a great find for those planning to ... well, travel with their bicycles, whether domestically or abroad. The site details how to ship your bike from one place to another via FedEx, UPS, etc. - as well as taking it with you, whether you're traveling by ferry, airplane, train, or bus. You can also learn where to rent bicycles at various locales throughout the world, and discover some intriguing finds under "A few touring links." <http://www.bikeaccess.net/>

SEA TO SEA WITH THE CTC

Just as Adventure Cycling is the place to turn when researching a tour in North America, the Cyclists Touring Club is a good place to go if you're dreaming of a bicycle adventure in Europe or points beyond. The CTC offers maps and/or advice for more than 90 countries, as well as information on "tours ranging from easy fixed centre breaks to tougher moving on challenges" in destinations as far-flung as India, Ethiopia, and Tibet. <http://www.ctc.org.uk>

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Other Cycling Events

Saturday July 6th, Stephenville Firecracker 100 Tarleton State University Gym, Stephenville. Race: 7:50 a.m., Ride 8 a.m. 10, 26, 43 miles, & 100K. \$20 before June 21. \$25 after June 21st. Family of 4 or more, \$15 each before June 21st. \$20 after June 21st. To benefit the Chamber of Commerce. T-shirts for all riders and they are the coolest!!! Water bottles to all who sign up before June 21st. The best Rest Stops we have ever had. The best Road Support GUARANTEED!!!! Spaghetti Supper on Friday night, June 5th. Prizes, Prizes, Prizes and Great roads!! For more information, send email or visit Web site listed above.

Sunday, July 21st. !4th Annual Katy Flatlands Century. Katy, Tx. Flat and fast...good for a personal best if the wind isn't too cruel. The number of riders has been fairly steady at about 2300 for several years and this makes the ride one of the largest annually in Texas. Organized by the Northwest Cycling Club of Houston. See <http://northwestcycle.com/>

Saturday, July 27th, Tour de Goatneck Cleburne High School, Cleburne. 7:30 a.m. 10, 25, 40, and 62 miles. \$20.00 early registration, \$25.00 day of ride. To benefit the Cleburne Jaycees and their charities. Great rest stops, somewhat hilly. For more information, call (817) 641-1377.

Saturday, August 3rd, All Guts, No Glory Houston, downtown. 4:00 a.m. 235 miles. No fee, just the rider's own costs. 4th annual 235-mile loop through 5 counties. Unsupported, although we've always had plenty of support from buddies driving along. For more information, contact Geoffrey Pierce.

Saturday, August 24. Hotter'N Hell Hundred, Road and Mountain Bike event. This is the big one. The hot one. The premier Texas race/ride that everyone talks about all year all over the country. Road routes of 6, 25, 50, 62, and 100 miles -- an off-road trail is also offered and you can even ride both if your schedule permits. Start is at 104 Scott (Downtown Wichita Falls) at 7:30 am Saturday, 24 August. Registration \$20 until 31 July, \$25 thereafter

Saturday, August 31st, Cotton Patch Classic Hunt County Courthouse in Greenville. Races begin at 7:50, tours at 8:00. Distances: Races-65 miles; tours-12 to 65. \$20 by August 16; \$25 after August 16. To benefit the Greenville YMCA financial assistance program and the Hunt Co. trails project. Organized by Greenville Area Bicycle Pedalists (GASP) for bicyclist-formerly the Cotton Jubilee Bicycle Classic. Only ride or race in North Texas on Labor Day weekend. Post ride: cold fruit smoothies, pizza, Propel, fruit. Course security from Texas State Guard, Hunt Co. Posse, DPS and local city police depts. Showers at YMCA. For more information, contact Greenville YMCA (903) 455-5405.

National Cycling Events

July 20 - 27. The 5th annual Paradise Ride. Hawaii. The ride benefits the five comprehensive non-profit AIDS service organizations of Hawaii. 150 riders cycling 390 miles, sleeping under the stars and experiencing the beautiful Hawaiian people, culture and scenery. Info: 888/285-9866 (toll free), fax 808/521-1270, 415/641-7883 or email to David Wabel, Media Relations Coordinator davidwabel@earthlink.net or visit Website at www.paradiseridehawaii.org .

July 21 - 27. 8th Annual bicycle Tour of Colorado. Gunnison, CO. A loop tour of 404 miles through the "Swiss Alps" of Colorado. Info: 303/985-1180, fax 303/988-9568, email to aj4btc@juno.com or visit Website at www.bicycletourcolo.com .

Bicycle Touring - How much does it cost?

A bicycle touring vacation can cost as much or as little as you want. The cost of a trip can be broken down into several components. There is the transportation to get to where you want to tour, food, lodging and support. The transportation costs are mostly not bicycle touring unique so I will focus on the food, lodging and support cost in this article. The remaining items can be purchased as package from a tour operator or organization.

If you go on your own, the cost for food and lodging can range from less than \$20 a day if you camp and make your own meals to hundreds of dollars a day if you want to stay at the top hotels and eat the finest meals. If you are on your own, you will still lack the support you get with a package tour.

Most people like to have the support that a package tour gives you. The cost of package tours varies greatly depending on group size and amenities. Here are some examples:

Camping tours

DALMAC (Ride across Michigan) - \$35/day for camping, meals and support van.

Adventure Cycling Association (various rides) - \$50/day for camping and meals only or \$100/day for camping, meals and support van.

Cycle America (various rides) - \$80/day for camping, meals and support van.

Hotel tours

Coyote Bicycle Tours - \$115/day for hotel and support van (dinner extra).

Planet Earth Adventures - \$200/day for hotel, meals and support van.

Backroads (various tours) - \$300/day for hotel, meals and support van.

Butterfield & Robinson - \$650/day for hotel, meals and support van.

The more expensive tours generally have smaller groups and will hold your hand more. The longest daily distance on the high cost Butterfield & Robinson tours is only 40 miles. I've found that I can have as much fun on a tour that cost me a few dollars a day as one that costs much more. A few years ago I organized a tour in France that followed the same route and hotels as the Backroads and Butterfield & Robinson tours and cost around \$70/day for hotel, meals and support van. Our club tour this summer cost only \$50/day for hotels with some meals. We will try to put together one for next year.

- Chris Marsh

San Antonio River Improvements Projects Museum Reach Public Input Meeting: Witte Museum, June 17, 2002

In a public meeting to discuss the San Antonio River Improvements Projects Museum Reach officials and participants discussing the project supported the development of hike and bike trails. The following information is from one of the topics discussed for improving the amenities of the river's Museum Reach:

For local residents to make use of the river's Museum Reach (*Lexington to Hildebrand*), what features and amenities do you feel need to be incorporated into the design? Please outline below.

- Lots of hike/bike trails.
- Easy access. Multiple trails...
- As much as natural as possible - need shade.
- Easy access, flowing path, leave natural areas.
- Lights, paths, "Cleaning up river" should be kept away from the Avenida A area.
- Separate hiking from bike path!!! Hiking [path] close to the river and biking [path] (especially if paved) further away and buffered by green from river / hiking [path].
- I want to see good pedestrian access and maintenance of natural areas. Currently, birding is great on Avenue A, by the golf course. To maintain the natural areas, I would discourage barge access. Promote walking instead. The lock and dam would then be unnecessary.
- Activity features: biking, rollerblading, walking accessible. Pretty and attractive features: landscape.
- Sidewalks, lights, bike paths.
- Easy access to mass transit, "people movers" for short circular shuttle service and longer distance access to downtown.
- Parking, well-lit walks, restaurants.
- Improve Ave B and the decline of Broadway - also eliminate prostitutes, drug pushers and users etc. Close down the "sleazy" motels.

- “Natural” walkways, “subtle lighting” - so as not to interrupt wildlife cycles; safety issues - homeless/gang activity on Ave. B; Casa Linda and Ranch Motels; leave some areas “untouched,” w/o walks or trails - “River Road?”
- Shops (snack foods, artistic local shops).
- Bike path.
- Lighting, attractive to businesses, landscaping, and accessibility.
- Public transportation convenient to neighborhoods along Broadway.

These amenities would add to our city and enjoyment of bicycling activities for all.

CLUB DISCOUNTS-The Following Bicycle Shops offer members of the HCBTC a 10% discount.

BikeWorld; 5911 Broadway; 828-5588 and Blanco at Lockhill Selma; 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; 696-9925

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