



The Newsletter of the Hill Country Bicycle Touring Club

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

Vol 4, No. 2 - March-April 2003

Thanks to our affiliate associations.....



PRESIDENTS'S MESSAGE

By Heidi Lynn

We did have many rainy days in January & February, but that did not deter some at heart cyclists, and we managed to get several rides in enjoyed good food, and friends after the rides.

Vern Jeys is going to continue to lead the weekly **Wednesday morning rides** from the San Jose Mission at 9 a.m., so come and join Vern for this leisurely ride.

As spring approaches quickly we have a busy schedule ahead of us for the second quarter of 2003. Our Club Members & Officers are planning, scheduling and organizing several cycling events. Our Metric Century (100k) ride in March, the Llano ride in April (the blue bonnets should be in full bloom). We will work with the Wheelmen Cycling Club to staff rest stops at the Easter Hill Country ride in April, and at the Tour De Cure ride in May. Our Tour Director Chris Marsh is planning a "3 Day Hill Country Biking Tour" over the Memorial Day weekend (full sag support). Our Tuesday & Thursday evening rides will start on April 1st. throughout the year our weekend rides will continue. For details and updates on any of our rides, events or club meetings check out our website at www.hcbtc.org link to Rides. If you need additional information on any of our events contact the correspondent chairperson for that event.

For your convenience you can now join & renew your membership to the Hill County Bicycle Touring Club by going on line to www.hcbtc.org and link to On Line Registration.

With the weather warming up I hope to see each one of you on one ride or another. Dust of the cobwebs, lube the chain, pump up the tires, check the brakes, don't forget your helmet, and join us for a ride.

Remember: Biking is fun, biking is healthy, and biking is for everyone!

CLUB NEWS

Welcome to our new members Jane Dare and John Poteet Hope to see you on rides and club events this spring!

HCBTC March Club Meeting, Saturday, March 22nd

The HCBTC March Club meeting will be held on Saturday, March 22nd, 2003 at Isabel and Roland Mendoza 's house for a potluck lunch, right after the O.P. Schnabel ride. The meeting will be held after lunch. For more information, contact Isabel Mendoza, phone 210-256-2573, or email isabel_ridriguez@pass-seymour.com

CLUB RIDES



Every Tuesday Evening (Starting April 1st). Meet at 6:15 PM at Bill Miller's Bar B Q at Potranco and Loop 1604 for a 10 mile group ride at an easy (8 - 11 mph) pace. We will eat after the ride. Vern Jeys will lead the ride, phone 210 675-0538, email : vjeys@satx.rr.com.

Every Thursday Evening (Starting April 3rd). 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, emailmarsh@texas.net.

Saturday, March 1st, Castroville Ride. Meet at 9:00 AM for a 40 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. Heidi Lynn will lead the ride, phone 210 682-8107 , email: flynn@satx.rr.com.

Sunday, March 2nd, Leon Springs Cake Ride. Meet at 9:00 AM for a 20 mile group ride at an Easy (8 - 11 mph) pace. Meet at the park and ride behind the bank in Leon Springs at I-10 and Boerne Stage Road. Lunch at a site to be determined. We will have a home made cake after the ride. Jackie Jeys will lead the ride, phone 210 675-0538 , email vjeys@satx.rr.com.

Saturday, March 8th, San Jose Mission Ride. Meet at 9:00 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. Sandy Barsun will lead the ride, phone 210 635-8777, email: barsun@aol.com.

Sunday, March 9th, Comfort Ride. Meet at 9:00 AM for a 26 or 34 mile group ride at an **Easy** (8 - 11 mph) pace. Meet at the carpool parking lot in Comfort at FM 473 and TX 27. A few hills. We will eat at Alene's after the ride. Vern Jeys will lead the ride, phone 210 675-0538, email vjeys@satx.rr.com.

Saturday, March 15th, Schulenburg Painted Churches Ride. Meet at 9:00 AM at the **Von Minden** hotel in Schulenburg. Rides will be of different lengths and speeds. Join the Houston Bicycle club for this classic weekend now in it's 18th year. Stay at the historic Von Minden hotel with other riders from around the state. Other activities include a special biker feast on Saturday night and a great biker breakfast on Sunday morning, both available for a small fee. After dinner on Saturday night there will be a movie at the hotel theater with a possible tour of this historic facility.



For reservations call the Von Minden at 979 743-3714. Rooms are also available at the Oak Ridge Motel 979 743-4192. For more information on the famous painted churches see the following web site: <http://www.agen.tamu.edu/users/jfrid/churches.html> Information on Schulenburg can be found at: <http://www.lone-star.net/mall/txtrails/Schulenburg.htm> Schulenburg is 100 miles east of San Antonio off I-10 (halfway between San Antonio and Houston) To get to the Von Minden take I-10 to Schulenburg, go south on state highway 77 to US 90 and make a right turn. The Von Minden is one block down on the left. Chris Marsh will lead the ride, phone 210 681-5768, email: cmarsh@texas.net.

Sunday, March 16th, Schulenburg Painted Churches Ride. Meet at 9:00 AM at the Von Minden hotel in Schulenburg. See description above for more information. Chris Marsh will lead the ride, phone 210 681-5768, and email: cmarsh@texas.net.

Saturday, March 22nd, O. P. Schnabel Ride. Meet at 9:00 AM for a 26 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 isabel_rodriquez@pass-seymour.net. There will be our monthly club meeting and pot luck meal after the ride at Isabel's house.

Sunday, March 23rd, Metric Century. Meet at 8:00 AM for a 62 mile group ride at a Moderate (12 – 14 mph) pace. Meet in the parking lot behind What-a-Burger (formerly Albertson's) at Bandera Road and 1604. We will ride 62 miles (100 kilometers) with stops every ten miles or less. Mostly flat with a few hills. We will eat lunch after the ride. Chris Marsh will lead the ride, phone 210 681-5768, email: cmarsh@texas.net.

Saturday, March 29th, Castroville Ride. Meet at 9:00 AM for a 30 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.

Sunday, March 30th, Kirby Ride. Meet at 9:00 AM for a 30 mile group ride at a Moderate (12 - 14 mph) pace. Meet at Lupitas Mexican Café. Lupita's Mexican Café is located at 4950 FM 78. Lupitas 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 Lupitas after the ride. Heidi Lynn will lead the ride, phone 210 682-8107 , email: flynn@satx.rr.com.

Saturday, April 5th, Llano Ride. Meet at 9:00 AM for a 38 mile group ride at a Moderate (12 - 14 mph) pace. 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. We will start at the Hill Country Suites located on Hwy 16. If you want to drive up on Friday night 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. Chris Marsh will lead the ride, phone 210 681-5768, email: cmarsh@texas.net.



Sunday, April 6th, Leon Springs Cake Ride. Meet at 9:00 AM for a 30 mile group ride at an Easy (8 - 11 mph) pace. Meet at the park and ride behind the bank in Leon Springa at I-10 and Boerne Stage Road. Lunch at a site to be determined. We will have a home made cake after the ride. Jackie Jeys will lead the ride, phone 210 675-0538 , email: vjeys@satx.rr.com.

Sunday, April 12th, San Jose Mission Ride. Meet at 9:00 AM for a 50 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. Sandy Barsun will lead the ride, phone 210 635-8777, email: barsun@aol.com.

Sunday, April 13th, Promised Land Dairy Ride. Meet at 9:00 AM for a 30 mile group ride at an Easy (8 - 11 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. Vern Jeys will lead the ride, phone 210 675-0538 , email: vjeys@satx.rr.com.

Friday, April 18th, Easter Hill Country Tour. Hosted by the Housotn Bicycle Club. Cost is \$30 for three days includes maps, SAG support, rest stops and entertainment. Meals and camping available. For more information see <http://www.hbc.stevens.com/ehct/>

Saturday, April 26th, Helotes Ride. Meet at 9:00 AM for a 26 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. Mac McCormick will lead the ride, phone 210 614-5514 , email: eemac2@earthlink.net.

Sunday, April 27th, Comfort Ride. Meet at 1:30 PM for a 30 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 Alene's after the ride. Jim Matthews will lead the ride, phone 210 690-3827, and email: jimtnbkr@att.net.

2003 Hill Country Mini-Tour, May 24 - 26

This year's club tour will be a three-day "**Mini-Tour" of the Texas Hill Country over Memorial Day Weekend.** We will start riding from northwest San Antonio and go to Bourne, Comfort, Kerrville, Fredericksburg, and Luchenbach. Some of the highlights of the tour will include the scenic back roads through the hills along waterfalls and rivers, the Cowboy Artist Museum in Kerrville, and the Nimitz Museum of the Pacific War in Fredericksburg. The total distance will be around 160 miles on lightly traveled farm to market roads.

We will stay in hotels and have a support vehicle to carry your gear. The total cost of the tour including hotel (double occupancy), support van, and maps is only \$100. To sign up send \$100 per person to the Hill Country Bicycle Touring Club, PO Box 276637, San Antonio, TX 78227. Be sure to include the names of all participants along with your physical and email addresses. For more information contact Chris or Jan Marsh, phone 210 681-5768, email cmarsh@texas.net

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

Other Cycling Events In & Around Texas

April 12th, 2003- Lancaster Country Ride; Lancaster Square, just south of Dallas. The Greater Dallas Bicyclists is sponsoring the Lancaster Country Ride, to be held on April 12th at 9:00 am. Distances: 26, 45, and 63 miles. Fee: \$15/20. For more information, contact Mark O' Leary at LijeCalvin@aol.com or check the links at <http://gdbclub.org/gdb/lancaster2003.htm>.

April 12-13th BP MS 150 Houston to Austin. 180 miles with an overnight in La Grange. \$40 until March 31-April 1st. \$50 until April 1-5. From April 6-11 Contact (713) 526-8967.

April 17th through April 20th, 2003 Easter Hill Country Tour, Kerrville, Tx. The Houston Bicycle Club welcomes you to the **30th Annual Easter Hill Country Tour.** Since 1974, the tour has been sponsored in rotation by the Houston Bicycle Club, the Lubbock Bicycle Club, the Fort Worth Cycling Association, and the San Antonio Wheelmen. This event has become noted as one of the premier cycling events in Texas. This year the tour will be held from April 17th through April 20th.

Check the links at <http://www.hbc.stevens.com/ehct/> to find out more information about the Easter Hill Country Tour.

April 20th through April 25th, 2003, Timberline Adventures-6 Day Tour of the Texas Hill Country. Hi, we are Timberline Adventures, a relatively small "ma&pa" company based in Denver, Co., now in our 21st year of offering full supported, inn-to-inn c=bicycling and hiking adventure vacations throughout the western U.S. and Canada.

Ours is a program for cyclists and hikers who love to bicycle and are seeking an athletic adventure experience created by a group whose sole focus has always been bicycling and hiking in the West. New for us in 2003 is our 6-day tour of the Texas Hill Country April 20-25. (can be found in the Heartland

section of our website). This new tour joins our **Big Bend** hiking program. Our web address is www.timbertours.com

April 19th, 2003; May 3, 2003- Chattanooga Bicycle Club Spring Event: The Chattanooga Bicycle Club is announcing their events for the spring of 2003; **the 3-State 3 Mountain Challenge** and the Tanasi Mountain Bike Festival and **Bike Swap Meet**. More details on their web site- www.chattbike.com.

Tanasi Mountain Bike Festival and Bike Swap Meet- April 19, 2003: Ocoee Whitewater Center in southeastern Tennessee-Fun for the whole family as well as plenty of challenge for the experienced riders-guided rides of all levels-mountain bike clinics-games-lunch provided-bicycle swap meet(new this year)00: www.chattbike.com or DaisyBRider@cs.com; or 706-820-1157.

3-State 3 Mountain Challenge-May 3, 2003: one of the southeast's most scenic and challenging centuries. The rigorous 100 mile option will take you through 3 states (Tennessee, Alabama, and Georgia) and over 3 mountains. (Suck Creek, Sand and Lookout). The moderate 62-mile option remains in 1 state and crosses 1 one mountain. The 25 mile option takes riders across the hilly terrain of 1 state. All the amenities: great ride support-pizza party at end-pasta feast and packet pickup on Friday night-fun bicycle scavenger hunt on Sunday-Litespeed titanium bicycle frame to be given away. The Chattanooga Marriott is the host hotel- www.chattbike.com . or DaisyBVRider@cs.com or 706-820-1157. Contact is Daisy Blanton.

May 3-4 2003: MS 150 Red River Challenge : Takes on the **Texas/ Oklahoma border** in a 150-mile two day trek. This ride begins just north of Dallas and travels through scenic North Texas countryside, Overnight is in Oklahoma at Lake Texoma State Park, complete with dinner and live entertainment. Overnight guests can camp under stars in the campgrounds, reserve a cabin by the lake, or catch the free shuttle to nearby Lake Texoma Lodge and area hotels. Day 2 cyclists eat a hearty breakfast cycle over Lake Texoma, then travel across southern Oklahoma culminating the ride at Noble Stadium in Ardmore, Oklahoma. For more information, register online at www.ms150.org or call **214-373-1400; ext 2900**.



Our Bicycle Affiliate, Adventure Cycling Association, has some great tours lined up for this summer. First on the list is their newest tour, the Lewis & Clark Expedition Bicycle Tour. The two self-supported tours will begin at the eastern border of the route in Hartford, Illinois and follow the trail westward to Astoria, Oregon. Tourists will carry all personal and group gear, from the intersection (confluence) of the Mississippi and Missouri rivers, across the Rocky Mountains, and along the Columbia River.

Two other tours offered are **the 12 day Lewis and Clark self-supported loops in Montana**. Both will start in **Great Falls, Montana**, near the Corps of Discovery's 18 mile (portage) around the huge waterfalls of the Missouri. Riders will view fantastic scenery, including (near constant) views of the Missouri River, while tracing the route Lewis and Clark followed while searching for the river's source. The tour will cross the Rocky Mountains into the beautiful vistas of the Big Hole and Bitterroot Valleys on the way to Missoula, home of Adventure Cycling. From Missoula participants will traverse the route Captain Lewis followed back to the Great Falls of the Missouri and experience for themselves the Rocky Mountain part of this wonderful route.

For those riders who would like to experience the **Lewis and Clark Bicycle Trail** with full support, **Adventure Cycling** also offers **Cycle Montana** and new **American Explorer** ride in Virginia. Those events are fully supported, including catered meals, and presentations on the Corps of Discovery.

In addition to these great tours, Adventure Cycling is announcing the release of the **Lewis & Clark Bicycle Trial Maps**, which the **National Lewis and Clark Bicentennial Council** has officially recognized as part of **the Lewis and Clark Bicentennial in 2003**.

Expeditions: No vehicle support and camping:

Dates: Lewis & Clark: Hartford, MO to Astoria, OR.
6/10-8/25 or 6/15-8/2

Short Expeditions:

Lewis & Clark : Loop from Great Falls, MT
7/12-7/26 or 7/19-8/2

Events: Catered meals, truck carries luggage, mechanical and SAG support, rests stops, camping with motel options:

Cycle Montana

Loop from Great Falls, MT (on paved roads)
7/19-7/25

American Explorer

Washington DC to Charlottesville, VA (on paved roads)
9/13-9/19

For more tours, information, prices. or reservations, go to www.adventurecycling.org or call (800) 755-2453.

From Bike Bits Vol. 5, No 1, January 9, 2003;

I AM VELOSAM

Some time ago Bike Bits received the following note from Michelle R. Sicard: "I am a 35 years old French woman. Five years ago I decided to leave my village near Bordeaux to bike across the U.S. My trip has been an incredible adventure. So much so that I wrote a book about it. I am writing to you today because of this crazy trip. Life is amazing. My goal is, of course, to sell my book but it is also to encourage people to follow their dreams, to enjoy life, to communicate enthusiasm and optimism, to go touring." To order the book or simply to learn more about Ms. Sicard and her trusty bicycle "Sam," visit this site:

<http://www.velosam.com>

From Bike League News:

[CYCLISTS IN SUITS: TEXAS BIKE LOBBY DAY, APRIL 14](#)

The League urges Texan cyclists to suit up April 14 for the second annual "Cyclists in Suits" Texas Bike Lobby Day at the State Capitol in Austin. The event is sponsored by our friends at the Texas Bicycle Coalition <<http://www.biketexas.org>> . TBC reports that, "One hundred people showed up last year, and by the power of our numbers and our persuasion, we stopped Senate Bill 238, and saved 30,000 miles of Texas roads from the infamous Bike Ban. In addition, Cyclists in Suits Day, with our legion of citizen lobbyists, pushed the Matthew Brown Act, with its Safe Routes to School program, over the top, making it possible for current and future generations of Texas children to bike or walk on safe facilities to their own local schools." Click here <http://www.biketexas.org/lege/lege_home.html> for more info and to register.

ONLINE REGISTRATION NOW OPEN FOR THE LEAGUE'S 2003 BICYCLE EDUCATION LEADERS CONFERENCE

The League will hold **its 2003 Bicycle Education Leaders Conference June 4-6 in Portland, OR.** Building on the success of last year's conference in Madison, WI, which attracted 170 participants from 28 states, the event will bring together leading experts in the field to discuss best practices, opportunities and challenges in bicycle education. The Bicycle Transportation Alliance <<http://www.bta4bikes.org>> is co-hosting the event with the League and the Oregon Bicycle Conference. Click here <<http://www.bikeleague.org/events/educonference.htm>> to find out more and register or call (202) 822-1333 or write <<mailto:bikeleague@bikeleague.org>> with any questions. Speakers and panels are planned on innovative teaching techniques, Safe Routes to School curricula, and progress on meeting the goals of the National Strategies for Advancing Bicycle Safety <http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/bicycle_safety/> , and more.

The Benefits of Club Involvement: By Phyllis Terry



Our club has some fantastic events planned for this spring. Because we are a touring club, we do not stress competition on our rides. We ride for the pleasure of the experience, to enjoy the scenery, and to be together. We keep up with each other on the rides; therefore no one is stranded alone. This provides our membership wonderful ways to become enthusiastically active in its opportunities. Vern will have the Wednesday, weekly ride to San Jose, for a leisurely mid-week ride. Starting April 1st Vern Jeys will lead a Tuesday evening ride, starting at 6:15pm from the Bill Miller's Bar B Q at Potranco and Loop 1604 for a 10 mile easy group ride. Not only will members ride, but enjoy comradely after the ride eating dinner together. Call Vern at 210-675-0538 or email vjeys@satx.rr.com

Beginning April 3, on Thursday evenings, Chris and Jan Marsh will lead a ride at 6:30 p.m. in Helotes. Meet in Helotes on Old Bandera Rd. across from the Helotes Bike Shop for a 16 mile group ride at a moderate pace. Enjoy dinner with members after the ride. Call Chris or Jan at 210-681-5768 or email : cmars@texas.net

Saturday, March 15th, is the Schulenburg Painted Churches Ride. Houston Bicycle Club is also involved in this classic ride. More information listed under the Club Rides.

The Metric Century is slated for March 23rd. This will be a 62 mile group ride. Sag support will be provided.

Saturday, May 24th through May 26th are the dates for **the 2003 Hill Country Mini Tour**, which will occur over Memorial Day Weekend. If you are unable to ride all days, drive down for one.

Other ways to become positively involved is to attend monthly meetings, volunteer your time for club sponsored events, such as providing sag support, a home for a meeting, or enjoying club members at the restaurant after a ride, or participating in the pot luck. Every year, new volunteer officers are elected, which provides the opportunity to provide leadership and decision making to improve our club.

By becoming active, you develop friendships and comradeship, enjoy recreational riding with others while becoming fit, support each other, in a healthy life style, meet people from other bike clubs and organizations, and enjoy social engagements together. So join the pace line, enjoy the benefits, and maintain the strength of our **Hill Country Bicycle Touring Club**.



Back Basics for a Healthy Back

Spring has finally arrived after a long, wet, and dreary winter. It's

back to basics time, and time to get out and enjoy the glorious spring flowers and green pastures. Much emphasis is placed on the legs and lungs by cyclists, but many other body parts add to performance, namely the **back**. Cycling can improve the strength of the back.

Some back basics:

The spine is made up of vertebra and discs. The vertebra are the bones and the discs are the cushions in between. As we age, our backs lose the elasticity that we had when we were young. It becomes thicker and less padded. When tears develop in the annulus, material from the nucleus can leak out. This leakage can create pressure, pain and stiffness in the lower back. With a severe injury, the nuclear material will compress the nerve. A "slipped disc" is in actuality a tear in the disc with leakage.

To prepare your back for cycling, you need both flexibility and strength. Gentle stretching before the ride, or any exercise will prepare muscles, making injury less likely. Stretching increase blood flow to the back muscles and increases their ability to work and handle stress.

Strength is also vital. Your back is the stable point from which your legs push. A weak back will give instead of stabilizing. The upper back is stabilized by the latissimus and lower trapezes. The lower back uses these muscles, and the paraspinals, gluteals, and abdominals. The front of your back is supported by the abdominals and the back by the paraspinals.

To build back strength, work on your pelvic tilt. Strengthen them with crunches or partial sit-ups, done with bent knees. Exercise your upper back muscles by squeezing your shoulder blades down and back towards your back pickets. Whenever you are seated, sit up straight, and press your bent elbows against the back of your chair. Cross training is another way to build back strength. Balanced strength is important; avoid frequent repetition of a limited number of exercises.

Other factors that contribute to a healthy back include a properly fitted bike, finding the right balance between a flat back and an upright pelvis, and varying your position while riding.

A properly fitted bike is extremely important. A good bike posture keeps your lower back flat without rounding or arching. Assume a flat back position with elbows flexed and forearms relaxed. You should feel comfortable, yet stable. Arching your back increases pressure on your discs and stresses the ligaments. Over a long ride, this increases the annular wear and tear. However, if your fit causes you to lean out too much, your back muscles can be overstretched. Overstretched muscles are weak and easily injured.

Leg extension and pelvic movement are also important. Check to see that your hips are still on the saddle, and that you spin on the pedal stroke with even power on the full pedal rotation. Excessive hip movement and or unbalanced power stroke will stress your lower back.

Saddle discomfort occurs when the right balance is not achieved between a flat back and an upright pelvis. Pressure on the front of the saddle area is not comfortable. Try different saddle seats, of varying designs until you find the one most comfortable for you. Try In-Motion shorts to eliminate padding under the front of the saddle area. I have heard that gel shorts are very comfortable. Next, experiment to find the minimum pelvic tilt which lifts the front of your bottom off of the saddle and allows a relatively flat back. The resulting position will also affect how your bike fits. You may need to raise or lower the stem to achieve this position.

To avoid feeling tight while riding, try relaxing in the seat whenever possible. After a challenging descent, stretch out and check your hands, arms, shoulders, torso, legs and feet for unnecessary tension. Better control, power, and efficiency is achieved by staying loose and utilizing only those muscles needed to achieve each job. Bicycle control begins in the hips. If you are stiff, your hips can't move fluidly and control your turns and maintain balance.

Can you cycle if you have back problems? Absolutely! Cycling is a wonderful sport for people with lower back problems. You can accomplish a good workout and have a lot of fun without the pounding that other forms of exercise require. A mountain bike or a hybrid may be more comfortable for someone with back problems. Maintaining a straight spine with upright handlebars is easier than with drop bars. In addition, wider softer, tires provide more comfort decreasing the forces through your back.

Footnote:

Information for this article was compiled from information presented by Adrea Felton, PT at NW Physical Therapy Clinic and the staff at Golden Physical Therapy Clinic, PC, and was published in the Self Propulsion News, Golden Colorado Newsletter thanks to :



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

CLUB VOLUNTEERS

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

Vice President:
Mac McCormick
210-614-5514
eemac2@earthlink.net

Treasurer: Jackie Jeys
210-675-0538
vjeys@satx.rr.com

Ride Chair:
Vern Jeys
210-675-0538
vjeys@satx.rr.com

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

Secretary: Isabel Mendoza
isabel_rodriguez@pass-seymour.com