



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

Volume 6, No. 1- January-February 2005



A great turnout for the Mission to Mission Ride

Thanks to our affiliate associations.....



President's Message

By Amanda McCoy

I can't believe that 2004 is behind us. I think we had a great year for the HCBTC. We had some fun weekend rides, out-of town weekend rides and the wonderful Katy Trail trip in Missouri. The 2004 Fredericksburg Fall Frolic was also a success.



Recognition needs to be giving to some of the 2004 officers that will be giving up their positions in 2005. I would like to "Thank" Heidi Lynn for all her hard work as our President for the past two years. I hope I can continue the good work she has done. Also, would like to say a big "Thank-you" to Mac McCormick for his hard work as "Ride Chair". He is to be commended on his effort to keep our rides scheduled every weekend. Thank you both for the wonderful work.

Of course all the hard work of all the 2004 officers that will be returning in 2005 should be praised for all the effort given. It takes everyone to make this club as successful as it is.

I am looking forward to working with the 2005 officers, Vern Jeys (Vice President), Jackie Veys (Treasurer), Sandy Barsun (Membership), Stan Stiler (Newsletter Editor), Fernando Galdos (Website Editor), Lourdes Vera (Public Affairs), Debbie Arriaga (Secretary), Chris and Jan Marsh (Ride Chair), and Heidi Lynn (Fredericksburg Fall Frolic Director).

My hope and goals for this club in 2005 is to get more members involved and participating in monthly meetings and leading weekend rides. I was only in this club one month when I started leading rides. I was hesitant at first, but went ahead and tried it. And it wasn't as difficult as I thought. If I can lead a ride, believe me anyone can. Find a ride you enjoy doing, sign up and lead the ride as often as you would like. If you have any questions, feel free to ask Chris or Jan Marsh (Ride Chair).

I am looking forward to 2005. I know we have some exciting rides planned, so please keep checking the web-site to keep informed on all the club meetings, weekend rides, tours and information regarding the club.

Wishing you all a wonderful year and safe biking in 2005.

NEWSLETTER EDITOR'S MESSAGE

By Stan Siler

What a fast year!! There is a saying that the older you get, the faster time goes. I hope this year will see me flying down the road more than I was able to in 2004. In this New Year season, I am pledging to get back in the saddle and enjoy a great group of people in South Texas, the members of the Hill Country Biking Tour Club. There is a definite camaraderie in the club a place for everyone. If you want to get your ride going, there are those who love to put the pedal down, but at the same time, if you are one to like to stop and smell the flowers, you will find someone who enjoys doing the same thing.

To concur with what Amanda has said about the up and coming year, have a wonderful 2005 and join in on as many rides as possible.

Keep Blanco Road Safe and Convenient for Bicycling

Incorporate the current should width (8 - 10 feet) into the improvement project of Blanco Road from Huebner to Spechts Road.

Blanco Road north of Huebner has become the major road used by bicyclists in Stone Oak, Timberwood, and adjacent neighborhoods. Currently, its shoulders are 8+ feet and accommodate cyclists riding for exercise safely and comfortably. The planned five (5) feet shoulders do not allow cyclists to ride safely or comfortably along this 60+ mile per hour road.

This stretch of road is uniquely suited to bicycling because its *entire* length is bounded on the west by Camp Bullis and, as such, cars are entering or exiting the road by *only* turning east.

Current data show over 100 cyclists use this road each weekday and over 300 cyclists each weekend day. These include all ability levels and all ages, including families and small children.

Stone Oak, Timberwood, and area neighborhoods are the most rapidly growing in San Antonio and Bexar County. San Antonio is perennially at or near the top of the "fattest", and near or at the bottom of the "fittest" cities in the United States. The Texas Department of Transportation (TxDOT) can seize this opportunity and help San Antonio begin to break from its unhealthy status.

The staff from Bicycle Heaven was unable to attend the public meeting regarding the Blanco Road Project at Hardy Oak Elementary School in September 2004, so we are joining this petition to keep Blanco Road north of Huebner the best route in San Antonio, Bexar County, and Texas for bicycling families, ours and yours. Please, stop by the shop at your first convenience to add your name and signature to this important petition.

For more information, call the shop at 210/494-0035 or send us an [email](#)



Mission to Mission Ride

On December 4th about 17 HCBTC cyclists participated in the Annual Mission to Mission Ride. This is sponsored by The San Antonio Mission Trail Rotary Club to Benefits Christian Senior Services "Meals on Wheels" local agency.

We participated on a 34 miles touring ride along the beautiful San Antonio River and Missions. At half point HCBTC riders regrouped at Braunig Lake for a quick picnic by the lake.

This ride was well supported with rest areas and SAG support. Check out their website: <http://www.missiontrailrotary.com/Articles/BikeTour.html>

Something of Interest

Contributed by Bill Kasberg

How much performance improvement can we expect to see with a lightweight wheel relative to an average weight wheel? How much will my Mt. Diablo ranger station time be improved? The truth is that lightweight wheels don't make as much of a difference as one might hope. We saw last month that an aerodynamic set of wheels can make a pretty significant improvement in speed, but this month's conclusion is that the improvements yielded by lightweight wheels are modest. The most amount of weight you can save with the best wheel sets is about one pound per pair if you pull out all the stops. This is compared to the 120 to 250 pounds that most cyclists themselves weigh. Let's say that you weigh 175 pounds and you buy a wheel set that saves a pound over your previous wheel set. At best, you will go $1/175$ faster. That's 0.57%. That means a 45:00 minute North Gate Diablo climb will at best improve to 44:45 (a 15 second improvement). In practice, you're actually going to only get about a 7 or 8 second improvement. The lighter the rider, the more of difference lightweight wheels should make.

What about the rotating wheel weight factor? Doesn't rotating weight contribute twice as much to the weight factor of the equation? The answer is that while this is true, it only affects *acceleration* of the wheel (not what you're doing while climbing), and even so, the weight of the rest of the bike and your body far outweighs the rotating weight factor. As a testimony to this, note that virtually all Olympic track sprinters ride heavier but more aero wheels today than they used to in the past.



Somebody finally did the math for them, and it was indisputable. That being said, I must say that if you are very used to a certain set of wheels and suddenly switch to a much lighter or heavier set, you will probably feel a small difference. Whether that feeling actually means that you are going a significantly different speed is another issue, though the physics calculations seem to say no. Some have argued, however, that in bike races (e.g. cyclocross racing, some mountain bike racing, and dirt bike racing) where you must frequently accelerate, these small amounts add up to precious amounts of time by the end of the race.

So at the conclusion of this article, I find that while lightweight wheels make some improvement in performance, that improvement is not as significant as the dollar cost of the wheels might lead you to hope. Their best usage, it seems, is situations where frequent acceleration (up hills or otherwise) is needed. How much these wheels benefit these situations is something that hasn't been studied in any thorough way beyond a computer simulation.

New Members

We want to welcome our newest members to the club, Gary and Brenda Fest. You have joined a wonderful group of people that love to ride bicycles and have fun!

BYLAWS OF THE HILL COUNTRY BICYCLE TOURING CLUB

Article I

NAME AND PURPOSE

1. This organization shall be known as the Hill Country Bicycle Touring Club.
2. The purposes of the club shall be to promote recreational bicycling in, but not limited to, the vicinity of San Antonio and Hill Country of Central Texas for the enjoyment of its members and others.

Article II

MEMBERSHIP

1. Membership in the club shall be available to any person who has an interest in bicycling.
2. The club recognizes two types of memberships: Individual and Family. All family members must live at the same address.
3. A member of the club whose dues are fully paid shall be a member in good standing and shall be entitled to all privileges as set forth in these bylaws.

Article III

BOARD OF DIRECTORS

1. The management of the affairs and activities of the club shall be in the hands of the Board of Directors and shall consist of the President, Vice President, Secretary, Treasurer, and six directors at large, Ride Chair, Tour Director, Newsletter Editor, Membership Chair, Website Editor and Public Affairs Director.
2. Duties of the boards:
 - a. The President shall superintend the business of the club generally and shall preside at all meetings of the club.
 - b. The Vice President shall perform the duties of the President in the absence or inability or refusal of the President to serve.
 - c. The Secretary shall take and preserve the minutes of all club meetings (membership and board meetings).
 - d. The Treasurer, under the supervision of the Board, shall take custody of all monies belonging to the club. The Treasurer shall deposit all cash received in a bank account from which it shall be withdrawn only in accordance with regulations prescribed by the Board. The Treasurer shall keep proper books of account and shall report the financial condition of the club at its regular scheduled meetings. These books of account will be preserved by the Treasurer in a notebook and shall become a permanent club record. The Treasurer shall submit a statement of condition for the quarters ending March, June, September, and December.
 - e. The directors at large shall perform duties as directed by the president that may include such things as ride chair, newsletter editor, or membership director.
3. The Board of Directors shall have the authority to suspend or expel a board member for cause, after an appropriate hearing, by a two-thirds vote of the board.
4. The Board shall have the authority to fill any vacancies.
5. The Board shall have the authority to make rules and regulations for carrying out procedures established by these bylaws.
6. The Board shall have the authority to add or decrease the number of directors at large as may be required to carry on the activities of the club.
7. Officers or Directors at large shall not place themselves in a position nor allow themselves to be placed in a position, where their personal or professional actions would be a conflict of interest or perceived to be a conflict of interest with the goals, activities, or purpose of the club.

Article IV

COMMITTEES

1. A Nominating Committee, of at least three members of the Club shall be appointed by the Board no later than two months before the date of the annual elections of officers in December. It shall be the duty of this committee to nominate a candidate whose consent to serve has been obtained, for each office to be filled.
2. Other committees shall be appointed by the President to better conduct the business of the club. The President shall be an ex-officio member of all committees.

Article V

NOMINATIONS AND ELECTIONS

1. The Board shall be elected by the members of the club at the club at a regular annual meeting held during the month of December. The elected Board shall take office at the next regularly scheduled meeting of the club. The Board members so elected shall serve a term of one year.
2. Elections shall be conducted by ballot to insure secrecy. Provisions shall be made for absentee voting and all voting shall be overseen by the Nominating Committee.
3. The Nominating Committee shall provide sufficient opportunity for members of the Club to submit names of consideration by the Committee. The Committee shall nominate at least one candidate for each position to be elected.
4. Any member who consents may be included on the ballot without being nominated by the Committee.
5. The Nominating Committee shall conduct the election, shall canvass the ballots, and shall report the results to the membership.
6. All members in good standing who are 18 years or older may participate in Club elections.

Article VI

MEETINGS

1. Membership meetings
 - a. The Club shall have a minimum of six membership meetings a year to include one in December for the election of officers. The President shall set the date, time, and place for such meetings and shall provide ample notice to all members.
 - b. A quorum at any membership meeting of the Club shall consist of not less than ten percent of the current members in good standing.
2. Board Meetings
 - a. The President shall have the authority to call meetings of the board of directors as needed. The President shall set the date, time and place for such meetings and shall provide ample notice to all board members. The board shall have the authority to vote on all matters for the club.
 - b. If agreeable to a majority of the board, meetings may be held electronically.
 - c. A quorum at any board meeting shall consist of not less than fifty percent of the board. A majority of the Board shall constitute a quorum for the transaction of business. All actions of the board shall be by majority vote of those present.
 - d. Unless designated by a majority of the board, meetings of the Board shall be open to all the members of the Club.

Article VII

FINANCES

1. Dues for members of the Club shall be determined by a majority vote of the board.
2. The Club may collect additional funds through sponsorship of participation in various events compatible with the purposes of this organization.
3. The Board shall have the authority to open bank accounts which shall be in the name of the Hill Country Bicycle Touring Club. The Treasurer and/or the President shall have authority to authorize disbursement of funds.
4. Funds collected for the Club shall be used solely to advance the purposes of this organization.
5. Neither the Club nor any agency thereof shall have the authority to borrow money, enter into a contract, or otherwise incur indebtedness above the amount of unencumbered balances in the bank accounts of the Club, without express approval in advance by the Board.

Article VIII

CONSTRUCTION OF BYLAWS

1. On all questions as to the construction of meaning of these Bylaws, the decision of the Board shall be final.
2. All procedures not prescribed by these Bylaws shall be governed by the newly revised edition of Robert's Rules or Order.

Article IX

AMENDMENTS

1. These Bylaws shall not be altered, amended, suspended, or repealed, in whole or in part, except by a two-thirds vote of the Board of Directors present at a stated meeting.

Voted on and approved by the membership on 18 December 2004.

January and February Rides

Saturday, January 1st, New Year's Day Ride (Leon Springs). Meet at the Leon Springs Park and Ride parking lot (IH-10 and Boerne Stage Road) at 10 A. M. (Note Time) for a group ride of about 25 miles over flat to rolling terrain. Directions: Take I-10 West to the Leon Springs exit and go left on the service road to a 4-way stop. Take a left at the stop for one block to the parking lot on the left.
Ride Leader: Heidi Lynn, phone: 682-8107, email: bike4fun2@sbcglobal.net

Sunday, January 2nd, Devine Ride. Devine Ride. Meet at the Triple C Steakhouse parking lot in Devine at 9:00 am. Take IH-35 South to Devine, get off on exit 122. (Hwy 173). Right on 173. Steakhouse is on the left about 100 feet. Ride will be 42 miles.
Ride Leader: Vern Jeys, phone: 675-0538, email: vjeys@satx.rr.com

Saturday, January 8th, 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, 614-5514, email: eemac2@earthlink.net.

Sunday, January 9th, New Berlin Ride. (Map #42) 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 Leaders: Jim and Theresa Thoune, phone: 344-3787
email: jthoune@satx.rr.com/tthoune@satx.rr.com.

Saturday, January 15th, Helotes Loop Ride. (See the 2nd loop of Map # 51). Meet across from the Helotes Bike Shop and Floores Country at 9 A. M. for a 26 mile group ride at a moderate (12-14 mph) pace. This ride has some hills. Directions: Take Bandera Road West to Helotes. Travel through the Helotes shopping area and after passing the last traffic light make the 2nd left (opposite a feed store) onto Old Bandera Road and go two blocks to the meeting site.
Ride Leader: Mac McCormick, phone: 614-5514, email: eemac2@earthlink.net

Sunday, January 16th, 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-Sunday, January 15th-16th, Aransas/Corpus Christi Weekend. On Saturday we will meet at 10:00 AM at the Aransas National Wildlife Refuge where we can see one of the rarest birds in North America; the whooping crane. The refuge has a visitor's center, hiking trails and a 16 mile paved road we can ride through. In Corpus Christi, you can see the Texas State Aquarium and other attractions. On Sunday we will ride along Corpus Christi Bay for a short ride before returning home. We are staying at the Holiday Inn in Corpus Christi (361) 289-5100.
Ride Leader: Chris Marsh, phone (210) 681-5768, email: chrismarsh@satx.rr.com.



Saturday, January 22nd, Comfort-Camp Verde Ride. Meet in the Comfort, TX parking lot at 9 A. M. for a 30-mile group ride over flat terrain at a moderate (10-12 mph) pace with several points of interest along the way. Directions: Take I-10 west to Comfort (approximately 33 miles from NW Loop 1604). Take Exit 524 for Business TX 87 to Comfort. After about a mile the road will fork, take the left fork, Front Street; then another left onto FM 27. The parking lot is on the right about a block past a Super S store. We will eat at Arlene's Restaurant in Comfort after the ride.
Ride Leader: Lourdes Vera, phone: 690-4816, email: lourdes.vera@afnews.af.mil

Sunday, January 23rd, Boerne Ride. Meet at Leon Springs park-and-ride lot at 9 A. M. for a 30 mile ride that is flat to gently rolling. Directions: Take IH-10 West to Leon Springs/Boerne Stage Road exit (Exit 551). Take a left onto the service road and continue to a 4-way stop. Make a left at the stop and go one block to the parking lot on the left.
Ride Leader: Isabel Mendoza, phone: 256-2573, email: rimmendoza@satx.rr.com.

Saturday, January 29th, River Ride. (Map #43) Meet in the parking lot in Gruene, TX at 9 A. M. for a 27 mile scenic ride along the swift flowing picturesque Guadalupe River. The ride is mostly flat with some rolling terrain along the riverbank and a couple of short, but challenging, hills. Directions: Take I-35 North past New Braunfels. Exit at the Canyon Lake sign (Exit # 191) and take FM 306 for 1.6 miles to Hunter Road (at a traffic light, also look for a small Gruene sign on the right). Turns left onto Hunter Road and continue for about half a mile where it dead ends in Gruene, and then take another left into the parking lot.
Ride Leaders: Ken and Mouse Kanagaki, phone: 341-6883, email: kenk@texas.net.

Sunday, January 30th, Bubba's Burgers and Fries Ride. Meet at Bubba's (NOTE TIME) at 2:00 P. M. for a 25 mile ride at a moderate pace over rolling terrain in Southeast Bexar county and Northwest Wilson County. Directions: Take U. S. 87 (Rigsby Ave.) East out of San Antonio to Loop 1604, go right (South) on 1604 and exit at New Sulphur Springs Road. Turn right (Northwest) onto New Sulphur Springs Road and Bubba's is about one-fourth mile on the right. If traveling Southeast Loop 410 take Exit 37 and turn southeast to put you on New Sulphur Springs Road, about 8 miles to Bubba's.
Ride Leader: Sandy Barsun, 635-8777, email: barsun@sbcglobal.net.

Saturday, February 5th, Helotes-Toutant Beauregard, Meet at 9:00 A.M. in Helotes on old Bandera Rd across from Flores Country Store for a 30 mile ride.
Ride Leader: Mac McCormick, phone: 210 614-5514, email: eemac2@earthlink.net.

Sunday, February 6th, Taft High School ride. (Map #55) Meet at Taft high School on FM 471 outside Loop 1604 at 1:00 P.M. (NOTE TIME) for a Medium pace ride.
Ride Leader: Tommy McMillan, phone: 210 674-1210.

Saturday, February 12th, North by Northwest. Meet at the Northwest corner of Loop 1604 and Bandera Rd behind the Exxon & Whataburger at 9 AM for a 27 mile group ride.
Ride Leader: Heidi Lynn, phone: 682-8107, email: bike4fun2@sbcglobal.net

Sunday, February 13th, 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, February 19th, Mystery Ride. More information to follow.

Ride Leaders: Ken and Mouse Kanagaki, phone: 341-6883, email: kenk@texas.net.

Sunday, February 20, Bubba's Burgers and Fries Ride. Meet at Bubba's (NOTE TIME) at 2:00 P. M. for a 25 mile ride at a moderate pace over rolling terrain in Southeast Bexar county and Northwest Wilson County. Directions: Take U. S. 87 (Rigsby Ave.) East out of San Antonio to Loop 1604, go right (South) on 1604 and exit at New Sulphur Springs Road. Turn right (Northwest) onto New Sulphur Springs Road and Bubba's is about one-fourth mile on the right. If traveling Southeast Loop 410 take Exit 37 and turn southeast to put you on New Sulphur Springs Road for about 8 miles to Bubba's.

Ride Leader: Sandy Barsun, 635-8777, email: barsun@sbcglobal.net.

Saturday, February 26th, Comfort Ride. (Map #10) Meet at 9:00 A.M. at the Park & Ride on Hwy 27 in Comfort for a 30 mile group ride at a moderate (12-14 mph) pace.

Ride Leader: Chris Marsh, phone (210) 681-5768, email: chrismarsh@satx.rr.com.

Sunday, February 27th, Promised Land Dairy Ride. Floresville. Meet Pecan Park in Floresville at 8 A. M. for a 30-mile group ride at a moderate rate (12-14 mph) in gently rolling terrain. Directions: Take US 181 South from San Antonio to Floresville and turn right on FM 97. Pecan Park is on the right just after you turn off US 181 onto FM 97.

Ride Leader: Laura Munro, phone: (830) 393-0818, email: laura.munro@lackland.af.mil.

SCENIC LOOP RIDES IN DANGER

As San Antonio spreads out into the surrounding areas; other communities are also facing unprecedented growth. Some of the best rides in and around Bexar County can be found around Helotes, and one stretch of road, the Scenic Loop, is being threatened by expansion of Wal-Mart. A new store is being planned at the entrance to the loop, which would mean much more traffic and an increasing danger to bikers. Presently, it appears that the store will be built, even though there are two other Wal-Mart stores within ten minutes of this location.

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