



## **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)**

**Vol 4, No. 4 - July-August 2003**

*Thanks to our affiliate associations.....*



### **Presidents Message**

By Heidi Lynn

It is nice seeing so many cyclists out on the road and enjoying themselves. For some riders it is the challenge, others do it to get or stay fit. Some riders do it because a friend/spouse is trying convince them how much fun it is to be biking in the country away from the every day ins and outs of work, school, sitting in traffic, and house or yard work. Others do it for the love of biking. No matter why you do it just enjoy it. I personally do it for all of the above.

We had a beautiful and challenging three-day mini tour to Fredericksburg, TX over Memorial Day weekend. Memorable it was, getting out of town on quiet country roads, rolling hills, cooling off in a creek, having a mama cow crossing our path with her calf giving us the look as in "This is my turf, watch out". Definitely, this ride was a challenge it raised our heart rate at certain climbs, it was fun, better than cleaning house or tending to the lawn. It built friendships, teamwork in bike repairs, and looking out for each other. There was something for everyone. I myself enjoyed the downhills, the sag support waiting on the top of the hills with fresh fruit, liquids, and encouraging words. If you have never done a bike tour before, I recommend begin with well-organized, short 2/3 day bike tour with a group of riders that ride on your level, and enjoy biking.

We staffed a rest stop for the Tour de Cure in May. Besides helping other clubs to make their event successful, by preparing refreshment, cheering riders on etc., you see quite a selection of bikes. From Huffy's to the top of the line bikes that some of us just dream of. I also took notice of the latest bike

accessories and fashions. If you cannot be biking, the next best thing is to assist with a worthwhile event to make other riders feel appreciated for what they are doing. Event Organizers are always looking for volunteers!

We are planning to do some longer rides (shorter routes optional) to prepare for the MS150. Martha Espinoza is our team captain for this event. To get information on how to join our team call Martha at 210-521-3520 or at [mm\\_espinoza@yahoo.com](mailto:mm_espinoza@yahoo.com) Our weekday's, evenings, & weekend rides are on-going keep checking our website @ [WWW.HCBTC.ORG](http://WWW.HCBTC.ORG) to find the ride that appeals to you.

Keep cycling, enjoy the outdoors and most of all have fun.



**By Phyllis Terry**

**HCBTC Members,**

Over a period of ten years, Chris Marsh has been compiling cycling maps to take bicyclists to interesting sites. Many of them are HCBTC rides that you have cycled before. These maps are great and practical for leading rides, or when you want to ride on your own. Now these maps are readily accessible. You can find a link on the HCBTC web site or follow this link: <http://home.satx.rr.com/hcbtc/maps.html> Thanks, Chris; we appreciate your effort into compiling these maps for our cycling enjoyment.

Vern's fourth of July birthday ride will be conducted as a joint ride with the Jubilados. Please refer to the Club Rides for more information. Happy Birthday Vern!

We have several interesting articles for your reading pleasure in this newsletter. Thanks go to all of the contributors: Heidi Lynn, for her President's Message, and an article on Co-Leaders/Mentors for leading Bike Rides, Chris Marsh for an article on What to Bring on a Tour, Mac McCormick for an article on a presentation to the OASIS club, as well as a feature on Tips for Riding on Long, Hot, Weather Rides, and Vern Jeys who has written for us on the recent Memorial Day Mini Tour.

Hope you enjoy the newsletter and Happy Cycling!

## **CLUB NEWS**

**Welcome to our new members!**

Steven, Rita & Steve Daugherty  
Terri Di Blanca  
Dick Erhardt  
Margot Gerardi  
Allen Green  
Paul Hersey  
Rose Mann  
Robert & Shelta Reese  
David & Janie Seary  
Ross & Beverly Taylor  
Robert & Miriam Vaughn  
Wendy Werts

## HCBTC Supports Senior Health and Fitness Day

By Mac McCormick

When Tracy Slate of OASIS needed support to promote that organization's newest program, Active Living Every Day, she called on the **Hill Country Bicycle Touring Club (HCBTC)** to help encourage senior adults to try biking as a means to improve their quality of life. OASIS is a national education organization dedicated to enriching the lives of mature adults by creating opportunities for them to continue their personal growth and serve their communities.

This new program, made possible by a \$300,000 grant, is focused on encouraging senior adults, 50 years old and older, to become more physically active.

May 28<sup>th</sup> was set as the day to introduce OASIS members to a variety of displays and presentations of physical activities in life with the purpose of the program, and bicycling was one of those. Always eager to promote biking, the HCBTC gladly accepted Tracy's invitation to set up a display booth representing bike riding as one of those activities available to seniors. The club banner provided the backdrop for the booth where a road bike, helmets, gloves, newsletters, sample maps of club rides, cycle magazines, and a handout on bicycling were displayed. Also featured was a video of club activities to illustrate who we are, how we operate, and our concerns for safety while enjoying a great form of exercise.

Four HCBTC members greeted the OASIS visitors and explained to them how easy, simple and available hiking is to anyone who wants to increase their physical activity within their own ability whether it be on solo rides or with a group. Representatives from the **Wheelmen Bicycle Club** and the **Jubilados** joined the club members in greeting the visitors.

If we succeeded in motivating some of the OASIS members to become more physically active, our efforts along with those of OASIS were worthwhile and productive.

### Past Club Meetings

Our June club meeting was held at the home of Heidi and Frank Lynn on Saturday, June 28<sup>th</sup>. We ate chicken barbecue cooked by Frank. Club members brought the sides.

Our July club meeting will be held at the home of Chris and Jan Marsh on Saturday, July 26. A presentation on their bicycle tour to New Zealand will be shown, which should be very interesting. Please plan on attending. Email Chris for directions and more information. [cmarsh@texas.net](mailto:cmarsh@texas.net)

## CLUB RIDES



### Recurring Rides

**Weekly Wednesday Ride - San Jose Mission Ride.** Meet 8:00 am. At the San Jose Mission: on Roosevelt & Napier (a little over a block North Of S.E. Military, on Roosevelt). Park in back by restrooms. Ride will be 27.5 miles. Distances & routes will vary from week to week. Ride Leader Vern Jeys 675-0538 [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com).

**Every Tuesday Evening - President's Ride.** Meet at 6:30 PM at Bill Miller's Bar B Q at Potranco and Loop 1604 for an 11 mile group ride at an Easy (8 - 11 mph) pace. We will eat after the ride. Heidi Lynn, our HCBTC President, will lead the ride, phone 210 682-8107, email [flynn@satx.rr.com](mailto:flynn@satx.rr.com). Additional information can be obtained from

Vern Jeys, 675-0538, [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com).

**Every Thursday Evening.** Meet at 6:30 PM in Helotes on Old Bandera Rd across from the Helotes Bike Shop for a 16 mile group ride at a Moderate (12 - 14 mph) pace. We will eat at the after the ride. Chris & Jan Marsh will lead the ride, phone 210 681-5768, email [cmarsh@texas.net](mailto:cmarsh@texas.net).

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## Weekend Rides

**Friday, July 4th, Vern's Birthday Ride.** Meet at the carpool parking lot in Leon Springs. Time 8:00 am Ride is 30 miles & goes to Boerne & back. Ride is hilly, however, the last 4 miles are down hill. This will be a joint ride between our club & the Los Jubilados. Lunch after will be at Rudy's. Please RSVP. Jackie is bringing a cake & she needs to know how big a cake to get. No presents please. Ride leader: Vern Jeys 675-0538 [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com).

**Saturday, July 5th, BBQ Patio Ride.** Ride starts at BBQ Patio, Located at Loop 1604 & Pearsall Road. Time 8:00 AM Distance: 30 miles. Moderate (12 - 14 mph) pace. Lunch after will be at BBQ Patio. Ride Leader Heidi Lynn 682-8107 [flynn@satx.rr.com](mailto:flynn@satx.rr.com).

**Sunday, July 6th, Braunig Lake Cafe Ride.** Meet at Braunig Lake Cafe, located at IH-37 & Southton Road. Time 8:00AM. Directions: Take IH-37 South past Lower loop 410. Exit on Southton Rd. Go left on Southton Rd (about 200 feet) to Donop Rd. Left on Donop to Braunig Lake Cafe; on the right. New route. Some hills. Easy (8 - 11 mph) pace. Lunch will be at Braunig Lake Cafe, if it is open. Ride leader: Vern Jeys 675-0538 [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com).

**Saturday, July 12th, Castroville Ride.** Meet at Castroville at the carpool parking lot, across from Sammy's at 8:00AM.. 30 mile ride at 10 to 12 mph. Medium hilly terrain. Lunch after at Sammy's. Ride leader, Mac McCormick 614-5514 [eemac2@earthlink.net](mailto:eemac2@earthlink.net)

**Sunday, July 13th, Leon Springs Ride.** Meet at the carpool parking area in Leon Springs at 8:00AM. Ride is about 30 miles at 11 to 14 mph pace. This ride will be hilly. Lunch spot open. Ride leaders, Chris & Jan Marsh. 681-5768 [cmarsh@texas.net](mailto:cmarsh@texas.net)

**Saturday, July 19th, Taft Ride.** Meet at 8:00 AM for a 34 mile group ride at an Easy (8 - 11 mph) pace. Meet in the parking lot of Taft High School. Taft High School is located on FM 471 about one mile west of Loop 1604. Debbie Arriaga will lead the ride, phone 210 682-0320, email [tamale2sa@yahoo.com](mailto:tamale2sa@yahoo.com).

**Sunday, July 20th, Poteet.** Meet at 8:00 AM for a 30 mile group ride at an Easy(10 - 12 mph) pace. Take TX 16 south to Poteet and go one mile beyond the Dairy Queen. Look for the fancy white Chevy pickup. Lunch after the ride. Francis Santos will lead the ride, phone 830 276-3891.

**Saturday, July 26th, Helotes Ride.** Meet at 7:00 AM for a 60 mile group ride at a Moderate (12 - 14 mph) pace. Meet across from the Helotes Bike Shop on Old Bandera Rd in Helotes. This will be a flat ride to Castroville and back. Heidi Lynn will lead the ride, phone 210 682-8107, email [flynn@satx.rr.com](mailto:flynn@satx.rr.com).

**Sunday, July 27th, O. P. Schnabel Ride.** Meet at 7:00 AM for a 27 mile group ride at an Easy (8 - 11 mph) pace. Meet at O. P. Schnabel park off Bandera Rd. From the entrance to the park go to the first turn & turn left and park in the 2nd lot on the right. Isabel Mendoza will lead the ride, phone 210 256-2573, email [rimmendoza@satx.rr.com](mailto:rimmendoza@satx.rr.com).

**Saturday, August 2nd, Helotes Ride.** Meet at 7:30 AM for a 27 mile group ride at an Easy (8 - 11 mph) pace. Meet across from the Helotes Bike Shop on Old Bandera Rd in Helotes. This will be a flat ride to hilly ride. Diane Sellers will lead the ride, phone 830 612-3038, email [cycledi@aol.com](mailto:cycledi@aol.com).

**Sunday, August 3rd, Castroville.** Meet at 8:00 AM for a 42 mile group ride at a Moderate (12 - 14 mph) pace. Ride starts 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. Lunch location will be decided the day of the ride. Chris Marsh will lead the ride, phone 210 681-5768, email [cmarsh@texas.net](mailto:cmarsh@texas.net).

**Saturday, August 9th, Comfort Ride.** Meet at 7:30 AM for a 35 mile group ride at a Moderate (12 - 14 mph) pace. Meet at the carpool parking lot in Comfort at FM 473 and TX 27. A few hills. We will eat at Arlene's after the ride. Tommy McMillan will lead the ride, phone 210 674-1210.

**Sunday, August 10th, San Jose Mission Ride.** Meet at 7:30 AM for a 27 mile group ride at an Easy (8 - 11 mph) pace. Meet at San Jose Mission and park in the back. This is a mostly flat ride with some moderate hills. Lunch after the ride. Vern Jeys will lead the ride, phone 210 675-0538, email [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com).

**Saturday, August 16th, Helotes Ride.** Meet at 7:00 AM for a 45 mile group ride at a Moderate (12 - 14 mph) pace. Meet across from the Helotes Bike Shop on Old Bandera Rd in Helotes. This will be a flat ride to hilly ride. Heidi Lynn will lead the ride, phone 210 682-8107, email [flynn@satx.rr.com](mailto:flynn@satx.rr.com).

**Sunday, August 17th, Leon Springs Ride.** Meet at 7:30 AM for a 23 mile group ride at an Easy (8 - 11 mph) pace. Meet in the Park and Ride lot at I-10 and Boerne Stage Road in Leon Springs for a ride to the Bear Moon Bakery in Boerne and back. Eat after the ride. Isabel Mendoza will lead the ride, phone 210 256-2573, email [rimmendoza@satx.rr.com](mailto:rimmendoza@satx.rr.com).

**Saturday, August 23rd: Blue Star Brewery Ride and Club Meeting** 8:00 am. 30 mile ride thru the missions & King William. Pace 8 to 11 mph. Monthly meeting & lunch to follow ride. Blue Star Brewery is located on 1414 South Alamo. Phone # is 212-5506. Ride leader is Debbie Arriaga 682-0320 [tamale2sa@yahoo.com](mailto:tamale2sa@yahoo.com)

**Sunday, August 24th, Helotes Ride.** Meet at 7:00 AM for a 60 mile group ride at a Moderate (12 - 14 mph) pace. Meet across from the Helotes Bike Shop on Old Bandera Rd in Helotes. This will be a flat ride to Castroville and back. Shorter routes also available. Chris Marsh will lead the ride, phone 210 681-5768, email [cmarsh@texas.net](mailto:cmarsh@texas.net).

**Saturday, August 30th, Kirby Ride.** Meet at 7:30 AM for a 32 mile group ride at an Easy (8 - 11 mph) pace. Meet at Lupita's Mexican Café. Lupita's Mexican Café is located at 4950 FM 78. Lupita's is on FM78 just east of I-410 (on your right hand side just beyond the Dairy Queen on FM 78). Lunch will be at Lupita's after the ride. Heidi Lynn will lead the ride, phone 210 682-8107, email [flynn@satx.rr.com](mailto:flynn@satx.rr.com).

**Sunday, August 31st, New Berlin Ride.** Meet at 7:00 AM for a 28 mile group ride at an Easy (8 - 11 mph) pace. Take I-10 East towards Seguin. Exit on Trainer Hale Road (FM 2538) and turn right on FM 2538 to New Berlin (8 miles). Lunch will be at New Berlin. Vern Jeys will lead the ride, phone 210 675-0538, email [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com).

**Saturday, September 6th, Castroville.** Meet at 7:00 AM for a 42 mile group ride at a Moderate (12 - 14 mph) pace. Ride starts 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. Lunch location will be decided the day of the ride. Mac McCormick will lead the ride, phone 210 614-5514, email [eemac2@earthlink.net](mailto:eemac2@earthlink.net).

**Sunday, September 7th, Fredericksburg Ride.** Meet at 8:00 AM for a 35 mile group ride at a Moderate (12 - 14 mph) pace. Take I-10 west to Comfort and then take US 87 north to Fredericksburg. Turn left on Main to the Courthouse. Meet behind the courthouse on Main Street. This ride will be hilly. Eat in Fredericksburg after the ride. Chris Marsh will lead the ride, phone 210 681-5768, email [cmarsh@texas.net](mailto:cmarsh@texas.net).

**Saturday, September 13th, Somerset.** Meet at 7:00 AM for a 30 mile group ride at a Moderate (12 - 14 mph) pace. Meet at the Taqueria restaurant on Somerset Road just inside Loop 1604 (southwest of San Antonio, south of I-35). This is a flat ride with a few dogs. Heidi Lynn will lead the ride, phone 210 682-8107, email [flynn@satx.rr.com](mailto:flynn@satx.rr.com).

**Sunday, September 14th, San Jose Mission Ride.** Meet at 7:00 AM for a 27 mile group ride at an Easy (8 - 11 mph) pace. Meet at San Jose Mission and park in the back. This is a mostly flat ride with some moderate hills. Lunch after the ride. Vern Jeys will lead the ride, phone 210 675-0538, email [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com).

**Saturday, September 20th, Promised Land Dairy Ride.** Meet at 7:30 AM for a 30 mile group ride at a Moderate (12 - 14 mph) pace. Meet at the Promise Land Dairy parking lot on TX 97 west of Floresville. Take 181 south of San Antonio to Floresville and turn right on FM 97. The Promised Land Dairy is 3.5 miles on the right. Lunch will be at the dairy after the ride. Lynn Francis will lead the ride, phone 210 499-1439, email [lfrancis@satx.rr.com](mailto:lfrancis@satx.rr.com).

## **OPEN CALL FOR RIDE LEADERS**

The Club always needs Ride Leaders: If you can lead a ride, please call Vern Jeys at **210-675-0538** or email [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com)

### **Bicycle Touring - What to Bring on a Tour**

[By Chris Marsh \(cmarsh@texas.net\)](mailto:cmarsh@texas.net)

I am often asked what to bring on a bicycle tour. If you are carrying all your gear then the answer is as little as possible. If your gear is being transported in a support vehicle then you can bring a lot more. The following is my minimal list of things to bring on any multi-day tour.

## ***Clothes***

- \* 3 jerseys
- \* 3 pair of shorts
- \* 1 set of rain gear
- \* 1 riding jacket
- \* 1 pair of cycling shoes
- \* 3 pair of socks
- \* 1 pair of cycling gloves
- \* helmet
- \* 3 sets of underwear
- \* 1 sweatshirt
- \* 1 pair of walking shoes
- \* 1 pair of regular pants
- \* 1 belt
- \* 1 swim suit

## ***Grooming***

- \* toothbrush
- \* toothpaste
- \* comb
- \* deodorant
- \* sun screen

## ***Tools***

- \* crescent wrench
- \* tire tools
- \* Swiss Army knife
- \* pump
- \* pliers
- \* Allen wrenches
- \* crank puller
- \* spoke wrench
- \* chain tool
- \* freewheel tool
- \* pedal wrench

## ***Spare Parts***

- \* patch kit and spare tube
- \* brake cable
- \* derailleur cable
- \* spokes (4)
- \* assorted nuts and bolts

## ***Miscellaneous***

- \* compass
- \* camera and film

- \* chain and lock
- \* bungee cords
- \* sewing kit
- \* flashlight
- \* bug repellent
- \* first aid kit
- \* money
- \* credit cards

If you are camping then the following is also required.

### ***Camping Equipment***

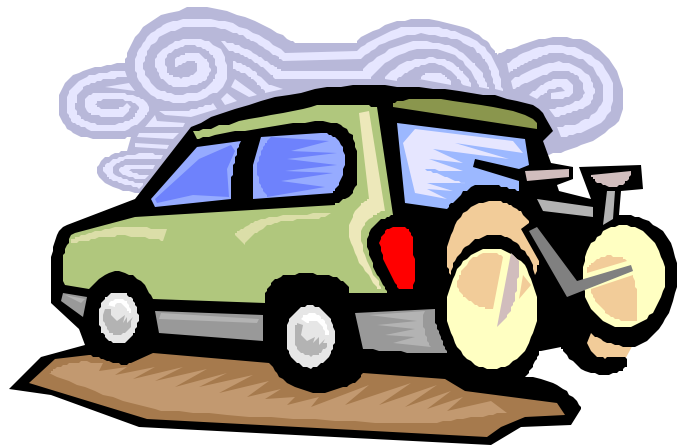
- \* tent
- \* sleeping bag
- \* sleeping pad
- \* cook stove
- \* matches
- \* knife, spoon, fork, and plate
- \* cooking pots
- \* cooking fuel
- \* towel
- \* wash cloth
- \* soap

For extreme conditions you may need to carry additional items. For my trip to Alaska a few years ago I am also carried long underwear, winter gloves, spare tires, freeze dried meals and extra bug repellent.

### **Memorial Week-end Ride**

**By Vernon Jeys**

The plan was to have 20 people in attendance for our 3 day Memorial Week-end tour. We didn't quite make that, but we wound up with 15 riders. Chris & Jan Marsh were the team that headed up our group. The fee for the 3 days was \$100 per person, which included Motel room for 2 nights at the Comfort Inn in Fredericksburg, as well as full sag support. The tour started out at the Leon Springs dance hall & went to Fredericksburg & back. Chris & Jan, Vern & Jackie & the Daugherty's from Dallas did sag support.



I found out in advance what the route was going to be, & wisely decided to do sag support on the trip to Fredericksburg.

We met at 8:00 am on May 24th in the dance hall parking lot, with intentions to begin our trek at 8:30. Right away, we had a problem. Vern (me) had forgotten the fruit. Heidi's husband Frank, took me back to my home to retrieve the forgotten food. It was 9:00 by the time I returned to Leon Springs. My wife, Jackie had waited for me, so I took her & her bike up to the group, so she could start even.

Talk about hills, we encountered some good ones. We stopped at the Bear Moon Bakery in Boerne for coffee & goodies. Neat place!! We lunched at Arlene's at comfort. Very nice food.

After lunch, we didn't all get started at the same time, so our Dallas connection got lost in Comfort. Our Dallas connection being Roger Harrison, Craig Matthew, Steve & Rita Daugherty, & their son Steve. They called me on the cell phone & I was able to get them on the right track. (Imagine getting lost in Comfort) A while later in the ride, a very stubborn hill, which our President Heidi has named (Hell Hill) stopped all but the hardest riders. Several riders were so spent by the time we reached it, they had to be sagged in. My wife (Jackie) decided to ride in the truck just before the hill. I was called on the cell phone to return to lend a hand & discovered several riders had taken their shoes off & were cooling off in a creek.

When we arrived at Fredericksburg, we cleaned up & dined at the brew pub.

The next day, Sunday, we did about a 30 mile ride. We didn't get started til about noon because of a downpour. This time, I rode with the group. It was a nice ride & Steve Daugherty ribbed me constantly. All in good fun. We dined at the Plateau Sunday evening.

On the 26th, when we got up, we were afraid we would be rained out, but it cleared up. Our Dallas connection, with the exception of Roger Harrison, decided to drive back home & skip the return trip. They missed a good ride. The return trip was 52 miles. It went to Luckenbach, then Sisterdale, thru Boerne, then back to Leon Springs. I rode the whole distance & Jackie did sag support.

Our first stop was Luckenbach. We thought we would get some soft drinks there, only to discover they weren't open yet. (what a bummer) As we prepared to leave, we made another discovery. Jan Marsh was not with us. No one had seen her. Evidently Jan had gotten ahead of our group (which she does on occasion) & made a wrong turn. As we pondered the situation & tried to decide our best course of action, Jan came riding in, amidst a round of cheers.

Our next stop of significance was Sisterdale. Surprise, surprise. For the first time in all the years I have been riding, they were open. We took about a 30 minute break & headed for Leon Springs. We arrived in Leon Springs at about 2:30 in the afternoon & had lunch/dinner at Rudy's. A good way to finish any ride.

The riders in attendance were. From Dallas: Steve & Rita Daugherty, Steve Daugherty Jr, Roger Harrison & Craig Matthews. Austin: Robert & Miriam Vaughn, Bill Corsbie & Mary Lumpe. San Antonio: Chris & Jan Marsh, Rose Mann, Heidi Lynn, Vern & Jackie Jeys.

## Co-Leader/Mentor

By Heidi Lynn

Have you ever thought about leading a ride for your bike club, but do not know what is involved, what is expected of you or are you worried about getting your fellow riders lost?

**Let Me Put Your Fears At Ease.** We have mentors for you who will help you to get started in becoming an experienced ride leader. What is a mentor? How can a mentor help you? Just like in the corporate world, a mentor is an experienced ride leader who will work with you to get you ready to lead a ride. You choose your favorite ride. That is the benefit of being the ride leader; **you** get to choose the ride. Many maps and q-sheets are available to you from our club's archive. You and your mentor will ride or drive the route prior to the day of the ride to make sure that you do not encounter any obstacles on the day of the ride such as closed roads due to road construction, flood etc. You do not want to run in to any surprises while you have a group of riders following you. Your mentor can assist you with an alternate route, if needed. Your mentor will inform you about safety, sign up sheets, pacing, leading, sweeping etc. Your mentor is there to support you during your endeavor of becoming an experienced ride leader. We are always looking for ride leaders, and you are riding anyway, so you might as well lead a ride. If you feel like leading a ride give Vern Jeys a call at 210-675-0538 or email Vern at [vjeys@satx.rr.com](mailto:vjeys@satx.rr.com) If you would like to have a Co-Leader/Mentor let Vern know and he will get you in touch with an experienced ride leader to get you started.

Remember you will not be on your own. Cyclist are a good and a fun group of people, always willing to assist a fellow cyclist.

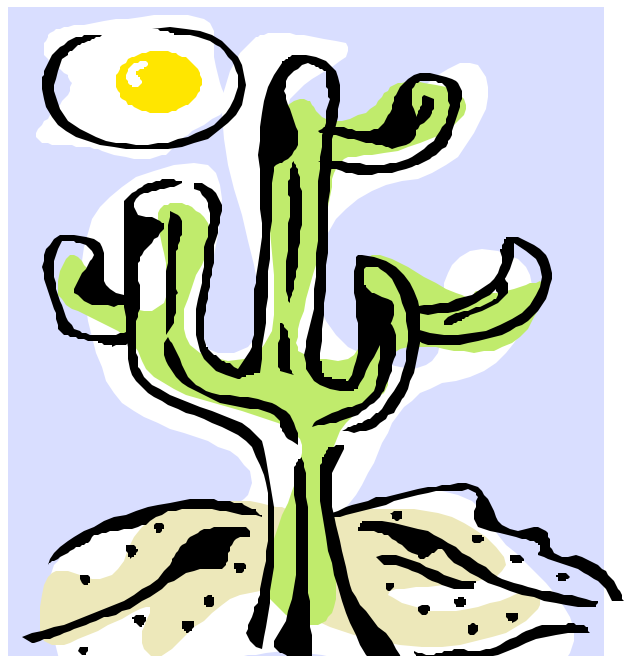
Hope to see your name as a ride leader on our ride calendar soon.

*The following article was written for the May 28<sup>th</sup>  
Senior Health and Fitness Day for OASIS*

### Tips for Long Hot Weather Rides

By Mac McCormick

**Sun Blocker.** Use a sun blocker with an SPF of at least 30 with ultra violet rays protection and even though they may be advertised as sweat resistant, you should reapply every hour and a half in direct sun. A good way to prevent skin cancer but too late to prevent some of us from skin aging.



**Sunglasses:** Wrap around style best protects your eyes from the glare of the sun and the chance of dust or small insects from getting into your eyes, but of course, any eyewear will be helpful.

**Sweatband:** Effective in keeping the sweat from running off your nose or into your eyes on long, hot rides. Consider taking a spare to change out when the first one becomes saturated.

**Drinking:** Take at least two bottles or a camelback on long rides with limited support. Consider carrying water in one and a sport drink in the other. Water can be used to flush out a road burn from a mishap or a foreign object from your eye. Freeze one bottle to be thawing as ride for a cool drink well into the ride. Your body more readily uses cold liquid.

**Drink before you get thirsty.** Consider taking three swallows of drink in hot weather and consuming at least one bottle an hour to prevent dehydration, which is the cause of fatigue on a long ride. By sweating, we not only lose water but also the electrolytes of sodium and potassium. Drinking plain water replaces the liquid we lose, but a sport drink can replace all three and you will hydrate faster. Even a small amount of dehydration can reduce your comfort and performance. If you don't have a sport drink, try a teaspoon of lemon juice and a pinch of salt in water to make a simple substitute.

**Tired Aching Feet:** Relieve foot discomfort by not pushing down for several strokes or even pull up from the bottom of the throw to use or exercise the top thigh muscles at the same time. Any movement of your foot or toes within the shoe will help.

**Neck Discomfort:** change position of your head every five minutes or so. Tilt it from side to side and stretch the neck muscles. When you have a clear road ahead, drop your chin to your chest and rotate it from one side to the other.

**Numb Hands:** Of course wear padded gloves and on long rides consider changing hand position every 3 to 5 minutes from the top to the level hoods to the hooks and to the drops. Shake them out along with pumping your arms to improve circulation to those extremities.

### **Our appreciation goes to the following Bike Shops:**

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

**Bike World-** 5911 Broadway; 828-5588, and 7148 Blanco ( at Lockhill-Selma); 344-2303

**Britton's Cycles;** 4230 Thousand Oaks; 656-1655 and 802 E. Blanco Rd. Boerne 830-656-1655

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

**Ride Away Bicycles;** 8830 Huebner Rd. 696-9925, and 8509 Culebra Rd. 520-4789.

## **CLUB VOLUNTEERS**

President: Heidi Lynn  
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[FLYNN@satx.rr.com](mailto:FLYNN@satx.rr.com)

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