



The Newsletter of the Hill Country Bicycle Touring Club

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

NEWSLETTER EDITOR'S MESSAGE

For now, I am going to try a page format without columns because the columns were cumbersome to scroll up and down. I hope the membership is pleased with the new format. I have thought long and hard about downloading pictures onto the newsletter, but because it may take some members too long to download the newsletter, I have decided against it. Instead, I am including information on other web sites that you may want to visit. Please provide feedback on your response to the newsletter. I hope to keep it interesting and informative.

May is "National Bike Month" as declared by the League of American Bicyclists for the 46th year. The League is promoting May 13 through 17th as **Bike to Work Week**. Friday, May 17 has been designated as the national **Bike to Work Day**. May 1st through the 19th is **Hike-N-Bike Week** in San Antonio. Along with National Bike Month is an opportunity for friends of bicycling to sponsor educational programs, bike commuting events, trail work days, helmet promotions, and even bicycle film festivals to draw positive attention to bicycling. Many events will occur in San Antonio promoting Hiking and Biking during the month of May. The Annual **Wildflower Ride** will occur on May 4, departing from Rolling Oaks Mall. Look for my article on the events that will occur in San Antonio promoting Hiking and Biking during the month of May. Along with these events, in San Antonio there will be held a **Hike-n- Bike to Work Rally**, at the Downtown YMCA at 8:00 am, at 903 N. StFor those bike enthusiasts that are interested in National Bike Month events, you can obtain a National Bike Month Organizer's Kit by visiting the following e-mail address: <http://www.bikeleague.org/Educenter/bikemonth.htm>

Thanks to Chris Marsh, Heidi Lynn, and Martha Espinoza for information to include in the newsletter. Please send information that you would like included by the 15th of the second month of the newsletter. For example, for the July/August Newsletter, please e-mail articles or interesting/funny stories by June 15th.

I look forward to hearing from you. Happy Cycling!

Phyllis Terry

PRESIDENT'S MESSAGE

Hello everyone!

First, I would like to thank everyone who has volunteered in some way contributing to our club! That is what keeps our club going.

Anyone free on May 18th that can donate their time that Saturday morning we need your help. Please contact Heidi at 682-8107 or Martha at 521-3520. We are doing a kids bike safety day that morning. Martha and Heidi have a lot of neat things planned but we are very much in need of volunteers. It will only be about 3 hours of your time so think about it. After wards we will all go have lunch.

May 11th, Saturday is our monthly club meeting, ride and we are also having a picnic. We are in need of ride leaders. Contact Martha Espinoza, our ride chair if interested. Don't be afraid of not knowing the routes, just pick a spot to meet and most of the time there is someone who will join the ride that is familiar with the route.

I am very much looking forward to our Katy Trails trip in June. Chris Marsh has done an excellent job of organizing the event. This will be a nice way of relaxing, taking in some sights and exercising.

Hope to see you on a ride.

Jackie Jeys

The League of American Bicyclists

By Chris Marsh

Just what is the League of American Bicyclists and what does it do for you? The League was founded as the League of American Wheelmen in 1880. It is the National Organization of Bicyclists and has been promoting cycling and protecting your rights to the road for over 120 years. The League is a membership organization consisting of over 40,000 individual members and around 600 clubs representing almost 300,000 cyclists. However, the most important thing that the League does benefits all cyclists; a number in the tens of millions. So what is the League doing for cyclists in Texas?

Ever been threatened by a motorist or told to ride on a bike path covered with gravel and broken glass? The League is working to communicate the needs of bicyclists to the government and general public. The League is the **ONLY** organization employing an advocate full time to work on federal, state, and local bicycle legislation. A few years ago, League volunteers worked hard to make the bicycle a legal vehicle and reverse the mandatory bike path usage law in Texas. Because of the League, the bicycle is a legal vehicle in all 50 states. Today the League is fighting bicycle bans in many cities around the country. If laws are passed in your community that limit your rights to the road the League has the resources to help you regain those rights.

The League holds a national bicycle rally every year. The rally brings together cyclists from all over the country to attend workshops on every aspect of cycling, see national cycling celebrities, attend rides, receptions, picnics, and more.

For those people interested in bicycle safety and education the League sponsors the Effective Cycling Program. This program is aimed at educating people on safe riding techniques, bicycle maintenance, and more. Specially trained Effective Cycling instructors across the country are actively involved in assuring that people are taught proper cycling. There are now over 40 Effective Cycling instructors in Texas.

The League also supports its many member clubs across the country. For just a few dollars a year, each club receives four issues of the League magazine, free space in the calendar to list major club events, and access to many of the League resources. One of the best benefits to League clubs is the optional liability insurance. In the past, many clubs have had to reduce or eliminate some of their activities because of insurance requirements. Liability insurance was almost impossible for clubs to obtain. Now, because of the League, clubs can again run centuries and other large events.

The backbone of the League is its 40,000 members. For \$30 a year each member receives four issues of the League magazine including the Almanac with its state-by-state information on geography, bicycle maps, major rides, local clubs, and advocacy efforts. The Almanac also provides members with descriptions of the League's volunteer networks, and lists many other national bicycle organizations and publications. The League magazine also has the Tour Finder and Ride guide issue that features a comprehensive listing of commercial tour operators world wide. The League magazine also has many articles on bicycle touring and commuting and it has the most comprehensive bicycle events calendar. Other benefits to members include discounts at bicycle rallies, campgrounds, hotels, and on other valuable services.

In order for the League to keep giving cyclists benefits it needs your support. If the League had more members it could have a larger influence on government regulations, give its member more services, and take on more projects and programs.

How many times have you been harassed by a motorist or the police because they didn't think you had the right to ride on "their" road? I urge all of you who are not members of the League to send in your \$30 and join for a year. There is still a much work yet to be done to keep our right to ride on the highways.

For more information on the League or to join, check out their website at <http://www.bikeleague.org>.

Other Bits from the League of American Bicyclists'

Welcome to the League of American Bicyclists' electronic newsletter, BikeLeague News. Feel free to forward this to fellow cyclists and others who may be interested, but please make sure to credit the League of American Bicyclists as your source. To join or learn more about the League, visit <http://www.bikeleague.org>.

PRESIDENT BUSH NAMES DR. RICHARD CARMONA AS NEW SURGEON GENERAL; A KEY FOCUS WILL BE PROMOTING EXERCISE AND HEALTHY DIET

President Bush's appointment of Dr. Richard Carmona as Surgeon General of the United States, and his announcement that one of Dr. Carmona's three key missions will be to encourage Americans to exercise and improve their diets, have great implications for the future of bicycling and fitness in the U.S. The Surgeon General's job is to educate Americans on how to improve their health and reduce the risk of disease.

The President said Dr. Carmona's top priority will be to help educate Americans about the threat of bioterrorism. Dr. Carmona has had a multifaceted career; he has been an Army Green Beret in Vietnam, a decorated police officer in Arizona, a SWAT team member, a nurse and a physician. Following are excerpts from the President's remarks on the appointment:

"I have asked Dr. Carmona to lead an important initiative focusing on prevention and life-long healthy living as a key component to medical care. The research is overwhelming that simple improvements in diet and exercise would result in dramatic improvements in America's health. Studies show that overweight Americans who are at risk of developing type II diabetes or coronary heart disease can delay and possibly prevent these diseases with just moderate exercise and a healthy diet. Walking 30 minutes a day will dramatically improve your life. Playing a game with your children in your backyard will help. Walking in a park can make a difference to your health."

"These relatively small actions can dramatically reduce costs and strain on our health care system. Fitness and a healthy lifestyle are a priority for me. I really like to run. It makes me feel better. The doc and I are going to encourage all our country to either run or walk or swim or bicycle for the good of their families, for the good of their own health, and for the good of the health of the nation." The President has also tasked Dr. Carmona with educating the nation about alcohol and drug abuse. For more information and the full text of the President's remarks, visit <http://www.whitehouse.gov/news/releases/2002/03/20020326-3.html> and <http://www.hhs.gov/news/press/2002pres/20020326.html>.

CLUB NEWS

May 18, 2002 "Kids Bicycle Safety" will be held for students at Brauchle Elementary school from 10 - 11:30 a.m. If you are interested in volunteering for this worthwhile event please contact Heidi Lynn 210-682-8107 flynn@satx.rr.com <<mailto:flynn@satx.rr.com>> or Espinoza210-521-3520 mm_espinoza@yahoo.com Brauchle Elementary school is located on Bowing Crossing by Loop 1604. We need volunteers to staff five (5) stations, (bicycle helmet sale, raffle, water station, three (3) safety ride stations, set-up/take down etc.), preferable 2 - 4 people per station. NO experience necessary, will train. The event takes place inside the gym, and in the school yard. Let our community know that we as The Hill Country Bicycle Touring Club are interested in the safety of all children. Therefore give us a call, bring your spouse, and join the fun.

A warm welcome to the following new members of the Hill Country Bicycle Touring Club:

Paul Hersey
Sarah & David Doss
Craig Mathew
Rita, Steve, & Steven Daugherty
Tom Cayley
Ron & Connie Miller
Greta & Gary Blamice
Lawrence Walker

George Kubes
Syd Smoot
Pamela Duray
Tanya & Klaus Mueller
Nancy Sanford
Rebecca Hettich
Noel Luna

CLUB RIDES

Now that we have Daylight Savings Time the Hill Country Bicycle Touring Club will have rides **every Tuesday Night 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 (starting May 2nd). 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 email cmarsh@texas.net.

Saturday, May 4th, Baptist Memorial Wildflower Bike ride. Ride starts at Rolling Oaks Mall, 8:00 am. Cost is \$25.00

Sunday, May 5th, Vern's Beginners Ride: Meet at 8:00 a.m. at the Wal-Mart parking lot 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

Saturday, May 11, Canyon Lake Ride : 8:00 a.m. Meet in Sattler, TX at the start of River Road across the street from the Diamond Shamrock station by the Barbecue Place. To get there, take 281 North to Hwy 46, East, towards New Braunfels. At the intersection of Hwy 46 and FM3159, go North on FM 3159, till it dead ends into Fred's Grocery store at FM 2673. At FM 2673, travel east towards Sattler. Drive into Sattler and look for the Diamond Shamrock station on the right side of the street. Park across the street from the Diamond Shamrock station by the small barbecue restaurant. Bill will meet riders at the start of the ride to take food to keep it cold. Please bring cold dishes or condiments for fajitas and your own drinks. Please check the website for the food sign up sheet. Phyllis Terry 829-0661 or tapdancer09@aol.com After the ride, we will have a relaxing picnic on the waterfront property of Bill and Phyllis Terry. Swim, sit in the shade and relax after the ride on the deck, or enjoy the sun. There is plenty of room for people to sit because there are picnic tables and built in benches. The Terry's and the Jeys have offered to prepare fajitas. You may want to bring tubes or air mattresses. Bill will meet riders there to take food back to our trailer to keep it cold. Please bring cold dishes or condiments for fajitas and your own drinks. Please check the website for the food sign up sheet. Everyone else, please bring side dishes and extra drinks. Please check the website for the food sign up sheet The Terry's have a small trailer near their property where food can be stored while we ride. To get to the Terry property, travel west on FM 2673 to Island View. There is a sign there for Turkey Cove. Follow Island View until you see a curve in the road. When you see the signs for the Turkey Cove boat ramp, turn left, which is the continuation of Island View. Follow Island View into the Five Oaks subdivision, which is clearly marked by a Rock Sign. Our property will be on the right and we will have it marked with a sign. Park in the front on the grass or on the street. Our May meeting will be held after we eat. Fred Meredith, a member of the national board of directors of the League of American Bicyclists will speak. Ride leader; Phyllis Terry; 829-0661 or tapdancer09@aol.com.

Sunday, May 19, Helotes Ride: Join us at 8:00am for a group ride starting in Helotes Bike shop on Old Bandera Road. Group ride speed will be around 12mph. Join us for lunch after the ride. For more information contact Chris or Jan Marsh at cmarsh@texas.net

Saturday May 18th Bicycle Safety Day at Brauchle Elementary 8555 Bowens Crossing 10:00 - 12:00 pm Come out and promote cycle safety to school aged children. SAPD will set out some bicycle police to give a safety speech. Methodist Hospital will sell bicycle helmets at cost; \$7.00. We as a group will set out some safety course

for the students to go through. If you like to help please contact Heidi at FLYNN@satx.rr.com or Martha at mm_espinoza@yahoo.com Thank you to Cycle Logic for donating 2 bicycle helmets. These will be used as door prizes.

Sunday, May 19, Canyon Lake Ride : 8:00a.m. Phyllis Terry 29-0661 or tapdancer09@aol.com After the ride, we will have a relaxing picnic on the waterfront property of Bill and Phyllis Terry. You can swim, sit in the shade on the deck, or sun. The Terry's and the Jeys have offered to prepare the meat dish. Everyone else, please bring side dishes and extra drinks. The Terry's have a small trailer near their property where food can be stored while we ride. There is room for at least two boats to hook up in front of the property. Our May meeting will be held after we eat. Ride leader; Phyllis Terry; tapdancer09@aol.com

Memorial Day Weekend, May 25th-27th, Davis Mountain Weekend Mini Tour. This is one of the most scenic areas to ride in Texas. At 5,000 to 6,000 feet elevation, you will enjoy cool dry nights and comfortable days in this remote part of the state. Ride through the desert, mountains and forests. Camping and lodging is available at Davis Mt. State park. <http://www.tpwd.state.tx.us/park/davis/davis.htm>. The Indian Lodge at the State Park has rooms. For reservations call (915) 426-3254. There are still lots of campsites available. Check <http://www.reserveamerica.com/usa/tx/dmsp/> or call (512) 389-8900 for reservations. There are also hotels in Ft.Davis.

The park is reached by traveling 1 mile north of Fort Davis on State Highway 17 to State Highway 118N then west on State Highway 118N for 3 miles to Park Road 3 entrance.

Weekend activities include: Saturday -- Ride to Alpine and back (up to 50 miles) or tour historic Ft. Davis. Saturday Night -- Go to the Star Party at McDonald Observatory. Sunday -- Do the 78 mile loop through the mountains or just climb up to the observatory (20 mile round trip). Ride the highest road in Texas. Monday -- Ride part way to Balmorhea and return home.

We need volunteers to help SAG some of the longer routes. Contact Chris Marsh for more information at (210) 681-6768 or cmarsh@texas.net.

Sunday, June 30th, Stonehenge Ride Meet at 10:00 AM in the parking lot across the street from Mamacita's Restaurant in Kerrville. This will be a 25 mile ride to a copy of Stonehenge near Hunt, TX and back. To get to Mamacita's, take I-10 60 miles north-west first Kerrville exit (Hwy 16). Turn left on Hwy 16 & go about 2 miles to Hwy 27. Turn right on Hwy 27. Mamacita's is at 215 Junction Hwy on the left. Park across the street. We will have lunch there after the ride. Ride leaders are Chris & Jan Marsh, (210) 681-5768 cmarsh@texas.net.

See the web site for the most current dates of rides or any additional rides.

Other Cycling Events

Hike-N-Bike Week

By Phyllis Terry

Please join our city in clean and healthy forms of recreation, transportation and exercise. To bike, walk, and ride, people need a safe network of cycling and pedestrian facilities on selected public streets as well as off-road paths and trails. It takes time, money, education the awareness of the driving public, and our help to build a safe network of cycling and pedestrian facilities. To strive towards this goal, San Antonio's Hike-n-Bike Week 2002 will be held May 1-19. The City of San Antonio, Bexar County, SABC MPO, Methodist Health System, Baptist Health System, American Lung Association, American Diabetes Association, South Texas Off Road Mountain Bikers (STORM), San Antonio Wheelmen, Texas Wanderers, and a growing number of public and private sponsors offer exciting events to promote biking and walking. The goal of Hike -n- Bike Week 2002 is to elevate public awareness of the benefits of cycling and walking, and to encourage people to recognize the importance of safe places to walk and cycle. So, join in the fun and promote awareness of the sport we all love !

The following is a Calendar of Events:

- Monday, April 1- Thursday, May 9 : Hike-n-Bike to School
- Thursday, May 2: 1:00 pm City of San Antonio Proclamation at City Council Members
- Saturday, May 4 8:00 am: Baptist Health System Wildflower 100 Bicycle Tours starting from Rolling Oaks Mall (Nacogdoches and Loop 1604)
- Tuesday, May 7, 9:00 a.m. Bexar County Proclamation at Bexar County Commissioner's Court.
- Friday, May 10, 8:00a.m. : Hike-n- Bike to Work Rally at the Downtown YMCA, 903 N. St. Mary's
- Saturday, May 11, 8:00 a.m.-1:00 p.m. Hike-n-Bike Fest at Travis Park
- Saturday, May 11; 1:00 p.m. Team C.U.R.E. Missions Family Tour at Mission San Jose. Call 210-271-7000.
- Saturday-Sunday, May 18-19, : American Diabetes Association Tour de Cure. Phone: 210-829-1765.
- Saturday-Sunday, May 18-19: Braunig Lake Park Hiking, Biking and Birding: Phone: 21-226-6912.

Honey Tour de Burleson Burleson High School. 8 a.m. 10, 25, and 50 miles. \$15 pre-registered until April 26. Sponsored by the Burleson Chamber of Commerce to benefit youth organizations in the community. Friendliest Ride in the Metroplex with great scenery as well as some challenging hills. While the routes cross moderately hilly terrain, there will be plenty of down hills and flat areas to enjoy as well. For more information, contact Robby Camp at (817) 517-7404.

May 4, Wildflower 100 Tour of the Texas Hill Country Rolling Oaks Mall in San Antonio. 8 a.m. Covers 13, 25, 43, 52, and 63 miles over a combination of rolling hills and flat roads. \$25 per entry before April 21, \$30 after April 21. For children ages 16 and under, fees are \$16 before April 21, \$30 thereafter. Sponsored by Baptist Health Systems, the event is the largest one-day bicycle tour in South Texas, and features something for the entire family, including a choice of five tour lengths and a children's bicycle safety rodeo. Proceeds will support cardiovascular programs in the Baptist Health System, a major not-for-profit health care provider in South Texas. For more information, call (210) 297-1561.

May, 11, Quizno's Sub Armadillo Hill Country Classic Liberty Hill (Austin). 8 a.m. Start in Liberty Hill and ride the Texas Hill Country. Five routes to choose, from 15 to 75 miles with the famous Road Kill Cafe rest stop back this year. \$20 until May 9, \$25 thereafter. Sponsored by the Austin Cycling Association to provide helmets for kids. Last year we raised money for over 900 helmets! For more information, call Anita Frijhoff (512) 323-5171, or email.

May 18-19, ADA Tour de Cure San Antonio. 8 a.m. UTSA, 1604 Campus. 20, 75, 140 miles. \$15 by 1 March, \$25 after (\$100 fundraising minimum). Ride to benefit the American Diabetes Association, sponsored by Valero Energy Corporation. Rebirth of a San Antonio cycling tradition with varying distances, including an overnight stay in San Marcos for those doing the 2-day ride to Austin. Tour winds through the scenic hill country from San Antonio & Austin. For more information, contact Kris Wilson at (210) 829-1765.

May 18, H.O.T. Bike Race Brady Middle School on the Menard Hwy. in Brady. Registration from 7:30 to 8:30; race will start shortly thereafter. 4, 20, and 60 miles. \$20 per rider (includes a t-shirt while supplies last) and \$35 Family (2 adults, 2 children, includes 4 t-shirts while supplies last). Ride to benefit the Cystic Fibrosis Foundation, sponsored by Brady H.S. Interact Club. All proceeds of this bike race will be sent directly to the Cystic Fibrosis Foundation. We need everyone to help by donating funds and actively participating. Please come and join us; get involved! For more information, contact Lynn Munden at (915)597-2491 ext. 204, or Bill Derrick at (915)597-0493.

May 18, Shiner B.A.S.H. Austin, San Antonio, Houston. Location varies by city. 7:00 a.m. 90 miles. \$30 before April 30th, \$35 thereafter. Ride to benefit the Children's Miracle Network, sponsored by Kiwanis International, the Spoetzl Brewery, and Sun & Ski Sports. Simultaneous departure from each city to converge on the Spoetzl Brewery for food, live music and lots of cold Shiner beer! For more information, call 1-800-5SHINER, or visit the web site listed above.

May 25, Madder 'n Hell Bicycle Rally Pilot Point Middle School in Pilot Point. 8:30 a.m. 25, 50 & 78 miles. \$20 by May 18 or \$25 thereafter. To benefit MADD North Texas. This is the 8th year for our rally, through the north Texas horse country and scenic Lake Ray Roberts. A free picnic lunch will be available for all riders and for the first 500 riders a T-shirt and goody bag! As an added bonus this year a Pancake Breakfast will be offered courtesy of Pilot Point sophomore class for \$3 students and \$5 adults. The area will also have an area for vendors and live entertainment. For family members there will also be a Bicycle Rodeo for kids age 6 to 13. For more information, contact MADD North Texas at (940) 387-8814.

May 25, Tour d'Temple Frank Mayborn Convention Center, 201 N. 5th St. in Temple. 8 a.m. 100K tour with shorter distance options, including 10, 25 and 50 miles. \$20 prior to May 1, \$25 thereafter. Sponsored by the Kiwanis Club of Temple. For more information, contact Bill Frankenberger, 2018 W. Adams Ave., Temple, TX 76504, or call at (254)791-2747, fax (254)791-2749.

National Cycling Events

Please see below for information on just a few of the great bicycling events in the next few months everyone to take part in. May is National Bike Month, visit <http://www.bikeleague.org> for information and (coming soon) the League's National Bike Month poster. (From the League of American Bicyclists)

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-DeerCyclist.asp>. (Bike to the Beach is October 5 -6, 2002)

HELP BEAT DIABETES

Be one of 20,000 participants nationwide who enjoy the fun and challenge of riding with the American Diabetes Association. Pedal toward a cure for the more than 16 million Americans who suffer from diabetes and its life-threatening complications. Your support will help set the pace in the fight against diabetes—the nation's fifth deadliest disease, which kills more Americans than AIDS and breast cancer combined. See <http://www.diabetes.org/tourdecure>.

THE AIDS RIDES AND MORE

Pallotta TeamWorks, which has raised enormous amounts of money for the battle against AIDS through its AIDS and AIDS Vaccine Rides, has branched out. Its events now address the issues of AIDS, breast cancer, suicide prevention, and adoptions for children. "What matters is not which cause you choose, but that you choose at least one, and in so doing, choose the greatest cause of all – the cause of action in service of humanity." Some events are on bikes; others are on foot. Some of them are as close as your own hometown; others are as far away as Europe or Africa. Visit <http://www.bethepeople.com>.

THE WORLD-RENOWNED RAGBRAI TURNS 30

If you haven't been to Iowa, what are you waiting for? This year, the Register's Annual Great Bicycle Ride Across Iowa (<http://www.ragbrai.org>) turns 30. The event is so popular that registration has been capped at 8,500. To get your slot, jump on registration by April 1.

IF YOU THINK VITAMIN C IS CAFFEINE, HAVE WE GOT AN EVENT FOR YOU...

There are two countervailing trends at work here. On the one hand, some 40% of American adults are completely sedentary—a key factor in findings that 61% of U.S. adults are overweight or obese, according to Surgeon General David Satcher (see <http://www.surgeongeneral.gov/topics/obesity> for more on this catastrophe.) But this does not explain the enormous popularity of extreme suffering among a rapidly growing subculture of mountain bikers who thrive on 3:00 a.m. descents in blizzard conditions. There are now 24-hour mountain bike races all over the U.S. and Canada. Check out <http://www.grannygear.com> (a fund raiser for the American Lung Association), <http://www.24hoursofadrenalin.com/>, <http://www.montezumasrevenge.com>, <http://www.24hoursofallamuchy.com>, and more. No pain, no gain.

ROADIES DON'T DESPAIR; YOU CAN SUFFER FOR 24 HOURS TOO

The National 24 Hour Challenge is always held on the weekend of Father's Day, the third Sunday in June, in Middleville in Barry County, Michigan. (What better way to share quality time with your kids than to have them ram-feeding you pasta and Clif Bars at 3:00 a.m.?) In 2001, riders from 26 states, Canada and Sweden completed 98,799 miles. Visit <http://www.N24HC.ORG> or e-mail N24HC@aol.com for details and to register.

BIKEFEST 2002: AMHERST, MA, AUGUST 2-4

Join the League for a weekend of fun in scenic Amherst in the historic Pioneer Valley. "The Ride" (<http://www.ridezine.com>) publisher Richard Fries says Amherst is "undoubtedly my favorite place to be on a bike! Arguably the best cycling in North America!" We'll have a wide variety of flat and challenging routes through farmlands and historic villages lining the Connecticut River, and miles of mountain biking in nearby Amethyst Brook and the Holyoke Range. Online registration and more coming very soon on <http://www.bikeleague.org> or write bikeleague@bikeleague.org with your name and address to get on the mailing list.

GREAT BICYCLE RIDES ACROSS WISCONSIN

Visit <http://www.bikewisconsin.org> for details and to register for GRABAAWR XVII (480 miles from June 29 to July 6, from Eagle River to Prairie du Chien along the Wisconsin River) and SAGBRAW XXV (330 miles from August 4 to 10, from Marinette to Milwaukee Area along the Lake Michigan shoreline).

PORTLAND, OREGON'S BIKE SUMMER

Be part of a month-long celebration of cycling, including Portland's annual Bridge Pedal ride—a 28-mile traffic-free tour of Portland's nine Willamette River bridges (including two interstate freeway bridges) that draws over 15,000 riders, and the Midsummer Night's Bike Tour—a midnight-to-4 a.m. ride through the city beginning and ending with food and drink, and attended by over 2000 riders last summer. Visit <http://www.bikesummer.org>.

CLUB VOLUNTEERS

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

Vice President: Heidi Lynn
210-682-8106
FLYNN@satx.rr.com

Treasurer: Jim Mattews
210-690-3872
janism@texas.net

Ride Coordinator: Martha Espinoza
521-3520
mm_espinoza@yahoo.com

Beginner Rides: Vern Jeys:
210-675-0538
vjeys@worldnet.att.net

Newsletter Editor: Phyllis Terry
210-829-0661
Tapdancr09@aol.com

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

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