



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

Volume 5, No. 6- November-December, 2004



Sunday starting of the MS150

Thanks to our affiliate associations.....



President's Message

By Heidi Lynn

As we are approaching the end of the year I would like to **Thank** our club officers and all our members for all the effort they put in to our club; leading rides, hosting club meetings, organizing tours, providing sag support, staffing rest areas, participating in the health/safety fair etc. This is what makes a club, not just one person, not just the officers; it takes participation and involvement of its entire member's. As you were able either to participate in or read about it in our bi-monthly newsletters, the year 2004 has been an eventful year for our club. Let us keep it going for the many years to come.

Let me reflect how I became involved with our club.

My husband, Frank, and I moved from N. Virginia 3 1/2 years ago, and I was looking for a bike club to join. I always considered myself an average rider; however, I learned that when riding with a group of riders, they could quickly leave you behind. Not knowing the San Antonio area, I was lost and eventually ran into some riders that gave me directions, and I got back to my car safely but very discouraged. It was a frightful experience for me, and I shared this with my sister.

One Saturday my sister and friends decided to go for their first group ride at the Missions. With their bikes loaded on their cars they thought they were ready to ride. Just to find out that their bikes were not, as their group gathered together to consult on what and how to get their bikes road ready, a group of riders came along, not just to give them advice, but actually got off their bikes, got their hands dirty and had their bikes ready to go within minutes. They rode together for a few miles, exchanged information, gave them their club website, and said their good-bye's. My sister sends me an email immediately to share her good experience as a beginner cyclist. All she could remember was guys by the names of Chris & Vern and the website was www.hcbtc.org. My sister encouraged me to check out the website, stating these are people you want to ride with. I discovered that they had a short Wednesday evening ride scheduled. My thought was if it is a short ride, and called the "Ice Cream ride"; it cannot be that tough of a ride. The following week, my sister and I joined the Hill Country Bicycle Touring club for our first ride with them. The ride was a good experience and the ice cream was delicious after the ride. I have been a member, served as an officer & been riding with them ever since.

What I am trying to say is... you see it in the first paragraph on our website. We are not a racing club, we ride together as a group, and we do not leave any one behind. My view is safety in numbers; we want to encourage cycling to include beginners, any age and ability. I do not want any cyclist riding with our club to feel we do not care, leave them behind or discourage them because they do not have the top of the line bike. We encourage our members to attend our club meetings, and have a say in what we do as a club. You meet fellow cyclist, more important you make wonderful friends that are available to support you no matter what the situation may be.

That is what keeps me involved in our club.

NEWSLETTER EDITOR'S MESSAGE

By Stan Siler

Daylight Savings Time is now over. Shorter days await us. Judging from the projected temperatures coming at us, fall is at its peak, but alas, winter will blast against us too soon. Now is the time to really enjoy riding. Nature is dressing itself in bright colors, and sunsets are spectacular.

I recently moved outside 1604 into what I consider bicycle heaven (even though I still haven't really had a chance to ride). A left turn from my garage gets to Hausman Road; a right turn to Kyle Seale. From either one of these locations, I can create quite a few wonderful rides; the Helotes rides we do, rides that go to Babcock, 1604, and Rudy's, and rides that take me up to Scenic Loop Road. However, as I take my daughter to school every morning and go in and out of my subdivision, I see a very frightening turn of events. The traffic around this area has seemingly multiplied overnight. I watch cyclists and runners trying to maneuver their way on Hausman in the maze of cars and trucks, and I know that tragedy is just a blink of the eye away. I know many club members like to ride in this area. So, let me say, please be extremely careful; pick your riding times carefully, and be ever diligent in the rush hour traffic that consumes this part of town at times.

New Members

By Sandy Barsun

New members have found us! We welcome you and hope you discover us helpful in your biking and fun to be with.

Linda & Charles Fishel

Christina & Nathan Anthony

Peter Wald

Eric Gilligan

Kathleen Tewart

Jose Castillo

Kathy Braune

Colin Palmer Jr.

Renae Jo Pierce

Dave Brewton

Scott Wells, Jon Beall

Dixie Williamson

Sarah Neathery

Erick Stolez

Louis Nistol

Terrier Wurzbacher

Kelly Miller

Health & Safety Fair

By Heidi Lynn

HCBTC participated in Brauchle Elementary School Health & Safety Fair on September 19, 2004. Over 100 students and their parents attended the fair. Organizations such as the San Antonio Police Department, Kinder Dance, karate club, Boy Scouts of America etc., participated. HCBTC members, Martha Espinoza (Chair), Ursula Fleming & Heidi Lynn, informed students and their parents of bicycle safety, the correct way and importance of wearing a bicycle helmet, handed out bookmarks, flyers on bike safety and repair. HCBTC donated five bicycle helmets to this worthwhile event.

MS150 to the Beach in 2004

By Heidi Lynn

MS150 in 2004 team riders: Allen Fitzpatrick, Bruce Kanagaki, Ken Kanagaki, Chris Marsh, Heidi Lynn, Jim & Theresa Thoune, Louis Nistal, Manuel Pena, Mac McCormick, Rose Mann, Sandy Barsun, Veronica Barsun, Tommy McMillan, Tommy Bramhall, Yvonne Campos.

Team SAG Support: Phyllis Terry & Mouse Kanagaki

Can we top 16 riders on our HCBTC team for the MS150 Ride to the Beach in 2005? That was the challenge to our MS150 team riders for 2005.



The 2004 MS150 was a challenge; day one we rode in the rain. Personally I liked riding in the rain; it sure did keep the sun behind the clouds and the temperature down. Day 2 gave us all but about 10 miles of tail wind, not usually heard of on any ride to Corpus. From the beginning to the end; the pre-registration, rider packet pick-up, up-dated website, rest stops, sag support, lunch, dinner, breakfast, the staff at Beeville Costal Bend College to the finish line all the staff & volunteers did an excellent job to keep us riders going. Overall, it was a great ride, and I am looking forward to riding the MS150 in 2005.

Our MS150 training rides will begin in March of 2005 look for information on www.hcbtc.org
Let us meet the challenge; **WE CAN** top 16 riders in 2005!

Bicycle Maintenance

By Heidi Lynn

In our last club meeting several members showed an interest in bicycle maintenance classes.

My source reviled to me today; that Bike World on Broadway (phone #: 210-828-5558) will offer bicycle maintenance classes. The first class will start Monday, November 15 on flat tire repair. You do not bring your bike for that session, and later in the year, they will offer an overall bicycle maintenance class where you do bring your bike to work on.

Interested riders might want to contact Bike World to get details about the classes they are offering. If you know anyone that is not on my mailing list, you can forward the info to him or her.

Club Rides for November and December

Every Monday Evening

Time: 5:00PM

Place: Stinson Airport:

Ride Length: 16.5 miles

Directions: Take Roosevelt to 99th street. Go east on 99th street to Mission road. Right on Mission Road to Stinson Airport.

Ride Leaders: Vern Jeys 675-0538 vjeys@satx.rr.com, and Sandy Barsun 635-8777 barsun@sbcglobal.net

Every Wednesday Morning - Stinson Airport Ride.

Time: 8:00AM

Place: Stinson Airport:

Ride Length: 27 miles

Directions: Take Roosevelt to 99th street. Go East on 99th to Mission Road. Right on Mission Road to Stinson airport. Ride is flexible. We take various routes. The ride may be as little as 18 miles or as much as 30. Easy paced ride with frequent stops.

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

Saturday, November 6th, Taft High School Ride. (Map #55). Meet on the west side of the Taft High School parking lot at 9 A.M. for an easy paced 27 mile group ride over mostly flat terrain. Directions: Taft High School is located on FM 471 (Culebra Road in the city) about one mile west of Loop 1604 W. **Ride Leader: Mac McCormick, phone: 614-5514, email: eemac2@earthlink.net.**

Sunday, November 7th, Tom's Burgers and More Ride. Meet at Tom's Burgers and More at 9 A. M. for 30 mile groups ride that is slightly hilly. The pace will be relaxed with frequent stops. Directions: Take IH-37 South to Southton Road (Southton is just a little beyond Loop 410), go left on Southton Road to Donop (about a block). Go left on Donop to Tom's, it is about 400 feet on the right hand side. **Ride Co-Leaders: Yvonne Campos, 431-0902, email: y&c@satx.rr.com and Kathy Braune, 333-4993, email: kdog@satx.rr.com.**

Saturday-Sunday, November 13th-14th, Fifth Fredericksburg Fall Foliage Frolic Ride.

On November 13th – 14th, the Hill Country Bicycle Touring Club will host the Fifth Fredericksburg Fall Foliage Frolic. This two day event features rides up to 50 miles in length both days. The ride starts at 9:00 AM Saturday morning at Lady Bird Johnson Park three miles south of Fredericksburg on TX 16. Registration includes two days of supported rides with maps, rest stops, sag support, Saturday lunch and a ride souvenir. The event cost is only \$15 before November 6th - \$20 after. For more information, see the Hill Country Bicycle Touring Club website at www.hcbtc.org, email vjeys@satx.rr.com, phone Vern Jeys at (210) 675-0538 or access additional information and application from this website, available either in [text](#) or [PDF](#) formats. The Frolic will be held rain or shine. Do you need a place to stay that Saturday night? [Check here.](#)

Saturday, November 20th TBD Ride. Ride to be determined, 9 A. M. Heidi.

Saturday, November 20th, Club Meeting

Place: Vern & Jackie Jeys' Home

Location: 5559 Beech Valley, San Antonio, TX.

Phone: If you need directions, call Vern or Jackie at 675-0538.

E-Mail: vjeys@satx.rr.com

Time: 6:00 pm for dinner. Meeting at 6:30.

Food: Lasagna will be the main course and we will supply the drinks. Please contact Jackie to let her know what you are bringing.

Program: Club-related topics.

Sunday, November 21st., Tom's Burgers and More Ride. Meet at Tom's Burgers and More at 9 A. M. for a 30 mile group ride that is slightly hilly. The pace will be relaxed with frequent stops. Directions: Take IH-37 South to Southton

Road (Southton is just a little beyond Loop 410), go left on Southton Road to Donop (about a block). Go left on Donop to Tom's, it is about 400 feet on the right hand side. **Ride Leader: Vern Jeys, phone: 675-0538, email: vjeys@satx.rr.com**

Saturday, November 27th, New Berlin Ride. Meet at 9 A. M. in New Berlin for a **28 mile group ride at an easy (8-11 mph) pace** in mostly flat terrain. Lunch will be at New Berlin after the ride. Directions: Take I-10 East toward Seguin. Exit on Trainer Hale Road (FM 2538) and turn right on FM 2538 to New Berlin (8 miles). **Ride Leader: Amanda McCoy, phone 614-4475, email: amccoy@cfhp.com.**

Sunday, November 28th, Eisenhower Park Ride. Meet at Eisenhower Park at 9 A. M. for a **25 mile ride at a moderate pace** up toward Boerne on the Old Fredericksburg Road. Directions: The park is located on Route 1535 North (Northwest Military Dr.) approximately 1.6 miles north of Loop 1604 NW. Route 1535 is 2 miles east of the intersection of IH-10 W and Loop 1604 NW. **Ride Leader: Mary Bowman, phone 692-9099.**

Saturday, December 4th, Mission to Mission Bike Tour 2004. The HCBTC is supporting the **Mission to Mission Bike Tour 2004**, sponsored by the **Mission Trail Rotary & Christian Senior Services**. The cost is \$20 for pre-registration, \$25 on-site registration. If you want to pre-register, print the [Registration Form](#) and mail it to **Richard Contreras, Mission to Mission Captain, 210 Adams St., San Antonio TX 78210** (Include a single check payable to: **Mission Trail Rotary Club**). Registration Packets are to be picked up on the ride date between 8:30AM-11:00AM. The Bike Tour begins at 11:00AM. For more information, go to www.missiontrailrotary.com.

Amanda McCoy is the **HCBTC Point of Contact** and the **Team Captain**. For additional information, please call her at **358-6041**.

HCBTC Minutes

Saturday, September 25, 2004 at CANYON LAKE.

Hosted by Phyllis & Bill Terry

Minutes by Ursula M. Fleming

Attendance

Chris Marsh	Jan Marsh	Fran Mihok
Jackie Jeys	Vern Jeys	Phyllis Terry
Mac McCormick	Evelyn McCormick	Bill Terry
Fernando Galdos	Sam Guerro	Lourdes Vera
Heidi Lynn	Frank Lynn	David Boswell
Amanda McCoy	Ursula Fleming	Ken Kanagaki
Sandy Barsun	Mercy Fleming	Mouse Kanagaki
	Veronica Barsun	Arturo Rivera

Meeting Agenda

Opening, President - Heidi Lynn

Thanked Phyllis and Bill for hosting the meeting

Vice President - Amanda McCoy

Non-MS150 riders, Cibolo ride at 8am on Saturday

Membership - Sandy Barsun

88 members total; requesting to distinguish new vs. renewal on application; next cards will have member numbers on them, one number per family; new cards will go out after

Katy Trail ride

Secretary - Debbie Arriaga

Debbie was unable to attend; Ursula took minutes in her place

Treasurer - Jackie Jeys

\$3,412.98 balance

\$2,750 Holland Trip

\$4,975 Katy Trail

Website Editor - Fernando Galdos

Thanked everyone for their support with his family issues; the website should be up to date

Ride Chair - Mac McCormick

(please turn in ride sheets to Mac) 5 open rides for October; only 3 rides scheduled for November; please sign up

Tour Director - Chris Marsh

Jan sagged for Century ride☺; Katy Trail-ready to go, hotel booked, no rooms left;

It was questioned on what is done with the left over money from the Katy Trail, usually go into account, but can discuss refunding deposits for those that could not ride; Holland
Tour-22 signed up with two on wait list

Newsletter Editor - Stan Siler
Was not able to attend due to move

Public Affairs - Jim Matthews
Was not able to attend due to being out of town

Old Business

* Bike tour in 2004, Katy Trail - Chris Marsh
Katy Trail-ready to go, hotel booked, no rooms left; it was questioned on what is done with the left over money from the Katy Trail, usually go into account, but can discuss refunding deposits for those that could not ride

* FFFF - Chris Marsh & Vern Jeys
Registration
Lunch
Sag support
Clean-Up etc.

Nine riders currently signed up; will have separate meeting in October to discuss all details;
Vern will let Fernando know when the meeting will be to post on website; handing out flyers

* New Club Jerseys - Vern Jeys
Six mediums left

* MS150 - Heidi Lynn
Heidi will be sending out e-mail to all riders on HCBTC team; Phyllis will be sagging
In Heidi's red van; Mouse will co-sag; sag van will have water, Gatorade and snacks; be ready
at 7:30 a.m. (30 min. prior to take off) at take off line; rides available from Beeville to hotel;
Two queen size beds available still

* Kids Bike Safety - Martha Espinoza
Saturday, October 23, 04

@ Brauchle Elem. School

Martha was not able to attend meeting, Heidi discussed issue; cancel Kids Bike Safety and
Participate in Safety Fair on 10/19/04 6:30 to 8:00 p.m. instead; will need 3-4 volunteers
To help, please contact Heidi; cancel Kids Bike Safety because will have to pay janitorial
Staff to open up school and be there since school will be closed

* By-Laws - Chris Marsh
- Vern Jeys
- Ken Kanagaki

Will send to Fernando to post on website for public comment; please send comments to
Chris

* Nominating Committee to select 2005 officers - Amanda McCoy
(Club Historian) - Vern Jeys

Amanda McCoy volunteered to be President☺ and Vern Jeys volunteered to be
Vice-president☺; only need to fill ride chair now

* 2005 Barge & Bike Tour - Chris Marsh
In Holland -Holland Tour-22 signed up with 2 on wait list

New Business

* Kids Heath Fair - Martha Espinoza
Tuesday, October 19, 04

@ Brauchle Elementary School

Martha was not able to attend meeting, Heidi discussed issue; cancel Kids Bike Safety and
Participate in Safety Fair on 10/19/04 6:30 to 8:00 p.m. instead; will need 3-4 volunteers
To help, please contact Heidi; cancel Kids Bike Safety because will have to pay janitorial
Staff to open up school and be there since the school is closed.

* Open discussion - All members

- ~Separate meeting in October to discuss FFFF and Tour de Greene, Vern will let Fernando know the date and have posted on website
- ~This Tuesday will be the last Tuesday night ride until the spring, it will leave Rudy' 6:30 p.m.
- ~Monday night rides will continue throughout the winter, leaves at 5 p.m.

Club meetings

- Saturday, October 23, 2004
 - Laura & Roy Monroe 3 p.m. after the ride in Floresville
 - Will try for earlier ride and a meeting at 1 p.m.
- November 2004
 - Jackie & Vern Jeys
 - Selecting Officers
 - No date set yet
- December 2004
 - Phyllis & Bill Terry
 - Christmas Party
 - Install of new officers for 2005- no date set

December 2004 Club Meeting & Annual Christmas Party

Place: Phyllis & Bill Terry's home

Location: San Antonio, TX.

Phone: 210-829-0661

E-Mail: Tapdancr09@aol.com

Date: Saturday, December 18th, 2004

Time: 6 p.m.

Food: TBA

Program: All club members are encouraged to attend this meeting.

We will elect our 2005 Club Officers, and vote on our new bylaws (short meeting).

After the meeting, we will eat and be merry, do a White Elephant gift (under \$10.00) exchange, and enjoy the holiday season. More information will follow.

Please check our website periodically for updated & detailed information.

Tech News

Edited by John Stevenson

Tubeless road tires on the way

Tire manufacturer Michelin has announced that some of the teams it supplies with rubber will be rolling on a new design for 2004: tubeless clinchers. Three new tires have been given to pro riders this year for testing under race conditions, according to Michelin, and it is planned that the tires will become available to the rest of us in 2005. Tubeless clinchers are nothing new in mountain biking, where the slight weight disadvantage they sometimes have over regular tires is outweighed by their virtual imperviousness to the most common off-road mechanical, the 'snake-bite' puncture. The extra weight comes from the thick rubber strip needed to seal some rims and the extra rubber coating on the inside of the tire that keeps in the air, though in the last couple of years the gap has narrowed almost to zero. In addition, with no inner tube to pinch if you hit a rock, tubeless tires allow lower pressures for better traction, a big advantage in the dirt.



Michelin has teamed up with Mavic to bring tubeless technology to the road, and the French rim and wheel giant will be supplying the other half of the two-component system, a special rim designed to hold the tire and bead in position to help ensure air-tightness at high pressure.

Michelin says the advantages of tubeless for the road include easier fitting, because there is no inner tube to pinch, and reduced punctures. Michelin also claims the tubeless tires take longer to deflate in the event of a puncture, so a racer can continue riding while waiting for a support vehicle. We can think of another advantage, straight from the mountain bike experience: the ability to run lower pressures for traction in poor conditions without snakebite punctures. Can anyone say Paris-Roubaix?

It is no surprise then that one of the three tires Michelin will supply to teams this year is the Pro Grip Special Paves Tubeless (a name that could only be any longer if you added 'presented by...'). The other two are the Pro Race Tubeless, for general road racing, and Pro Grip Tubeless, for wet conditions. The Pro Grip uses a rubber compound developed for Formula 1 and Motorcycle GP rain tires, and the Special Paves is a 24mm version with a tread design made up of diamond-shaped points on the central band to break the film of water or mud on cobblestones.

Given that Michelin-equipped teams have struggled with punctures in previous races on the pave, it will be fascinating to see if these new tires make a difference.

Yeah! That'll Work

Conventional wisdom dictates that one should not schedule a cross-country mountain biking trip to certain parts of Arizona during the late summer. However, that wisdom seems to have escaped our thought process at some point when Janet and I decided we just had to get away for a few days of hiking and biking. "But honey, won't Arizona be too hot for this time of year?" This was Janet's question as I pulled out the Arizona road map. "Nah, we've ridden in hot weather lots of times before, so I think we'll be able to handle the heat." I should have remembered the anguished words of a person we met in the Phoenix airport a few months back. The person was leaving Arizona for a few days to get away from the heat and said, very bluntly, "the seasonal temperatures in her Arizona home town can be defined in two ways – Winter, Spring, and Fall is hot! Summer is **Hell!**" Before our trip was over, we most definitely would remember this Arizonian's statement.

The locations of the single-track trails we decided to ride were mostly situated in the Show Low area, which is in east central Arizona. Can you imagine a town whose main street is called "Deuce of Clubs"? The trails we planned to ride are located in the White Mountains of the Apache – Sitgreaves National Forest. We picked up trail maps and confirmed with the Apache – Sitgreaves Chief Ranger that the trails were legal for mountain bikes. Rain fell the day we planned to ride "Los Caballeros", the longest of the trails. To pass the time we donated some green backs to the local Apache casino. Early the next day, I stopped by a local bike shop to pick up some tubes and to discuss the trail we planned to ride. The bike shop owner

suggested we try another trail. He did not say why we should try another trail, he just said there were better trails in the White Mountains. I should have taken the hint, but alas, I didn't. According to the map, the trailhead where we planned to put in showed to be only accessible in a 4X4. Our 4X2 made it to the trailhead just fine. We just bottomed out in a few places due to deep ruts in the ungraded and mostly abandoned dirt road. Luckily, the Arizona late summer heat and porous soil allows standing water to evaporate rapidly and the soil to dry quickly. I guess I should also point out that this area of Arizona does hold the record for the highest number of West Nile Virus (mosquito borne disease) cases in the USA. You can be sure that we used a lot of Deep Woods Off. Online reviews of this trail indicated that it would allow us some riding in the high desert thru juniper groves and would eventually ascend into a beautiful pine and aspen forested area. For hydration, we decided to wear our 100 oz. reservoir CamelBak hydration packs. It was a good choice! Before the ride, we picked up half a fried chicken; a couple of dinner rolls, and two small can of Campbell's Beanee Weanee at a convenience grocery. The food fit perfectly in the hydration pack storage pocket. We wrapped the chicken and rolls in some aluminum foil to prevent whatever aluminum foil prevents. Janet knows those things, but must be important to use the aluminum foil, as she will not eat the chicken carried on a trail if it isn't first wrapped in foil. There is nothing better than sitting atop a high rock outcropping in the mountains; looking at the wonders, God has made us to see while we enjoy some cold fried chicken, bread, and beans. A feast fit for a king.

We did not get started on the trail until late in the morning because the driving instructions copied from the Internet were incorrect. My altimeter/thermometer watch indicated 92 degrees F when we reached the first trail marker about 2 miles into the ride. By the time we came to the trail marker at the highest desert point of the ride (7900'), it was 98 degrees. However, we were not worried as we were almost in the trees where we figured it would be cooler. As it turned out, the temperature was slightly cooler in the trees, but only slightly. Even with the heat, we were enjoying ourselves so much that we slowed down, started spending more time stopping and looking at the scenery, and took way too long to eat our chicken. Approximately 150' off the trail, we even found a collapsed Native American ancient rock dwelling where pottery shards literally covered the ground. We took lots of photos of the shards, but left them for future archaeologist.

We didn't get back on the trail till mid afternoon at which point we were 21 miles out. There was a T in the trail and the trail marker at the T-junction pointed to the left, which would allow us to pick up a short cut back to our truck. I told Janet that I think we should go right instead of left, but since the trail marker said left, we went left. We were supposed to ride onto a forest road about 2 miles from the T, but after 8 miles, no forest road. We stopped for a while to discuss our situation. I confided that the temperature is going to be hot when we reach the high desert again. We thought about backtracking, but decided to continue on our current course since the trail started turning back to the north, which is the way I thought we should have been traveling all along. I kept stopping to look at the map; not realizing the map was not complete. I was hoping that we would eventually run into a forest road, as we had crossed several forest roads when we entered the trees earlier in the day. I was starting to get a sick gut feeling that we might be kind of lost, and to make matters worse, it was starting to get late and I was getting a flat on my front tire. Guess what? I forgot to pack the new mountain bike tubes in our CamelBak. In addition, we couldn't locate the tiny hole in the leaking tube. I would inflate the deflated front tube/tire and was able to ride about 2 miles before having to stop to re-inflate it again. This stop and go went on far too long, then I accidentally bent the presta stem with my pump and it would barely inflate at all. We finally made a decision to try a

trick that has worked for us in the past. We switched front wheels on our bikes and slightly over-inflated the leaking tube. We started riding again and hoped that the tube would deflate at a slower rate, because Janet is lighter in weight and does not exert so much pressure on the rolling wheel. This worked and we did not stop to re-inflate the leaking tube until we eventually rode onto a forest road. Remember, this trick only works when the hole in the tube is very, very tiny.

The forest road was actually marked at some point, so looking at my compass; I now knew where we must go to pick up the original trail back to our truck. By now, even though the sun was getting near the horizon in the west, my battery powered watch thermometer showed 99 degrees. Hey, this is dry heat, which isn't so bad, right?

We picked up the pace of the ride, occasionally stopping to ensure that the leaking tube was good to go. We rode the trail out of the pine trees and didn't seem to mind the heat, which came on like a blast furnace as we entered the high desert area. As we topped the rise where we could see our truck in the distance, I took a sip on my drinking tube and heard the all too familiar slurp, slurp, which means my water reservoir was now empty. If you have to run out of water, this is the best time. We originally planned to ride 26 miles but actually rode a total of 38 miles that day. The ice-cold bottle of Gatorade in our cooler really tasted good when we reached the truck. No beer for us.

Because of the mistakes, we doubt we'll forget this ride any time soon. Not heeding the advice of the bike shop owner to ride a different trail was the first mistake. No spare tubes and no complete trail map were other mistakes that could have resulted in us walking in the dark while trying to find our way back to the truck. Since we didn't have a flashlight, we definitely would not have found our way back in the dark. Worst case scenario might have dictated that we spend the night in the wilderness without food and adequate clothing for cool desert nights. We had matches, but the Chief Ranger strongly advised us to refrain from starting a fire in the forest, as there had recently been two forest fires near Show Low. I can visualize in my mind all the US Forest Service Rangers in the world riding down on us if we so much as lit a match. Not following my directional instincts was the final mistake. Guess one lives and learns, but in this case, I felt rather stupid since I am the only one to

blame for the mistakes. Think I will blame the mistakes on my age. Yeah, that'll work.

Safety First

By Stan Siler

Bicycling is so much fun to do. The wind in your face, the landscape is a blur as you speed through the countryside. Suddenly, a driver who is not paying attention, maybe playing with the radio or talking on the cell phone comes over the hill. The fragile biker is at the mercy of this distraction.

This situation happens too many times. Bikers must be aware that drivers will not be 100 percent much of the time and must take precautions to stay out of harms way.

Here are some things you can do to make your ride safe and enjoyable:

1. Drive your car over the proposed route- it will help you become familiar with a new course or show you changes in an old one.
2. Be aware of the traffic pattern. The amount of cars will vary with the time of day, so make sure you know when the ebb and flow of movement occurs.
3. If you feel that the road is becoming crowded with cars, pull off at a safe place. Waiting five or ten minutes can make a difference.
4. Wear clothes that make you visible. Dark clothes at night are a big no-no.

Katy Trail Bicycle Tour 2004

By Vern Jeys

We started our Katy trail tour in Sedalia, Mo on Sunday, October 10th, 2004. We arrived the evening before & met at the Comfort Inn. Chris & Jan Marsh put the tour together. There were 16 riders altogether.

Chris Marsh, Roy Munro, Laura Munro, Sandy Barsun, Jackie Jeys, Vern Jeys, Lourdes Vera, Fran Mihok, Amanda McCoy, Rose Mann, Jim Thoune, Theresa Thoune & Vivian Perez. Craig Matthews, Steve Daugherty & Rita Daugherty are from Richardson, Texas.

Roy Munro brought most of the bicycles to Missouri in his trailer, which he pulled behind his motor home. He also did SAG support for the tour & hauled our luggage from one motel to the next. Sunday am we met in the parking lot of the motel & assembled the bikes, which Roy had partially disassembled & packed in bike boxes.

After Chris delivered his speech & handed out maps, we began our trek. Our first stop was to be the depot in Sedalia. It has been fixed all up as a tourist attraction & they sell souvenirs. To our dismay, the depot was closed. After a brief stop, we headed up the trail towards Boonville, about 38 miles away. The trail is covered with crushed rock that is safe to ride on, but there is some resistance. Supposedly, we were going slightly downhill as we traveled towards Boonville, but it didn't seem like it. Because of the surface, we were able to do very little coasting, except on the down hills. Sunday is probably not the best day of the week to start a tour on the Katy Trail, because a lot of the businesses along the trail were closed.

The riders mostly rode in groups. There were 5 in our group.

When we arrived in Boonville Sunday evening, Chris ordered Chinese food for everyone. The motel doesn't have any good restaurants close. Two of the ladies took the free shuttle to the local casino. Only one of them was allowed to gamble. In Missouri, you have to show your drivers license to gamble. After you have lost \$500, you can't gamble for another 4 hours. They use the license to track you.

Day 2 was the hardest day of the trip. It was 48 miles from Boonville to Jefferson City. Our group of 5 didn't get in to Jeff City till after dark. We stopped at Pilot grove, which was about 11 miles from Jeff City. We warmed up at a local winery. Jackie & I left first as we were the slowest riders. On the way, I got a call from Rose. She wanted to know where we were & about what time we would be at the Jeff City railhead. I think I told her 8:45, so she told the Hotel to have someone at the railhead to pick us up & bring us to the motel. On the way, Jackie made a quick stop & I had to swerve to avoid a collision. I went down. When I started riding again, my tire went flat. I told Jackie to go ahead to the railhead so the driver wouldn't leave without us. I re-inflated my tire with a CO₂ cartridge & rode as fast as I could before it went flat again. After I arrived at the railhead, we waited about 15 minutes for the rest of our group to arrive. Finally I saw them in the distance moving at a rapid pace. Their headlights were going side to side & up & down. The speed they were traveling, it looked like 3 motorcycles. The Ramada inn at Jeff City

was very nice. We had a quiet supper in the motel dining room & retired early. There were free movie tickets available, compliments of Ramada Inn. Next morning we had a nice breakfast (free). Not continental, but the full breakfast bar.

Jackie & I decided to ride in Roy's motor home the next day, so we missed the ride from Jeff City to Hermann. Hermann was the most unique town we visited. There are several wineries in Hermann, & it has a large German affluence. The bicycle shop there has very little to offer. The bicycle shop in pilot Grove is a lot better. Hermann was our day of rest, so the group did a lot of shopping & sightseeing. I opted to ride 34 miles on my day of rest, because I had missed the previous day. There was a nice German restaurant about 8 blocks from our motel. It had started to rain, so Rose got on the phone & asked the proprietor of the motel if she had any umbrellas. Anyway, one thing led to another & Rose ended up borrowing her car, so we got a ride to the restaurant & back.

Thursday morning we headed for Jeff City again. It turned out to be quite windy that day. That night we went to the free movie & it was the best movie I never saw. I slept through the whole thing. I saw the start & the finish.

Friday, I took another day of rest & rode in the motor home. Friday night Chris bought Pizza for everyone at Boonville. Since we got in early, we took a dip in the Jacuzzi. The motel in Boonville wanted to charge us \$5 to bring our bikes in the room, so most of us stored them in the trailer, except for one person, who waited till after dark & sneaked his bike in.

Saturday morning we headed back to Sedalia. Jackie decided to ride in the motor home

with Rita, Amanda, Fran, & Lourdes. They rode to a town about 12 miles from Sedalia & got on the bikes there. When I got to the depot in Sedalia, they were all waiting for me. This time the depot was open. Jim & Teresa decided to go back to the motel first, eat & then shop at the depot. When they got back to the depot, it was closed.

Jackie told me that at one point on the ride, something was rattling on her bike, So Rita said " we'll show those men we don't need them" "We'll fix it". They ended up taking the reflector off. When they put the reflector in Jackie's travel bag, Amanda discovered a large Russell Stover dark chocolate bar. She said "look, Jackie has chocolate, & it's the good kind". Needless to say, the chocolate bar didn't last long after it was split 5 ways.

After we got back to the motel, I met my grandson & grand daughter who live in Clinton. We visited with them, said our goodbyes & headed for Branson. I got lost in Branson, but I talked to Chris on the cell phone & he directed me to the motel. By that time it was too late to see a show, so we had a nice supper.

Summing it up, it was a very enjoyable trip. We had some rain, we had some cold weather. We had one day of warm weather. There were only 3 falls; Sandy, Fran, & me. Nothing hurt but our prides. If I do the trip again, I will probably do it different. I read an article on the internet, where the group et at St. Charles, took a shuttle bus to Clinton, then rode back to St. Charles with full sag support. That sounds like a winner to me, except I would probably o it in reverse. I want to offer one word of advice. When you are packing your suitcase for the trip, be sure to pack your riding shorts first. I didn't, & I forgot mine.

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