



**The Newsletter of the
Hill Country Bicycle Touring Club**
A Recreational Club for Central Texas
<http://www.hcbtc.org> - mail@hcbtc.org

September-October, 2002

Volume 4, Number 2

PRESIDENT'S MESSAGE

I hope all of you had a nice summer, so far. We have been doing early morning bike rides to beat the heat. Maybe before too long it will cool off. Always remember to bring plenty of water and make stops even if it is just for a minute.

I hope to see some people on our weekend bike trip to Llano. We have it posted on the website. Our ride Saturday will be about 38 miles and Sunday's ride will be around 25 miles. Contact Vern or me for more information at 675-0538 or vjeys@satx.rr.com

So far we have a pretty good group for our MS150 bike to the beach. Martha Espinoza, our Ride Chair person is the captain for Hill Country Bicycle Club team. I for one believe the fund raiser is for a very worthy cause. My daughter has a friend who has MS and she is only 26 years old. The doctors are still working on trying to get her on the right medicine.

The flyers are out for our Fredericksburg Frolic in November. It is also posted on our website. The cost is \$12.50 which includes sag support for both days and lunch on Saturday. I think it will be a very nice event. We have done a lot of planning for this.

I hope to see some of you at the upcoming events or a ride in the future.

- Jackie

CLUB NEWS

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.

September 15th, Sunday, Monthly Club Meeting

Meet at the home of Vern & Jackie Jeys at 6:00PM. Address: 5559 Beech Valley. Phone # 675-0538 or vjeys@satx.rr.com This will be potluck. We will make a pot of chili and supply drinks. Bring whatever you would like to share with the group. Door prize's will be given out. Any additional information please call us.

October 20th, Sunday Monthly Club Meeting

Meet at Grady's Barbecue at 5:00 PM to eat. Grady's is located on 7400 Bandera Road. Phone # is 684-2899. Meeting will start at 5:30. Door prizes. Any questions call Jackie or Vern Jeys 675-0538 or vjeys@satx.rr.com

Hooray for our New Members! Welcome to the Hill Country Bicycle Touring Club. We hope you will become actively involved! Consider running for a Board Position in 2003.

Melissa Burkhead
Don Faust
George Blanford
Bob Shipman
Charlotte & Glenn Forister
Tim & Christi Bosetti
John & Lin Inkelaar
Ana Sierra

CLUB 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 (through September 26th). 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 cmarsh@texas.net.

Saturday, September 7th. Beginners Ride, 8:00 AM. Meet at *Super Walmart* parking lot by the gas pumps. *Super Walmart* is at the corner of Culebra (Fm-471) & loop 1604. So far, this ride has met with minimum success. Usually, only regular riders show up. It is a very easy ride & you wont get left behind. Most beginners ride faster than I do. If you have been thinking about this ride but weren't sure, this is the time to show up. Bring water, helmet & a spare tube. Ride leader: Vern Jeys 675-0538 or vjeys@satx.rr.com.

Sunday, Sept 8, Castroville Ride, 7:30 AM. Meet in the parking lot behind *What-a-Burger* (formerly Albertson's) at Bandera Road and 1604. We will ride 60 miles towards Castroville. Group will ride around 12 mph per hour. There are limited rest stops and some rolling hills. We will eat lunch at *Jim's* after the ride. Ride leader: Heidi Lynn; 682-8107 or Flynn@satx.rr.com

Saturday, September 14th Kirby Ride, 8:00 AM. From I-10 East towards Seguin, exit 581 north (loop 410) then follow to exit 32 to FM 78. Take a right on FM 78 to *Lupitas* which is located about a mile down on the right. Ride will be around 30 miles with few hills. Eat at *Lupitas* after the ride. Ride Leaders: Vern and Jackie Jeys 675-0538 or vjeys@satx.rr.com.

Sunday, September 15, 2002, Woman Hollering Creek, 8:00 AM. Meet at the Judson High School parking lot on FM 78 and FM 1516 in Converse for a 51 mile ride to New Berlin and La Vernia. A map for a shorter ride of 36 miles will also be available. Ride in rolling farm land in east Bexar County. Stop in New Berlin to eat fresh hot pie. . Ride leader: Phyllis Terry; 829-0661 or e-mail Tapdancr09@aol.com

Friday- Sunday, September 20-22, Llano Weekend. From I-10 West take Hwy 87 towards Fredericksburg. Once in Fredericksburg, take a left onto Main Street and then a right onto Hwy 16 to Llano. Hotel is the **Hill Country Suites** located on Hwy 16. Meet in the hotel lobby at **8:00 AM on Saturday and 7:30 AM on Sunday.** Saturday's ride is 38 miles along the Llano River. Sunday's ride is around 25 miles and goes northwest of town. Those who arrive on Friday night will meet at 8:00 PM at the **Hill Country Suites.** Call (915) 247-1141 to reserve your room. The room price is \$70 plus tax. This hotel has a swimming pool & Jacuzzi. Continental breakfast is served from 6:00 AM to 10:00 AM. All rooms have either a king size bed or two queen size beds. Each suite has a couch and a 2nd room with a TV. Check in time is 2:00 PM, check out is 11:00 AM. Please let Vern Jeys know if you plan to attend. For further information contact Vern or Jackie Jeys at 675-0538 or vjeys@satx.rr.com.

Saturday, September 28th, Flat Training Ride – Helotes, 7:30AM. Meet across from the *Helotes Bike Shop*. Distance will be 70 miles; pace will be 12 mph. This will be a flat ride to Castroville and back and should serve as a good training ride for the MS 150. Ride leader: Chris Marsh 210-681-5768 or cmarsh@texas.net.

Saturday, October 5th, Fredericksburg Ride, 9:00AM, Meet behind the courthouse on Main Street. Distance will be 30 miles; pace will be 12 mph over medium hills. Help us check out routes for the *Fredericksburg Frolic*. Medium hills. Ride leader is: Chris Marsh 210-681-5768 or cmarsh@texas.net.

Saturday October 12th, from Castroville to Lytle, 8:00 AM. Ride starts at 8:00 am from the carpool parking lot across from Sammy's in Castroville. Take Hwy 90 West from loop 410 to Castroville. This is a mostly flat ride of about 29 miles. Lunch location will be decided the day of the. Ride leader: Heidi Lynn 682-8107 or flynn@satx.rr.com.

Saturday, October 19th, Mission Ride, 8:00 AM. Meet at San Jose Mission just North of S. E. Military on Roosevelt. Ride will be about 30 miles with flat to rolling terrain. Eat at *Taqueria Jalisco* on 2702 Roosevelt after the ride. Ride Leaders: Vern and Jackie Jeys 675-0538 or vjeys@satx.rr.com.

Saturday, October 26th, Helotes Ride, 8:30 AM. Meet across the street from the *Helotes Bike Shop* for a 26 mile ride. Pace will. The ride will be flat to hilly. Ride leader: Mac McCormick 614-5514 or eemac2@earthlink.net.

Saturday-Sunday, October 26th and Sunday, October 27th, Schulenburg Painted Churches Weekend Tour. Saturday's ride will be from so riders can attend famous *Czihilispiel* after the ride. Sunday's ride will be out of Schulenburg where we will visit the famous Painted Churches. Contact Chris Marsh 210-681-5768 or cmarsh@texas.net for more information.

Sunday, October 27, 8:00 AM, New Berlin-La Vernia Ride. Meet at the Judson High School parking lot on FM 78 and FM 1516 for a 51 mile. A map for a shorter ride of 36 miles will also be available. Ride in rolling farm land in east Bexar County. Stop in New Berlin to eat fresh hot pie. Ride leader: Phyllis Terry; 829-0661 or e-mail Tapdancr09@aol.co.m

Register now for the 3rd Annual Fredericksburg Fall Foliage Frolic, November 9-10, 2002. 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. There are supported rides varying in length and degree of difficulty available each day. 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. Registration includes two days of supported rides with maps, rest stops, sag support, Saturday lunch and a ride souvenir. The Saturday night meal at Mr. Gatti's is extra (pay at the door). The Frolic will be held rain or shine.

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

OPEN CALL FOR RIDE LEADERS

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

OTHER CYCLING EVENTS

SUPPORT THE FIGHT AGAINST MULTIPLE SCLEROSIS

Saturday-Sunday, October 5-6, Bike to the Beach. Ride start San Antonio Police Academy. This is an exciting 2 day, 150 mile ride to Corpus Christi benefiting the National Multiple Sclerosis Society. If already registered, please check Rider Manual for more details. If interested in registering, please refer to www.ms150.org or call 494-5531 or 1-800-683-1627. Team Leader for the HCBTC MS 150 ride is Martha Espinoza. For more information, please call her at 521-3520.

Saturday, October 19, Missions Tour de Goliad, 10, 30, 50, and 85 mile rides. 10 mile ride is routed through the city of Goliad. Longer routes will pedal through gently rolling hills of scenic farm and ranch country featuring live oaks and rural country communities. For further information call 1-800-848-8674 or 361-645-3563.

National Cycling Events

From 61st issue of *Bike Bits*, Adventure Cycling's bi-weekly bicycle bulletin. <http://www.adventurecycling.org>.

CANYONS, CLIFFS, AND AUTUMN COLORS

The fall version of Adventure Cycling's ever-popular Cycle Utah is coming up on September 7-13. Beginning and ending in St. George, this fully supported tour takes in Zion and Bryce Canyon national parks, as well as other less touted, but no less

beautiful locations. We'll accept a maximum of 130 riders, so today is not too early to reserve your spot.
<http://www.adventurecycling.org/tours/utah.cfm>

NEW YORK JEWISH ENVIRONMENTAL BIKE RIDE, OCTOBER 13-14.

Join Hazon as they seek to mobilize the Jewish community towards greater environmental awareness and activism, and ride through the beautiful Hudson Valley of New York during the peak of fall foliage, October 13-14. The Ride is open to riders of any religious background. Beginning near Poughkeepsie and ending with a celebration and Jewish Eco-Fair in Manhattan, Day 1 will be approximately 70 miles, and Day 2 will be approximately 40 miles. Go to <http://www.hazon.org> for details and registration.

Tips for Hill Climbing

By Phyllis Terry

I once told a fellow cyclist, that we would be on a “flat ride. As we cycled along, we saw a rolling hill ahead. My partner remarked, “You said there were no hills!” I realized that my memory of the ride was very different from reality and there were hills and some were harder than others. I retracted my statement. A more reasonable response is that all rides and all hills are relative to the ability of the individual cyclist. To ride in south and central Texas one must assume that some hills will be encountered and prepare for them. Conditioning, attitude, knowledge, and equipment can all assist in making hill climbing easier.

To train to climb hills the rider must climb them. If you incorporate hills in your rides, you will improve your hill climbing skill. Muscles included for hill climbing include quadriceps and your heart. Exercises to build up quadriceps with machines and weights can prepare these muscles. Aerobic exercise will build up the heart muscle. Exercises combining building up the quads with aerobic activity will strengthen your ability to climb hills. Combine this with including hills of varying lengths and difficulty in all your rides.

Your attitude towards hill climbing will help or hinder your ability. If you prepare and believe that you can learn to climb them, you improve your ability. If you believe that you will be defeated, you set obstacles for yourself. Set small goals as you climb the hill and mentally rejoice as you reach them. If you prepare with proper techniques the ascent becomes more challenging and less intimidating.

Gearing and shifting are variables that you must consider. Don't down shift too soon as momentum is lost. Shifting too late will result in a waste of energy by pushing too large of a gear as well as tiring the legs too early with too much hill left to climb. Choose a gear that allows you to balance work between your legs and lungs. Low gears are helpful. Find a comfortable cadence, shifting when you become uncomfortable and the RPM'S start to drop but before you are feeling heavy in your present gear. A cadence to aim for is somewhere higher than 60 and not greater than 80 RPM. Some cyclists prefer to sit in the saddle while others prefer to stand. A simple rule to consider can be that if the hill is long, climb in the saddle, and if the hill is short, stand. Try both to determine what you are more comfortable and proficient at. Take deep breaths and occasionally take deep cleansing breaths. If you must stop to rest, limit your break to no more than two minutes, and remember to ride closer to the pavement. Eating easily digestible snacks helps keep your energy going. Eat very lightly on long climbs, drink lightly but regularly during all climbs.

Other equipment variables to consider include rims, tires, and tubes. Generally, the lighter they are, the easier your ascent will be, however really light rims are more easily damaged, and lighter tubes may mean more flats. So balance your decision between lightness and how durable you want your equipment.

Hill climbing is not easy, but can become easier by having the proper techniques, equipment and attitude. Practice and you will improve.

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; Bourne, 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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