



The Newsletter of the Hill Country Bicycle Touring Club

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

CLUB NEWS

Fredericksburg Fall Foliage Frolic

By Chris Marsh



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 Contact Chris Marsh at (210) 681-5768 or cmarsh@texas.net for more information.

Register now for the 3rd Annual Fredericksburg Fall Foliage Frolic, November 9th - 10th, 2002.

. Just a reminder that there is less than a week to pre-register for the Fredericksburg Fall Frolic ride November 9 -10. Pre-registration is only \$12.50 per person. On site registration is \$17. Registration includes two days of supported rides with maps, rest stops, sag support, Saturday lunch and a ride souvenir. There are supported rides varying in length and degree of difficulty available each day. More information at [/http://home.earthlink.net/~fgaldos/data/Articles/frolic2002.html](http://home.earthlink.net/~fgaldos/data/Articles/frolic2002.html) The Saturday night meal at Mr Gatti's is extra (pay at the door). The Frolic will be held rain or shine

The tour brings people from all over the Texas to enjoy a weekend of riding and friendship in the scenic Hill Country of Central Texas. Ride registration will start 8:00 AM Saturday morning at Lady Bird Johnson Park three miles south of town on TX 16. Take Lady Bird Johnson Drive .7 mile to the Tatsch house across from the swimming pool.

Monthly Meeting

November's monthly meeting will be held on November 9th in Fredericksburg at Mr. Gatti's at 7:00PM. The address is 1408 East Main Street, one mile east of the courthouse.

We will be dining at Mr. Gatti's following the Fredericksburg Fall Foliage Frolic from 6:00 to 8:00PM. Any questions call or e-mail Vern or Jackie Jeys 675-0538 or vjeys@satx.rr.com

All Call for Officer Nominations

In the month of November, nominations will be taken for volunteer officers for the 2003 year. The following is a brief description of what each office entails:

President- Provides leadership and guides the club, resolves disputes, schedules the monthly meeting and runs it.

Vice President- Assists the president in completing duties. In some clubs the Vice President sets the program for the club meetings.

Secretary- Maintains the membership list. This includes emailing around 80 members the newsletter and reminders to members to renew their membership. There are also 20 members who have their newsletter mailed to them.

Treasurer- Keeps an account of money in the club account, accounts payable and received.

Ride Chair- Schedules and organizes club rides and sends schedule to the webmaster and newsletter editor.

Newsletter Editor- Compiles and writes the newsletter every other month, including ride schedules, club events, list of new members, President's message, schedule of club meetings or parties, and articles of interest to the club. Sends it to the Secretary and Web Master when finished.

Web Master- Maintains club web site and posts current information.

Tour Director- Organizes and schedules big club tour, makes brochures for tours, maintains lists of participants registered.

Beginner Rides- Schedules beginner rides for cyclists that are in training.

Nominations will be taken at the November meeting which will be held in Fredericksburg on Saturday after the first day of the Fall Frolic. If you are interested in running for a position, please contact Jim Matthews at jjmtnbkr@att.net, Chris Marsh at cmarsh@texas.net or Vern Jeys at vjeys@satx.rr.com

Club Christmas Party

Our club Christmas Party will be held at the home of Bill and Phyllis Terry on Saturday, December 14 at 6:30 p.m. Bill and Phyllis are getting the meat from Rudy's Barbecue. It will be a pot-luck dinner. Please e-mail Phyllis with the dish you plan to bring. At this date we have the following: barbecued meat, red velvet cake, cheese ball and crackers, pasta salad, and lemon pound cake. We will also have a white elephant gift exchange with gifts from \$7.50 to \$10.00 maximum. Names of new club officers will be announced. RSVP to Phyllis at tapdancr09@aol.com or call 829-0661.

Hooray for our New Members! Welcome to the Hill Country Bicycle Touring Club. We hope you will become actively involved!

Eileen Lafer
April Coldsmith

Diane & Jim McMahon
Manuel Pena
Peggy Barstow
David Herrada
Roger Anderson
Barry Vennard

CLUB RIDES

Because we no longer have Daylight savings time, weekday rides will be discontinued until the spring or summer.

Sunday November 3rd - Beginners Ride. Starting Time 8:00am. Meet at Walmart on 1604 and 471 .Park by the gas pumps. Ride will be 12 miles with 30mile option for more ambitious riders. Lunch after ride. Ride leader Vern Jeys vjeys@satx.rr.com or 675-0538.

**Saturday-Sunday, November 9th-10th, Fredericksburg Fall Foliage Frolic Ride .
3rd Annual Fredericksburg Fall Foliage Frolic, November 9th - 10th, 2002**

Frolic Events

Saturday, November 9

On site registration and packet pick up will be **at Lady Bird Johnson Park** off TX 16 three miles south of the courthouse at **8:00 AM**. Take Lady Bird Johnson Drive .7 mile to the Tatsch house across from the swimming pool. 25, 36 & 50 mile rides to Luckenbach and beyond leave there at 9:00 AM.

There will be an old fashion picnic lunch at Lady Bird Johnson Park from Noon to 2:00 PM after the ride. Come join us and make new friends.

Join us for a pizza buffet at Mr Gatti's from 6:00 to 8:00 PM. Mr. Gatti's is at 1408 E. Main one mile east of the courthouse. Pay at the door.

Sunday, November 10

There will be 30 and 40 mile rides to **LBJ Ranch National Park** and beyond. Start from behind the courthouse at 9:00 AM.

Questions? See our web site at www.hcbtc.org, email us at mail@hcbtc.org or phone Chris Marsh at (210) 681-5768.

Saturday, November 16th - Helotes Ride . Meet in Helotes across from Floores Store at 9:00 am.
Ride leader Mac McCormick 614-5514. eemac2@earthlink.net

Sunday, November 17th-Leon Springs to Boerne Ride; 9:00 am. Meet in the Park and Ride lot at I-10 and Boerne Stage Road in Leon Springs for a 30 mile ride to Boerne and back. Group will ride around 12 mph. Eat after the ride. **Leader is Chris Marsh;** 210-681-5768 or cmarsh@texas.net

Saturday, November 23rd -Loop 1604 and Pearsall Road Ride; 9:00am. Meet at Loop 1604 and Pearsall Road at the BBQ patio for a 31 mile easy ride. Directions: Take HWY 90 west (towards Castroville) to Loop 1604. Take a left on loop 1604 to Pearsall Rd. Left on Pearsall Rd. to the BBQ patio restaurant. Please part across the road in the empty lot. Lunch at the BBQ patio. **Ride leader: Heidi Lynn** -210-682-8107or Flynn@satx.rr.com.

Sunday, November 24th -Leon Springs Ride. 9:00am. Meet at the park and ride at Leon Springs. Ride will be about 30 miles with some hills. Lunch spot to be determined. Ride leaders: Vern and Jackie Jeys vjeys@satx.rr.com or 675-0538.

Saturday, November 30th -Comfort Ride 9:00am. Meet at the carpool parking lot in Comfort. Ride is approx 30 miles. Ride leader; Tommy McMillan 674-1210.

Saturday, December 7th - Mission Ride. 9:00am. Meet at San Jose Mission for a 27 mile ride. Park by the restroom. Fairly level ride with some moderate hills. Lunch at the Taqueria Jalisco after the ride. **Ride leader: Jackie Jeys** vjeys@satx.rr.com or 675-0538.

Sunday, December 8th -Beginners Ride; 9:00 am. Beginners ride/moderate ride. Meet at Walmart on 1604 and 471. Park by the gas pumps. Ride will 12 miles. Longer option of 30 miles available. Sunday is a nice day to do this ride. Traffic is low and riding surface is fairly smooth, not hilly. **Ride leader: Vern Jeys** vjeys@satx.rr.com or 675-0538.

Saturday, December 14th -Leon Springs to Boerne Ride; 9:00am. Meet at the Park and Ride lot at 1-10 and Boerne Stage Road in Leon Springs for a 30 mile ride to Boerne and back. Group will ride around 12 mph. Eat after the ride. **Leader is Chris Marsh** cmarsh@texas.net. or 210-681-5768.

Sunday, December 22nd; Lytle ride; 9:00am. Meet at the Pig Stand in Lytle for a 30 mile ride .Directions: Take I H-35 South towards Laredo. Get off at FM 132 at Lytle.Right on FM 132 to Pig Stand on corner. Average speed is 10 mph .**Ride leaders; Vern & Jackie Jeys** 675-0538 vjeys@satx.rr.com

Saturday, December 28th –Kirby Ride ;9:00am. Meet at Lupitas Mexican Café. Lupita’s Mexican Café is located at 4950FM 78. Directions: Go East towards Seguin on Hwy. 10; take Exit 581 and go North on Loop 410. Take Exit 32 off of 410 and go right when you come to FM 78. Lupitas is on your right hand side just beyond the Dairy Queen on FM 78. Ride will be approximately 33 miles with some shorter options available. Lunch will be at Lupitas after the ride. **Ride leader: Heidi Lynn** 682-8107 or Flynn@satx.rr.com

Wednesday, January 1st -2nd Annual HCBTC New Years Day Ride . 9:00am. Meet in the parking lot (former Albertson's) behind the Exxon station on Bandera Road and Loop 1604. We will ride about 30-35 miles towards Castroville. Group will ride around 12 mph. Plenty of rest stops, and few rolling hills. We will eat at Jim's after the ride. **Ride leader: Heidi Lynn**, ph# 682.8107 or flynn@satx.rr.com

OPEN CALL FOR RIDE LEADERS

The Club always needs Ride Leaders: If you can lead a ride, please call Martha Espinoza at 521-3520.

For other rides around the state, please refer to the Hill Country Bicycle Touring Club website.



Our Experiences on the MS 150 – 2002

The MS 150 Bike to the Beach is a 150 mile two-day ride from San Antonio to Corpus Christi that benefits the National Multiple Sclerosis Society. The cyclists raise money through pledges. This year the ride started at the San Antonio Police Academy in SE San Antonio. It traditionally culminates at the Aquarium in Corpus Christi.

The ride is well supported by sag and there are frequent rest stops. You are also fed meals with your registration for lunch and dinner on Saturday, and all three meals on Sunday.

What makes this ride so special is the larger purpose, which is to benefit the National Multiple Sclerosis Society. You can sign up to have a **Pedal Partner**. Your **Pedal Partner** is your silent partner that you honor during your ride, a person who has been identified with MS. You are given a bandana with a message from your **Pedal Partner**. When the ride gets tough, you think of your **Pedal** to keep you motivated. This year, I rode for a co-worker that has just recently been diagnosed with MS. Because I know her, the ride was more meaningful.

My husband, Bill and Jackie's husband, Vern provided sag for our team. This made the trip more comfortable because if you needed a cold drink or a bike adjustment, you could look for one of them to provide the needed assistance.

On the first day, I started the ride with various club members, but lost them along the way. After that, I rode alongside cyclists that I met on the course.

On the second day, I rode primarily with one team member. We kept pace with each other. At the rest stops, we would team up with other team members, ride with them a while and then gradually part. As we approached the last rest stop before the Finish, I was beginning to get tired. I held on to my bandana with the message from my **Pedal Partner** and thought of her. On the bandana she had written to me: "When you get tired and weary remember that I too am riding with you. My hope is in your riding. This disease is relentless and never rests. You must be relentless and continue onward so we can both beat this disease." Her message motivated me towards the finish. So I rested for a bit, gulped down cold Gatorade and headed onward. From the last rest stop to the Finish is 7 or 8 miles. You go over a long bridge that leads you into the heart of Corpus Christi. The bridges takes you right along the gulf; you can smell the salt in the air. As we entered the bridge, my riding partner and I gave out a holler of joy. We knew we were close to the finish. As we crossed the Finish, I was exhilarated knowing that we had met the challenge and finished, silent and active partners alike.

Phyllis Terry

For the first time ever, Jackie decided to ride the MS 150. I agreed to go along as sag support. What an impressive sight to see all the cyclists take off from the starting line. The 1st day was supposed to be 80 miles. Rain cut the ride short, so I think Jackie did about 56 miles. The first day was rather hilly with very little wind. Day # 2 was windy with very little elevation. The sag stops were great. One stop even had a water sprayer to cool the riders off. The bridge coming in to Corpus was a beautiful sight. We knew at that point, the finish line was near. Next year I plan to ride the MS 150 & carry all I need in my panniers. No luggage. I am going to Motel it though.

Jackie & Vern Jeys

Awesome, what an atmosphere it was! Riding with thousand plus other cyclist for the same reason. To raise money for Multiple Sclerosis, doing it as part of a team, and accomplishing the goal of finishing the MS150. I was impressed by the riders of all ages, of all riding abilities, and the mom's & dad's that rode with their children, and made it a family event. My appreciation goes to the motor cycle patrols, the sag supports, the police, the organizers and volunteers that put in many hours to make this event successful, and safe for all riders. Looking forward to the MS150 in 2003!

Heidi Lynn

What a great ride! You guys made it fun!

Bill Corsbie

Bill, THANK YOU for the excellent sag support. Thank you for the cold towel when I needed it. Phyllis, thank you for riding with me. It was fun!

Martha Espinoza

Hill Country bicycle Touring Club Team Members:

1. Martha Espinoza
2. Bill Corsbie
3. Alan FitzPatrick
- 4 Jackie Jeys
5. Mary Lou Lumpe
6. Mac McCormic
7. Fernando Padilla
8. Heidi Lynn
9. Manual Pena
10. Phyllis Terry



Be Aware, Be Very Aware



I guess I should consider myself lucky in that I actually made it to my 59th birthday on October 6th. However, because of circumstances beyond my control, it could have been an “almost” made it to my 59th birthday.

Since there was no club ride scheduled, my wife and I decided to do our own leisurely 30+ miles ride in the Comfort, Texas, area. We were on our road bikes by

8:30am, enjoying some cool temperatures, a little wind in our face, and just being thankful to be out there observing nature's splendor of fall wildflowers.

A few miles west of Comfort on Hwy 27, we were pedaling along at about 15 mph. I was in the lead, with my wife about 50 feet behind me. We were approaching the driveway of a church building that sat off the road to the right. I just happened to glance to my left and saw a man and his wife in a Suburban turning off of the east bound lane into the church driveway at a fairly high rate of speed; the driver did not have his left turn signal on to indicate he was turning. I saw, almost too late, that the driver was looking at the church down the driveway, and did not see me crossing in front of him. At the last minute, the driver's wife spotted me and screamed for him to stop, and luckily for me, he swerved and missed me. I thank God that my wife was farther back, or he definitely would have nailed her instead of me. I shouldn't admit it, but as he raced by, I hollered at the top of my lungs, "You Dumb _ _ _ _!" I am sure he probably heard me, and if anyone was standing in the church parking lot, I know they heard me. Don't get me wrong, I'm not proud of shouting out the terse phrase, but I could almost see my life flashing before my eyes.

The point of my article is this: "Be Aware, be very aware" of what is going on around you when riding your bike. All too often, we get wrapped up in thinking about other stuff, even in fast traffic areas, and just flat "zone out". I wasn't zoned out; I was just in the wrong place at the wrong time. I sped up as much as I possibly could in an all-out effort to try and get myself out of the turning vehicle's way. In the end, the driver's wife probably saved my life. You should have seen the looks on their faces as they swung past me - sheer terror! When crossing driveways leading into businesses or even residences out in the country, and especially in town, watch for vehicles making turns from any lane of traffic, and particularly from the far left lane. The turning driver is probably thinking about the oncoming vehicles and judging whether or not he can beat them to the turn, and absolutely will not see you until it is too late. The object of this article is not to scare you but to encourage you to ride a little safer. Have fun, ride for your health and well- being, but please be aware, very aware. Cats, not humans, have nine lives. Use your wisely.

Jim Matthews
jjmtbnkr@att.net

How to Plan a Club Ride

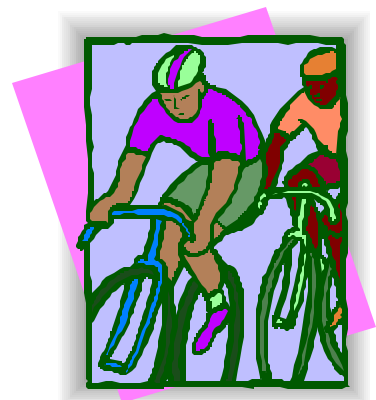
By Phyllis Terry

Leading a club ride may seem like a daunting experience, but the anxiety is greatly reduced by planning ahead. You can become an expert!

Some things to consider:

Before the ride

Weather-Season/ Location: You need to determine factors that are important to you in leading the ride. You may decide that the season, weather, or location will drive your plans. I enjoy leading rides in the spring before it gets too hot. Also, determine if scenery is pleasant or interesting in the area that you would like to lead the ride. For instance, the club had a Llano weekend in September. The scenery was varied; we crossed over a river, cattle crossings, a bridge, and pleasant rural farmland and terrain was moderately hilly. It was probably in the 80-90's the day I rode, so the heat was bearable. I have heard that



rides during early spring in Llano are beautiful because of the bluebonnets and wildflowers. Therefore, location, season and weather are factors to consider.

Route- Before the ride, map out an area that you would like to ride. Drive the route in your car and log the miles from start to finish on your speedometer. Make a note to yourself of the road conditions- is there a wide shoulder, is it low traffic, are there stores every 10 miles, is it hilly, is the road in relatively good condition? If it is a long ride, you may want to have shorter options. You may want to choose a very familiar route that is already on the web site and has been ridden by other cyclists in the club. In that way, you can have the security that other riders may already be familiar with the route and help you leading.

It's best to cycle the route yourself before the ride. You can foresee any difficulties that may occur by planning ahead. You can look to see if there are any major potholes, glass in the road, or unexpected conditions that riders should be made aware of .

It is also good practice to have a map for all members. By providing a map, all riders can ride at their own speed and have the confidence that they will not get lost, because they have the security of the map to help them. There is definitely something very comforting about holding on to a map even if you don't look at it! You feel as though your ride will be better, because you've got a map of your adventure. Chris Marsh is in the process of making maps for our club rides and there are also maps on the web site. Make sure your map is well-marked with the route itself; start and finish, and all intersections in which a turn is made. You may want to write directions down to supplement your map either for yourself or to compliment the map.

If you don't have maps, be certain to review the route carefully with all cyclists before the ride and have checkpoints where you stop to check on riders. Most riders will prefer to ride in a group if a map is not provided or ride with a partner that is familiar with the route.

Parking- Make sure the meeting place has adequate parking.

Equipment- Take a tool kit and a pump on the ride. You don't necessarily have to know how to change a tire or adjust the brakes; generally, somebody will, but if you have the tools ready you can offer that kind of assistance to your fellow cyclist.

Meal choice- It is important to refuel your body right after a ride. In addition, socializing with club members after the ride always enhances the experience, providing the opportunity to get to know your cycling partners in an informal setting. Choose a restaurant in the vicinity of the ride and everyone will have a great time. We often get members that were unable to ride that day, but have joined us to visit after the ride and therefore the restaurant choice is a factor to consider. I love the New Berlin ride, because I love to eat pie in the middle of the ride!

Write a description of the ride to be posted in the Newsletter and on the Website. In your write up, include the terrain, (is it hilly or flat) Give directions to the site, including where to park, ride leader name, phone number, or e-mail address. Include approximate miles per hour if all riders will ride together. State length of ride. Include after ride restaurant name, address and phone number.

Day of the Ride

Safety/ Planning Issues-

Have riders sign in for the ride if a sign in sheet is available. Check that all riders have helmets. Distribute maps. You may want to have highlighters available so cyclists can highlight route.

Review the route, road intersections and pertinent information about the route, such as cattle crossings, bridges, riding on highway access roads.

Determine if riders want to ride in groups and if so, attempt to group cyclists together that will be riding comparable mph and going same route. It is safer for cyclists to ride in small groups together.

Remind cyclists to ride on the shoulder of the road and to watch for cars. Teach them to state “car front” for a vehicle coming towards the group and “car back” for vehicles approaching from behind. Encourage cyclists to ride single file on narrower pieces of road.

Review the location of rest stops and remind all cyclists to hydrate frequently and refuel with small, high protein snacks to keep up one’s energy.

It’s good practice to have checkpoints along the way where riders that are ahead pause to check on riders further behind.

Socialization- You may want to check with other cyclists if they want to meet at the restaurant after the ride or meet at the finish point. Some riders may need to leave depart after the ride as well.

After the ride, socialize and enjoy your meal at the designated restaurant!

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

BikeWorld; 5911 Broadway; 828-5588 and Blanco at Lockhill Selma; 344-2303;

Bitton’s Cycles; 4230 Thousand Oaks San Antonio, Texas 78217; (210)656-1655 and 802 E. Blanco Rd. Boerne, Texas 78006; (830)816-2305 (metro)

Pit Stop Bike Shop; 6501 Bandera Rd. 521-2453

Ride Away Bicycles; 8830 Huebner; 696-9925

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